

## Package Leaflet: Information for the user

### Pollinosan Hayfever tablets

**Read all of this leaflet carefully before you start using this product because it contains important information for you.**

Always use this product exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse after 7 days,

#### What is in this leaflet

1. What Pollinosan is and what it is used for
2. What you need to know before you take Pollinosan
3. How to take Pollinosan
4. Possible side effects
5. How to store Pollinosan
6. Contents of the pack and other information

#### 1. What Pollinosan is and what it is used for

Pollinosan is a homeopathic medicinal product containing the extracts of *Ammi visnaga*, *Aralia racemosa*, *Cardiospermum halicacabum*, *Galphimia glauca*, *Larrea mexicana*, *Luffa operculata* and *Okoubaka aubrevillei*.

It is used within the homeopathic tradition to relieve the symptoms of:

- Hayfever
- Other forms of allergic rhinitis

Pollinosan is for use in adults and adolescents over 12 years.

Hayfever and allergic rhinitis are conditions where the body's immune system reacts abnormally to external irritants (allergens) such as pollen, animal dander (material shed from the body of animals) and dust. Symptoms can include sneezing, blocked nose, runny and itchy nose, itchy eyes and throat.

## 2. What you need to know before you take Pollinosan

### Do not take Pollinosan

- If you are allergic to any of the ingredients of this product (listed in section 6).

### Warnings and precautions

- Talk to your doctor or pharmacist if your symptoms worsen or do not improve within 7 days.

### Children

- Do not give this product to children under 12 years of age.

### Other medicines and Pollinosan

- You can use this product with other medicines.
- If you are speaking to your doctor, pharmacist or nurse always remember to tell them about any medicines you are taking, including homeopathic remedies such as Pollinosan.

### Pregnancy and breast-feeding

- Do not take this product if you are pregnant or breast-feeding.

### Driving and using machines

- This product has not effect on your ability to drive or use machines.

### Pollinosan contains lactose

- If you have been told by your doctor that you have an intolerance to some sugars, talk to your doctor before taking this product.

## 3. How to take Pollinosan

Always take this product exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you. Check with your doctor, pharmacist or nurse if you are not sure.

### Recommended dose

**Adults, older people and adolescents over 12 years:** Take 2 tablets three times daily before meals.

Do not take more than 6 tablets a day.

For oral use only.

### If you take more Pollinosan than you should

- If you take too much and feel ill, talk to your doctor.

### **If you forget to take Pollinosan**

- Do not worry about the missed dose. Take the next dose as usual.
- Do not take a double dose to make up for a forgotten dose.

If you have any further questions on the use of this product ask your doctor, pharmacist or nurse.

## **4. Possible Side Effects**

Like all products, this product can cause side effects, although not everybody gets them.

### **Side effects**

#### **Digestive symptoms**

- Feeling sick (nausea)
- Digestive upsets such as sickness or diarrhoea

These are often short-lived and should get better on their own. However if they persist, talk to your doctor or pharmacist.

#### **Allergic reactions**

- Skin reactions such as a rash

Stop taking the product if these occur.

The frequency of these side effects is not known. This means it is not known how often these side effects occur as there have not been enough reports to allow this information to be calculated.

#### **Reporting of side effects**

- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.
- You can also report side effects directly via:  
HPRA Pharmacovigilance  
Earlsfort Terrace  
IRL – Dublin 2  
Tel: +353 1 6764971  
Fax: +353 1 6762517  
Website: [www.hpra.ie](http://www.hpra.ie)  
E-mail: [medsafety@hpra.ie](mailto:medsafety@hpra.ie)
- By reporting side effects you can help provide more information on the safety of this medicine.

## 5. How to store Pollinosan

- Keep this product out of the sight and reach of children.
- Do not use this product after the expiry date which is stated on the label and carton. The expiry date refers to the last day of that month.
- This product does not require any special storage conditions.
- Do not use this product if you notice a change in appearance. The tablets should be round and slightly yellowish in colour with a triangular stamp.
- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

## 6. Contents of the pack and other information

### What Pollinosan contains

Each tablet contains:

<i>Ammi visnaga</i>	1x
<i>Aralia racemosa</i>	2x
<i>Cardiospermum halicacabum</i>	2x
<i>Galphimia glauca</i>	3x
<i>Larrea mexicana</i>	2x
<i>Luffa operculata</i>	6x
<i>Okoubaka aubrevillei</i>	2x

The other ingredients used for the tablets are lactose, pregelatinised starch and magnesium stearate.

### What Pollinosan looks like and contents of the pack

Pollinosan tablets are round and slightly yellowish in colour with a triangular stamp. Pollinosan is available in packs containing 80 and 120 tablets. Not all pack sizes may be marketed.

**National Rules Authorisation Holder**

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**You should also know**

A.Vogel Ireland runs a helpline by phone and email which can provide you with further information.

Email: enquiries@avogel.ie

Phone: 0818 930 070

You can get a larger print or audio version of this leaflet. Call this number: 0818 930 070.