



healthspan

Valerian SleepAid Tablets

Valerian Root Extract 300mg

Patient Information Leaflet

Please read this leaflet carefully before you start taking these tablets.

It contains some important information about Healthspan Valerian SleepAid.

Keep this leaflet with the tablets.

You may want to read it again or show it to your doctor, pharmacist or qualified healthcare practitioner.

What is in this leaflet

- 1: What this product is and what it is used for
- 2: Before you take this product
- 3: How to take this product
- 4: Possible side-effects
- 5: How to store this product
- 6: Further information

1: What this product is and what it is used for

This product is a traditional herbal medicinal product containing Valerian root extract. Each film coated tablet contains 300mg of extract (as dry extract) from Valerian root (*Valeriana officinalis* L.) (equivalent to 900mg – 1,500mg of Valerian root). Extraction solvent: Ethanol 60% v/v.

Healthspan Valerian SleepAid is a traditional herbal medicinal product used for the temporary relief of sleep disturbances due to symptoms of mild anxiety based on traditional use only.

2: Before you take this product

DO NOT TAKE this product if you are:

- pregnant or breastfeeding
- allergic to Valerian or any of the ingredients (see section 6)
- under 18 years of age
- already taking a medicine that makes you sleepy or for stress or anxiety

The effects of this product may be increased by alcohol. Excessive use of alcohol should therefore be avoided.

Driving and operating machinery

This product may make you feel drowsy or dizzy. If affected do not drive or operate machines.

3: How to take this product

For oral use only

Adults and the elderly

Take 2 tablets half an hour before bedtime. Swallow the tablets whole with a little liquid.

Do not chew the tablets.

As the effects of this product may not occur immediately, the tablets should be taken every day for 2-4 weeks.

Do not exceed the stated dose.

If symptoms worsen, if they do not improve after 4 weeks, or if side-effects not mentioned in this leaflet occur, a doctor, pharmacist or qualified healthcare practitioner should be consulted.

If you take too much of this product (overdose)

If you take more than the recommended dose, speak to a doctor, pharmacist or qualified healthcare practitioner and take this leaflet with you.

If you forget to take this product

Continue to take your usual dose at the usual time; it does not matter if you

have missed a dose. Do not take a double dose to make up for a missed dose.

If you have any questions, or are unsure about anything, please ask your doctor, pharmacist or qualified healthcare practitioner.

4: Possible side-effects

Like all medicines, this product can have side-effects, although not everybody gets them.

The following side effects have been reported:

- Nausea (feeling sick) • Vomiting
- Abdominal Cramps • Diarrhoea
- Abdominal pain • Dizziness
- Headache • Nightmares or vivid dreams

If these persist for more than a few days or become troublesome, stop taking this product.

Other side-effects

Tell your doctor or pharmacist if you notice any other side-effect not mentioned in this leaflet.

Reporting of side effects

If you get any side-effects, talk to your doctor, pharmacist or qualified healthcare practitioner. This includes any possible side-effects not listed in this leaflet. You can also report side-effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side-effects you can help provide more information on the safety of this medicine.

5: How to store this product

Do not use your tablets after the expiry date, the expiry date refers to the last day of the month. Return any out-of-date tablets to your pharmacist who will dispose of them for you. The expiry date is printed on the box and the blister pack.

Store the tablets below 25°C, in the original packaging.

Keep out of the sight and reach of children. Keep your tablets in the packaging until it is time to take them.

6: Further information

Active ingredient: Each film-coated tablet contains 300mg of extract (as dry extract) from Valerian root (*Valeriana officinalis* L.) (equivalent to 900mg - 1,500mg of Valerian root).

Extraction solvent: Ethanol 60% v/v.

Excipients in the extract: Maltodextrin, Colloidal Anhydrous Silica.

Tablet core: Maltodextrin, Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid, Magnesium Stearate, Colloidal Hydrated Silica.

Tablet coating: Hypromellose, glycerol.

What Healthspan Valerian SleepAid looks like and contents of the pack: The tablets are brown, speckled, clear-coated and oval-shaped. Each pack contains 30 or 60 film-coated tablets.

You must speak to a qualified healthcare practitioner if your symptoms worsen, or if side-effects not mentioned in this leaflet occur.

Registration holder and manufacturer of this product: Thompson & Capper Ltd. Hardwick Road, Astmoor, Runcorn, Cheshire, WA7 1PH.

Traditional herbal registration number: THR 01359/0004.

If you would like further information about this product or if this leaflet is hard to see or read, please contact: Healthspan Ltd, PO Box 64, Guernsey, GY1 1BT. Telephone: 0800 73 123 77. Email: herbalinfo@healthspan.co.uk

This leaflet was revised in August 2023.