

Healthspan Echinacea Cold & Flu Relief Capsules

Dried juice of *Echinacea purpurea* herb 176mg

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

It contains some important information about Healthspan Echinacea Cold & Flu Relief.

If you have any further questions, ask your doctor, pharmacist or qualified healthcare practitioner. You must contact a qualified healthcare practitioner if your symptoms worsen, if they do not improve after 10 days, if any of the side-effects get serious, or if you notice any side-effects not listed in this leaflet.

Keep this leaflet with the capsules.

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

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

This product is a traditional herbal medicinal product containing the juice of *Echinacea purpurea* herb. Each soft capsule of this product contains 176mg of dried pressed juice from fresh flowering *Echinacea purpurea* (L.) Moench herb (20-28:1) (equivalent to 3,520mg-4,925mg of fresh flowering *Echinacea purpurea* (L.) Moench herb).

This product is a traditional herbal medicinal product used for the relief of symptoms of the common cold and influenza type infections, based on traditional use only.

2: Before you take this product

Do not take this product if you:

- are allergic to any of the ingredients or to plants of the Asteraceae (Compositae) family such as daisies, marigolds or artichokes (see section 6)
- have a tendency to allergies such as hives, allergic eczema or asthma
- are allergic to peanut, soya or their oils. This product contains soya oil.
- are pregnant or breastfeeding
- suffer from the infection tuberculosis
- suffer from connective tissue disease with formation of clumps of cells (sarcoidosis), mainly occurring in the lymph nodes, lungs and liver
- suffer from autoimmune diseases such as inflammation of the connective tissue (collagenoses) or multiple sclerosis
- suffer from conditions which decrease your resistance to infection (e.g. HIV infection or AIDS)
- are on therapy to reduce your natural response to infection (immunosuppression e.g. chemotherapy or radiotherapy for cancer; history of organ or bone marrow transplant)
- suffer from blood disorders involving the white blood cell system such as low white blood cell count due to bone marrow disorders (agranulocytosis) or blood cell cancer (leukemias)
- are under 12 years of age
- are taking immunosuppressant medicines such as ciclosporin and methotrexate

Take special care with Healthspan Echinacea Cold & Flu Relief

Do not exceed the stated dose.

You must contact your doctor or qualified healthcare practitioner if:

- you have a high fever or your condition worsens
- symptoms persist for more than 10 days
- adverse effects not mentioned in the package leaflet occur

Consult your doctor before taking this product

If you are prone to develop allergic reactions. Echinacea can trigger severe and life threatening allergic reactions in patients who have a tendency to allergic reactions.

This product contains sorbitol. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this product.

Taking other medicines

Healthspan Echinacea Cold & Flu Relief must not be used together with immunosuppressant medications such as ciclosporin and methotrexate.

Always remember to tell your doctor about any medicines you are taking including those obtained without a prescription.

Pregnancy and breastfeeding

The safety of this product has not been sufficiently established in pregnant and breastfeeding women. Do not take this product if you are pregnant or breastfeeding.

Driving and using machines

No studies on the effects on the ability to drive and use machines have been performed.

3: How to take this product

You should speak to your doctor, pharmacist or qualified healthcare practitioner if you are not sure if this product is suitable for you.

Adults, elderly and children over 12 years

Take one or two capsules daily.

This product is not suitable for children under the age of 12 years.

Do not exceed the stated dose.

Start taking at the first signs of common cold. Do not take Healthspan Echinacea Cold & Flu Relief for more than 10 days. If your symptoms worsen during the use of Healthspan Echinacea Cold & Flu Relief or persist for more than 10 days, or if you experience a high fever, you should speak to your doctor or a qualified healthcare practitioner.

If you take more Healthspan Echinacea Cold & Flu Relief than the recommended dose and/or feel unwell, speak to a doctor, pharmacist or qualified healthcare practitioner and take this leaflet with you.

If you forgot to take Healthspan Echinacea Cold & Flu Relief
Continue to take your usual dose at the usual time. Do not take a double dose to make up for forgotten doses.

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

4: Possible side-effects

Healthspan Echinacea Cold & Flu Relief can cause side-effects, although not everybody gets them.

If any of the following serious allergic reactions occur, you should stop taking this medicine and seek medical advice immediately:

- **Anaphylactic reaction** – severe and potentially life threatening reaction with symptoms that may include feeling lightheaded or faint, breathing difficulties or wheezing, a fast heartbeat, skin rash, confusion, anxiety or loss of consciousness
- **Swelling or blistering of the skin**, such as the face, lips, tongue, mouth or throat
- **Difficulty breathing** including shortness of breath
- **Asthma or worsening of asthma symptoms**

If other allergic skin reactions such as skin rash, urticaria (red bumps) or itching occur, medical advice should be sought as soon as possible. Echinacea can trigger allergic reactions in patients who have a tendency to allergic reactions. Stop taking the product and seek medical advice immediately if you experience any allergic reaction.

Association with autoimmune diseases has been reported such as:

- **inflammation of the brain and spinal cord (disseminated encephalitis)**
- **painful lumps on the shins (erythema nodosum)**
- **low blood platelet count (immunothrombocytopenia)**
- **destruction of blood cells by antibodies (Evans Syndrome)**
- **dryness in the mouth and eyes with renal tubular dysfunction (Sjögren Syndrome)**

A decrease in the number of white blood cells (Leucopenia) may occur in long-term use (more than 8 weeks).

The frequency is not known.

If you are concerned about any side effect, if a side effect becomes serious, or if you notice a side effect not listed in this leaflet, please tell your doctor, or qualified healthcare practitioner.

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 Healthspan Echinacea Cold & Flu Relief after the expiry date which is stated on the blister. The expiry date refers to the last day of that month.

Do not store above 25°C.

Store in the original packaging.

Keep out of the reach and sight of children.

Medicines should not be disposed of via wastewater or household waste.

Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6: Further information

Each soft capsule of this product contains 176mg of dried pressed juice from fresh flowering *Echinacea purpurea* (L.) Moench herb (20-28:1) (equivalent to 3,520mg-4,925mg of fresh flowering *Echinacea purpurea* (L.) Moench herb).

This product also contains the following ingredients:

Herbal preparation: Maltodextrin, precipitated silicon dioxide and citric acid monohydrate.

Soft capsule: Refined soya-bean oil, refined coconut oil, white beeswax, rice starch, fractionated palm kernel oil, phospholipids from soya-beans, succinylated gelatine, glycerol, non-crystallising sorbitol solution 70%, titanium dioxide E171, ferric (II, III) oxide E172, quinoline yellow E104, patent blue V E131 and purified water.

What Healthspan Echinacea Cold & Flu Relief looks like and contents of the pack

Each pack contains 30 soft capsules.

Registration holder of this product:

Schwabe Pharma (UK) Ltd, Marlow, Bucks SL7 1FX.

Manufacturer of this product:

Swiss Caps GmbH, Grassingerstrasse 9,
D-83043 Bad Aibling, Germany.

Traditional herbal registration number: THR 23056/0042.

**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:

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This leaflet was revised in May 2024.

THR 23056/0042



certification mark