



Joint & Muscle Pain Relief Tablets

Sigesbeckia extract 500mg

Read all of this information carefully before you start taking Phynova Joint & Muscle Pain Relief Tablets because it contains some important information for you.

Always use this medicine exactly as described in this leaflet or as your doctor, pharmacist or qualified healthcare practitioner has told you.

- Keep this leaflet. You may need to read it again.
- If you need more information or advice ask your doctor, pharmacist or qualified healthcare practitioner.
- If you get any side effects, talk to your doctor, pharmacist or qualified healthcare practitioner.
- You must talk to a doctor if you do not feel better or if you feel worse after four weeks.

WHAT IS IN THIS LEAFLET

1. What Phynova Joint & Muscle Pain Relief Tablets is and what it is used for
2. What you need to know before you take Phynova Joint & Muscle Pain Relief Tablets
3. How to take Phynova Joint & Muscle Pain Relief Tablets
4. Possible side effects
5. How to store Phynova Joint & Muscle Pain Relief Tablets
6. Contents of the pack and other information

1. WHAT PHYNOVA JOINT & MUSCLE PAIN RELIEF TABLETS ARE AND WHAT IS IT USED FOR

Phynova Joint & Muscle Pain Relief Tablets contain 500mg of dry extract from aerial parts of *Sigesbeckia orientalis* L. subsp. *pubescens* (Makino) H. Koyama. *Sigesbeckia pubescens* is used in the scientific literature. However the correct botanical name is as above.

Phynova Joint & Muscle Pain Relief Tablets is a traditional herbal medicinal product used for the relief of general aches and pains in the muscles and joints, rheumatic or muscular pains, backache and minor sports injuries, based on traditional use only.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE PHYNOVA JOINT & MUSCLE PAIN RELIEF TABLETS

Do not take Phynova Joint & Muscle Pain Relief Tablets if you:

- Are allergic to *Sigesbeckia* (or **Sigesbeckia pubescens* - see active ingredient), any plants of the Asteraceae (Compositae) family such as daisies, marigolds or artichokes or any of the ingredients (see section 6)
- Are pregnant or breastfeeding
- Are of childbearing potential unless contraception is used
- Are under the age of 18 years

Tell your doctor or qualified healthcare practitioner before taking this product if you:

- are taking any other medicines, including any bought without a prescription.

Consult your doctor or qualified healthcare practitioner if:

- Your joint pain is accompanied by swelling of the joint, redness or fever
- Your symptoms worsen or do not improve after four weeks

Driving and using machines:

This product has no known effect on your ability to drive or use machines.

3. HOW TO TAKE PHYNOVA JOINT & MUSCLE PAIN RELIEF TABLETS

For oral use only

Adults and the elderly: Take one tablet, twice daily (one in the morning and one at night). Tablets should be swallowed whole with a little water or other liquid. **Do not exceed the stated dose**

Not for use in children or adolescents under 18 years of age

If you take more Phynova Joint & Muscle Pain Relief Tablets

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 Phynova Joint & Muscle Pain Relief Tablets

Continue to take your usual dose at the usual time; it does not matter if you have missed a dose. Do NOT double up on the next dose.

After taking Phynova Joint & Muscle Pain Relief Tablets

You must speak to a doctor or qualified healthcare practitioner if your symptoms worsen, if they do not improve after four weeks, or if side effects occur.

4. POSSIBLE SIDE EFFECTS

There are no reported side effects for this product.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. 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 PHYNOVA JOINT & MUSCLE PAIN RELIEF TABLETS

Keep your tablets in the packaging until it is time to use them.

Do not store above 25°C.

Store in the original packaging.

Do not use Phynova Joint & Muscle Pain Relief Tablets after the expiry date which is stated on the box and blister pack.

The expiry date refers to the last day of that month.

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.

Keep the tablets out of the sight and reach of children

6. CONTENTS OF THE PACK AND OTHER INFORMATION**What Phynova Joint & Muscle Pain Relief Tablets contains**

Each film coated tablet contains 500mg of extract (as dry extract) from **Sigesbeckia orientalis* L. subsp. *pubescens* aerial parts (equivalent to 4-5g of **Sigesbeckia orientalis* L. subsp. *pubescens* (Makino) H. Koyama). Extraction solvent: Water

**Sigesbeckia pubescens* is used in the scientific literature. However the correct botanical name is as above.

Other ingredients:

Tablet core: Anhydrous calcium hydrogen phosphate, microcrystalline cellulose, magnesium stearate, silicon dioxide, croscarmellose sodium, stearic acid.

Tablet coating: Hypromellose, titanium dioxide (E171), talc, mastercote yellow (composed of hypromellose, yellow iron oxide (E172) and titanium dioxide (E171))

What Phynova Joint & Muscle Pain Relief Tablets look like and contents of the pack

The tablets are yellow coated and oval in shape. Each pack contains 30, 60, or 90 film-coated tablets. Not all pack sizes may be marketed.

Traditional Herbal Registration Holder and Manufacturer

Traditional Herbal Registration Holder: Phynova Group Ltd, 16 Blenheim Office Park, Long Hanborough, Oxfordshire, OX29 8LN, UK

Manufacturer:

Surepharm Services Ltd, Bretby Business Park, Ashby Road, Bretby, Burton on Trent, Staffordshire, DE15 0YZ, UK.

Traditional Herbal Registration Number: THR 41783/0001

If you would like further information about this product or a version of this leaflet in large print or audio format, please contact Phynova Group Ltd. Telephone: +44 (0) 1993 880700 Email: info@phynova.com



Certification Mark

This leaflet was last revised in June 2020

What is *Sigesbeckia orientalis* L. subsp *pubescens* (Makino) H.Koyama?

Sigesbeckia orientalis L. subsp. *pubescens* (Makino) H. Koyama is the correct botanical name for the active ingredient in this product. However, the name *Sigesbeckia pubescens* is used in the scientific literature. It has been used as a traditional chinese medicine for hundreds of years.