



5. How to store this product

Do not use your capsules after the expiry date.

Return any out-of-date capsules to your pharmacist who will dispose of them for you.
The expiry date is printed on the box and the blister pack.

Do not store the capsules in a place where the temperature goes above 25°C. Store in the original packaging. There are no special storage requirements for this product

Keep your capsules out of the reach and sight of children.

Keep your capsules in the blister pack until it is time to take them.

6. Further information

Each soft capsule contains 176mg of dried pressed juice from fresh flowering *Echinacea purpurea* (L.) Moench herb (20-28:1), (equivalent to 3520mg - 4928mg of fresh flowering *Echinacea purpurea* (L.) Moench herb) which is the active ingredient.

This product also contains the following ingredients:

Herbal preparation:

Maltodextrin, precipitated silicon dioxide, 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 E E131, purified water.

Each pack contains 30 soft capsules.

Registration holder and manufacturer for this product

Swiss Caps GmbH

Grassingerstrasse 9, D-83043 Bad Aibling, Germany

Traditional herbal registration number:

THR 18397/0003

If you would like further information on this product or if the leaflet is hard to see or read please contact:

Higher Nature

Burwash Common, East Sussex, TN19 7LX

Telephone: 01435 883484 - Ask for Customer Services

Email: customerservices@higher-nature.co.uk

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certification mark

Patient Information Leaflet

Higher Nature Echinacea Cold & Flu Relief

Soft 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 Higher Nature Echinacea Cold & Flu Relief.

Keep this leaflet with the capsules.

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

What is in this leaflet

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

This product is a traditional herbal medicinal product containing *Echinacea purpurea* herb. Each capsule of this product contains 176mg of dried pressed juice from fresh flowering *Echinacea purpurea* (L.) Moench herb (20-28:1), (equivalent to 3520mg - 4928mg of fresh flowering *Echinacea purpurea* (L.) Moench herb) which is the active ingredient.

Higher Nature Echinacea Cold & Flu Relief is a traditional herbal medicinal product used to relieve the symptoms of the common cold and influenza type infections, based on traditional use only.

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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 such as sarcoidosis
- suffer from autoimmune diseases such as inflammation of the connective tissue (collagenoses) or multiple sclerosis
- suffer from conditions which reduce your immunity to infection such as HIV
- are on therapy which reduces your resistance to infection such as cancer drug treatment or radiotherapy, history of organ or bone marrow transplant
- suffer from blood disorders involving the white blood cells count due to bone marrow disorders (agranulocytosis) or leukaemia
- are taking immunosuppressant medicines such as ciclosporin or methotrexate
- are under 12 years old

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.

If symptoms worsen, or if you experience high fever, or if symptoms persist for more than 10 days, a doctor or qualified healthcare practitioner should be consulted.

3. How to take this product

Adults, elderly and children over 12.

Take 1-2 capsules daily.

Swallow them whole with some water or other liquid. Start taking at the first sign of a cold or flu. Do not take for longer than 10 days.

This product is not suitable for children under the age of 12 years. Do not take more capsules than the leaflet tells you to.

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.

Do not take a double dose to make up for a forgotten dose. It doesn't matter if you miss a 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 everyone gets them. Stop taking the product and check with your doctor, pharmacist or qualified healthcare practitioner if any of the following side-effects occur:

Allergic (hypersensitive) reactions such as:

- rash
- hives
- inflammatory disorder of the skin (Stevens-Johnson Syndrome)
- swelling of the skin due to fluid
- swelling of the facial area (Quincke's oedema)
- shrinking of the airways in the lungs with obstruction (bronchospasm)
- asthma and life-threatening allergic reactions (anaphylactic shock)

Echinacea can trigger allergic reactions in patients who have a tendency to develop allergic conditions.

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 any of these side-effects become troublesome, or if you notice side-effects not listed in this leaflet, please tell your doctor, pharmacist 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 the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard, or search for the 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.