



Please read this entire leaflet carefully before you take this product as it contains important information for you. Keep this leaflet, you may need to read it again.

This medicine is available without prescription. However, you still need to use this product carefully to get the best results from it.

If you have any further questions ask your doctor, pharmacist or qualified healthcare practitioner.

If symptoms worsen, or persist after 6 weeks, or if any side effects listed in this leaflet become serious or if any other side effects are experienced, consult a doctor or a qualified healthcare practitioner.

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1. What are St John's Wort Tablets and what are they used for?

This is a traditional herbal medicinal product containing St John's Wort Extract. It is used to relieve the symptoms of slightly low mood and mild anxiety. This is based on traditional use only.

2. Before You Take This Product

DO NOT take this product if:

- Your skin is **exceptionally sensitive to sunlight** (photosensitive).
- You are having **light treatment** (phototherapy) for any condition.
- You are suffering from **depression** (see below).
- You are **pregnant** or **breast-feeding**.
- You are **allergic** to any of the ingredients (see section 6).
- You are under the age of 18 years.

Suffering from depression?

Symptoms of depression include feelings of helplessness and hopelessness, loss of interest in daily activities, appetite or weight changes, changes in sleep pattern, loss of energy and difficulty concentrating. **If you think you may be suffering from depression, you should tell your doctor before taking this product. If your doctor has told you that you are suffering from depression do not use this product.**

While you are taking this product:

- Avoid excessive sunbathing or the use of sunbeds/solariums.
- Stop using it at least 10 days prior to undergoing any surgery.

Driving or operating machines:

St John's Wort may make you feel dizzy or sleepy. If affected do not drive or use machinery.

Taking this product with other medicines:

St John's Wort can affect the way some medicines work and reduce their effectiveness. Medicines that can be affected by St John's Wort include prescription medicines and those that you may have bought without a prescription. **Therefore it is important that you do not take St John's Wort if you are using any of the medicines listed below.**

All hormonal contraceptives: The birth control 'Pill', emergency contraception (also known as the 'morning after pill'), hormonal implants, cream, patches or intra-uterine devices with hormones.

All medicines for depression/anxiety: Amitriptyline, clomipramine, moclobemide, citalopram, escitalopram, fluoxetine, fluvoxamine, paroxetine, sertraline, duloxetine, venlafaxine.

All hormonal replacement therapy (HRT) treatments: HRT tablets, patches, gels, vaginal rings.

All medicines for thinning the blood (anticoagulants): Warfarin, acenocoumarol.

All medicines for epilepsy: Carbamazepine, phenobarbitone, phenytoin, primidone, sodium valproate.

All immunosuppressant medicines: Ciclosporin, tacrolimus

All Medicines for HIV infections: Amprenavir, atazanavir, darunavir, fosamprenavir, indinavir, lopinavir, nelfinavir, ritonavir, saquinavir, tipranavir, efavirenz, nevirapine, delavirdine.

Some medicines for cholesterol: Simvastatin, atorvastatin.

Some medicines for cancer: Irinotecan, dasatinib, erlotinib, imatinib, sorafenib, sunitinib, etoposide, mitotane.

Some medicines for heart disease: Digoxin, ivabradine, amiodarone.

Some Medicines for migraines: almotriptan, eletriptan, frovatriptan, naratriptan, rizatriptan, sumatriptan, zolmitriptan.



Taking the product with other medicines (continued)

Some medicines for high blood pressure: amlodipine, nifedipine, felodipine, verapamil.

A medicine for regulating mood: Lithium.

A thyroid hormone:- Thyroxine.

St John's Wort may also affect the following medicines, **therefore do not take this product with these medicines unless a doctor has said it is safe to do so:**

- fentanyl, propofol, sevoflurane and midazolam (anaesthetics/pre-operative medicines).
- tramadol (an analgesic).
- erythromycin, clarithromycin and telithromycin (antibiotics).
- itraconazole and voriconazole (antifungals).
- artemether and lumefantrine (antimalarials).
- rasagiline (anti-Parkinson's medicine).
- aripiprazole (an antipsychotic medicine).
- buspirone (an anxiolytic).
- aprepitant (used to treat post-operative vomiting).
- butobarbital and phenobarbital (barbiturates).
- methyl phenidate (a central nervous system or CNS stimulant).
- exemestane (a hormone antagonist).
- eplerenone (a diuretic).
- lansoprazole and omeprazole (proton pump inhibitors).
- theophylline (a bronchodilator).
- gliclazide (an antidiabetic medicine).

3. How To Take This Product

Adults and the elderly: Take 1 tablet daily. Swallow the tablet whole with some water or other liquid. Do not chew.

Do not exceed the stated dose.

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.

If symptoms worsen, or do not improve after 6 weeks consult your doctor or qualified healthcare practitioner or pharmacist.

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 cause side effects.

The following side effects have been reported:

- Gastrointestinal disorders such as indigestion, loss of appetite, nausea, diarrhoea and constipation.
- Fatigue and restlessness.
- Allergic reactions such as a rash, hives or itching of the skin. If you experience allergic reaction, stop taking the product and consult your doctor.

Also sunburn-like reactions on skin exposed to strong sunlight or strong ultra-violet (UV) irradiation e.g. solarium have been reported, particularly in fair skinned individuals. Other side effects that have been reported include headaches, nerve pain or tingling, anxiety, dizziness and mania.

If any of the side effects become serious or if you notice a side effect not listed in this leaflet, please tell your doctor, pharmacist or qualified healthcare practitioner.

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 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 St John's Wort Tablets

Keep out of the reach and sight of children.

Do not store above 25 °C.

Store in original packaging.

Do not use your tablets after the expiry date which is stated on the box and the blister pack. The expiry date refers to the last day of that month.

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 film coated tablet contains 317mg of extract (as dry extract) from St John's Wort aerial parts (*Hypericum perforatum* L.).(5-7:1)(equivalent to 1583mg to 2216mg of St John's Wort).

Extraction Solvent: Ethanol 60% v/v

It also contains other ingredients.

Extract :- Maltodextrin, Colloidal Anhydrous Silica.

Tablet Core :- Calcium hydrogen phosphate, Cellulose Microcrystalline,

Sodium Starch Glycolate, Magnesium Stearate, Colloidal Anhydrous Silica,

Table Coating:- Hypromellose, Glycerol, Talc.

Zipvit St John's Wort Mood Relief Tablets are available in packs of 30, 60 and 90 tablets

Not all packs sizes may be marketed.

The tablets are a clear coated brown speckled oval tablet.

Registration number: THR 42574/0003

Traditional herbal registration holder and manufacturer:

Nutrition Group

Olympic Way, Blackpool,

FY4 4QE, UK

Distributed By

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