



**HELIOS ABC 30c PILLULES
PACKAGE LEAFLET:
INFORMATION FOR THE USER
HOMEOPATHIC MEDICINAL PRODUCT**

NAME OF MEDICINE: HELIOS ABC 30c PILLULES

Aconitum napellus (Aconite) 30c, Atropa belladonna (Belladonna) 30c
Matricaria recutita (Chamomilla) 30c.

Read all of this leaflet carefully because it contains important information.

This medicinal product is available without prescription. However, you still need to give Helios ABC 30c Pillules carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your Pharmacist or qualified healthcare practitioner if you need more information or advice.

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1. WHAT HELIOS ABC 30c PILLULES IS AND WHAT IT IS USED FOR.

Helios ABC 30c Pillules is a homeopathic medicinal product used within the homeopathic tradition for the symptomatic relief of minor feverish illness and/or minor earache in children up to 12 years of age and for symptoms associated with teething in infants or toddlers.

2. BEFORE YOU GIVE HELIOS ABC 30c PILLULES

Do not give this product to a baby or child if he/she is allergic to any of the ingredients. (see section 6).

Do not use this product in babies under 3 months of age.

This product contains sucrose. **May be harmful to teeth.** If you have been told by your doctor that the baby/child has an intolerance to some sugars, contact your doctor before giving him/her this medicinal product.

If you are going to see your doctor or qualified healthcare practitioner, you must tell him/her that the baby/child is taking this product.

If the baby/child is taking any other medicines including those bought without a doctor's prescription, **consult** your doctor or pharmacist before giving him/her this product.

Pregnancy and breast feeding

This product is for babies and children up to 12 years old only. If you are pregnant or breast feeding, and want to take this product, consult your doctor, qualified healthcare practitioner or pharmacist before taking this product.

3. HOW TO GIVE HELIOS ABC 30c PILLULES

For oral use

Turn the container upside down and twist the lid slowly to dispense one pillule into the cap.

Do not take within 15 minutes of eating or drinking.

Children from 3 years up to 12 years

Whilst the child is sitting down, one pillule to be sucked as required for a maximum of three times daily. The pillule should be sucked slowly until it dissolves. Check that the pillule has fully dissolved. The pillule maybe crushed and dissolved in half a teaspoonful of previously boiled cooled water. With the child sitting down, pour the water slowly into the front of the mouth. Check that the child has swallowed all of the water. Repeat as required for a maximum of three times daily.

Babies from 3 months-children up to 3 years

Pillules must not be sucked. One pillule should be crushed and dissolved in half a teaspoonful of previously boiled, cooled water.

With the baby/child held upright or in a sitting position, pour the water slowly into the front of the mouth. Check that the baby/child has swallowed all of the water.

Repeat as required for a maximum of 3 times daily.

If you have any further questions on the use of this product, ask your doctor, qualified healthcare practitioner or pharmacist or contact Helios directly.

This product is not recommended for babies under 3 months.

Do not give more than the label or leaflet tells you to.

Duration of treatment

Stop taking Helios ABC 30c Pillules on improvement of symptoms.

Mild earache

If the condition worsens, or if symptoms persist more than 12 hours, a doctor should be consulted. If there is a discharge from the ear or if something is stuck in the ear do not give this product and consult a doctor.

Minor feverish illness

If fever does not respond to treatment with this product within 4 hours, treatment with an anti-pyretic such as paracetamol should be considered. If the condition worsens, or if symptoms persist after 2 days of using the product, a doctor should be consulted.

Teething in infants or young children

If the symptoms of teething worsen or if symptoms persist after 2 days of using the product, a doctor should be consulted.

What to do if you give too much of this product

If you give too much of this product (overdose) speak to a doctor/pharmacist **and** take this leaflet with you.

What to do if you miss a dose

If you forget to give this product, continue to give the usual dose at the usual time, it does not matter if you have missed a dose. Do not give a double dose to make up for a missed dose.

4. REPORTING OF SIDE EFFECTS

There are no known side effects of this product. If the baby/child gets 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 HELIOS ABC 30c PILLULES

Keep all medicines out of the reach and sight of children.

Do not use after the expiry date which is stated on the container label and carton label.

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

Store below 30°C away from direct sunlight and strong odours. Store in the original package.

If you notice the product showing any signs of deterioration consult your pharmacist before using this medicine. Return any unused product to your pharmacist for safe disposal.

6. FURTHER INFORMATION

Each pillule contains: Aconitum napellus (Aconite) 30c, Atropa belladonna (Belladonna) 30c, Matricaria recutita (Chamomilla) 30c. Also contains sucrose. **May be harmful to teeth.**

What Helios ABC 30c pillules looks like and the contents of the pack

Each 4g pack size contains approximately 100 pillules.

The pillules are white spheres approximately of 4mm diameter.

National Rules authorisation holder and Manufacturer.

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A CD audio version of this leaflet is available upon request from 01892 546850 for blind or partially sighted people. This leaflet was revised on 2/2018.