SUMMARY OF PRODUCT CHARACTERISTICS

1 NAME OF THE MEDICINAL PRODUCT

Karmamood Maximum Strength St John's Wort Tablets
Boots Max Strength Mood Lift St John's Wort Tablets
Higher Nature St John's Wort Mood Uplift Tablets
Simply Supplements Mood Boost Max Strength St John's Wort Tablets
Holland & Barrett Moodease St John's Wort One-a-Day Tablets

2 QUALITATIVE AND QUANTITATIVE COMPOSITION

Each coated tablet contains:

425 mg of extract (as dry extract) from St John's wort aerial parts (*Hypericum perforatum* L.)(3.5-6:1)(equivalent to 1490 – 2550 mg of St John's wort).

Extraction solvent: Ethanol 60% v/v.

Excipients: 1 tablet contains 234 mg of sucrose and 6 mg of glucose.

For full list of excipients, see section 6.1

3 PHARMACEUTICAL FORM

Coated tablet.
Round, yellow, coated tablets, free from ruptures.

4 CLINICAL PARTICULARS

4.1 Therapeutic indications

A traditional herbal medicinal product used to relieve the symptoms of slightly low mood and mild anxiety, based on traditional use only.

4.2 Posology and method of administration

For oral use only.

For adults and the elderly, take 1 tablet daily. The tablets should be swallowed whole with a little liquid. The tablets should not be chewed.

If symptoms worsen, or do not improve after 6 weeks, a doctor or a qualified healthcare practitioner should be consulted.

The use in children or adolescents under 18 years is not recommended (See 'Section 4.4 Special Warnings and Precautions for Use').

4.3 Contraindications

Hypersensitivity to the active ingredient or any of the excipients.

Patients with known dermal photosensitivity or patients undergoing phototherapy or any photodiagnostic procedures.

Concomitant use with any of the medicines included in Section 4.5. This is because St John's wort (*Hypericum perforatum*) has been shown to induce the cytochrome P450 isoenzymes CYP1A2, CYP2C19, CYP2C9 and CYP3A4 as well as transport protein P-glycoprotein. This results in pharmacokinetic interactions with a large number of medicines including leading to a possible decrease in the effectiveness of those medicines.

In addition, pharmacodynamic interactions have also been identified with antidepressants, particularly the SSRI antidepressants and with the triptan group of medicines.

4.4 Special warnings and precautions for use

Do not exceed the stated dose.

If symptoms worsen, or do not improve after 6 weeks, a doctor or a qualified healthcare practitioner should be consulted.

The use in children or adolescents less than 18 years old is not recommended due to lack of adequate data and medical advice should be sought.

This product is intended for relief of symptoms of slightly low mood and mild anxiety. Patients with signs and symptoms of depression should seek medical advice for appropriate treatment.

In very rare cases, particularly in light-skinned persons, sun burn type reactions on skin areas exposed to strong sunlight may occur due to photosensitisation by St John's wort. Persons using this product should avoid excessive sunbathing or the use of sunbeds or solariums.

This product should be discontinued at least 10 days prior to elective surgery due to the potential for interactions with medicinal products used during general and regional anaesthesia (see Section 4.5).

Each film-coated tablet also contains: 6 mg of glucose and 234 mg of sucrose

Patients with rare hereditary problems of fructose intolerance, glucose-galactose malabsorption or sucrose-isomaltase insufficiency should not take this medicine.

4.5 Interaction with other medicinal products and other forms of interaction

Substances in St John's wort (*Hypericum perforatum*) have been shown to induce the cytochrome P450 isoenzymes CYP1A2, CYP2C19, CYP2C9 and CYP3A4 as well as the transport protein P-glycoprotein. This results in pharmacokinetic interactions with a large number of medicines leading to a potential decrease in the effectiveness of those medicines.

The concomitant use of ciclosporin, tacrolimus for systemic use, Amprenavir, indinavir and other protease inhibitors, irinotecan and warfarin is contraindicated.

Special care should be taken in case of concomitant use of all drug substances the metabolism of which is influenced by CYP1A2, CYP3A4, CYP2C9, CYP2C19 or P-glycoprotein (e.g. amitriptyline, fexofenadine, benzodiazepines, methadone, simvastatin, digoxin, finasteride), because a reduction of plasma concentration is possible.

Users of oral contraceptives taking St John's wort (*Hypericum perforatum*) may experience intracyclic menstrual bleeding and risk of contraception failure is increased.

Clinically significant pharmacodynamic interactions have also been identified with the SSRI antidepressants, and the triptan group of medicines used to treat migraines. Due to the increased risk of undesirable effects associated with these interactions this product should not be used concomitantly with these types of medicines.

Therefore this product should not be taken concomitantly with the medicines included in the table below:

Co-administered drug	**Interaction**	**Recommendations concerning co-administration**
Anaesthetics /pre-operative medicines		
Fentanyl, propofol, sevoflurane, midazolam	Reduced blood levels with risk of therapeutic failure.	Based on the elimination half-lives of hypericin and hyperforin this product should be discontinued at least 10 days prior to elective surgery.
Analgesics		
Tramadol	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Antianginals		
Ivabradine	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Anti-arrhythmics		
Amiodarone	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Antibacterials		
Erythromycin, clarithromycin,	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.

telithromycin		
Anticoagulants		
warfarin, acenocoumarol	Reduced anticoagulant effect and need for increased dose	Do not take with this product.
Antidepressants		
Tricyclics eg.amitriptyline, clomipramine **MAOIs** eg. moclobemide **SSRIs** eg. citalopram, escitalopram, fluoxetine, fluvoxamine, paroxetine, sertraline, **Others** eg. duloxetine, venlafaxine	Increased serotonergic effects with increased incidence of adverse reactions.	Do not take with this product.
Antiepileptics		
All drugs in this class including: carbamazepine phenobarbitone phenytoin primidone sodium valproate	Reduced blood levels with increased risk of frequency and severity of seizures.	Do not take with this product.
Antifungals		
itraconazole, voriconazole	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Antimalarials		
artemether lumefantrine	Reduced blood levels with risk of therapeutic failure.	**Do not take with this product.**
Anti-parkinsons		
rasagiline	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Antipsychotics		
aripiprazole	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Antivirals		
HIV protease inhibitors: amprenavir, atazanavir, darunavir, fosamprenavir,	Reduced blood levels with possible loss of HIV suppression.	Do not take with this product.

indinavir, lopinavir, nelfinavir, ritonavir, saquinavir, tipranavir		
HIV non-nucleoside reverse transcriptase inhibitors: efavirenz, nevirapine, delavirdine	Reduced blood levels with possible loss of HIV suppression	Do not take with this product.
Anxiolytics		
buspirone	Increased serotonergic effects with increased incidence of adverse reactions.	Do not take with this product.
Aprepitant	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Barbiturates		
butobarbital, phenobarbital	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Calcium channel blockers		
amlodipine,nifedipine verapamil, felodipine	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Cardiac glycosides		
digoxin	Reduced blood levels and loss of control of heart rhythm or heart failure.	Do not take with this product.
CNS Stimulants		
methyl phenidate	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Cytotoxics		
irinotecan, dasatinib, erlotinib, imatinib, sorafenib, sunitinib, etoposide, mitotane	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Hormonal contraceptives		
Oral contraceptives Emergency Hormonal Contraception Hormonal implants, injections Transdermal patches, creams etc. Intra-uterine devices with hormones	Reduced blood levels with risk of unintended pregnancy and breakthrough bleeding.	Do not take with this product.
Hormone Replacement Therapy		
Hormone	Reduced blood levels with risk	Do not take with this product.

Replacement Therapy: Oral, Transdermal patches, gels, vaginal rings	of therapeutic failure.	
Hormone antagonists		
exemestane	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Diuretics		
eplerenone	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
5HT agonists		
almotriptan,eletriptan, frovatriptan, naratriptan, rizatriptan, sumatriptan zolmitriptan	Increased serotonergic effects with increased incidence of adverse reactions.	Do not take with this product.
Immunosuppressants		
ciclosporin, tacrolimus	Reduced blood levels with risk of transplant rejection.	Do not take with this product.
Lipid regulating drugs		
simvastatin, atorvastatin	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Lithium	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Proton pump inhibitors		
lansoprazole,omeprazole	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Theophylline	Reduced blood levels and loss of control of asthma or chronic airflow limitation.	Do not take with this product.
Thyroid hormones		
thyroxine	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.
Oral hypoglycaemic drugs		
gliclazide	Reduced blood levels with risk of therapeutic failure.	Do not take with this product.

4.6 Fertility, pregnancy and lactation

Safety during pregnancy and lactation has not been established. In the absence of sufficient data, the use during pregnancy and lactation is not recommended.

No studies on the effects on fertility have been performed.

4.7 Effects on ability to drive and use machines

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

4.8 Undesirable effects

Gastrointestinal disorders including dyspepsia, anorexia, nausea, diarrhoea, constipation; allergic skin reactions such as rash, urticaria, pruritis; fatigue and restlessness have been reported. The frequency is not known.

Fair-skinned individuals may react with intensified sunburn-like symptoms under intense sunlight or strong ultra-violet (UV) irradiation.

Other adverse reactions that have been reported include headaches, neuropathy, anxiety, dizziness and mania.

If other adverse reactions not mentioned above occur, a doctor, pharmacist or a qualified healthcare practitioner should be consulted.

Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicinal product is important. It allows continual monitoring of the benefit/risk of the medicinal product. Healthcare professionals are asked to report any suspected adverse reactions via the Yellow card Scheme at www.mhra.gov.uk/yellowcard

4.9 Overdose

There are no data on human overdose with St John's wort.

After the intake of up to 4.5g dry extract per day for 2 weeks and additionally 15g dry extract just before hospitalization seizures and confusion have been reported.

Where a large overdose has occurred, phototoxic reactions may occur. The skin of the patient should be protected for one week from UV irradiation and sunlight. Outdoor activities should be restricted and clothes and/or sun block preparations used to protect the skin from sunlight. Symptomatic and supportive measures should be taken as appropriate.

5 PHARMACOLOGICAL PROPERTIES

5.1 Pharmacodynamic properties

Pharmacotherapeutic group: Herbal medicinal product for the treatment of depressive disorders.

ATC code: N06AP01

The active constituents of St John's wort have not been definitively established. However, the phloroglucinol constituent, hyperforin, and the hypericin group of constituents, are thought to play an important role in its activity.

5.2 Pharmacokinetic properties

The active ingredients of St John's wort can interact with other medicinal agents in two ways. Firstly, active ingredients in St John's wort that themselves are metabolised in the liver by the CYP3A4 isoenzyme, increase (induce) the activity of this enzyme so that it accelerates the elimination of other medicinal agents which are degraded by the same pathway. This leads to a consequent reduction in the plasma concentration and effectiveness of these other substances. Secondly, the active ingredients in St John's wort, like other type SRI or SSRI medicinal agents with an antidepressant action, can raise the concentration of serotonin in certain parts of the central nervous system so that this neurotransmitter can sometimes reach toxic levels, particularly when drugs containing St John's wort are combined with other antidepressants

5.3 Preclinical safety data

Reverse mutation assays (Ames test) on bacteria indicated that the product was not mutagenic in *Salmonella typhimurium* (strains TA 98, TA 100, TA 102, TA 1535 and TA 1537) mutation assays with or without metabolic activation. Adequate tests on reproductive toxicity have not been performed. Tests on carcinogenicity have not been performed.

6 PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Tablet core:
Maltodextrin
Silica, colloidal anhydrous
Cellulose, microcrystalline
Croscarmellose sodium
Sodium starch glycolate (Type A)
Magnesium stearate

Coating:
Hypromellose
Sucrose
Talc
Calcium carbonate E170
Tragacanth

Acacia
Liquid glucose (dry substance)
Titanium dioxide E171
Iron oxide hydrate E172 (=yellow iron oxide)
Vanillin
Beeswax white
Carnauba wax
Shellac

6.2 Incompatibilities

Not applicable

6.3 Shelf life

3 years

6.4 Special precautions for storage

Do not store above 25°C.

6.5 Nature and contents of container

Original packages contain 30, 60 or 90 Karmamood Maximum Strength St John's Wort coated tablets. Not all pack sizes may be marketed.
Also original packages containing 30 (Boots Max Strength Mood Lift St John's Wort Tablets, Higher Nature St John's Wort Mood Uplift Tablets, Simply Supplements Mood Boost Max Strength St John's Wort Tablets, Holland & Barrett Moodease St John's Wort One-a-Day tablets) or 90 (Boots Max Strength Mood Lift St John's Wort Tablets) coated tablets.

The coated tablets are packed in PVC/ PVDC aluminium blisters and inserted into a carton together with the package leaflet.

6.6 Special precautions for disposal

No special requirements

7 MARKETING AUTHORISATION HOLDER

Schwabe Pharma (UK) Limited
Alexander House
Mere Park
Dedmere Road

Marlow
Buckinghamshire
SL7 1FX

8 MARKETING AUTHORISATION NUMBER(S)

THR 23056/0007

9 DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION

25/11/2016

10 DATE OF REVISION OF THE TEXT

25/11/2016