

DUMMY
01318-0224



MAIER
Typo & Litho

Rheinstraße 44 · 76185 Karlsruhe
Fon 0721/95 2610 · Fax 95 26199
info@maier-tl.de · www.maier-tl.de

Schwabe/Export

Kalms Rhodiola FT
GB DUMMY GI

01318-0224
Dummy-Nr.

01318-0723
Dummy-Nr. alt

210x148 mm 2-seitig
Format

schwarz
Pantone 2748 C
Pantone 360 C
Farben

-
PDM-Akte

ITC Avant Garde Gothic
AvantGarde LT
Schriftarten

9 Pt
Kleinste Schriftgröße

InDesign CC
Programm

09.02.2024
Änderung

02.07.2024
1. Korrektur

30.08.2024
2. Korrektur

02.09.2024
3. Korrektur

Digitale Freigabe

Datenpool

5. How to store Kalms Rhodiola Tablets

Keep out of the sight and reach of children.

Do not take Kalms Rhodiola Tablets after the expiry date which is stated on the box and the blister pack.

Store in the original package.

Do not use if foil on blister strip is damaged.

6. Contents of the pack and other information

What Kalms Rhodiola Tablets contain:

Each film-coated tablet of this product contains 200mg of extract (as dry extract) from *Rhodiola rosea* L. rhizome and root (1.5-5:1) (WS® 1375) (equivalent to 300-1000mg of Rhodiola). Extraction solvent: Ethanol 60% m/m.

This product also contains the following ingredients:

Microcrystalline cellulose, croscarmellose sodium, precipitated silicon dioxide, magnesium stearate, hypromellose, stearic acid, iron oxide red (E172), titanium dioxide (E171), anti foam emulsion.

What Kalms Rhodiola Tablets look like and contents of the pack

Kalms Rhodiola are round, red, film coated tablets.

Each pack contains 20 film coated tablets.

THR holder: Schwabe Pharma (UK) Ltd.

Alexander House, Mere Park, Dedmere Road, Marlow, Bucks. SN7 1FX. UK. THR23056/0039

Manufacturer: Dr. Willmar Schwabe GmbH & Co. KG, Willmar-Schwabe-Str. 4 76227 Karlsruhe, Germany.

Distributor of this product in the UK:

G. R. Lane Health Products Limited, Sisson Road, Gloucester, GL2 0GR, UK. Tel: +44 (0)1452 524012

Email: kalms@laneshealth.com

For a large print, Braille or audio versions of this leaflet please telephone: 01452 524012.

This leaflet was revised 09/2024.

3024-02



Certification Mark



Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact a doctor if your symptoms worsen, or do not improve after 2 weeks.
- If any of the side effects become serious, or if you notice any side effect not listed in this leaflet (see section 4), please tell your doctor or pharmacist.

In this leaflet:

1. What Kalms Rhodiola Tablets are and what they are used for
2. Before you take Kalms Rhodiola Tablets
3. How to take Kalms Rhodiola Tablets
4. Possible side effects
5. How to store Kalms Rhodiola Tablets
6. Contents of the pack and other information



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1. What Kalms Rhodiola Tablets are and what they are used for

Kalms Rhodiola Tablets are a traditional herbal medicinal product used for the temporary relief of symptoms associated with stress, such as fatigue, exhaustion and mild anxiety, based on traditional use only.

2. Before you take Kalms Rhodiola Tablets

Do not take Kalms Rhodiola Tablets if you are:

- allergic to any of the ingredients (see section 6)
- pregnant or breastfeeding
- under 18 years of age

Suffering from depression?

This product is intended for the relief of symptoms associated with stress.

If you have symptoms of depression such as persistent low mood you should seek medical advice for appropriate treatment.

After taking this product

You must speak to a qualified healthcare practitioner if your symptoms worsen, if they do not improve after two weeks, or if side effects not mentioned in this leaflet occur.

Taking other medicines

Tell your doctor before starting to take this product if you are taking any other medicines including any bought without a prescription.

3. How to take Kalms Rhodiola Tablets

Always take this medicine exactly as described in this leaflet, or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Adults and the elderly

Take 1 tablet twice daily, one before breakfast and one before lunch.

Swallow the tablets whole with a glass of water, 30 minutes before food.

Do not take more than the leaflet tells you to.

Not recommended for use in adolescents or children under 18 years old.

If you take more Kalms Rhodiola Tablets than you should

If you take more than the recommended dose, speak to your doctor, pharmacist or qualified healthcare practitioner and take this leaflet with you.

If you forget to take Kalms Rhodiola Tablets

Do not take a double dose to make up for a forgotten dose, but continue to take your usual dose at the usual time.

4. Possible side effects

Like all medicines, this product can have side effects, although not everybody gets them.

The following side effects have been reported:

- Headache
- Gastrointestinal effects: e.g. nausea (feeling sick), stomach pain, diarrhoea.
- Allergic reactions: e.g. skin rash, itching.

The frequency of these side effects occurring is not known.

If these side effects occur and persist or become troublesome or if other side effects not listed occur, 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 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.



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