



## 6. Further information

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) (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.

Each pack contains 30 film-coated tablets.

### Registration holder and manufacturer of this product

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

Traditional herbal registration number:  
THR 05332/0004

If you would like further information about this product, please contact:

Higher Nature  
Burwash Common  
East Sussex, TN19 7LX  
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certification mark

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## Patient Information Leaflet

# Higher Nature Rhodiola Stress Relief

Film-coated tablets

*Rhodiola rosea* root extract 200mg

### Please read this leaflet carefully before you start taking these tablets.

It contains some important information about Higher Nature Rhodiola Stress Relief.

### Keep this leaflet with the tablets.

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

## What is in this leaflet

- 1: What this product is and what it is used for . . . . . page 1
- 2: Before you take this product . . . . . page 2
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## 1. What this product is and what it is used for

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) (equivalent to 300-1000mg of Rhodiola). Extraction solvent: ethanol 60% m/m.

**Higher Nature Rhodiola Stress Relief is 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.**

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## 2. Before you take this product

**DO NOT TAKE this product if you are:**

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

### uffering 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.

**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.**

## 3. How to take this product

### 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.

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

**Do not take more 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 your doctor, pharmacist or qualified healthcare practitioner and take this leaflet with you.

### If you forget to take this product.

Do not take twice the dose, but continue to take your usual dose at the usual time.

**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 everybody gets them.

There have been isolated reports of allergic reaction and lowered blood sugar levels in patients taking Rhodiola. However there is no clear relationship between the development of low blood sugar levels and the use of *Rhodiola rosea* extracts.

**Some people may experience side-effects when taking this medicine. If you have any unwanted side-effects you should seek advice from your doctor or pharmacist.**

### 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](http://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 this product

### Do not use your tablets after the expiry date.

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

**No special storage instructions are required for this medicine.**

**Keep your tablets out of the reach and sight of children.**

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

