

## 6. Further information

Each film-coated tablet contains 6.5mg of extract (as dry extract) from Black Cohosh rhizome and root (*Cimicifuga racemosa* (L.) Nutt.) (4.5-8.5:1) (equivalent to 29.25-55.25mg of Black Cohosh). Extraction solvent: ethanol 60% v/v.

**This product also contains the following ingredients:**

**Tablet core:**

Cellulose powdered, lactose monohydrate, silica colloidal anhydrous, magnesium stearate, maize starch, cellulose microcrystalline, sodium starch glycolate (type A).

**Film-coating:**

Hypromellose, macrogol 4000, titanium dioxide (E171).

**If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this product.**

Each film-coated tablet contains 142mg of lactose.

Each pack contains 30 film-coated tablets.

**Registration holder for this product**

Schwabe Pharma (UK) Ltd  
Alexander House, Mere Park,  
Dedmere Road, Marlow, Bucks, SL7 1FX

**Manufacturer of this product**

Wiewelhove GmbH,  
Gildestrasse 39, 49477 Ibbenbüren, Germany

Traditional herbal registration number:  
THR 23056/0003

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

Higher Nature  
Burwash Common  
East Sussex, TN19 7LX  
Telephone: 0870 0664478  
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This leaflet was revised in March 2014

THR 23056/0003



certification mark

## Patient Information Leaflet

# Higher Nature Black Cohosh Menopause Relief

Film-coated tablets

Black Cohosh root extract 6.5mg

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

It contains some important information about Higher Nature Black Cohosh Menopause 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
- 3: How to take this product . . . . . page 2
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- 5: How to store this product. . . . . page 3
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### 1. What this product is and what it is used for

This product is a traditional herbal medicinal product containing Black Cohosh root. Each film-coated tablet of this product contains 6.5mg of extract (as dry extract) from Black Cohosh rhizome and root (*Cimicifuga racemosa* (L.) Nutt.) (4.5-8.5:1) (equivalent to 29.25-55.25mg of Black Cohosh). Extraction solvent: ethanol 60% v/v.

**Higher Nature Black Cohosh Menopause Relief is a traditional herbal medicinal product used for the relief of symptoms of the menopause, such as hot flushes, night sweats, and temporary changes in mood (such as nervous irritability and restlessness). This usage is based on traditional use only.**

As there is evidence that Black Cohosh may have hormone-like actions, it should only be used by women of child-bearing potential if contraception is used.

## 2. Before you take this product

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

- have ever had or are suffering from **liver or kidney disease (e.g. hepatitis, jaundice or cirrhosis)**
- have ever had or are suffering from an **oestrogen dependent tumour**
- are of **childbearing potential and do not use contraception**
- are **lactose-intolerant** (react badly to lactose or milk)
- are **pregnant or breastfeeding**
- are **allergic to any of the ingredients** (see section 6)
- are **under 18 years of age**

**Tell your doctor before taking this product if you:**

- have a persistent **history of menstrual disorders**
- are currently taking a **medicine containing oestrogen**

## 3. How to take this product

**Adults.**

**For women experiencing menopausal symptoms, take 1 tablet daily.**

Tablets should be taken at the same time of day if possible (morning or evening). Swallow the tablet whole with some water or other liquid. Do not chew the tablets.

**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 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. These are listed below.

### Uncommon side-effects (affecting fewer than 1 in 1000 people)

- |                                                                                                                                                                                                                               |                                                                                                                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• <b>digestive upsets</b> such as indigestion or diarrhoea</li><li>• <b>facial swelling</b></li><li>• <b>allergic skin reactions such as nettle rash, itching of the skin</b></li></ul> | If these persist for more than a few days, or become troublesome, stop taking this product. These uncommon side-effects are often only temporary. Stop taking this product immediately if you experience any allergic skin reaction. |
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### Other side-effects

Black Cohosh may rarely cause liver problems. If you become unwell (yellowing eyes/skin, nausea, vomiting, dark urine, abdominal pain, unusual tiredness) stop taking immediately and seek medical advice. Tell your doctor or pharmacist if you notice any other side-effect.

**You must speak to a qualified healthcare practitioner if your symptoms worsen, if they do not improve after 12 weeks, or if you notice any re-appearance or changes in menstrual bleeding.**

You can help to make medicines safer by reporting any side-effects to the Yellow Card Scheme at [www.yellowcard.gov.uk](http://www.yellowcard.gov.uk). Alternatively you can get a paper Yellow Card form from your GP's surgery or pharmacy, or call Freephone 0800 100 3352 (available 10am–2pm Monday – Friday).

## 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.

**Store the product in a cool dry place.**

Do not store the tablets in a place where the temperature goes above 30°C.

**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.**