



Valerian-Plus Herbal Tablets N

Traditional plant-based medicinal product
To be taken by adults

Information leaflet: Information for the user

Read the entire information leaflet carefully; it contains important information for you.

This medicinal product is available without a prescription. However, Valerian-Plus Herbal Tablets N must be taken in accordance with the regulations.

- Keep this information leaflet. You may want to reread it at a later date.
- Ask your pharmacist if you need any additional information or advice.
- Please inform your doctor or pharmacist if you are seriously affected by one of the listed side effects or if you notice side effects that are not included in this information leaflet.
- Consult a doctor if your symptoms continue to worsen or if there has been no improvement after 2 weeks.

This information leaflet contains:

1. What are Valerian-Plus Herbal Tablets N and what are they used for?
2. What must I be aware of before taking Valerian-Plus Herbal Tablets N?
3. How should I take Valerian-Plus Herbal Tablets N?
4. Which side effects are possible?
5. How should Valerian-Plus Herbal Tablets N be stored?
6. Additional information

1. WHAT ARE BALDRIAN VALERIAN-PLUS HERBAL TABLETS AND WHAT ARE THEY USED FOR?

Application areas: A traditional plant-based medicinal product to support the cardiovascular system when under nervous strain.

This medicine is a traditional medicine that is exclusively registered on the basis of years of application for the application areas.

2. WHAT MUST I BE AWARE OF BEFORE TAKING VALERIAN-PLUS HERBAL TABLETS N?

Valerian-Plus Herbal Tablets N may not be taken

- if you are allergic to the active ingredients or to any other components in Valerian-Plus Herbal Tablets N.

Warnings and precautions

If symptoms occur, particularly high blood pressure, restlessness, sleep disturbances, the collection of water in the legs or inexplicit discomfort, a doctor should be consulted. In the case of pain in the heart region, which can be felt in the arms, the upper abdomen or in the neck area, or respiratory distress, a doctor should be consulted immediately so that further investigations can be made.

In the case of on-going symptoms or the occurrence of side effects not listed in this information leaflet, you should consult a doctor or another qualified health professional.

Use by children and young people:

Insufficient research has been conducted into children and youngsters taking this medicinal product. It should, therefore, not be given to children and youngsters under the age of 18.

Please note the following when taking Valerian-Plus Herbal Tablets N alongside other medicinal products:

Please inform your doctor or pharmacist if you take, or have recently taken, other medicinal products if they are non-prescription medicinal products.

Interactions with other medicinal products are not known at this point in time.

Investigations on reciprocal effects between Valerian-Plus Herbal Tablets N and other medicines have not been carried out.

Combining this product with synthetic sedatives is not recommended.



Pregnancy and lactation:

If you are pregnant or breastfeeding, or if you suspect or intend to become pregnant, you should not take this medicine. Insufficient research has been conducted into safety during pregnancy and lactation. Therefore Valerian-Plus Herbal Tablets N should not be taken during pregnancy or lactation.

Fitness to drive and operate machinery:

Taking Valerian-Plus Herbal Tablets N can have an adverse effect on a person's ability to drive in traffic and to operate machines. Affected persons may not drive a vehicle or operate machines.

3. HOW SHOULD VALERIAN-PLUS HERBAL TABLETS N BE TAKEN?

Always take Valerian-Plus Herbal Tablets N as described in the instructions in this information leaflet. Please consult your doctor, pharmacist or healthcare professional if you are unsure.

The normal dose is: Adults take 3 x 2-4 tablets a day.

Use by children and youngsters under 18 is not foreseen.

Insufficient data is available for specific dosage recommendations in case of limited liver or kidney function.

How to take the medicine:

Swallow the tablets, unchewed, with sufficient liquid (ideally with a glass of water) before mealtimes. Do not take tablets whilst lying down.

How long to take the medicine for:

Consult a doctor if your symptoms continue to worsen or if there is no improvement after 2 weeks. Please consult your doctor or pharmacist if you feel that the Valerian-Plus Herbal Tablets N are having too great or too little an effect.

What to do if you take too many Valerian-Plus Herbal Tablets N:

The symptoms stated under side effects may have a stronger effect in case of an overdose. In this case you should consult a doctor. Your doctor can decide on the best course of action.

If you forget to take Valerian-Plus Herbal Tablets N:

Do not take a double dose if you have forgotten to take the previous dose.

If you stop taking Valerian-Plus Herbal Tablets N:

It is generally considered harmless to stop the treatment or to end it prematurely. If you have any further questions about taking this medicinal product please consult your doctor, pharmacist or healthcare professional.

4. WHAT ARE THE POSSIBLE SIDE EFFECTS?

As with all medicinal products, Valerian-Plus Herbal Tablets N may have side effects, but they do not necessarily affect everyone.

Possible side effects:

Gastrointestinal disorders and allergic reactions may occur. There is no information about the frequency of these possible side effects.

Reporting side effects:

Please inform your doctor or pharmacist if you notice side effects. This also applies to side effects not stated in this leaflet. You can register any side effects directly with the Bundesinstitut für Arzneimittel und Medizinprodukte, Abt. Pharmakovigilanz, Kurt-Georg-Kiesinger-Allee 3, D-53175 Bonn, website: www.bfarm.de. By reporting any side effects, you can make a contribution towards more information being available on the safety of this medicinal product.



5. HOW SHOULD VALERIAN-PLUS HERBAL TABLETS N BE STORED?

Keep all medicines out of the reach and sight of children. Do not take the medicinal product if the "use by" date on the receipt or carton has expired. The use by date relates to the last day of the month in question.

Note on shelf life after opening: The product should be used within 3 months of being opened.

Storage conditions: No special storage conditions are required for this medicinal product.

6. PACKAGE CONTENTS AND ADDITIONAL INFORMATION

1 Valerian-Plus Herbal Tablet N contains:

Active ingredients: Valerian Root Powder 80 mg, Melissa Leaf Powder 70 mg, Hops Powder 45 mg, Hawthorn Leaves with Blossom Powder 20 mg, Hawthorn Fruit Powder 10 mg.

Other ingredient: Microcrystalline Cellulose, Povidone K 25, Crospovidone Type A, fine-particle Silicon Dioxide, Magnesium Stearate (Ph.Eur.) [plant-based].

Packet sizes available: Original packet with 300 tablets.

This information leaflet was last updated in October 2018.

PB1120

Art. No. 1833

For risks and side effects please read the information leaflet and consult your doctor or pharmacist.