



Sedomir natural

Valerian drops

Active ingredient: Valerian root tincture

Read the entire information leaflet carefully before starting to take this medicinal product; it contains important information for you.

Always take this medicinal product exactly as described in this leaflet or exactly as prescribed by your doctor or pharmacist or your medical specialist.

- 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 or medical specialist if you notice side effects. This also applies to side effects not stated in this leaflet. See section 4.
- Please consult a doctor if you do not feel better or even feel worse.

Information in this leaflet:

- 1. What is Sedomir natural and what is it used for?
- 2. What must I be aware of prior to taking Sedomir natural?
- 3. How is Sedomir natural to be taken?
- 4. What are the possible side effects?
- 5. How should Sedomir natural be stored?
- 6. Pack contents and additional information

1. What is Sedomir natural and what is it used for?

Sedomir natural is a herbal medicine used to calm the nerves.

Fields of application:

States of anxiety, nervous sleep disorders.

Note: As is the case with all inexplicit complaints, if the nervous sleeping disorders and/or states of anxiety continue for a prolonged period of time, please consult a doctor.

2. What must I be aware of prior to taking Sedomir natural?

Sedomir natural must not be taken:

- if you are allergic to valerian,
- Sedomir natural should not be used by alcoholics.
- Due to its alcohol content, Sedomir natural should only be administered after consulting a doctor if you are suffering from liver disorders, epilepsy or organic diseases of the brain.

Warning advice and precautions for application

Please consult your doctor, pharmacist or medical specialist before taking Sedomir natural.

Children and adolescents

No adequate studies are available on the use of Sedomir natural in children under 12 years of age. Therefore, Sedomir natural should not be administered.

Taking Sedomir natural together with other medicinal products

Please inform your doctor or pharmacist if you take, or have recently taken, or intend to take other medicinal products.

Pregnancy, lactation and fertility

Sufficient research has not yet been conducted concerning the effects of Sedomir natural during pregnancy and breastfeeding. Therefore, Sedomir natural should not be administered.



Sedomir natural Contains 66 vol.% alcohol

When taken in line with dosage instructions, each dosage includes up to 1.2 g of alcohol. The product poses a health risk to people suffering from liver disorders, alcohol problems, epilepsy, patients with organic brain damage, and to pregnant women, women during lactation and children.

The effects of other medicinal products may be reduced or increased.

3. How is Sedomir natural to be taken?

Always take this medicinal product exactly as described in this leaflet or exactly as prescribed by your doctor, pharmacist or medical specialist. Please consult your doctor, pharmacist or medical specialist if you are unsure.

The recommended dose is: Take 1/2 teaspoon (approx. 1.5 ml) of Sedomir Natural, diluted with some water, 2 to 3 times a day to calm down, and 1 teaspoon (approx. 3 ml) around half an hour before going to sleep to help combat sleeping disorders.

If sleep disturbances continue, the dose can be increased to an extra 1 teaspoon taken prior to the evening meal.

What to do if you take a larger quantity of Sedomir natural than you should

Taking 10 g or more of Sedomir natural can - especially in the case of small children - lead to alcohol poisoning. In this case there is a risk of death and a doctor should be consulted immediately.

If you take the whole contents of the bottle around 52.4 g of alcohol will be drunk.

Please consult your doctor or pharmacist or medical specialist if you have any further questions on taking this medicinal product.

4. What are the possible side effects?

As is the case with all medicinal products, this medicinal product can have side effects, but they do not necessarily affect everyone.

Even when taken in line with the recommended dose, Sedomir natural can affect your reaction times so that your ability to participate actively in road traffic or to operate machinery is affected. This effect is more serious when combined with alcohol.

Reporting side effects:

Please inform your doctor or pharmacist or medical specialist 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 Sedomir natural be stored?

Keep this medicine out of the reach of children.

Do not take the medicinal product if the "use by" date on the label or carton has expired. The use by date relates to the last day of the month in question.

Keep out of direct sunlight and tightly sealed, and store below 25 °C.

Never dispose of medicinal products in your waste water (e.g. not down the toilet or washbasin). Ask your pharmacist how you should dispose of the medicinal product if you no longer use it. This helps you contribute towards protection of the environment. You can find additional information at www.bfarm.de/arzneimittelentsorgung.

6. Pack contents and additional information

100 ml of Sedomir natural contain:

Active ingredient: 100 ml contains: 100 ml valerian root tincture (1:5), extraction agent: Ethanol 70 % (V/V).

Kräuterhaus Sanct Bernhard

Der Spezialist für Naturheilmittel und Kosmetik.
Seit **1903** im Dienste der Gesundheit.



Packet sizes available:

Packet containing 100 ml lotion.

This information leaflet was last updated in June 2021.

Contents 100 ml

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