



## Cold Capsules Eucalyptus Oil

active ingredient: eucalyptus oil

soft capsule

For adults and adolescents aged 12 years



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

**This medicinal product is available without a prescription.**

- 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.
- Consult a doctor if your symptoms continue to worsen or if there is no improvement after 4-5 days.
- 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.

**This information leaflet contains:**

1. What are Eucalyptus Oil Cold Capsules and what are they used for?
2. What must I be aware of before taking Eucalyptus Oil Cold Capsules?
3. How should Eucalyptus Oil Cold Capsules be taken?
4. What are the possible side effects?
5. How should Eucalyptus Oil Cold Capsules be stored?
6. Additional information

### **1. WHAT ARE EUCALYPTUS OIL COLD CAPSULES AND WHAT ARE THEY USED FOR?**

Eucalyptus Oil Cold Capsules are a natural medicinal product used for respiratory infections

**Areas of application:** To improve cold infection complaints in the airways with stubborn mucus.

### **2. WHAT MUST I BE AWARE OF BEFORE TAKING EUCALYPTUS OIL COLD CAPSULES?**

**Eucalyptus Oil Cold Capsules may not be taken:**

- with inflammatory illnesses in the gastro-intestinal area and in the biliary tract or acute liver disorders.
- in case of over-sensitivity to Eucalyptus oil, eucalyptol as the main ingredient of eucalyptus oil, soya, peanuts or other ingredients
- for children under 2 years old.
- for patients with bronchial asthma, whooping cough or other respiratory illnesses that could cause distinctive over-sensitivity in the airways.

**Special care is necessary when taking Eucalyptus Oil Cold Capsules:**

Please consult a doctor if complaints do not improve within 4-5 days or become worse, in case of breathing difficulties, fever or phlegm containing pus or blood.

**Please note the following when taking Eucalyptus Oil Cold Capsules alongside other medicinal products:**

The effect can be reciprocally influenced when taking more than one medicine at a time. Eucalyptus oil influences the enzyme system in the liver that breaks down the foreign particles. The effects of other medicinal products can, therefore, be weakened or shortened.

Eucalyptol, the main ingredient of eucalyptus oil, is known to influence the effect of anti-epileptics as well as sleeping tablets and pain killers.

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



**When taking Eucalyptus Oil Cold Capsules together with food and drink:**

There are no known side effects with food and drink.

**Pregnancy and lactation:**

Sufficient research has not yet been conducted concerning the use of Eucalyptus Oil Cold Capsules during pregnancy and lactation. The medicinal product should, therefore, not be used at this time.

**Children:**

Sufficient research has not yet been conducted concerning the use of Eucalyptus Oil Cold Capsules on children between 2 and 12 years. Eucalyptus Oil Cold Capsules should therefore not be used for children in this age group.

**Fitness to drive and operate machinery:**

There are no known adverse effects.

**Important information about certain other components of Eucalyptus Oil Cold Capsules**

This medicinal product contains sorbitol. If you suffer from any incompatibilities with certain sugars you must consult your doctor before you start taking Eucalyptus Oil Cold Capsules.

**3. HOW SHOULD EUCALYPTUS OIL COLD CAPSULES BE TAKEN?**

Always take Eucalyptus Oil Cold Capsules as described in the instructions in this information leaflet. Please consult your doctor or pharmacist if you are unsure.

Unless otherwise instructed by your doctor, the standard dose is:

For adults and children over 12 years: Take 1-2 soft capsules 3 times per day.

**How to take the medicine:**

Take the capsules, unchewed, with sufficient liquid, ideally with a glass of water, 1-2 hours prior to eating.

**How long to take the medicine for:**

The period of use of Eucalyptus Oil Cold Capsules is generally not restricted. Please also read the additional information in article 2 "What must I be aware of before taking Eucalyptus Oil Cold Capsules".

Please consult your doctor or pharmacist if you feel that the Eucalyptus Oil Cold Capsules are having too great or too little an effect.

**What to do if you take too many Eucalyptus Oil Cold Capsules:**

You should not exceed the daily dose of Eucalyptus Oil Cold Capsules described in the dosage instructions or as prescribed by your doctor.

If you accidentally take one or two more dosages than instructed it will generally not have any harmful effect.

If you take significantly more than the recommended dosage, stomach pains, sickness, vomiting and diarrhoea can occur as well as fatigue, drowsiness, headaches or speech impediments; in serious cases breathing difficulties, dangerous circulatory reactions and unconsciousness can occur.

It cannot be fully ruled out that particularly sensitive persons can suffer fatal poisoning at 4-5 ml (corresponds with approximately 35-40 soft capsules). In case of possible poisoning with eucalyptus oil, inform your doctor immediately who will initiate the necessary measures; the contents of around 5 soft capsules alone can lead to serious poisoning in children.

Specific counteragents are not known; milk or alcoholic beverages should never be consumed as this can promote the absorption of essential oils.

**If you forget to take Eucalyptus Oil Cold Capsules:**

Do not take a double dose; instead take the dose as described in this information leaflet or as instructed by your doctor.



## **If you stop taking Eucalyptus Oil Cold Capsules:**

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 or pharmacist.

## **4. WHAT ARE THE POSSIBLE SIDE EFFECTS?**

As is the case with all medicinal products, Eucalyptus Oil Cold Capsules can have side effects, but they do not necessarily affect everyone. The following frequency data is taken as a basis for the assessment of side effects:

very common:	more than 1 in 10 persons treated
common:	1 to 10 out of 100 persons treated
occasional:	1 to 10 out of 1.000 persons treated
rare:	1 to 10 out of 10.000 persons treated
very rare:	less than 1 person out of 10.000 persons treated
Unknown:	Frequency cannot be assessed based on available data

In rare cases, nausea, vomiting and diarrhoea may occur after taking Eucalyptus Oil Cold Capsules.  
Soya oil can very rarely cause an allergic reaction.

**Reporting of side effects:** If you notice any side effects, contact your doctor or pharmacist. This also applies to any side effects not listed in this information leaflet. You can also report side effects directly to the Federal Institute for Drugs and Medical Devices, Department of Pharmacovigilance, Kurt-Georg Kiesinger Allee 3, D-53175 Bonn, website: [www.bfarm.de](http://www.bfarm.de). By reporting side effects you can help provide more information on the safety of this medicine.

## **5. HOW SHOULD EUCALYPTUS OIL COLD CAPSULES 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 box or blister pack has expired. The use by date relates to the last day of the month in question.

**Storage information:** Do not store above 25 °C.

## **6. ADDITIONAL INFORMATION**

### **What Eucalyptus Oil Cold Capsules contain:**

The active ingredient is: eucalyptus oil  
1 soft capsule contains: 100 mg eucalyptus oil

The other ingredients are:

Soya oil, milk fat, gelatine, glycerol, sorbitol solution 70% (non-crystallising) and purified water.

**Packet sizes available:** Original packet with 80 soft capsules.

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