



Sabal Pumpkin Capsules

Soft capsules

To be taken by adults

Active ingredients: Pumpkin Seed Powder, Pumpkin Seed Oil, Dried Saw Palmetto Extract

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, pharmacist or 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, after five days, you do not feel better or even feel worse.

Information in this leaflet:

1. What are Sabal Pumpkin Capsules and what are they used for?
2. What should I be aware of before taking Sabal Pumpkin Capsules?
3. How should Sabal Pumpkin Capsules be taken?
4. What are the possible side effects?
5. How should Sabal Pumpkin Capsules be stored?
6. Pack contents and additional information

1. What are Sabal Pumpkin Capsules and what are they used for?

Sabal Pumpkin Capsules are a traditional plant-based medicinal product used to strengthen the function of the bladder. This medicine is a traditional medicine that is exclusively registered on the basis of years of application for the application areas.

2. What should I be aware of before taking Sabal Pumpkin Capsules?

Sabal Pumpkin Capsules should not be taken:

if you are over-sensitive (allergic) to saw palmetto, to pumpkin or plants similar to pumpkin, e.g. watermelon, courgette etc., to soya or peanut or to any of the other ingredients of this medicinal product stated in Section 6.

Warnings and safety precautions for use

Consult a doctor in the case of blood in the urine, fever, symptoms lasting longer than 5 days, or acute urinary retention. 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.

Children and adolescents

Sabal Pumpkin Capsules are not suitable for use by children and youngsters under the age of 18.

Taking Sabal Pumpkin Capsules alongside other medicinal products

There are no known interactions to date. No research has been conducted into the interaction between Sabal Pumpkin Capsules and other medicines.

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

Pregnancy and lactation

Please ask your doctor or pharmacist for advice if you are pregnant or are nursing, if you think you might be pregnant or intend to become pregnant.

Insufficient research has been conducted into safety during pregnancy and lactation. Sabal Pumpkin Capsules are therefore not recommended for pregnant and nursing women.



Fitness to drive and operate machinery

There are no known adverse effects.

Sabal Pumpkin Capsules contain lactose and sorbitol

As such, only take Sabal Pumpkin Capsules after consultation with your doctor if you are known to have an intolerance to certain sugars.

This medicinal product contains 10.4 mg sorbitol per capsule.

3. How should Sabal Pumpkin Capsules 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.

Dosage:

Adults take 2 soft capsules twice a day.

Insufficient data is available for concrete dosage recommendations for limited kidney/liver function.

Use by children and young people

Sabal Pumpkin Capsules are not suitable for use by children and youngsters under the age of 18.

How to take the medicine

Take 2 soft capsules with a little liquid, preferably 1/2 glass of water, in the morning and evening after meals.

How long to take the medicine for

You should not take Sabal Pumpkin Capsules for longer than 14 days. Please see "Warnings and safety precautions for use".

The user should consult a doctor or a qualified practitioner if symptoms persist or if side-effects other than those mentioned in the information leaflet occur.

If you have taken a significantly larger amount of Sabal Pumpkin Capsules than you should have:

If you accidentally take one or two more dosages than instructed it will generally not have any harmful effect. In this case, continue taking the medicine as described in the dosage instructions, or as prescribed by your doctor.

If you have taken a significant overdose of this medicinal product it can cause known side effects such as stomachache, nausea and diarrhoea. In this case please inform a doctor. Your doctor can decide on the best course of action.

If you forget to take Sabal Pumpkin Capsules:

Do not take a double dose; instead continue to take the capsules as described in the dosage instructions.

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.

This medicinal product can cause allergic reactions in very rare cases (less than 1 in 10,000) due to its soya bean oil content.

In rare cases (1 to 10 of 10,000) stomach complaints, allergic reactions, nausea, vomiting and diarrhoea may occur.

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 Sabal Pumpkin Capsules be stored?

Keep all medicines out of the reach and sight of children.

Do not take this medicinal product after the use by date on the box and the blister pack.



Do not store above 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. More information is available at www.bfarm.de/arzneimittelentsorgung.

6. Pack contents and additional information

Contents of Sabal Pumpkin Capsules:

1 soft capsule contains the active ingredients:

50.0 mg Powdered Pumpkin Seeds

60.0 mg Pumpkin Seed Oil

7.2 mg Dried Extract from Saw Palmetto (8.5–10.5 : 1), extracting agent Ethanol 60% (V/V)

The other ingredients are:

Refined Soya Oil (Ph.Eur), Yellow Wax, Refined Coconut Oil, (3-sn Phosphatidyl) Cholin from Soya Beans, Butter Fat from cows, Lactose Monohydrate, Precipitated Silica, Gelatin, Glycerol 85%, Sorbitol Solution 70%, Non-crystallising (calculated as dry substance), Colourings Iron (III) Hydroxide Oxidhydrate (E172), Iron (III) Oxide (E172), Iron (II / III) Oxide (E172), Purified Water.

What Sabal Pumpkin Capsules look like and pack contents:

Sabal Pumpkin Capsules are brown soft capsules and are available in the following packages: 300 soft capsules.

7. Additional information

The extraction agent Ethanol is only used to process the dried extract of saw palmetto and only traces are contained in the final product.

This information was last revised in October 2020.

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