



centoreze tablets

Pelargonium root dry extract 20 mg

PATIENT INFORMATION

Please read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription. However, you still need to take this product carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact a doctor or qualified healthcare practitioner if your symptoms worsen, or do not improve after 7 days.
- If any of the side-effects get serious, or if you notice any side-effect not listed in this leaflet, please tell your doctor, qualified healthcare practitioner or pharmacist.

What is in this leaflet

1. What this product is and what it is used for
2. Before you take this product
3. How to take this product
4. Possible side-effects
5. How to store this product
6. Contents of the pack and further information

1. What this product is and what it is used for

This product is a traditional herbal medicinal product containing a dry extract from Pelargonium root.

It is a traditional herbal medicinal product used to relieve the symptoms of upper respiratory tract infections including common cold, such as sore throat, cough and blocked or runny nose, based on traditional use only.

2. Before you take this product

Do not take this product:

- if you are allergic (hypersensitive) to any of the ingredients of this product (see section 6)
- if you suffer from liver or kidney problems
- if you are pregnant or breast-feeding
- if you are under 12 years of age

Warnings

If symptoms worsen, or do not improve after one week, a doctor or qualified healthcare practitioner should be consulted.

If any of the following symptoms occur, a doctor or qualified healthcare practitioner should be consulted as soon as possible:

- Fever
- Shortness of breath
- Blood in the sputum

This product may cause hepatitis or other liver problems. If you become unwell (yellowing eyes/skin, nausea, vomiting, dark urine, abdominal pain, unusual tiredness), stop taking this medicine and **seek medical advice immediately**.

Taking other medicines

Please tell your doctor, pharmacist or qualified healthcare practitioner if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

Driving and using machines

This product has no known effect on your ability to drive or use machines.

3. How to take this product

Always take this product exactly according to the instructions in this package leaflet. You should check with your doctor, qualified healthcare practitioner or pharmacist if you are not sure.

For oral use only.

Adults, the elderly and children over 12 years

Take one tablet 3 times daily (morning, midday, evening). Swallow the tablet whole with some water. Do not chew the tablet.

Continue treatment for a further 2–3 days after your symptoms have improved, to prevent a relapse. However, treatment should not exceed 10 days.

Consult your doctor or qualified healthcare practitioner if your symptoms worsen, or do not improve after one week.

Do not take more than the label/leaflet tells you to take.

This product is not suitable for children under the age of 12 years.

If you take more of this product than you should (overdose)

If you take more than the recommended dose, speak to your doctor, pharmacist or qualified healthcare practitioner and take this leaflet with you.

If you forget to take this product

Do not take a double dose to make up for a forgotten dose, but continue to take your usual dose at the usual time.

If you have any further questions on the use of this product, or are unsure about anything, please ask your doctor, pharmacist or qualified healthcare practitioner.

4. Possible side-effects

Like all medicines, this medicine can cause side effects, although not everybody gets them. The following have been reported:

Very rare side-effects (affects less than 1 user in 10,000)

Serious allergic reactions with swelling of the face, shortness of breath and decrease in blood pressure.

If you experience a serious allergic reaction, stop taking this medicine and seek medical advice immediately.

Frequency not known (cannot be estimated from the available data)

This product may cause hepatitis or other liver problems.
If you become unwell (yellowing eyes/skin, nausea, vomiting, dark urine, abdominal pain, unusual tiredness) stop taking this medicine and seek medical advice immediately.

Uncommon side-effects (affects 1 to 10 users in 1,000)

Gastro-intestinal complaints such as stomach pain, heartburn, nausea, vomiting, difficulty swallowing or diarrhoea.

Rare side-effects (affects 1 to 10 users in 10,000)

Mild bleeding from the gums or nose. Allergic reactions e.g. skin rash, nettle rash, itching of the skin and mucous membranes.

If you get any side-effects, please tell your doctor, pharmacist or qualified healthcare professional.

You can also report side-effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for MHRA Yellow Card in the Google Play or Apple App Store. By reporting side-effects you can help provide more information on the safety of this medicine.

5. How to store this product

Do not use this product after the expiry date which is stated on the carton and also on the blister pack. The expiry date refers to the last day of that month. Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

- This product does not require any special storage conditions.
- Store in the original package.
- Keep the tablets in the blister pack until it is time to take them.
- Keep the product out of the sight and reach of children.

6. Contents of the pack and other information

Each film-coated tablet contains 20 mg of extract (as dry extract) Pelargonium root (*Pelargonium sidoides* DC and/or *Pelargonium reniforme* Curt (4-25:1)). Extraction solvent: 11% ethanol (m/m).

This product also contains the following ingredients:

Extract: Maltodextrin.

Tablet core: Cellulose powder, cellulose microcrystalline, colloidal anhydrous silica, magnesium stearate.

Film coating: Hypromellose, macrogol type 6000, iron oxide yellow E172, iron oxide red E172, calcium carbonate, talc.

What this product looks like and contents of the pack.

Centoreze tablets are red-brown, round film-coated tablets in blister packs made of PVC/PVDC-aluminium. Each pack contains 15, 21, 30 or 60 film-coated tablets. Not all pack sizes may be marketed.

Traditional Herbal Registration Holder:

DePlantis Limited, Plough Lane, Hereford HR4 0EL

Manufacturer:

Wiewelhove GmbH, Dörnebrink 19, 49479 Ibbenbüren, Germany

Traditional Herbal Registration Number:

THR 53449/0001



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