



## 5. How to store Kalms Rhodiola Tablets

### Keep out of the sight and reach of children.

Do not take Kalms Rhodiola Tablets after the expiry date which is stated on the box and the blister pack.

Store in the original package.

Do not use if foil on blister strip is damaged.

## 6. Contents of the pack and other information

### What Kalms Rhodiola Tablets contain:

Each film-coated tablet of this product contains 200mg of extract (as dry extract) from *Rhodiola rosea* L. rhizome and root (1.5-5:1) (WS® 1375) (equivalent to 300-1000mg of Rhodiola). Extraction solvent: Ethanol 60% m/m.

### This product also contains the following ingredients:

Microcrystalline cellulose, croscarmellose sodium, precipitated silicon dioxide, magnesium stearate, hypromellose, stearic acid, iron oxide red (E172), titanium dioxide (E171), anti foam emulsion.

### What Kalms Rhodiola Tablets look like and contents of the pack

Kalms Rhodiola are round, red, film coated tablets

Each pack contains 20 film-coated tablets.

**THR holder:** Schwabe Pharma (UK) Ltd

Alexander House, Mere Park

Dedmere Road, Marlow, SL7 1FX United Kingdom

### Manufacturer:

Dr. Willmar Schwabe GmbH & Co. KG

Willmar-Schwabe-Str. 4, 76227 Karlsruhe, Germany

### Distributor of this product in the UK:

G. R. Lane Health Products Limited,

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**For a large print, Braille or audio versions of this leaflet please telephone: 01452 524012.**

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Certification Mark 

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### Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- 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 if your symptoms worsen, or do not improve after 2 weeks.
- If any of the side effects become serious, or if you notice any side effect not listed in this leaflet (see section 4), please tell your doctor or pharmacist.

### In this leaflet:

1. What Kalms Rhodiola Tablets are and what they are used for
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3. How to take Kalms Rhodiola Tablets
4. Possible side effects
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6. Contents of the pack and other information





## 1. What Kalms Rhodiola Tablets are and what they are used for

Kalms Rhodiola Tablets are a traditional herbal medicinal product used for the temporary relief of symptoms associated with stress, such as fatigue, exhaustion and mild anxiety, based on traditional use only.

## 2. Before you take Kalms Rhodiola Tablets

**Do not take Kalms Rhodiola Tablets if you are:**

- allergic to any of the ingredients (see section 6)
- under 18 years of age
- pregnant or breastfeeding

### Suffering from depression?

This product is intended for the relief of symptoms associated with stress.

If you have symptoms of depression such as persistent low mood you should seek medical advice for appropriate treatment.

### After taking this product

You must speak to a qualified healthcare practitioner if your symptoms worsen, if they do not improve after two weeks, or if side-effects not mentioned in this leaflet occur.

### Taking other medicines

Tell your doctor before starting to take this product if you are taking any other medicines including any bought without a prescription.

## 3. How to take Kalms Rhodiola Tablets

Always take this medicine exactly as described in this leaflet, or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

### Adults and the elderly

Take 1 tablet twice daily, one before breakfast and one before

lunch. Swallow the tablets whole with a glass of water, 30 minutes before food.

Do not take more than the leaflet tells you to.

Not recommended for use in adolescents or children under 18 years old.

### If you take more Kalms Rhodiola Tablets than you should

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 Kalms Rhodiola Tablets

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

## 4. Possible side effects

Like all medicines, this product can have side-effects, although not everybody gets them.

There have been isolated reports of allergic reaction and lowered blood sugar levels in patients taking Rhodiola. However there is no clear relationship between the development of low blood sugar levels and the use of *Rhodiola rosea* extracts.

**Tell your doctor or pharmacist if any of the above side-effects experience or if you notice any other side-effects not listed above.**

### Reporting of side effects.

If you get any side effects, talk to your doctor, pharmacist or qualified healthcare practitioner. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://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.

