

PRO PLUS[®]

CAFFEINE

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

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told 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 you do not feel better or if you feel worse.
- If you get any side effects, talk to your doctor or pharmacist. This includes any side effects not listed in this leaflet. See Section 4.

IN THIS LEAFLET:

1. What is Pro Plus and what is it used for?
2. What you need to know before you take Pro Plus
3. How to take Pro Plus
4. Possible side effects
5. How to store Pro Plus
6. Further information

1. WHAT IS PRO PLUS[®] AND WHAT IS IT USED FOR?

Pro Plus tablets are for the relief of temporary tiredness. The active ingredient in Pro Plus is caffeine, a stimulant that can help to maintain mental alertness and make you feel less tired.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE PRO PLUS[®]

DO NOT take Pro Plus if you:

- Are allergic (hypersensitive) to caffeine or any of the other ingredients (*see Section 6/Further Information*).
- Have high blood pressure or are taking other medicines to treat high blood pressure (examples include beta blockers such as atenolol, metoprolol, oxprenolol and propranolol).
- Have a history of anxiety or if you have ever had a heart rhythm disorder) e.g. rapid or irregular heartbeat).

Caffeine can interfere with how some other medicines work. Therefore **do not** take Pro Plus if you are taking any of the following medicines:

- Decongestants containing ephedrine.
- Antidepressants or mood stabilisers (e.g. monoamine oxidase inhibitors or lithium carbonate).
- Anxiolytics or sedatives (such as diazepam).
- Theophylline (used to treat asthma).
- Disulfiram (used to treat chronic alcoholism).
- Antipsychotic medicines (such as clozapine).

Important information about some of the ingredients:

These tablets contain sorbitol. Sorbitol is a source of fructose. If your doctor has told you that you have an intolerance to some sugars or if you have been diagnosed with a hereditary fructose intolerance, a rare genetic disorder in which a person cannot break down fructose, talk to your doctor before you take this medicine.

Pregnancy and breast-feeding:

Do not take Pro Plus if you are pregnant or breast-feeding.

Special precautions:

If you are not used to taking caffeine or are sensitive to caffeine you may be more likely to experience undesirable effects (see Section 4). Tiredness is not always caused by a lack of sleep or rest. There may be underlying medical reasons, so if tiredness persists consult your doctor.

Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription. In particular tell your doctor or pharmacist if you are taking:

- Methoxsalen (used to treat the skin condition psoriasis).
- Phenytoin (used in the treatment of epilepsy)
- Levothyroxine (used for treatment of thyroid conditions).
- Adenosine and dipyridamole (used during hospital tests for heart conditions).

Some medicines (in particular cough and cold remedies and pain killers) also contain caffeine. This may require you to reduce the number of Pro Plus tablets you take in a day.

Taking Pro Plus with food and drink:

Each Pro Plus tablet contains 50mg of caffeine and up to 8 tablets (or 400mg of caffeine) may be taken per day. If you are also consuming food that contains caffeine (coffee, tea, cola drinks, chocolate), reduce the number of Pro Plus tablets you take in a day.

The amount of caffeine in a drink of coffee and tea depends on how they are made, but you can use the table below as a guide:

Food	Amount*	Caffeine content
Filter coffee	100ml	50 – 100mg
Instant coffee	100ml	20 – 73mg
Tea	100ml	20 – 73mg
Cola Drink	100ml	up to 20mg
Chocolate	100g	5–20mg
Pro Plus	1 tablet	50mg

* 100ml is about the same as a small cup/glass

Maximum recommended caffeine intake per day: 400mg

3. HOW TO TAKE PRO PLUS[®]

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 children over 16 years: 1 or 2 tablets with or without water, as required during the day. Do not take more than 2 tablets in 3 hours or 8 tablets in 24 hours.

Not suitable for children under 16.

If you take more Pro Plus than you should:

Ask your doctor or pharmacist for advice.

4 POSSIBLE SIDE EFFECTS

Like all medicines, Pro Plus can cause side effects, although not everybody gets them. If you do not take more than the recommended 400mg of caffeine per day side effects are unlikely, but you must remember to take into account caffeine from coffee, tea, other medicines, etc.

Some people are more sensitive to caffeine and can get side effects at lower doses, especially if they have never had caffeine before or have not had caffeine for some time.

These side effects may include:

- Insomnia, nervousness, irritability or anxiety.
- Headache.
- Tinnitus (ringing in the ears)
- Stomach complaints (e.g. nausea, vomiting and diarrhoea).
- An increased need to pass water.
- Palpitations or changes in heartbeat.
- Rapid breathing.
- Tremor

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any side effects not listed in this leaflet. You can also report side effects directly via the yellow card scheme at www.mhra.gov.uk/yellowcard or search for the 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.

If you stop taking caffeine after regular use:

There are some people who may experience unwanted effects when they stop taking Pro Plus tablets and/or food and drinks containing caffeine after regular use. The most common effect is headache, but also tiredness and decreased alertness can occur. These effects are temporary and may last up to a week, but to minimise these effects it is best to gradually reduce caffeine intake.

5. HOW TO STORE PRO PLUS[®]

Keep this medicine out of the sight and reach of children.

Keep Pro Plus in the original pack.

Do not use Pro Plus after the expiry date shown on the base of the pack and on the blister foil. This date refers to the last day of that month.

Medicines should not be disposed of via waste water or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

6. FURTHER INFORMATION

What Pro Plus contains:

The active ingredient in Pro Plus is caffeine (50mg).

The other ingredients in Pro Plus are sorbitol and magnesium stearate.

This medicine contains 108.4mg sorbitol in each tablet.

See Section 2 'Important information about some of the ingredients' for sorbitol advice.

What Pro Plus looks like and the contents of the pack:

Pro Plus are small white round tablets imprinted with "Pro Plus" on one side.

Pro Plus tablets are available in packs of 8, 12, 16, 24, 36, 48 and 56 tablets. Not all pack sizes may be marketed.

Marketing Authorisation holder and Manufacturer:

G. R. Lane Health Products Ltd.,
Sisson Road Gloucester, GL2 0GR, UK
Tel: +44 (0)1452 524012

This leaflet was last approved: March 2018

PRO PLUS is a registered trademark.