

**HRI COLD & FLU ECHINACEA Tablets***Echinacea purpurea* root extract 56 mg

Please read this information carefully before you start taking these tablets. It contains some important information about this product. Keep this leaflet with the tablets. You may want to read it again or show it to your doctor, pharmacist or qualified healthcare practitioner.

**What is in this leaflet?**

1. What HRI Cold & Flu Echinacea is and what it is used for
2. Before you take HRI Cold & Flu Echinacea
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**1. What HRI Cold & Flu Echinacea is and what it is used for****What HRI Cold & Flu Echinacea is**

This product is a traditional herbal medicinal product containing *Echinacea purpurea* root extract. Each film coated tablet contains 56 mg of extract (as dry extract) from *Echinacea purpurea* root (equivalent to 338mg-450mg of *Echinacea purpurea* (L.) Moench, root).  
Extraction Solvent: Ethanol 75% v/v.

**What HRI Cold & Flu Echinacea is used for**

**HRI Cold & Flu Echinacea is a traditional herbal medicinal product used to relieve the symptoms of the common cold and influenza (flu) type infections based on traditional use only.**

**2. Before you take HRI Cold & Flu Echinacea**

× Do not take this product if you:

- Are **pregnant** or **breastfeeding**
- Are **allergic to Echinacea or products from the same plant family:** (Asteraceae/Compositae) such as daisies, marigolds or artichokes or any of the other ingredients of this product (see section 6 further information).
- Are **under the age of 12 years**
- Suffer from frequent allergic reactions such as hives (urticaria) eczema, asthma
- Suffer from the infection tuberculosis
- Suffer from connective tissue disease with formation of clumps of cells (sarcoidosis), mainly occurring in the lymph nodes, lungs or liver
- Suffer from autoimmune conditions such as inflammation of the connective tissue (collagenoses), or multiple sclerosis
- Suffer from conditions which decrease your resistance to infection (eg HIV or AIDS)
- Are undergoing therapy to decrease your natural response to infection eg chemotherapy or radiotherapy for cancer; history of organ or bone marrow transplant
- Suffer from blood disorders involving the white blood count system such as low white blood cell count due to bone marrow disorders (agranulocytosis) or blood cell cancers (leukaemia)

Take special care with this product:

- If there is a family history of allergic reactions
- As it may trigger an autoimmune response

**Taking other medicines:**

Tell your doctor or pharmacist before use if you are taking any other medicines, including those obtained without a prescription or you have any autoimmune conditions.

- **Do not use this product if you are taking any immunosuppressant medication such as ciclosporin or methotrexate.**

**3. How to take HRI Cold & Flu Echinacea****Adults (over the age of 12 years) and the elderly:**

Take 1-2 tablets twice a day. Start at the first signs of a common cold.  
Swallow the tablet whole with some water or other liquid. Do not chew.

Do not take this medicine for more than 10 days. If your symptoms worsen, if high fever develops or if symptoms persist for more than 10 days, consult your doctor or qualified healthcare practitioner.

**Do not exceed the stated dose.****If you take too much of this product (overdose)**

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

**If you forget to take this product**

Continue to take your usual dose at the usual time, it does not matter if you have missed a dose. Do not take a double dose to make up for it.

