



**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 or qualified healthcare practitioner 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 or qualified healthcare practitioner if your symptoms worsen or do not improve after two weeks.
- If you get any side effects, talk to your doctor, pharmacist or qualified healthcare practitioner. This includes any possible side effects not listed in this leaflet.

### **What is in this leaflet?**

1. What HRI Clear Complexion is and what it is used for
2. What you need to know before you take HRI Clear Complexion
3. How to take HRI Clear Complexion
4. Possible side effects
5. How to store HRI Clear Complexion
6. Contents of the pack and other information

## **1. WHAT HRI CLEAR COMPLEXION IS AND WHAT IT IS USED FOR**

This medicine contains extracts of Burdock root and Blue Flag rhizome which are active ingredients. HRI Clear Complexion is a traditional herbal medicinal product used for the symptomatic relief of minor skin conditions such as spots, pimples, blemishes, mild acne, and mild eczema, based on traditional use only.

## **2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE HRI CLEAR COMPLEXION**

### **Do not take HRI Clear Complexion:**

- If you are allergic to Burdock, Blue Flag, plants of the Asteraceae (Compositae) family such as daisies, marigolds or artichokes, or any of the other ingredients (see section 6)
- If you have infected spots or inflamed spots which are infected
- If you are pregnant or breast-feeding
- If you are under 12 years old.

### **While taking HRI Clear Complexion:**

- If not treated adequately, acne may cause scarring. Do not use this product and consult your doctor or qualified healthcare practitioner if you have widespread redness, oozing or infected skin sores, infected or inflamed spots, if your skin is broken, or if the affected area has suddenly become inflamed.

### **Taking other medicines**

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

### **Pregnancy and breast-feeding**

This medicine is not recommended during pregnancy or breast-feeding. Ask your doctor for advice before taking any medicine.

### **Driving and using machines**

There are no known effects on driving or using machines.

### **Important information about some of the ingredients**

If you have been told by your doctor that you have an intolerance to some sugars, please contact your doctor before taking this medicine.

## **3. HOW TO TAKE HRI CLEAR COMPLEXION**

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

For oral use only.

### **Adults, elderly and children over 12 years old:**

Take 1 tablet two or three times a day.

If symptoms worsen or persist after two weeks, a doctor or qualified healthcare practitioner should be consulted.

### **If you take more HRI Clear Complexion than you should**

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 HRI Clear Complexion**

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

### **If you have any further questions on taking this medicine, ask your doctor, pharmacist or qualified healthcare practitioner.**

## **4. POSSIBLE SIDE EFFECTS**

Although not reported with this medicine, anaphylactic shock (serious allergic reaction which causes difficulty in breathing or dizziness) has been reported with Burdock root. The frequency of this effect occurring is not known.

Blue flag root may cause nausea, vomiting and irritation of mucous membranes. The frequency is not known.

### **Reporting of side effects**

If you get any side effects, talk to your doctor, pharmacist or nurse.

This includes any possible 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](http://www.mhra.gov.uk/yellowcard)

By reporting side effects you can help provide more information on the safety of this medicine.

## **5. HOW TO STORE HRI CLEAR COMPLEXION**

Keep out of the sight and reach of children.

Do not use after the expiry date which is stated on the carton and labels. The expiry date refers to the last day of that month.

Glass bottles: Do not store above 25° C.

Store in the original packaging.

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

## **6. CONTENTS OF THE PACK AND OTHER INFORMATION**

### **What HRI Clear Complexion contains**

Each coated tablet contains 34 mg of extract (as dry extract) from Burdock root (*Arctium lappa* L.) (equivalent to 90-180 mg of Burdock root) Extraction solvent: water and 30 mg of extract (as dry extract) from Blue Flag Iris rhizome (*Iris versicolor* L.) (equivalent to 60-105 mg of Blue Flag Iris rhizome) Extraction solvent: water.

Each tablet also contains 191 mg of sucrose.

### **The other ingredients are:**

- Tablet core: Sucrose, Calcium Hydrogen Phosphate, Croscarmellose Sodium, Magnesium Stearate, Purified Talc, Colloidal Hydrated Silica
- Tablet coating: Sucrose, Calcium carbonate, Purified Talc, Mastercote cream FP9002 (containing beeswax, shellac, carnauba wax), Acacia, Titanium dioxide (E171), Shellac

### **What HRI Clear Complexion looks like and contents of the pack**

HRI Clear Complexion are deep convex white tablets. The tablets are available in glass bottles with a polypropylene screw cap and blister strips.

This product is available in glass bottles: 30, 40, 45, 50, 60, 80 and 100 pack sizes.

This product is available in blister strips: 30, 40, 45, 50, 60, 80 and 100 pack sizes.

Not all pack sizes may be marketed.

### **Traditional Herbal Registration Holder:**

The Herbal Research Company Ltd, 27 Old Gloucester Street, London WC1N 3XX, UK.

### **Manufacturers:**

Surepharm Services Ltd, Burton on Trent, DE15 0YZ, UK.

Honeywood Ltd, Wellingborough, NN8 2QY, UK.

If you would like further information about this product please contact The Herbal Research Company Ltd.

Email: [info@hriherbalmedicine.co.uk](mailto:info@hriherbalmedicine.co.uk).

For a large print, Braille or audio version of this leaflet call 01932 854825.

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