



# HRI GOOD MOOD™ TABLETS

St John's Wort extract 334 mg



**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 six 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 Good Mood is and what it is used for
2. Before you take HRI Good Mood
3. How to take HRI Good Mood
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## 1. What HRI Good Mood is and what it is used for

### What HRI Good Mood is

This product is a traditional herbal medicinal product containing St John's Wort extract. Each film-coated tablet contains 334 mg of extract (as dry extract) from St John's Wort aerial parts (*Hypericum perforatum* L.) (5-7:1) (equivalent to 1670mg - 2338mg of St John's Wort). Extraction solvent: Ethanol 60% v/v.

### What HRI Good Mood is used for

**HRI GOOD MOOD is a traditional herbal medicinal product used to relieve the symptoms of slightly low mood and mild anxiety. This is based on traditional use only.**

### Suffering from depression?

Symptoms of depression include feelings of helplessness and hopelessness, loss of interest in daily activities, appetite or weight changes, sleep changes, loss of energy and difficulty concentrating, thoughts of self-harm or suicide. If your doctor has told you that you are suffering from depression, do not use this product. **If you think that you may be suffering from depression you should tell your doctor before taking this product.**

## 2. Before you take HRI Good Mood

### × Do not take this product if:

- Your skin is **exceptionally sensitive to sunlight** (photosensitive)
- You are having **light treatment** (phototherapy) for any condition
- You are suffering from **depression** (see above)
- You are **pregnant or breastfeeding**
- You are allergic to any of the ingredients (see section 6)
- You are taking any of the medicines listed below
- You are due to have an operation in the next 10 days
- You are under the age of 18 years

### While you are taking this product:

- avoid **excessive sunbathing** or the use of **sunbeds/solariums**
- stop using it at least **10 days prior to undergoing any surgery**

### Driving and operating machinery

- × In rare cases St John's Wort may make you feel dizzy or sleepy. If affected do not drive or use machines.

### Taking other medicines

St John's Wort can affect the way some medicines work and reduce their effectiveness. Medicines that can be affected by St John's Wort include prescription medicines, and those that you may have bought without a prescription.

**Therefore it is important that you do not take St John's Wort if you are using any of the medicines in the following list.**

**All hormonal contraceptives:** The birth control 'Pill', emergency contraception (also known as the morning after pill), hormonal implants, creams, patches, intra-uterine devices with hormones.

**All medicines for depression/anxiety:** Amitriptyline, clomipramine, moclobemide, citalopram, escitalopram, fluoxetine, fluvoxamine, paroxetine, sertraline, duloxetine, venlafaxine.

**All hormonal replacement therapy (HRT) treatments:** HRT tablets, patches, gels, vaginal rings

**All medicines for thinning the blood (anticoagulants):** Warfarin, acenocoumarol

**All medicines for epilepsy:** Carbamazepine, phenobarbitone, phenytoin, primidone, sodium valproate

**All immunosuppressant medicines:** Ciclosporin, tacrolimus

**All medicines for HIV infections:** Amprenavir, atazanavir, darunavir, fosamprenavir, indinavir, lopinavir, nelfinavir, ritonavir, saquinavir, tipranavir, efavirenz, nevirapine, delavirdine

**Some medicines for cholesterol:** Simvastatin, atorvastatin

**Some medicines for cancer:** Irinotecan, dasatinib, erlotinib, imatinib, sorafenib, sunitinib, etoposide, mitotane

**Some medicines for heart disease:** Digoxin, ivabradine, amiodarone

**Some medicines for migraines:** Almotriptan, eletriptan, frovatriptan, naratriptan, rizatriptan, sumatriptan, zolmitriptan

**Some medicines for high blood pressure:** Amlodipine, nifedipine, felodipine, verapamil

**A medicine for regulating mood:** Lithium

**A thyroid hormone:** Thyroxine