



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

1. WHAT HRI HERBAL COLDCARE IS AND WHAT IT IS USED FOR

This medicine contains *Echinacea purpurea* root extract which is the active ingredient. It also contains Vitamin C and Zinc. HRI Herbal Coldcare 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. WHAT YOU NEED TO KNOW BEFORE YOU TAKE HRI HERBAL COLDCARE

Do not take this product if you:

- Are **pregnant or breastfeeding**
- **Are allergic to Echinacea or products of the same plant family:** (Asteraceae/Compositae) such as daisies, marigolds or artichokes or any of the other ingredients of this product (see section 6)
- **Are under the age of 12 years**
- Suffer from frequent allergic reactions such as hives (urticaria), eczema or 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 diseases 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).

Consult your doctor before taking this product:

- If you are prone to develop allergic reactions. Echinacea can trigger severe and life threatening allergic reactions in patients who have a tendency to allergic reactions.

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 HERBAL COLDCARE

Do not take more than the leaflet tells you to.

For oral use only.

Adults, the elderly & children over 12 years of age:

Take 2 tablets twice a day. Start at the first signs of a common cold. Swallow the tablets 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.

If you take more HRI Herbal Coldcare 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 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.

4. POSSIBLE SIDE EFFECTS

Like all medicines, this product can have side effects. These are listed below:

- Allergic skin reactions like swelling, hives or rashes
- Swelling of the facial area (Quincke's Oedema)
- Swelling of the skin due to fluid
- Shrinking of the airways in the lungs with obstruction (bronchospasm)
- Asthma and life threatening allergic reactions (anaphylactic shock).

Echinacea can trigger allergic reactions in people with a tendency to develop allergic conditions.

Stop taking this product immediately if you experience any allergic reaction.

Association with autoimmune diseases has been reported such as:

- Inflammation of the brain and spinal cord (disseminated encephalitis)
- Painful lumps on the shins (erythema nodosum)
- Low blood platelet count (immunothrombocytopenia)
- Destruction of blood cells by antibodies (Evans syndrome)
- Dryness in the mouth and eyes with renal tubular dysfunction (Sjorgen's syndrome).

A decrease in the number of white blood cells (leucopenia) may occur in long term use (greater than 8 weeks).

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 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.

5. HOW TO STORE HRI HERBAL COLDCARE

Keep out of the sight and reach of children.

Do not use your tablets after the expiry date which is stated on the box and blister pack. The expiry date refers to the last day of that month. 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 Herbal Coldcare contains

Each film coated tablet contains 56mg of extract (as dry extract) from *Echinacea purpurea* root (equivalent to 338mg - 450mg of *Echinacea purpurea* (L.) Moench, root). Extract Solvent: Ethanol 75% v/v.

Vitamin C (ascorbic acid) 29.3mg, Zinc (as zinc gluconate) 3.3mg.

The other ingredients are:

- Herbal extract: Maltodextrin, Colloidal Anhydrous Silica.
- Tablet core: Calcium hydrogen phosphate dihydrate, Microcrystalline Cellulose, Croscarmellose Sodium, Colloidal Hydrated Silica, Magnesium Stearate, Stearic Acid.
- Tablet coating: Hypromellose, Red Iron Oxide (E172), Yellow Iron Oxide (E172), Titanium Dioxide (E171), Purified Talc.

What HRI Herbal Coldcare looks like and contents of the pack

HRI Herbal Coldcare tablets are pale orange round deep biconvex film coated tablets. This product is available in blister strips: 30, 45, 60, 90 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.

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, 27 Old Gloucester Street, London WC1N 3XX, UK.

Email: info@hriherbalmedicine.co.uk. Tel. (01932) 854825.

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

This leaflet was last revised in February 2018.

