

Information for the user



Water Relief Tablets (Burdock, Clivers, Uva Ursi)

Read all of this leaflet carefully because it contains important information for you.

This medicine is available without prescription to treat minor conditions. However, you still need to take it carefully to get the best results from it.

- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice

What this medicine is for

This medicine contains a combination of herbal ingredients which have traditionally been used to help the body maintain a normal fluid balance.

It can be used for the relief of water retention.

Before you take this medicine

This medicine can be taken by adults and children from the age of 12 years. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

X Do not take:

- **If you are allergic** to any of the ingredients
- **If you have an intolerance to some sugars**, unless your doctor tells you to (this medicine contains sucrose)
- **If you are pregnant or breastfeeding**, unless your doctor tells you to

! Talk to your pharmacist or doctor:

- If you are taking any other medicines, including medicines prescribed by your doctor and any medicine you have bought for yourself, including herbal and homeopathic remedies

✓ How to take this medicine

Check the foil is not broken before use. If it is, do not take that tablet.

Age	How many to take	How often to take
Adults and children of 12 years and over	Two	Three times a day before meals

Swallow the tablets with water.

Do not give to children under 12 years.

Do not give more than the amount recommended in the table.

If symptoms worsen talk to your doctor.

If symptoms do not go away within 7 days talk to your doctor.

! If you take too many tablets: Talk to a doctor straight away. Take your medicine and this leaflet with you.

Possible side effects

This medicine is not expected to cause side effects.

If you notice any side effect, please tell your pharmacist or doctor.

How to store this medicine

Do not store above 25°C.

Keep this medicine in a safe place out of the sight and reach of children, preferably in a locked cupboard.

Do not use after expiry date shown on the packaging.

What is in this medicine

Each tablet contains Burdock Root Powder 50 mg, Clivers Powder 75 mg and Uva Ursi Powder 75 mg, which are the active ingredients.

As well as the active ingredients, the tablets also contain parsley root powder, sucrose, silicon dioxide, pregelatinised maize starch, maize starch, magnesium stearate. The tablet coating contains shellac, sucrose, titanium dioxide (E171), calcium carbonate, talc, acacia, iron oxide (E172), beeswax, carnauba wax.

The pack contains 60 coated tablets.

Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by the Marketing Authorisation holder G.R. Lane Health Products Ltd Sisson Road Gloucester GL2 0GR.

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If you would like any further information about this medicine, please contact The Boots Company PLC Nottingham NG2 3AA.

Additional Information

Burdock, recognisable for its hooked burrs, has long been used as a cleansing herb. It was used in Ancient India and China before being brought over to Europe in the Middle Ages.

Clivers, otherwise known as Goosegrass or Goosebill, because geese are very fond of eating this herb, is in fact popular with horses, cows and sheep as well.

Bearberry, otherwise known as Uva Ursi, is a small evergreen shrub found in the UK, Central and Northern Europe as well as North America. The name derives from the fact that bears are supposedly attracted by the berries of some species.

Useful Health Tips

Do not cut down on fluids - it is still important to drink on average 6 to 8 glasses every day. Regular exercise may help. Try to cut down your salt intake and avoid processed foods which often contain high levels of salt.