

Information for the user

Boots Alternatives Hayfever Relief (Allium, Euphrasia, Sabadilla)

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 homeopathic ingredients which have traditionally been used for the relief of allergies.

It can be used to relieve the symptoms of hayfever.

Before you take this medicine

This medicine can be taken by adults and children. 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 lactose and 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 over 12 years	Two	Every two hours for the first 6 times Then three times a day between meals
Children under 12 years	One	Every two hours for the first 6 times Then three times a day between meals

Chew each tablet or suck each tablet slowly until it dissolves.

Do not take more than the amount recommended above.

If symptoms worsen, or do not go away, 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

Store in a dry place and keep in the original pack.

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.

Use by the date on the end flap of the carton.

What is in this medicine

Each tablet contains Allium Cepa 6c, Euphrasia Officinalis 6c, Sabadilla Officinarum 6c, which are the active ingredients.

As well as the active ingredients, the tablets also contain lactose, sucrose.

The pack contains 72 tablets.

Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by the Marketing Authorisation holder A. Nelson & Co Ltd 5 Endeavour Way Wimbledon London SW19 8UH.

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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

The Allium Cepa in this product, or Red Onion as it is better known, is sourced from several countries including the United Kingdom.

The Euphrasia in this product, otherwise known as Eyebright due to its popular use for centuries as a treatment for eye problems, is sourced from several countries including Hungary.

The Sabadilla in this product is sourced from several countries including Germany.

Useful Health Tips

Avoid grassy fields and trees in the pollen season, and try to stay indoors whenever you can. If you are travelling by car, keep the windows shut and change your clothes when you come in from outdoors. Cigarette smoke and other irritants will make symptoms worse, so if you smoke do your best to cut down on smoking or stop altogether. Irritated eyes can be cooled and soothed by splashing cold water on them. If you normally wear contact lenses and you also have glasses, you may need to wear your glasses again during the pollen season.