

## Information for the user



### Jointlieve Tablets (Devil's Claw root extract 600 mg)

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

This medicine is a traditional medicinal product 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 traditional herbal medicinal product contains Devil's Claw root extract, which has been traditionally used for the relief of backache, rheumatic or muscular pain, and general aches and pains in the muscles and joints. This medicine is recommended for these conditions based on traditional use only.

#### **Before you take this medicine**

This medicine can be taken by adults aged 18 years and over. 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 (see "What is in this medicine")
- **If you have an ulcer** in your stomach or upper intestine
- **If you are under 18 years old**
- **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**

#### **! Talk to your pharmacist or doctor:**

- If you have a swollen joint, redness or a high temperature with your joint pain

#### **Other important information**

**Driving and using machines:** This medicine may sometimes make you feel dizzy or sleepy. If you are affected do not drive or use machines.

#### **If you take other medicines**

This medicine is not expected to affect any other medicines that you may be taking. If you are unsure about interactions with any medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself.

## ✓ 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 of 18 years and over	One tablet	Each morning and evening
If your symptoms do not improve after 3 to 5 days increase the number of tablets you take to two tablets each morning and evening.		

Swallow the tablet whole with water or liquid.

Do not chew the tablet.

Do not give to children or adolescents under 18 years.

Do not take more than the amount recommended above.

If symptoms worsen or do not improve after 8 weeks talk to your doctor, pharmacist or qualified practitioner.

! **If you take too many tablets:** Talk to a doctor or pharmacist straight away.

## Possible side effects

Most people will not have problems, but some may get some.

! **If you get any of these side effects, stop taking the tablets:**

- Allergic reactions (skin rash, red itchy skin)

**These other effects may happen. If they bother you talk to a pharmacist:**

- Feeling sick or being sick
- Stomach pain
- Diarrhoea
- Headaches, dizziness

**If any side effect becomes severe, lasts more than a few days, or you notice any side effect not listed here, please tell your pharmacist or doctor.**

You can also help to make medicines safer by reporting any side effects to the Yellow Card Scheme at [www.yellowcard.gov.uk](http://www.yellowcard.gov.uk). Alternatively you can get a paper Yellow Card form from your GP's surgery or pharmacy, or call Freephone 0800 100 3352 (available 10am – 2pm Monday – Friday).

## 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.

Use by the date on the base of the carton. After this date return any unused product to your nearest pharmacy for safe disposal.

## What is in this medicine

Each film coated tablet contains 600 mg of extract (as dry extract aqueous) from Devil's Claw root (*Harpagophytum procumbens*). This is equivalent to 900 – 1500 mg of Devil's Claw root. The extraction solvent is water.

As well as the active ingredient, the tablets also contain cellulose, lactose monohydrate, sodium starch glycolate (type A), anhydrous colloidal silica, magnesium stearate, sucrose, titanium dioxide (E171), hypromellose, microcrystalline cellulose, and stearic acid.

The pack contains 40 white, oblong, smooth film-coated tablets without ruptures.

## **Who makes this medicine**

Manufactured for The Boots Company PLC Nottingham NG2 3AA by Wiewelhove GmbH Gildestrasse 39 49477 Ibbenbüren Germany. Traditional Herbal Registration held by Schwabe Pharma (UK) Ltd Alexander House Mere Park Dedmere Road Marlow Buckinghamshire SL7 1FX

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

## **Other formats**

To request a copy of this leaflet in Braille, large print or audio please call, free of charge: 0800 198 5000 (UK only)

Please be ready to give the following information:

Product name: Boots Jointlieve Tablets

Reference number: THR 23056/0001

This is a service provided by the Royal National Institute of Blind People.