
Information for the user



PMS Relief Agnus Castus Tablets Agnus Castus fruit extract 4 mg

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

This medicine is a traditional herbal 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 Agnus Castus fruit extract, which has been traditionally used to help relieve symptoms associated with premenstrual syndrome such as irritability, mood swings, breast tenderness, bloating and menstrual cramps. This medicine is recommended for this condition based on traditional use only.

Before you take this medicine

This medicine can be taken by women aged 18 years and over. However, some women should not take this medicine or should seek the advice of their pharmacist or doctor first.

X Do not take:

- **If you are under 18 years**
- **If you are allergic** to any of the ingredients (see "What is in this medicine")
- **If you have a pituitary disorder**
- **If you have an intolerance to some sugars**, unless your doctor tells you to (this medicine contains glucose and lactose)
- **If you are pregnant**, trying to get pregnant or breastfeeding

! Talk to your pharmacist or doctor:

- If you have had a pituitary disorder in the past

If you take other medicines

Before you take these tablets, make sure that you tell your pharmacist if you are taking the following:

- Dopamine receptor agonists (e.g. medicines for Parkinson's disease)
- Dopamine receptor antagonists (e.g. metoclopramide or domperidone for feeling sick or being sick)

If you are not sure that your medicine is on this list, or you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor or 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
Women aged 18 years and over experiencing premenstrual symptoms	One	Once daily, at the same time of day, if possible (morning or evening)

Swallow the tablet whole with water or liquid. Do not chew the tablet.

You may need to take this medicine for up to three months before you get the maximum benefit from it.

Do not give to children or adolescents under 18 years.

Do not take more than the amount recommended above.

If symptoms do not go away talk to your doctor.

If you take too many tablets: Talk to a doctor, pharmacist or healthcare professional.

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 skin reactions (skin rash, red itchy skin)

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

- Feeling sick
- Digestive upsets such as wind, bloating or diarrhoea
- Headache

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. Alternatively you can get a proper Yellow Card form from your GP's surgery or pharmacy, or call Freephone 0808 100 3352 (available 10am – 2pm Monday – Friday).

How to store this medicine

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 4 mg of extract (as dry extract) from *Agnus castus* fruit (*Vitex agnus castus* L) (7-13:1). This is equivalent to 28 – 52 mg of *Agnus Castus*. The extraction solvent is ethanol 60% v/v.

As well as the active ingredient, the tablet core also contain glucose, colloidal anhydrous silica, lactose, monohydrate, magnesium stearate, maize starch, microcrystalline cellulose, sodium starch glycolate (type A).

The tablet coating contains lactose monohydrate, hypromellose, macrogol 4000, titanium dioxide (E171), red iron oxide (E172).

The pack contains 30 salmon-pink, round convex, scored film-coated tablets.

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

Leaflet prepared July 2014

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 PMS Relief Agnus Castus Tablets

Reference number: THR 23056/0002

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

Component code

PACK MOCK UP BOX

Product Name: PMS Relief Agnus Castus Tablets

Product Licence No: THR 23056/0002

Wording Ref: Internally approved v2 dated 31/5/11 (BTC65460 I)

Status: MHRA approved

Pack details: PVC/ PVDC aluminium blisters inserted into a carton.

Pack size: 30

Version No: 1

Date issued: 14/6/2011

Reason for change: MHRA approval of herbals healthcare redesign