

Information for the user

Boots Sleeppeaze Herbal Tablets (Hops, Passion Flower, Valerian)

Read all of this leaflet carefully because it contains important information 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 been traditionally used for their sedating and soothing effects to aid restful sleep.

Before you take this medicine

This medicine can be taken by adults. 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 a depressive illness**
- **If you are taking medicines** which make you drowsy

! Talk to your pharmacist or doctor:

- If you are pregnant or breastfeeding

Other important information

Do not drink alcohol (wine, beer, spirits) whilst taking this medicine – it may make you feel more sleepy.

Driving and using machines: This medicine causes drowsiness, which may last until the following day. If affected, you should not drive or operate machinery for at least 8 hours after taking the tablets.

If you take other medicines

Before you take these tablets, make sure that you tell your pharmacist about ANY other medicines you might be using at the same time, particularly the following:

- Beta blockers (for high blood pressure or anxiety) – as you may get blurred vision
- If you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and 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	Two	1 hour before you go to bed

Swallow the tablets whole with water. Do not chew the tablets.

Do not give to children.

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 pharmacist or doctor straight away. Take your medicine and this leaflet with you.

Possible side effects

Most people will not have problems, but some may get some of these:

- Stomach cramps, feeling sick, being sick
- Swelling (inflammation) of the stomach, stomach discomfort, diarrhoea
- Fever
- Headache
- Feeling faint
- Fast heart rate

If any side effect becomes severe, or you notice any side effect not listed here, please tell your pharmacist or doctor.

How to store this medicine

Do not store above 30°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.

After this date return any unused product to your nearest pharmacy for safe disposal.

What is in this medicine

Each film coated tablet contains Hops Extract (equivalent to 200 mg), Passion Flower Extract, (equivalent to 130 mg), Valerian Extract (equivalent to 160 mg), which are the active ingredients.

As well as the active ingredients, the tablets also contain calcium hydrogen phosphate, microcrystalline cellulose (E460), maltodextrin, colloidal anhydrous silica, stearic acid, magnesium stearate, hydroxypropyl methylcellulose (E464), polyethylene glycol, iron oxides (E172), titanium dioxide (E171).

The pack contains 30 tan coloured film-coated tablets.

Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by the Marketing Authorisation holder Brunel Healthcare Manufacturing Limited William Nadin Way Swadlincote Derbyshire DE11 0BB

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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 Sleeppeaze Herbal Tablets

Reference number: 20894/0028

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