



ALTERNATIVES

Stress Relief

Please read this leaflet carefully before you take your medicine. It contains some important and useful information.

The name of your medicine is Boots Alternatives Stress Relief.

What is in this product

This pack contains 60 tablets. Each tablet contains:
Valerian Root Extract (Radix Valerianae extr) 100 mg,
Lemon Balm (Herba Melissa extr) 50 mg
which are the active ingredients.

As well as the active herbal ingredients, these tablets also contain: Lactose, Potato Starch, Calcium Hydrogen Phosphate, Magnesium Stearate, Methyl Cellulose, Titanium Dioxide (E171), Polyethylene Glycol 6000, B-Carotene.

Storing this product

Store in a dry place. Do not store above 25°C.

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

Do not use this product after the "use by" date on the carton and keep it in its original pack.

Leaflet prepared January 2002.

If you want to know more about your condition or this product, your pharmacist can help.

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

Additional Information

Lemon balm, linked with honey bees since Roman times, is sourced from several countries including Germany, Bulgaria, France and Hungary.

The root of the Valerian plant has been used since the time of the ancient Greeks as a calmate. The Valerian in this product is sourced from several countries including Germany, Poland, Bulgaria and The Netherlands.

Useful Health Tips

Do your best wherever possible to avoid stressful situations. Smoking does not relieve stress and you should try your best to cut down. Increasing your level of exercise and reducing the amount of alcohol that you drink may help. Talk to your doctor about stress management.

Who makes this product

Manufactured for The Boots Company PLC Nottingham NG2 3AA by Wasdell Packaging Ltd Bristol Road Stonehouse Glos GL10 2BJ. The Product Licence is held by Medic Herb UK Ltd Regency House Dedmere Road Marlow Bucks SL7 1FJ.

What this product is for and how it works

This product can be used for the relief of tenseness and irritability which lead to the stresses and strains of everyday life.

Valerian and Lemon Balm have a sedative and relaxant effect.

Before taking this product

These tablets can be taken by adults. However, if any of the warnings below apply to you, seek the advice of your pharmacist or doctor before taking them.

Do not take this product if

- You have rare hereditary problems of galactose intolerance, Lapp lactase deficiency or glucose-galactose malabsorption
- You are pregnant or breastfeeding, unless advised by your doctor

Talk to your pharmacist or doctor before taking this product if

- You are using any other medicines (This includes any medicines which you buy for yourself and any medicines which your doctor has prescribed for you)

This product may cause drowsiness. You should not drive or operate machinery until you are sure you are not affected.

How to take this product

Check that the foil packaging is not broken before each use.
Discard the tablet if the foil is broken.

Adults and the Elderly:

Two tablets to be taken three times a day.

Children:

Not recommended.

These doses should be swallowed with water.

Do not take more than the dose recommended above.

Do not give to children.

If symptoms do not go away or worsen, talk to your pharmacist or doctor.

If you take too many tablets, talk to a doctor straight away.

Take your tablets with you.

If you forget to take a dose, take it as soon as you remember.

Do not double up for the missed dose.

After taking this product

If you notice anything unusual after taking this product, talk to your pharmacist or doctor.