170 mm

270 mm

PACKAGE LEAFLET: INFORMATION FOR THE USER

Max Strength Senna 12 Years+ Laxative 15 mg Tablets (Senna Fruit)

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

- Keep this leaflet. You may need to read it again.
- Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist have told you.
- Ask your pharmacist if you need more information or advice.
- If any of the side effects get serious, or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

1. What Boots Max Strength Senna 12 Years+ Laxative 15 mg Tablets are and what they are used for
2. What you need to know before you take this medicine
3. How to take this medicine
4. Possible side effects
5. How to store this medicine
6. Further information

1.What Boots Max Strength Senna 12 Years+ Laxative 15 mg Tablets are and what they are used for

Boots Max Strength Senna 12 Years+ Laxative 15 mg Tablets contain Senna/Sennosides which work as a stimulant laxative for the short-term relief of occasional constipation. Constipation is a fairly common and uncomfortable complaint. It usually involves difficult or irregular bowel movements, accompanied by hard, dry motions which can be painful to pass. Laxatives do not help with weight loss.

What is constipation?

Normal and regular bowel movement is important for most people. However, what is "normal and regular" varies from person to person. Some may have a bowel movement every day, others less often. Whatever it is like for you, it is best that your bowel movement has a regular pattern. Constipation is an occasional problem for some people. For others, it may happen more often.

Constipation happens when the normal muscle actions in the bowel (large intestine) slow down. This can mean that material is not easily eliminated from the body.

The cause of constipation is often not known. It can be associated with:

- Sudden change in diet
- A diet with not enough fibre
- Not drinking enough fluids
- Loss of 'tone' of the bowel muscles in older people
- Pregnancy
- Medicines such as morphine or codeine
- Having to stay in bed for a long time
- Lack of exercise

Whatever the cause, constipation can be uncomfortable. It may make you feel bloated and heavy or generally "off colour". Sometimes it causes headaches.

It is recommended to use changes in diet and bulk forming medicines to control constipation before using this medicine.

These healthy tips are recommended to try to prevent constipation happening:

- Eat a balanced diet including fresh fruit and vegetables
- Drink enough water so that you do not become dehydrated
- Keep up your exercise and stay fit
- Make time to empty your bowels when your body tells you

2.What you need to know before you take this medicine

This medicine can be taken by adults and children of 12 years and over. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

✕ Do not take if you:

- **are allergic** to any of the ingredients (see Section 6)
- **have blockage** or narrowing of the gastro-intestinal tract or bowel (ileus, intestinal obstruction or stenosis)
- **have paralysis** or lack of muscle tone in the bowel (atony)
- **have appendicitis**, inflammatory bowel disease such as Crohn's disease or ulcerative colitis
- **have persistent or undiagnosed stomach complaints** such as stomach pain, nausea and vomiting as well as constipation
- **have kidney or heart problems**
- **are severely dehydrated**
- **have faecal impaction** or rectal bleeding for which you don't know the cause or blood in your stools
- **have already taken a laxative** and are still constipated
- **have had a sudden change in bowel habit** that has lasted for more than 2 weeks

Talk to your pharmacist or doctor:

- If you need to use a laxative every day

Does this medicine help with weight loss?
Stimulant laxatives (including Boots Max Strength Senna 12 Years+ Laxative 15 mg Tablets) do not help with weight loss. They do not reduce the absorption of calories or nutrients. They can cause watery stools (diarrhoea), abdominal cramps and dehydration. Dehydration can seem like weight loss.

Overuse of laxatives may damage your health by:

- Causing disturbances of electrolyte and mineral balances. Sodium, potassium, magnesium and phosphorus are electrolytes and minerals that are present in very specific amounts necessary for the proper functioning of the nerves and muscles, including those of the colon and heart. Upsetting this delicate balance can cause incorrect functioning of these vital organs
- Severe dehydration may cause tremors, weakness, blurry vision, fainting, kidney damage, and, in extreme cases, death. Dehydration often requires medical treatment
- Overuse of laxatives can cause the colon to stop reacting to usual doses of laxatives so that larger and larger amounts of laxatives may be needed to produce bowel movements
- Laxative dependancy occurs from overuse

Other medicines and Boots Max Strength Senna 12 Years+ Laxative 15 mg Tablets
Before you take these tablets make sure you tell your doctor, pharmacist or nurse about ANY other medicines that you are using at the same time, particularly the following:

- Medicines for heart problems or heart rhythm problems (e.g. cardiac glycosides, antiarrhythmic medicines such as quinidine)
- Medicines which may cause changes to your heart beat (e.g. medicines inducing QT prolongation)
- Water tablets (diuretics)
- Corticosteriods (used or many conditions such as pain, swelling, allergy, asthma, rheumatism and skin problems)
- Liquorice root preparations

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 yourself, including herbal and homeopathic remedies.

Pregnancy and breastfeeding:
This medicine is not recommended if you are pregnant or breastfeeding. Talk to your doctor for advice.

Other important information:
It is recommended to use changes in diet and bulk forming medicines to control constipation before using this medicine. Then only use this medicine for a few days.

If you use incontinence pads, change the pads more often when taking this medicine.

3.How to take this medicine

Once regularity has been regained stop taking this medicine. Check the foil is not broken before use. If it is, do not take that tablet.

Adults,the elderly and children 12 years and over:
One tablet to be taken at bedtime with a drink of water, unless otherwise advised by your doctor.

This medicine should not be used by children under 12 years of age.

Duration of use:
Normally it is sufficient to take this medicine up to two to three times a week. Not to be used for more than one week.

Tell a doctor, pharmacist or nurse if:

- The symptoms worsen or persist during the use of the medicine
- There is no bowel movement within 3 days of use
- You need to take laxatives every day or if abdominal pain persists

Do not take more than the leaflet tells you. Overuse can be harmful.

If you take too many tablets:
Consult your doctor and take this leaflet with you.

It may be harmful to take too much of this medicine or take it for too long. This is because it may lead to:

- 'Lazy bowel', where the muscle in the bowel becomes too relaxed. This means that bowel emptying happens less often. This can lead to long-term constipation
- Imbalance of fluid and salts in the body. This can affect the tightness of muscles such as those in the bowel. It can also affect the salts in the blood
- Low levels of potassium in the blood (called hypo-kalaemia). This can make you tired, dizzy, make your muscles weak and cause an uneven heartbeat
- Dehydration, making you thirsty, feel faint and giving you headaches. It can also mean you cannot pass enough urine

If you forget to take this medicine
If you miss a dose, take your next dose at the usual time. Do not take or give a double dose, just carry on with the recommended dose. If you have any further questions on the use of this product ask your doctor or pharmacist.

4.Possible side effects

Like all medicines, this medicine can cause side effects, although not everybody gets them.

If you get any of these serious side effects, stop taking the tablets. See a doctor at once:

- Difficulty in breathing, swelling of the face, neck, tongue or throat (severe allergic reactions)
- Severe raised, red, itchy skin that may affect part or all of the body

If any of the following or any other side effects occur, stop taking this medicine and consult a doctor or pharmacist:

- Stomach pain, cramps, diarrhoea (if you get these effects you should reduce the amount of tablets you are taking). These effects may occur particularly in patients with an irritable bowel
- Urine may appear yellow or red-brown during treatment
- Chronic use may lead to:
  - Protein in the urine or blood in the urine (known as albuminuria and haematuria)
  - Colouration of the lining of the gut which usually goes away when the medicine is no longer taken

The frequency of these effects occurring are not known.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard or search for the MHRA Yellow Card in the Google Play or Apple App Store. By reporting side effects you can help provide more information on the safety of this medicine.

5.How to store this medicine

Keep this medicine in a safe place out of the sight and reach of children.

Do not store above 25°C. Store in the original package.

Use by the date on the end flap of the carton (Use by month/year).

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6.Contents of the pack and other information

What is in this medicine
Each tablet contains Alexandrian Senna fruit (*Cassia senna* L. (*C.acutifolia* Delile) fruit) corresponding to 15 mg hydroxyanthracene glycosides, calculated as sennoside B.

Also contains: maize starch, tricalcium phosphate, magnesium stearate.

What this medicine looks like and contents of the pack
The pack contains 40 or 48 greenish-brown round tablets. Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer
Manufactured for the Marketing Authorisation holder The Boots Company PLC Nottingham NG2 3AA by Famar AVE Anthoussa Attiki 15349 Greece

This leaflet was last revised in February 2020.

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 Max Strength Senna 12 Years+ Laxative 15 mg Tablets

Reference number: 00014/0867

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

31048076

REGULATORY INFORMATION

FIC Application:	Xxxxxxx		
Largest Surface Area:	459.00cm²		
	Minimum	**Artwork**	**x Height**
Statement of Identity:	**1.2 mm**	16.00pt	2.91mm
Mandatory Font Size (x-height):	**1.2 mm**	N/A	N/A
Main Headings:	-	13.00pt	2.37mm
Sub Headings:	-	11.00pt	2.01mm
Body Copy:	-	9.00pt	1.64mm
Weight dec. text height:	-	N/A	N/A
The "e" Mark height:	-	N/A	N/A
Directions for Use:	-	N/A	N/A
Warnings:	-	N/A	N/A
Name and Address:	-	N/A	N/A
Distributor Address:	-	N/A	N/A
Country of Origin:	-	N/A	N/A
Ingredients:	-	N/A	N/A
PAO:	-	N/A	
Recycle Now Logo Portrait:	**9.5 mm**	N/A	
Recycle Now Logo Landscape:	**3.5 mm**	N/A	
Green dot symbol size:	**6 mm**	N/A	
Mobius loop:	**6 mm**	N/A	
Hazard symbol size:	**10 x 10 mm**	N/A	

ARTWORK ONLY

Trident Reference No:	**WBAG402979**
Zen Ref:	TR1735985
Category:	WBA Global
Sub-Category:	Wellness
Brand:	Boots Own Brand
Pack Type:	Healthy GI
Variant:	Max Strength Senna 12 Years+ Laxative 15 mg Tablets
Action:	**E**
Date:	06/03/20
Country:	UK
Component Code:	**31048076**
Item Code:	**87-89-622**
CAD Ref No:	170x270mm
Printer:	N/A
Substrate:	White Paper
Barcode Type:	N/A
Barcode Number:	N/A
Magnification:	N/A
Barcode Truncated By: (smallest bar)	N/A
Edgemark Position:	N/A
Pharmacode No/NE:	000101000001(4416)

Technical & Non Printing Items
Cutter Guides

Colours
PANTONE 280 C

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Connaught House, Connaught Road, Kingswood Business Park, Hull, HU7 3AP, England.
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STUDIO USE ONLY	Natasha Rippon	**v1.0**
Sm•Art check results:	G=1; O=4; R=0; - NR - 06/03/20 11:19:26	

PACK MOCK UP

Product Name:	Max Strength Senna 12 Years+ Laxative 15 mg Tablets
Product Licence No.:	00014/0867
Wording Ref:	MHRA approved v1 dated 08/11/2018 (WBAG321699 action b)
Status:	MHRA Approved
Pack Details:	20 microns hard temper aluminium foil and 250 PVC/40 PVdC Clear
Pack Size:	40 and 48 Tablets

Version No.	Date Issued	Reason For Change
1	04/11/2019	Laxative legislation safety update and additional new pack size.
2	02/03/20	MHRA NWG received.

TECHNICAL INFO: PRINTER PLEASE NOTE
Trident have created this artwork to a generic print process specification and repro has not been applied. Please call your Boots contact to discuss any amends or if anything falls beneath your print tolerances.