

Information for the user



Herbal Slim Aid Tablets

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

This is a traditional herbal medicine 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 is a traditional herbal medicinal product used as an aid to slimming as part of a calorie controlled diet, based on traditional use only.

Before you take this medicine

This medicine can be taken by adults (over 18 years). 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 under 18 years or elderly**
- **If you are allergic** to any of the ingredients (see "What is in this medicine"), to iodine or to plants from the Asteraceae (Compositae) family e.g. daisies, marigolds or artichokes
- **If you have** kidney failure or heart failure
- **If you have diabetes**
- **If you have thyroid disease** or are taking medicines for this
- **If you take medicines or products containing iodine**
- **If you have liver disease**
- **If you have problems with your bile duct** (e.g. gallstones, infection of, blockage or swelling in your bile duct)
- **If you have a stomach ulcer**
- **If you have an intolerance to some sugars**, unless your doctor tells you to (this medicine contains glucose monohydrate and sucrose)
- **If you are pregnant or breastfeeding**

If you take other medicines

If you are not sure about the interactions with any 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 seal is not broken before first use.

If it is, do not take the tablets.

Age	How many to take	How often to take
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Adults	One or two	Three times a day
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Swallow each tablet with water.

This product must be taken in conjunction with a calorie controlled diet and additional exercise.

Do not give to children or adolescents under 18 years, or to elderly.

Do not take more than the amount recommended above.

If you get symptoms persist or do not improve during the use of this product, talk to a pharmacist or doctor.

If you take too many tablets: Talk to a pharmacist or doctor. Taking too many tablets may cause thyroid problems.

If you forget to take a dose: Take your next dose at the usual time. Do not take a double dose to make up for the missed dose.

Possible side effects

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

- Diarrhoea

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

- Allergic reactions such as skin rash (which can sometimes be severe and include peeling and blistering of the skin), swelling of the face, neck, tongue or throat, difficulty breathing (anaphylaxis) – seek medical help if severe
- Stomach pain, excess acid

The frequency of these effects occurring is not known.

If any side effects become sever, or you notice any side effect not listed here, please tell your pharmacist or doctor.

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. By reporting side effects you can help provide more information on the safety of this medicine.

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.

Do not store above 25°C. Store in original container.

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 coated tablet contains 45 mg of extract (as dry extract) from Bladderwrack thallus (*Fucus vesiculosus* L.) (5:1) (equivalent to 225 mg of Fucus) Extraction solvent: water, 30 mg Dandelion Root (*Taraxacum officinale* Weber ex Wigg), 27 mg of extract (as dry extract) from Boldo leaf (*Peumus boldus* Molina) (4-6:1) (equivalent to 108 – 162 mf of Boldo leaf) Extraction solvent: Methanol 70% v/v, 10 mg Butternut Bark (*Juglans cinerea* L.), which are the active ingredients.

As well as the active ingredients, the tablets also contain glucose monohydrate, calcium hydrogen phosphate, talc, magnesium stearate, croscarmellose sodium, shellac (E904), sucrose, kaolin light, titanium dioxide (E171), red iron oxide 17266 (E172), yellow iron oxide 17268 (E172), maltodextrin, colloidal anhydrous silica.

The pack contains 100 peach coloured, round biconvex coated tablets.

Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by the Traditional Herbal Registration holder Potters, Wigan WN5 0JZ

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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 Slim Aid

Reference number: THR 44893/0028

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