

Olbas[®] Pelargonium Herbal Cough & Cold Tablets

Pelargonium sidoides root extract 20mg

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

Always take this medicine exactly as described in this leaflet or as your doctor, pharmacist or qualified healthcare practitioner has told you.

- Keep this leaflet. You may need to read it again.
- Ask your doctor or pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor, pharmacist or qualified healthcare practitioner. This includes any possible side effects not listed in this leaflet. See section 4.

What is in this leaflet:

1. What this medicine is and what it is used for
2. What you need to know before you take this medicine
3. How to take Olbas Pelargonium Herbal Cough & Cold Tablets
4. Possible side effects
5. How to store Olbas Pelargonium Herbal Cough & Cold Tablets
6. Contents of the pack and other information

1. What this medicine is and what it is used for

Olbas Pelargonium Herbal Cough & Cold Tablets are a traditional herbal medicinal product used to relieve the symptoms of upper respiratory tract infections including the common cold, such as sore throat, cough and blocked or runny nose, based on traditional use only.

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

Do not take Olbas Pelargonium Herbal Cough & Cold Tablets if you:

- are allergic to Pelargonium sidoides or any of the other ingredients of this medicine (listed in section 6)

- suffer from liver problems
- are pregnant or breast-feeding

Children and adolescents

This medicine is not suitable for children under the age of 12 years.

Other medicines and Olbas Pelargonium Herbal Cough & Cold Tablets

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

Pregnancy and lactation

Do not take Olbas Pelargonium Herbal Cough & Cold Tablets if you are pregnant or breast-feeding.

This medicine contains lactose monohydrate

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

Warnings

Consult a doctor immediately if your condition worsens, if a fever (an abnormally high body temperature), shortness of breath or blood in the sputum occurs, or if your symptoms do not improve within one week.

3. How to take Olbas Pelargonium Herbal Cough & Cold Tablets

Always take this medicine exactly as described in this leaflet, or as your doctor, pharmacist or qualified healthcare practitioner has told you. Check with your doctor, pharmacist or qualified healthcare practitioner if you are not sure. For oral use only.

Adults and children over 12 years

Take 1 tablet three times daily (morning, midday, evening). Swallow the tablet whole with some water. Do not chew the tablet. After the relief of symptoms, continue treatment for a further 2-3 days to prevent a relapse. However, treatment should not exceed two weeks.

Do not exceed the stated dose.

This medicine is not suitable for children under the age of 12 years.

If you take more of this medicine than you should

If you take more than the recommended dose, speak to your doctor, pharmacist or qualified healthcare practitioner and take this leaflet with you.

If you forget to take this medicine

Do not take double the dose to make up for a forgotten dose. Continue to take your usual dose at the usual time.

4. Possible side effects

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

Very rarely (affecting 1 or fewer in 10,000 people) serious allergic reactions with swelling of the face, breathlessness and decrease in blood pressure have been reported. If you experience a serious allergic reaction stop taking this medicine and seek medical advice immediately.

Liver problems including hepatitis have been reported when taking this product. The frequency is not known. If you become unwell (yellowing eyes/skin, nausea, vomiting, dark urine, abdominal pain, unusual tiredness, loss of appetite), stop taking this medicine and seek medical advice immediately.

Uncommon side effects (affecting more than 1 in 1,000 but fewer than 1 in 100 people)

Gastrointestinal complaints such as stomach pain, heartburn, nausea, vomiting, difficulty swallowing (dysphagia) or diarrhoea.

Rare side effects (affecting more than 1 in 10,000 but fewer than 1 in 1000 people)

- mild bleeding from the gums or nose
- allergic reactions, e.g. skin rash, nettle rash, itching of the skin and mucous membranes

Reporting of side effects.

If you get any side effects, talk to your doctor, pharmacist or qualified healthcare practitioner. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at www.mhra.gov.uk/yellowcard or search for 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 Olbas Pelargonium Herbal Cough & Cold Tablets **Keep this medicine out of the sight and reach of children.**

Do not take this medicine after the expiry date which is stated on the box and the blister pack. Return any out-of-date product to your pharmacist who will dispose of it for you.

Store the product in a cool dry place.

Do not use if foil on blister strip is damaged.

6. Contents of the pack and other information

What Olbas Pelargonium Herbal Cough & Cold Tablets contain:

The active substance per coated tablet is:

- 20 mg of extract (as dry extract) from the roots of *Pelargonium sidoides* DC (1: 8–10) (EPs® 7630). Extraction solvent: 11% ethanol (w/w).

The other ingredients are:

- Extract: Maltodextrin
- Tablet core: Maltodextrin, microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, precipitated silica, magnesium stearate.
- Film-coating: Hypromellose 5 mPas, Macrogol 1500, iron oxide yellow E 172, iron oxide red E 172, titanium dioxide E 171, talc, simeticone, methylcellulose, sorbic acid

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this product.

Each film-coated tablet contains 20mg of lactose.

What this medicine looks like and contents of the pack

Olbas Pelargonium Herbal Cough & Cold Tablets are round, reddish-brown film-coated tablets. They are available in blister packs containing 16, 21 or 30 tablets.

Not all pack sizes may be marketed.

THR holder:

Dr. Willmar Schwabe GmbH & Co. KG., Willmar-Schwabe- Str. 4,
76227 Karlsruhe, Germany.

Manufacturer:

Dr. Willmar Schwabe GmbH & Co. KG., Willmar-Schwabe- Str. 4,
76227 Karlsruhe, Germany.

UK Distributor:

G. R. Lane Health Products Ltd., Sisson Road, Gloucester, GL2 0GR, UK.

**For a large print, Braille or audio version of this leaflet please
telephone: 01452 524012.**

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