

Patient Information Leaflet

Please read this information carefully before you start taking these tablets. It contains some important information about this product. Keep this leaflet with the tablets. You may want to read it again or show it to your doctor, pharmacist or qualified healthcare practitioner.

1. WHAT THIS PRODUCT IS AND WHAT IT IS USED FOR

This product is a traditional herbal medicinal product containing Valerian Root Extract.

Nature's Best[®] Valerian is a traditional herbal medicinal product used for the temporary relief of sleep disturbances and mild anxiety. This is based on traditional use only.

2. BEFORE YOU TAKE THIS PRODUCT

Do not take this product if you:

- Are **pregnant** or **breastfeeding**
- Are allergic to any of the ingredients (see section 6)
- Are under the age of 18 years
- Already taking a medicine for sleep or anxiety

The effects of this product may be increased by alcohol. Excessive use of alcohol should therefore be avoided.

Tell your doctor, pharmacist or qualified healthcare practitioner if you are taking any other medicines, including any bought without a prescription.

3. HOW TO TAKE THIS PRODUCT

Adults and the elderly

For oral administration only.

For mild anxiety: Take 1 tablet twice a day.

For sleep disturbances: Take 1 to 2 tablets half an hour before bedtime.

These tablets are not recommended for children or adolescents under 18 years of age.

Do not exceed the stated dose (4 tablets per day).

Swallow the tablet whole with some water or other liquid. Do not chew.

As the effects of this product may not occur immediately, the tablets should be taken every day for 2-4 weeks.

The maximum daily dose is 4 tablets.

Do not take more than the leaflet tells you to.

If you take too much of this product (overdose)

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

If you forget to take this product

Continue to take your usual dose at the usual time, it does not matter if you have missed a dose.

Do not take a double dose to make up for the missed dose.

4. AFTER TAKING THIS PRODUCT

You must speak to a qualified healthcare practitioner if your symptoms worsen, if they do not improve after four weeks, or if side effects not mentioned in this leaflet occur.

4. POSSIBLE SIDE EFFECTS

Like all medicines, this product can have side-effects, although not everybody gets them. The following side effects have been reported:

- **Nausea (feeling sick)**
- **Vomiting**
- **Abdominal Cramps**
- **Abdominal pain**
- **Diarrhoea**

NATURE'S BEST[®] Valerian Tablets

Valerian root extract 300mg

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If these persist for more than a few days or become troublesome, stop taking this product.

Tell your doctor or pharmacist if you develop any other side effect.

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 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 Scheme at 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 PRODUCT

Keep the tablets out of the sight and reach of children.

Keep your tablets in the packaging until it is time to take them.

Do not store above 25°C.

Do not use Nature's Best Valerian tablets after the expiry date which is stated on the box and blister pack. The expiry date refers to the last day of that month. Return any out of date tablets to your pharmacist who will dispose of them for you.

6. FURTHER INFORMATION

Each film-coated tablet contains 300mg of extract (as dry extract) from Valerian root (*Valeriana officinalis* L.) (equivalent to 900mg – 1500mg of Valerian root).

Extraction Solvent Ethanol 60% v/v.

This product also contains the following ingredients: Excipients in the extract: maltodextrin, colloidal anhydrous silica.

Tablet core: maltodextrin, microcrystalline cellulose, croscarmellose sodium, stearic acid, silica colloidal hydrated, magnesium stearate.

Coating: hypromellose, glycerol.

Each pack contains 30, 60 or 90 film coated tablets. Not all pack sizes may be marketed.

Traditional Herbal Registration holder for this product: Lamberts Healthcare Ltd, 1 Lamberts Road, Tunbridge Wells, Kent TN2 3EH

Manufacturer of this product: Thompson & Capper Ltd; Hardwick Road; Astmoor; Runcorn; Cheshire; WA7 1PH.

Traditional Herbal Registration Number: THR 34425/0004

If you would like further information about this product or a version of this leaflet in large print, Braille or audio format please contact:

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Certification Mark