

Kalms

Tablets

Hops • Valerian • Gentian

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

This medicine is available without prescription. However, you still need to take Kalms Tablets carefully to get the best results from them.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact a doctor if your symptoms worsen or do not improve after 4 weeks.
- If you notice any side effect, please tell your doctor or pharmacist.

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1. What Kalms Tablets are and what they are used for

Kalms Tablets are a traditional herbal remedy, which help relieve worry, irritability and the stresses and strains of everyday life. They also relieve symptoms of the menopause including worry, wakefulness, flushing and cold sweats. Kalms Tablets help promote natural sleep.

2. Before you take Kalms Tablets

Do not take Kalms Tablets if you:

- are allergic to any of the ingredients (see section 6 for a complete list of ingredients).

Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including:

- medicines which make you drowsy
- medicines obtained without a prescription.

Taking Kalms Tablets with food and drink

Alcohol increases the sedative effect of Kalms Tablets. Therefore, excessive alcohol consumption should be avoided whilst you are taking Kalms Tablets.

Pregnancy and breast-feeding

It is best not to take any non-essential medication when pregnant or breast-feeding. Ask your doctor or pharmacist for advice before taking any medicine.

Driving and using machines

Kalms Tablets may make you feel sleepy. If affected do not drive or operate any tools or machinery.

Important information about some of the ingredients of Kalms Tablets

Each tablet contains 247mg of sucrose.

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

3. How to take Kalms Tablets

Swallow 2 tablets three times a day with water after meals.

Not recommended for anyone under 18 years old. As the effects of this product may not occur immediately, the tablets should be taken continuously for 2-4 weeks.

If you take more Kalms Tablets than you should

Seek immediate medical advice in the event of an overdose.

If you forget to take Kalms Tablets

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

4. Possible side effects

Like all medicines, Kalms Tablets can cause side effects, although not everybody gets them.

Tell your doctor if you notice any of the following mild side effects:

- nausea
- abdominal cramps.

If any of the side effects become serious, or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

5. How to store Kalms Tablets

Keep out of the reach and sight of children.

Do not take Kalms Tablets after the expiry date which is stated on the packaging.

Do not store above 25°C.

Do not use if cap seal is broken or if foil strip is damaged.

6. Further information

What Kalms Tablets contain

The active substances per tablet are:

Hop strobiles (*Humulus lupulus* L) 45mg

Dry extract from Valerian root (*Valeriana officinalis* L.) (equivalent to 135mg of Valerian root)

Extraction solvent: Ethanol..... 33.75mg

Dry extract from Gentian root (*Gentiana lutea* L.) (equivalent to 90mg of Gentian root)

Extraction solvent: Ethanol..... 22.5mg

The other ingredients are:

Core: Acacia, Icing Sugar, Magnesium Stearate, Maize Starch, Silicon Dioxide, Sodium Starch Glycolate, Stearic Acid.

Coating: Acacia, Calcium Carbonate, Carnauba Wax, Mastercote White SP0950, Purified Talc, Shellac Varnish, Sucrose, Titanium Dioxide, Yellow Beeswax.

What Kalms Tablets look like and contents of the pack

Kalms Tablets are white, circular, coated tablets. They are available in bottles containing 100 and 200 tablets or in blister packs containing 84 tablets.

Marketing Authorisation Holder and Manufacturer:

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