



# Natures Aid Jointeeze Devil's Claw tablets Devil's Claw root extract

**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 nurse has told you.

Keep this leaflet. You may need to read it again.

Ask your pharmacist if you need more information or advice.

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any side effects not listed in this leaflet. See section 4.

You must talk to a doctor if you do not feel better or if you feel worse after 4 weeks.

## What is in this leaflet:

1. What Natures Aid Jointeeze Devil's Claw tablets is and what it is used for
2. What you need to know before you take Natures Aid Jointeeze Devil's Claw tablets
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4. Possible side effects
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6. Contents of the pack and other information

## 1. WHAT NATURES AID JOINTEEZE DEVIL'S CLAW TABLETS IS AND WHAT IT IS USED FOR

Natures Aid Jointeeze Devil's Claw tablets is a traditional herbal medicinal product used for the relief of minor joint pain in adults over 18 years of age, exclusively based upon long-standing use.

You must talk to a doctor if you do not feel better or if you feel worse after 4 weeks.

## 2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE NATURES AID JOINTEEZE DEVIL'S CLAW TABLETS

**Do not take Natures Aid Jointeeze Devil's Claw tablets if:**

- you are allergic to Devil's Claw (also known as *Harpagophytum*), or any of the other ingredients listed in section 6.
- you are under 18 years of age.
- you have an active gastric or duodenal ulcer.

### Warnings and precautions

Talk to your doctor or pharmacist before taking Natures Aid Jointeeze Devil's Claw tablets:

- If your condition is accompanied by swelling of the joint, redness or fever.
- If you have heart problems.
- If you have gallstones.

Tell your doctor if your symptoms worsen, persist or new symptoms develop after you have taken Natures Aid Jointeeze Devil's Claw tablets for 4 weeks.

### Children and adolescents

Do not give this traditional herbal medicine to children or adolescents under the age of 18 years.

### Other medicines and Natures Aid Jointeeze Devil's Claw tablets

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

### Pregnancy and breast-feeding.

**Do not take** this product if you are pregnant, breast-feeding, or planning to have a baby, because there is no evidence that it is safe to do so.

### Driving and using machines.

Devil's Claw may make you feel dizzy and drowsy. If affected do not drive or operate machinery.

### Natures Aid Jointeeze Devil's Claw tablets contains glucose.

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 NATURES AID JOINTEEZE DEVIL'S CLAW TABLETS

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

Check with your pharmacist if you are not sure.

For oral short-term use only.

### The recommended dose for adults and the elderly:

Swallow one tablet three times daily after food.

### Do not exceed the stated dose.

You must consult a qualified healthcare professional e.g. a doctor or pharmacist if symptoms worsen or do not improve after 4 weeks.

### Use in children and adolescents:

**Do not take if you are under 18 years of age.**

### If you take more Natures Aid Jointeeze Devil's Claw tablets than you should:

If you have taken more than the recommended dose and feel unwell, talk to your qualified healthcare professional e.g. a doctor or pharmacist as soon as possible.

### If you forget to take Natures Aid Jointeeze Devil's Claw tablets:

Do not take a double dose to make up for a forgotten dose. Take the next dose when it is due.

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

#### 4. POSSIBLE SIDE EFFECTS

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

The frequency of side effects is not known.

Possible side effects include:

##### **Digestive system:**

- Nausea, or feeling sick
- Abdominal pain
- Digestive upsets such as vomiting or diarrhoea

##### **Other side effects:**

- Allergic reactions such as rash, hives and facial swelling
- Headaches
- Dizziness

The frequency is not known. If any of the side effects get serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

**Reporting 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: *HPRA Pharmacovigilance Website: [www.hpra.ie](http://www.hpra.ie)*

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

#### 5. HOW TO STORE NATURES AID JOINTEEZE DEVIL'S CLAW TABLETS

Keep this medicine out of the sight and reach of children.

Store in original package.

Do not use this medicine after the expiry date which is stated on the side of the label after EXP. The expiry date refers to the last day of that month.

Do not use this product if you notice any discolouring or softening of the tablets, as this means they may have deteriorated.

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 this product contains:**

One film-coated tablet contains 300mg of extract (as dry extract) from Devil's Claw root (*Harpagophytum procumbens* D.C. and/or *H. zeyheri* L. Decne radix), (equivalent to 1050 – 1500mg Devil's Claw root).

Extraction solvent: Ethanol 60%v/v.

Other ingredients:

Herbal extract – maltodextrin, silica colloidal anhydrous; Tablet core – calcium hydrogen phosphate dihydrate, cellulose microcrystalline, croscarmellose sodium, silica colloidal hydrated, magnesium stearate;

Coating – lecithin, croscarmellose sodium, glucose monohydrate (see section 2), sodium citrate, dextrin.

##### **What Natures Aid Jointeeze Devil's Claw tablets looks like and the contents of the pack:**

The product is available in packs of 30, 60 and 90 tablets (not all sizes may be marketed).

**Registration number:** TR0126/318/001

##### **Traditional Herbal Registration Holder and Manufacturer:**

Clonmel Healthcare Ltd, Waterford Road,  
Clonmel, Co.Tipperary, Ireland.  
Tel:(052) 6177777

Email: [info@clonmel-health.ie](mailto:info@clonmel-health.ie)

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