

Manufacturer and Traditional Herbal Registration Holder:

Kerbina Ltd T/A

Bio-Health Ltd.

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Rochester,
Kent ME2 4HU.

Traditional Herbal Registration number:

THR 00904/0005



5 How to store this product (...Continued)

Store below 25°C in the original package.

Keep all medicines out of sight and reach of children.

6 Further information

Each coated tablet contains the following active herbal ingredients:

45mg Hops strobiles (*Humulus lupulus* L.)

45mg Scullcap herb (*Scutellaria lateriflora* L.)

100mg of extract (as dry extract) from Valerian root
(*Valeriana officinalis* L.) (5:1) Extraction solvent: Ethanol 60% v/v

Each tablet also contains: Maltodextrin, Sucrose, Starch,
Purified Talc, Magnesium Stearate, Titanium Dioxide (E171).

Each pot of Neurotone contains either 30 or 60 tablets.

For large prints, Braille or audio version

please contact +44 (0) 1634 290115.

This leaflet was revised in March 2013.

User Information Leaflet



Neurotone

NEUROTONE 30/60 TABLETS

**Please read this leaflet carefully before using Neurotone Tablets.
It contains important information about this medicine.**

Keep this leaflet.

You may want to read it again. If you need more information or advice, please ask your doctor, pharmacist or qualified healthcare practitioner.

What is in this leaflet

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1 What Neurotone Tablets are and what they are used for

A traditional herbal medicinal product used for the temporary relief of symptoms associated with stress such as mild anxiety, based on traditional use only.

2 Before you take Neurotone Tablets

Do not take if you:

- are allergic to any of the ingredients (see section 6).
- are pregnant or breastfeeding.
- are under 18 years of age.
- are taking any other medicines for sleep or anxiety.

This product contains sucrose.

Tell your doctor if you have an intolerance to some sugars.

The effects of this product may be increased by alcohol.

Excessive alcohol use should be avoided.

Taking other medicines

Additive effects with hypnotics and other sedatives cannot be excluded and therefore co-medication is not recommended as a general precaution.

3 How to take Neurotone Tablets

Dosage

Swallow the tablets whole with water. Do not chew the tablets.

For adults and the elderly: Take 1 or 2 tablets, 3 times a day.

Maximum daily dose:- 6 tablets

Do not exceed the recommended dose.

This product is not suitable for children or adolescents under 18 years old.

If symptoms worsen or persist after 4 weeks of using the product, a doctor or qualified healthcare practitioner should be consulted.

Driving and using machines

Neurotone may impair ability to drive and use machines. If you feel sleepy do not drive or operate machinery.

If you take too many Neurotone Tablets (overdose)

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

If you forget to take Neurotone Tablets

Take your next 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.

If you are unsure about anything relating to Neurotone Tablets

If you have any questions, or are unsure about anything, please ask your doctor, pharmacist or qualified healthcare practitioner.

4 Possible side effects

Gastrointestinal symptoms (eg nausea, abdominal cramps) may occur after ingestion of Valerian root preparations. The frequency is not known. There are no known adverse reactions with the other active ingredients. If any of these symptoms persist or become troublesome stop taking the tablets. If you notice any other adverse reactions after taking Neurotone Tablets, please inform your **doctor or pharmacist**.

You can help to make medicines safer by reporting any side-effects to the **Yellow Card Scheme** at www.mhra.gov.uk/yellowcard. Alternatively you can get a paper Yellow Card form from your GP's surgery or pharmacy, or call free phone 0800 100 3352 (available 10am - 2pm Monday - Friday).

5 How to store this product

Do not use the tablets after the expiry date.

The expiry date is printed on the pot label. The expiry date refers to the last day of that month. Return any unused tablets to your pharmacist who will dispose of them for you.

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