

5: How to store this product

Do not use your capsules after the expiry date. Return any out-of-date capsules to your pharmacist who will dispose of them for you. The expiry date is printed on the box and the blister pack.

This product does not require any special storage conditions.

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

Keep your capsules in the blister pack until it is time to take them.

6: Further information

Each soft capsule of this product contains 160mg of extract (as soft extract) from Saw Palmetto Fruit (*Serenoa repens* (Bartram) Small fructus (*Sabal serrulata* (Michaux) Nichols fructus)) (10-14:1). Extraction solvent: Ethanol 90% m/m.

This product also contains the following ingredients:

Succinylated gelatine, glycerol, purified water.

Each pack contains 90 soft capsules.

Registration holder and manufacturer of this product

Swiss Caps GmbH, Grassingerstraße 9 D-83043 Bad Aibling, Germany.

Traditional herbal registration number: THR 18397/0008.

If you would like further information about this product or if this leaflet is hard to see or read, please contact: Healthspan Ltd, PO Box 64, Guernsey, GY1 1BT.

Telephone: 0800 73 123 77.

Email: herbalinfo@healthspan.co.uk

This leaflet was revised in January 2018.

Healthspan Saw Palmetto ProstAid®

Capsules

Saw Palmetto Fruit Extract 160mg

Please read this leaflet carefully before you start taking these capsules.

It contains some important information about Healthspan Saw Palmetto ProstAid.

This medicine is available without prescription. It is for use in men only. However, before using Healthspan Saw Palmetto ProstAid you must have been told by your doctor that you have an enlarged prostate (also known as benign prostatic hyperplasia or BPH). You need to take Healthspan Saw Palmetto ProstAid carefully to get the best results from it.

Keep this leaflet with the capsules.

You may want to read it again or show it to your doctor, pharmacist or qualified healthcare practitioner.

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THR 18397/0008



Certification Mark

LF00000642

1: What this product is and what it is used for

Healthspan Saw Palmetto ProstAid is a traditional herbal medicinal product used for the relief of lower urinary tract symptoms in men who have a confirmed diagnosis of an enlarged prostate also known as benign prostatic hyperplasia (BPH), based on traditional use only.

Prior to treatment other serious conditions should have been ruled out by a doctor.

Traditionally used to help relieve symptoms including:

- the need to urinate frequently (especially at night)
- weak or interrupted urinary flow
- a feeling that you cannot empty your bladder completely

Healthspan Saw Palmetto ProstAid is for use in men only. An enlarged prostate is also known as benign prostatic hyperplasia (BPH). The prostate gland is found just below the bladder in men. As men get older this gland may enlarge causing urinary discomfort.

2: Before you take this product

You must have been told by your doctor that you have benign prostatic hyperplasia (BPH). This product is not for use in women.

Do not take Healthspan Saw Palmetto ProstAid if you are allergic to Saw Palmetto fruits or any of the other ingredients.

This product is not for use by children or adolescents under 18 years old because lower urinary tract symptoms in these patients require medical supervision.

Warnings and precautions:

You must see your doctor, pharmacist or qualified healthcare practitioner if you have any of the following symptoms or if they occur during the use of the product:

- a fever
- bladder spasms
- blood in your urine
- pain when urinating
- difficulty urinating
- loin, back or stomach pain

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

Tell your doctor you are taking Healthspan Saw Palmetto ProstAid if you are due to undergo surgery.

Before using Healthspan Saw Palmetto ProstAid tell your doctor, pharmacist or qualified healthcare practitioner:

- if you are taking warfarin
- if you are taking any other medicines for an enlarged prostate (BPH)
- if you are taking any other medicines, including any bought without a prescription

Pregnancy and breastfeeding

Do not use this product. It is for use in men only.

Driving and using machines

This product has no known effect on your ability to drive or use machines. Make sure you know how it affects you before you drive or use machinery.

3: How to take this product

Always take this medicine exactly as your doctor, pharmacist or qualified healthcare practitioner has told you. Check with them if you are not sure.

For oral use only.

Adults and the elderly

Take 1 capsule twice daily (one capsule in the morning and one in the evening).

Swallow the capsule whole with some water.

Healthspan Saw Palmetto ProstAid is not for use in women, children and adolescents less than 18 years.

Do not exceed the stated dose.

If you take too much Healthspan Saw Palmetto ProstAid (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 Healthspan Saw Palmetto ProstAid

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.

If you stop taking Healthspan Saw Palmetto ProstAid

You can stop taking this product at any time.

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

You must see your doctor or a qualified healthcare practitioner if your symptoms worsen, or if side-effects not mentioned in this leaflet occur.

4: Possible side-effects

Like all medicines, Healthspan Saw Palmetto ProstAid can cause side-effects, although not everybody gets them.

Side-effects

The following uncommon side-effects, especially when the capsules are taken on an empty stomach, have been reported:

- nausea
- vomiting
- diarrhoea
- abdominal pain

Allergic reactions such as skin rash, hypersensitivity reactions and headache have also been reported. The frequency of these effects occurring is not known.

There has been one case report of excessive bleeding during surgery.

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 this 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.