

# WELEDA PERIOD PAIN RELIEF ORAL DROPS

Melissa Cupro culta 3X (Lemon Balm)

HOMEOPATHIC MEDICINAL PRODUCT

PATIENT INFORMATION

**Read this leaflet carefully because it contains important information for you. Keep this leaflet. You may need to read it again.**

Ask your qualified healthcare practitioner or healthcare professional e.g. a doctor or pharmacist if you need more information or advice.

You must talk to a doctor if you feel worse, or do not feel better within 5-7 days, depending on how long your period lasts.

If you get any side-effects, talk to your qualified healthcare practitioner or healthcare professional e.g. a doctor or pharmacist. This includes any possible side-effects not listed in this leaflet. See Section 4.

## What is in this leaflet:

1. What this medicine is and what it is used for
2. What you need to know before taking this medicine
3. How to take this medicine
4. Possible side-effects
5. How to store this medicine
6. Contents of the pack and other information

### 1. What this medicine is and what it is used for

**Weleda Period Pain Relief Oral Drops is a homeopathic medicinal product used within the homeopathic tradition for the symptomatic relief of menstrual cramps associated with period pains.**

### 2. What you need to know before taking this medicine

#### • Do not take:

- ♦ if you are allergic to any of the ingredients (see Section 6)
- ♦ if you are pregnant or breastfeeding
- ♦ if you are under 12 years of age
- ♦ if you are taking any other medicines that are known to interact with alcohol e.g. metronidazole, disulfiram.

#### • Warnings and precautions:

- ♦ Patients with persistent cramps should consult a doctor or qualified healthcare practitioner before starting to take this product
- ♦ A doctor or qualified healthcare practitioner should be consulted if your period pain persists, bloating, unexplained weight loss or blood in stools occurs.

Talk to your doctor or pharmacist before taking this product:

- ♦ This medicine contains 229 mg of alcohol (ethanol) in each dose (15 drops). The amount in each dose is equivalent to less than 6 ml of beer or 3 ml of wine. The small amount of alcohol in this medicine will not have any noticeable effects.

Alcohol may increase the effect of this product. Excessive use of alcohol whilst taking this product should be avoided. This medicine is not to be used repeatedly without consulting a doctor. If your symptoms worsen, or persist after 5-7 days, depending on how long your period lasts, talk to your doctor or qualified healthcare practitioner.

#### • Other medicines and Weleda Period Pain Relief Oral Drops

- ♦ Please tell your doctor or pharmacist if you are taking or have recently taken any other medication, including herbal medicines or medicines that didn't require a doctor's prescription.

#### • Pregnancy and breastfeeding

- ♦ Do not take this medicine if you are pregnant or breastfeeding.

#### • Driving and using machines

- ♦ This product contains alcohol. Do not drive or operate machinery if you feel dizzy, tired or if you are affected by this medicine.

### 3. How to take this medicine

Always take this medicine exactly as described in this leaflet or as your qualified healthcare practitioner or healthcare professional e.g. a doctor or pharmacist has told you. Check with them if you are not sure.

**Directions for use:** for oral use only.

**The recommended dose is:**

**Adult women and girls over 12 years:** 10-15 drops to be taken in a small glass of water 2 – 4 times a day for up to 7 days.

**The maximum daily dose is 60 drops. Do not exceed the stated dose.**

This product may be taken for up to 7 days, depending on how long your period lasts.

If your symptoms worsen, or do not improve within 5-7 days, depending on how long your period lasts, talk to your doctor, pharmacist or qualified healthcare practitioner.

**If you take more Weleda Period Pain Relief Oral Drops than you should**

- ♦ If you take more of this medicine than you should and you feel unwell, talk to your doctor.

**If you forget to take Weleda Period Pain Relief Oral Drops**

- ♦ If you forget to take a dose of this medicine, just take the next dose when it is due. Do not take another dose to make up for the missed dose.

### 4. Possible side-effects

There are no known side-effects when taking Weleda Period Pain Relief Oral Drops. Much higher levels of *Melissa officinalis* (Lemon balm) preparations may make you feel tired or dizzy and may impair the ability to drive or use machines. If you are affected by this medicine do not drive or operate machinery.

**Reporting of side-effects:** If you get any side-effects, talk to your qualified healthcare practitioner or healthcare professional e.g. a doctor or pharmacist. This includes any possible side-effects not listed in this leaflet. By reporting side-effects you can help provide more information on the safety of this medicine.

**Reporting of side-effects in the UK:** You can help to make medicines safer by reporting any side-effects to the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard) or search for MHRA Yellow Card in the Google Play or Apple App Store.

### 5. How to store this medicine

- Keep out of the sight and reach of children
- Do not store above 25°C. Store in the original container
- Do not use after the expiry date stated on the carton and label
- 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 Weleda Period Pain Relief Oral Drops contains:** Each ml of oral drops contains *Melissa Cupro culta* 3X (Lemon balm). Also contains: Ethanol (alcohol) and Purified Water.

**What Weleda Period Pain Relief Oral Drops, Solution looks like and contents of the pack:** This medicine is a clear, colourless to slightly yellowish liquid with a faint fruity odour. It is presented in a 25 ml amber glass bottle with a dropper and tamper-evident cap.

**NR holder and manufacturer:** Weleda (UK) Ltd., Heanor Road, Ilkeston, Derbyshire DE7 8DR, UK.  
NR 00298/0322

#### Braille version

**To request a copy of this leaflet in Braille, or large print or to listen to an audio version, please call, free of charge: 0800 198 5000 (UK only).**

**Please be ready to give the following information:**

**Product name:** Weleda Period Pain Relief Oral Drops

**Reference number:** NR 00298/0322

**This service is provided by the Royal National Institute of Blind People.**

**Weleda Period Pain Relief Oral Drops contains a homeopathic dilution (3X) prepared in anthroposophic tradition.**

For further information concerning homeopathic medicines contact:  
British Homeopathic Association, CAN Mezzanine, 49-51 East Road, London N1 6AH.  
For further information on anthroposophic medicine contact:  
PAFAM, c/o Cathie Green, Woodston Oast House, Woodston, Tenbury Wells, Worcestershire, WR15 8JG.