

WELEDA HERB & HONEY COUGH ELIXIR

Traditional Herbal Medicinal Product

**WELEDA**Liquid extracts from Aniseed, Elder flower, Iceland Moss,
Marshmallow root, Thyme, White Horehound.**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 pharmacist or qualified healthcare practitioner if you need more information or advice. You must contact a doctor or qualified healthcare practitioner if your symptoms worsen or do not improve after one week. If any of the side-effects get serious, or if you notice any side-effect not listed in this leaflet, please tell your doctor or qualified healthcare practitioner.

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

Weleda Herb & Honey Cough Elixir is a traditional herbal medicinal product used for the symptomatic relief of dry and irritating coughs. This is based on traditional use only.

2. Before using this product

Do not take Weleda Herb & Honey Cough Elixir if you are allergic to any of the ingredients or to Apiaceae (Umbelliferae) (caraway, celery, coriander, dill and fennel) or to Anethole or to members of the Lamiaceae family (see Section 6), if you suffer from an obstruction of the bile duct, cholangitis (inflammation of the bile ducts), liver disease, ileus (intestinal obstruction) or if you are pregnant or breastfeeding or you are under 12 years of age.

- Consult your doctor, pharmacist or qualified healthcare practitioner if:
 - you have been told by your doctor that you have intolerance to some sugars. Each 5ml dose contains 1.25g of sucrose and 1.88g honey. This should be taken into account if you suffer from diabetes mellitus.
 - you have a peptic ulcer, gallstones or other biliary disorders

3. How to use this product

Directions: Weleda Herb & Honey Cough Elixir is for oral use. Shake the bottle.

Adults, the elderly and children over 12 years of age: Two 5ml spoonfuls (10ml) every 3 - 4 hours, undiluted or in a little water. Up to four doses can be taken daily.

Weleda Herb & Honey Cough Elixir is not recommended for children under 12 years of age. If you develop shortness of breath, a fever or coloured sputum while taking this product or if symptoms worsen or persist after one week, consult a doctor or qualified healthcare practitioner.

DO NOT EXCEED THE STATED DOSE

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OVERDOSE

If you accidentally take too much of this product (overdose), consult your doctor or pharmacist as soon as possible and take this leaflet with you.

WHAT TO DO IF YOU MISS A DOSE

If you miss a dose of Weleda Herb & Honey Cough Elixir, just take the next dose when it is due. If you have any further questions on the use of this product, ask your doctor or pharmacist.

4. Possible side-effects

Aniseed may cause allergic reactions affecting the skin or respiratory system. Thyme may cause hypersensitivity reactions or stomach disorders. (One case of anaphylactic shock - a serious allergic reaction causing breathing difficulty and one case of Quincke oedema has been reported).

If you experience any unwanted effects consult your doctor, pharmacist or qualified healthcare practitioner.

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 freephone 0800 100 3352 (available 10am-2pm Monday - Friday).

5. How to store this product

- keep out of the reach and sight of children
- do not store above 25°C
- do not use after the expiry date on the carton or label
- discard one month after first opening
- store in the original container
- return any unused medicine to your pharmacist for safe disposal

6. Further Information

Each 5ml of Weleda Herb & Honey Cough Elixir contains 4g of liquid extract from: Aniseed (*Pimpinella anisum* L.) (equivalent to 81mg Aniseed fruit); Elder flower (*Sambucus nigra* L.) (equivalent to 81mg Elder flower); Iceland Moss thallus (*Cetraria islandica* L.) (equivalent to 81mg Iceland Moss thallus); Marshmallow root (*Althaea officinalis* L.) (equivalent to 81mg Marshmallow root); Thyme herb (*Thymus vulgaris* L. and *Thymus zygis* L.) (equivalent to 81mg Thyme herb); White Horehound herb (*Marrubium vulgare* L.) (equivalent to 81mg White Horehound herb).

Extraction solvent: Water.

Other ingredients: Purified Water, Honey, Sucrose, Glycerol, Citric Acid Monohydrate.

Pack Description: Weleda Herb & Honey Cough Elixir is a clear to slightly turbid, amber-brown syrupy liquid with a characteristic aromatic herbal/aniseed odour and sweet taste presented in an amber glass bottle. One pack size of 100ml is available.

THR holder and manufacturer: Weleda (UK) Ltd., Heanor Road, Ilkeston, Derbyshire DE7 8DR, UK.

THR 00298/0291.

Certification Mark



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 Herb & Honey Cough Elixir.

Reference number THR 00298/0291.

This service is provided by the Royal National Institute for Blind people.