



ALTERNATIVES

Laxative

Please read this leaflet carefully before you take your medicine. It contains some important and useful information.

The name of your medicine is Boots Alternatives Laxative.

What is in this product

This pack contains 60 tablets. Each tablet contains: Senna Leaf Powder 32 mg, Aloin Powder 10 mg, Cascara Dry Extract 130 mg which are the active ingredients. As well as the active herbal ingredients, these tablets also contain: Calcium Phosphate, Corn Starch, Stearic Acid, Colloidal Anhydrous Silica, Magnesium Stearate, Sodium Starch Glycollate and Opaseal. The tablet coating contains: Sucrose, Calcium Carbonate, Acacia, Titanium Dioxide (E171), Beeswax, Carnauba Wax, Iron Oxide (E172) and Talc.

Storing this product

Store in a dry place. Do not store above 25°C.

Keep this medicine in a safe place away from the sight and reach of children, preferably in a locked cupboard.

Do not use this product after the "use by" date on the carton and keep it in its original pack.

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If you want to know more about your condition or this product, your pharmacist can help.

If you would like any further information about this product, please contact **The Boots Company PLC Nottingham NG2 3AA.**

Additional Information

The pods and leaves of the Senna plant have been traditionally used for centuries and are native to tropical Africa. The plant is also cultivated in Egypt and Sudan amongst other places.

Useful Health Tips

Increase your fibre intake by eating more fruit and vegetables, pulses, wholemeal bread and pasta. Make sure that you drink plenty of fluids, but try to avoid alcohol. Taking up an exercise programme may help keep your bowel motions regular.

Who makes this product

Manufactured for The Boots Company PLC Nottingham NG2 3AA
by The Product Licence holder GR Lane Health Products Ltd
Sisson Road Gloucester GL1 3QB.

What this product is for and how it works

This product can be used for the relief of occasional constipation.

Senna, Aloin and Cascara are laxatives which help relieve occasional constipation.

Before taking this product

These tablets can be taken by adults. However, if any of the warnings below apply to you, seek the advice of your pharmacist or doctor before taking them.

Do not take this product if

- You have severe abdominal pain which may be caused by appendicitis, intestinal obstruction or other causes
- You have rare hereditary problems of fructose intolerance, glucose-galactose malabsorption or sucrase-isomaltase insufficiency
- You are pregnant or breastfeeding, unless advised by your doctor

Talk to your pharmacist or doctor before taking this product if

- You are using any other medicines (This includes any medicines which you buy for yourself and any medicines which your doctor has prescribed for you)

How to take this product

Check that the foil packaging is not broken before each use.
Discard the tablet if the foil is broken.

Adults and the Elderly:
One or two tablets to be taken at night.
Children:
Not recommended.

These doses should be swallowed with water.

Do not take more than the dose recommended above.

Do not give to children.

If symptoms do not go away or worsen, talk to your pharmacist or doctor.

If you take too many tablets, talk to a doctor straight away.

Take your tablets with you.

After taking this product

This product may occasionally cause side effects which include :-

- Red coloration of the urine

- Diarrhoea or hypokalaemia (low levels of potassium in the blood)

If concerned or if anything else unusual happens after taking this product, talk to your pharmacist or doctor.