

Information for the user



Migraine Relief Feverfew Capsules

Feverfew herb 100mg

Read all of this leaflet carefully because it contains important information for you.

This medicine is a traditional herbal medicinal product available without prescription to treat minor conditions. However, you still need to take it carefully to get the best results from it.

- Keep this leaflet, you may need to read it again
- Ask your pharmacist if you need more information or advice
- You must contact a pharmacist or doctor if your symptoms worsen or do not improve after 12 weeks

What this medicine is for

This traditional herbal medicinal product contains Feverfew herb which has been traditionally used for the prevention of migraine headaches. This medicine is recommended for this condition based on traditional use only.

Before you take this medicine

This medicine can be taken by adults aged 18 years and over, who have previously been diagnosed by a doctor. However, some people should not take this medicine or should seek the advice of their pharmacist or doctor first.

X Do not take:

- **If you are under 18 years**
- **If you are allergic** to any of the ingredients (see "What is in this medicine") or to plants from the Asteraceae (Compositae) family e.g. artichokes, daises, marigolds
- **If you are pregnant or breastfeeding**

Other important information

If your symptoms start to change (e.g. more migraine attacks, worsening of pain, new symptoms) talk to your doctor.

If you take this medicine for a long time and then stop suddenly, you may get withdrawal symptoms such as rebound headaches, anxiety, difficulty sleeping, muscle stiffness or joint pain. If you want to stop taking these capsules after a long time, talk to your pharmacist or doctor for advice first.

If you take other medicines

Before you take these capsules, make sure that you tell your pharmacist if you are taking the following medicines as there is a possible risk that taking this product could increase the risk of bleeding.

- Medicines to thin your blood (e.g. warfarin)
- Clopidogrel
- Aspirin, ibuprofen or other non-steroidal anti-inflammatory drugs

If you are not sure that your medicine is on this list, or you are unsure about interactions with any other medicines, talk to your pharmacist. This includes medicines prescribed by your doctor and medicine you have bought for yourself.

✓ **How to take this medicine**

Check the foil is not broken before use.

If it is, do not take that capsule.

Age	How many to take	How often to take
Adults aged 18 years and over	One	Once daily, at the same time of day, if possible (morning or evening)

Swallow the capsule whole with water or liquid. Do not chew the capsule.

You may need to take this medicine continuously for three months before you get the maximum benefit from it.

Do not give to children or adolescents under 18 years.

Do not take more than the amount recommended above.

If symptoms worsen or do not improve after 12 weeks talk to your doctor.

! If you take too many capsules: Talk to a doctor or pharmacist straight away.

Possible withdrawal effects when stopping treatment

- If you take this medicine for a long time and then stop suddenly you may get:
- Rebound headaches
- Anxiety, difficulty sleeping
- Muscle stiffness, joint pain

Possible side effects

Most people will not have problems, but some may get some.

! If you get any of these side effects, stop taking the capsules:

- Allergic reactions (skin rash, red itchy skin)
- Mouth ulcers, swelling of the mouth or lips
- Tongue irritation, bleeding gums
- Loss of taste

These other effects may happen. If they bother you talk to a pharmacist:

- Heartburn, feeling sick, wind
- Constipation, diarrhoea
- Bloating stomach, indigestion

Other side effects that have been reported:

- Sensitivity to sunlight or sun lamps
- Fast heart rate, high blood pressure
- Arthritis
- Changes in blood or liver function (this may show up if you have blood tests)
- Kidney problems
- Raynaud's phenomenon (a condition that causes cold hands and feet)

If any side effect becomes severe, lasts more than a few days, or you notice any side effect not listed here, please tell your pharmacist or doctor.

You can also help to make medicines safer by reporting any side effects to the Yellow Card Scheme at www.yellowcard.gov.uk. 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)

How to store this medicine

Do not store above 25°C.

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

Use by the date on the base of the carton. After this date return any unused product to your nearest pharmacy for safe disposal.

What is in this medicine

Each hard capsule contains 100 mg Feverfew Herb (*Tanacetum parthenium* (L.) Schultz Bip.), which is the active ingredient.

As well as the active ingredient, the capsules also contain white dextrin, colloidal anhydrous silica, talc, magnesium stearate, hypromellose, titanium dioxide (E171).

The pack contains 30 hard white capsules.

Who makes this medicine

Manufactured for The Boots Company PLC Nottingham NG2 3AA by Wiewelhove GmbH Gildestrasse 39 49477 Ibbenbüren Germany. Traditional Herbal Registration held by Schwabe Pharma (UK) Ltd Alexander House Mere Park Dedmere Road Marlow Buckinghamshire SL7 1FX

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

Other formats

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

Please be ready to give the following information:

Product name: Boots Migraine Relief Feverfew Capsules

Reference number: THR 23056/0004

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