

5: How to store this product

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 Return any out-of-date product to your pharmacist who will dispose of it for you.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

Store the product in a cool dry place.

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

6: Further information

Each film-coated tablet contains 20 mg of extract (as dry extract) from the roots of *Pelargonium sidoides* DC (1: 8–10) (EPs® 7630). Extraction solvent: 11% ethanol (w/w).

This product also contains the following ingredients:

Extract: Maltodextrin

Tablet core: Maltodextrin, microcrystalline cellulose, lactose monohydrate, croscarmellose sodium, precipitated silica, magnesium stearate.

Film-coating: Hypromellose 5 mPas, Macrogol 1500, iron oxide yellow E 172, iron oxide red E 172, titanium dioxide E 171, talc, simeticone, methylcellulose, sorbic acid.

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this product. Each film-coated tablet contains 20mg of lactose.

Each pack contains 16, 21 or 30 film-coated tablets. Not all pack sizes may be marketed.

Registration holder and manufacturer of this product

Dr Willmar Schwabe GmbH & Co. KG

Willmar-Schwabe-Str. 4, 76227 Karlsruhe, Germany

Distributor of this product in the UK

Schwabe Pharma (UK) Ltd

Alexander House, Mere Park, Dedmere Road, Marlow, Bucks SL7 1FX

Traditional herbal registration number: THR 05332/0005

If you would like further information about this product, please contact:

Schwabe Pharma (UK) Ltd

Alexander House, Mere Park, Dedmere Road, , Marlow, Bucks, SL7 1FX

Telephone: 01628 401980

Email: info@kaloba.co.uk

This leaflet was revised 05/2013

EPs® 7630 is a proprietary extract of Dr Willmar Schwabe GmbH & Co. KG

Patient Information Leaflet

Kaloba® Pelargonium Cough & Cold Relief tablets

Pelargonium sidoides root extract 20mg



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

It contains some important information about Kaloba Pelargonium Cough and Cold Relief.

Keep this leaflet with the tablets.

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

What is in this leaflet

- 1: What this product is and what it is used for**page 1
- 2: Before you take this product**page 2
- 3: How to take this product**page 2
- 4: Possible side-effects**page 3
- 5: How to store this product**page 4
- 6: Further information**page 4

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

This product is a traditional herbal medicinal product containing *Pelargonium sidoides* DC root extract. Each film-coated tablet of this product contains 20 mg of a dry extract from the roots of *Pelargonium sidoides* DC.

Kaloba Pelargonium Cough & Cold Relief is a traditional herbal medicinal product used to relieve the symptoms of upper respiratory tract infections including the common cold, such as sore throat, cough and blocked or runny nose, based on traditional use only.



2: Before you take this product

DO NOT TAKE this product if you:

- are allergic to any of the ingredients (see section 6)
- are lactose-intolerant (react badly to lactose or milk)
- suffer from severe liver or kidney disease
- are pregnant or breast-feeding

If you suffer from an increased tendency to bleeding and/or take anti-coagulating drugs such as warfarin, there is a theoretical risk that taking this product may increase the risk of bleeding.

This formulation is not suitable for children under the age of 12 years.

3: How to take this product

For oral use only.

Adults and children over 12 years

Take 1 tablet three times daily (morning, midday, evening).

Swallow the tablet whole with some water. Do not chew the tablet.

After the relief of symptoms, continue treatment for a further 2-3 days to prevent a relapse. However, treatment should not exceed two weeks.

Do not exceed the stated dose.

This formulation is not suitable for children under the age of 12 years.

If you take too much of this product (overdose)

If you take more than the recommended dose, speak to your doctor, pharmacist or qualified healthcare practitioner and take this leaflet with you.

If you forget to take this product

Do not take twice the dose, but continue to take your usual dose at the usual time.

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

4: Possible side-effects

Like all medicines, this product can have side-effects, although not everybody gets them. They are listed below.

Uncommon side-effects (affecting more than 1 in 1,000 but fewer than 1 in 100 people)

Gastro-intestinal complaints such as stomach pain, heartburn, nausea or diarrhoea.

Rare side-effects (affecting more than 1 in 10,000 but fewer than 1 in 1000 people)

- mild bleeding from the gums or nose
- hypersensitivity reactions, e.g.
 - skin rash
 - nettle rash
 - itching of the skin and mucous membranes

Such reactions may occur when this product is first taken.

Very rare side-effects (affecting 1 or fewer in 10,000 people)

Serious hypersensitivity reactions with swelling of the face, breathlessness and drop in blood pressure.

Single cases

Signs indicating changes in liver function have been reported after taking Kaloba; however, the causal relationship between these effects and the use of the product has not been demonstrated.

After taking this product

Consult a doctor immediately if your condition does not improve within one week, in case of fever lasting for several days or in case of shortness of breath or blood in the sputum.

Tell your doctor or pharmacist if any of the above side-effects becomes serious or if you notice any other side-effects not listed above.

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).