

PADMA CIRCOSAN®

Capsules

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

This medicine is available without prescription. However, you still need to take PADMA CIRCOSAN carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your doctor, pharmacist or qualified healthcare practitioner if you need more information or advice.
- You must contact your doctor if your symptoms worsen, or if they do not improve after 4 weeks.
- If you experience any side effects and these get serious, or if you notice any side effect not listed in this leaflet, please tell your doctor, pharmacist or qualified healthcare practitioner.

In this leaflet:

1. What PADMA CIRCOSAN is and what it is used for
2. Before you take PADMA CIRCOSAN
3. How to take PADMA CIRCOSAN
4. Possible side effects
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1. WHAT PADMA CIRCOSAN IS AND WHAT IT IS USED FOR

A traditional herbal medicinal product used to relieve the symptoms of Raynaud's syndrome and for the relief of symptoms associated with minor venous circulatory disturbances such as tired heavy legs, pain, swelling, and for calf cramps, based on traditional use only.

What is Raynaud's syndrome?

Raynaud's syndrome happens if the blood supply to the fingers and toes is interrupted in response to changes in temperature or emotional stress. The symptoms are cold hands or feet with numbness or tingling and turning white of toes or fingers.

PADMA CIRCOSAN is derived from a formula of Tibetan Medicine.

2. BEFORE YOU TAKE PADMA CIRCOSAN

Do not take PADMA CIRCOSAN

- If you are under 18 years of age.
- If you are pregnant or breast-feeding.
- If you are allergic (hypersensitive) to any of the active substances, or plants of the Asteraceae (daisy) family, or any of the other ingredients of PADMA CIRCOSAN (see section 6: Further Information)

Take special care with PADMA CIRCOSAN

Tell your doctor, if either you have any of the following already, or you experience any of these symptoms while taking this medicine:

- inflammation of your skin or a hard area under your skin
- an ulcer forming on your legs

- sudden swelling of one or both of your legs, you notice one or both of your legs is red and hot or you have kidney or heart problems
- severe pain in your leg when you are at rest
- yellowing of the skin or eyes, dark urine, severe stomach pain with feeling or being sick, feeling very tired or losing your appetite.

Do not take any more medicine and tell your doctor immediately if you get any of these symptoms.

Taking other medicines

Wait at least 1½–2 hours before taking any other medicines after taking PADMA CIRCOSAN.

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

Pregnancy and breast-feeding

Do not take this medicine if you are pregnant or breast-feeding.

Driving and using machines

This medicine has no known effects on your ability to drive or operate machines.

This medicine contains a very small amount of the herbal ingredient Valerian root. It is not expected to make you drowsy.

3. HOW TO TAKE PADMA CIRCOSAN

Always take PADMA CIRCOSAN exactly as described in this leaflet. You should check with your doctor, pharmacist or qualified healthcare practitioner if you are not sure.

Take this medicine with a glass of water, on an empty stomach. If you get any stomach problems when you take this medicine, you can take the capsules with plenty of liquid (lukewarm water is advised) with meals.

If you cannot swallow a capsule, then open it up carefully and mix the contents into a glass of lukewarm water.

Remember to wait at least 1½–2 hours before taking any other medicine.

How much to take: adults and the elderly

Take 2 capsules 3 times a day.

If your symptoms improve, then take 1 or 2 capsules per day.

Do not take more than the stated dose.

How long to take the capsules for

You must contact a doctor, pharmacist or qualified healthcare practitioner if your symptoms worsen or do not improve after 4 weeks.

Use in children and adolescents

This medicine is not suitable for children or adolescents under 18 years of age.



If you take more PADMA CIRCOSAN than you should

If you take too much, then talk to your pharmacist, doctor or qualified healthcare practitioner. Take this leaflet with you. Taking too much is unlikely to be harmful.

If you forget to take PADMA CIRCOSAN

Don't worry about the missed dose. Continue to use as before.

If you stop taking PADMA CIRCOSAN

You can stop taking this medicine at any time. No special precautions are needed.

If you have any further questions on the use of this medicine, ask your doctor, pharmacist or qualified healthcare practitioner.

4. POSSIBLE SIDE EFFECTS

Like all medicines, PADMA CIRCOSAN can cause side effects, although not everybody will experience them.

The frequency of the following possible side effects is not known:

- Digestive problems such as indigestion, nausea, heart burn and diarrhoea.
- Skin reactions such as rash or itching.

Single cases of changes in liver function (yellowing of the skin or eyes or change in liver function tests) have been reported but the causal relationship between these effects and the use of PADMA CIRCOSAN has not been demonstrated.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard. By reporting side effects you can help provide more information on the safety of this medicine.

5. HOW TO STORE PADMA CIRCOSAN

Keep out of the reach and sight of children.

Do not use PADMA CIRCOSAN after the expiry date which is stated on the blister pack and on the box after EXP. The expiry date refers to the last day of the month.

Do not store above 25°C. Store the blister strip inside the carton.

Medicines should not be thrown away in waste water or in household waste. Please ask your pharmacist how to throw away any medicine you do not need anymore. If you do this you will help protect the environment.

6. FURTHER INFORMATION

What PADMA CIRCOSAN contains

The active ingredients in each hard capsule are:

40 mg aucklandia root (*Saussurea costus* (Falc.) Lipsch.), 40 mg Iceland moss (*Cetraria islandica* (L.) Ach. s.l.), 35 mg neem fruit (*Azadirachta indica* A. Juss.), 30 mg cardamom fruit (*Elettaria cardamomum* (Roxb.) Maton var. *minuscula* Burk.), 30 mg myrobalan fruit (*Terminalia chebula* Retz.), 30 mg red sanderswood (*Pterocarpus santalinus* L.f.), 25 mg allspice (*Pimenta dioica* (L.) Merr.), 20 mg Bengal quince (*Aegle marmelos* (L.) Corrêa), 15 mg European columbine (*Aquilegia vulgaris* L.), 15 mg liquorice root (*Glycyrrhiza glabra* L.), 15 mg ribwort plantain (*Plantago lanceolata* L. s.l.), 15 mg knotgrass (*Polygonum*

aviculare L. s.l.), 15 mg golden cinquefoil (*Potentilla aurea* L.), 12 mg clove (*Syzygium aromaticum* (L.) Merr et L. M. Perry), 10 mg kaempferia galanga rhizome (*Kaempferia galanga* L.), 10 mg heart leaf sida (*Sida cordifolia* L.), 10 mg valerian root (*Valeriana officinalis* L. s.l.), 6 mg lettuce leaf (*Lactuca sativa* var. *capitata* L.), 5 mg calendula flower head (*Calendula officinalis* L.), 4 mg D-camphor. Ancillary mineral: 20 mg calcium sulphate hemihydrate.

The other ingredients are:

Colloidal anhydrous silica and in the capsule shell, gelatin.

What PADMA CIRCOSAN looks like and contents of the pack

Two piece, clear, hard capsules with brown powder. The medicine comes in blister packs of 60, 120, and 200 capsules. Not all packs may be marketed.

Traditional Herbal Registration Holder and Manufacturer Traditional Herbal Registration Holder and Batch Release:

PADMA EUROPE GmbH, Hietzinger Hauptstr. 37, AT-1130 Vienna, Austria.

Manufacturer:

PADMA AG, CH-8620 Wetzikon, Switzerland

THR 39568/0001



For a large print version of this leaflet, call 0044 (0) 1865 578578 or email to info@padma.co.uk

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