Echinacea & Sage extracts

Before you use this product

Do not take this product

- if you are under 18 years of age
- if you are allergic to
  - Echinacea or plants of the daisy (Asteraceae/Compositae) family. Echinacea is a member of the daisy family.
  - Sage
  - Peanut or soya. This product contains soy lecithin.
- any of the other ingredients in this product (see section 6 Further Information)
- if you have a tendency to allergies such as hives, allergic eczema or asthma.
- if you are pregnant or breastfeeding.
- if you are taking ciclosporin or methotrexate, or any other immunosuppressant medicine.
- if you are taking another medicine which is affected by alcohol.

If you suffer from

- TB (the infection tuberculosis)
- Sarcoidosis (a connective tissue disease disorder which causes the formation of clumps of cells mainly in the lymph nodes, lungs and liver)
- an autoimmune disease such as colagenoses (inflammation of the connective tissue) or multiple sclerosis
- HIV, AIDS or any other condition which decreases your resistance to infection
- a disorder which affects your white blood cells such as agranulocytosis (low white blood cell count due to bone marrow disorders) or leukemia (blood cell cancer). If you are having treatment to reduce the response of your immune system (immunosuppression) e.g. chemotherapy, radiotherapy.
- if you have had an organ or bone marrow transplant.
- if you are unsure if this product is suitable for you please speak to your pharmacist or our helpline on 0845 608 5858.

See your doctor first

- if you have problems swallowing or breathing.
- if your sore throat is severe and you have a high temperature (fever), headache or if you feel sick or are feeling sick.
- if you have been told by your doctor that you have an intolerance to some sugars. This product may not be suitable for you.

You should also know

- This medicinal product contains 38 - 42 vol % ethanol (alcohol), i.e. up to 163 mg per 2 sprays, equivalent to 3.7 ml beer (less than a teaspoon) or 1.5 ml wine (less than half a teaspoon) per dose.
- if you suffer from alcoholism the alcohol content of this product may be harmful.
- if you are in a high-risk group (patients with liver disease or epilepsy) you should consider the alcohol content before taking this product.

Using

Remove the cap from the bottle and fit the nozzle onto the cap. Replace the cap gently but firmly onto the bottle, taking care to point the nozzle away from you. Before using this product for the first time press the pump 2-3 times to activate the spray.

To use the spray shake the bottle well, place the nozzle just inside your mouth and point it towards the back of your throat. Press the pump to spray.

After use, turn the nozzle back down.

Patient Information Leaflet
**Dosage**

Shake well before use.

**Adults and the elderly:** 2 sprays six to ten times daily.

**Not for use in children or those under 18.** Do not take more than the recommended dose.

Avoid getting this product in your eyes. If you accidentally spray into the eyes, rinse thoroughly with water.

**If you take too much**
- If you take too much and feel ill, talk to your doctor. Taking too much is unlikely to be harmful.
- Overdose of this product may result in alcohol intoxication and is not known how often these reactions occur as there have not been enough reports to allow this information to be calculated.

**If you forget to take this product**
- You should also know.
- A decrease in the number of white blood cells (leucopenia) may occur in long-term use (more than 8 weeks).
- This product does not require any special storage conditions.
- Do not use this product if you notice a change in appearance. It should be a clear liquid that is brown to yellow-green in colour. It is available in 30 ml bottles.

**Information**

What this product looks like and the contents of the pack

Echinaforce Sore Throat Spray is a clear liquid that is brown to yellow-green in colour. It is available in 30 ml bottles.

**Traditional Herbal Registration Holder and Manufacturer**

Traditional Registration Holder and Batch Release: Bioforce (UK) Ltd, 2 Brewster Place, Irvine, Ayrshire, UK KA11 9DG

Manufacturer: Bioforce AG, CH-9325, Roggwil Switzerland

**You should also know**

Bioforce runs a helpline by phone and email which can provide you with further information.

Email: enquiries@avogel.co.uk
Phone: 0845 608 5858

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 doctor’s surgery or pharmacy, or call freephone 0845 608 5852 (available 10am-2pm Monday-Friday).

**Further Information**

What this product contains

1 ml of spray contains the ingredients of:

- **Echinacea species**: 863.3 mg (Echinacea purpurea L.) (1:12-13) Extraction solvent: ethanol 65% V/V
- **Salvia officinalis L.** (1:17-18) Extraction solvent: ethanol 68% V/V
- **Sage** leaves 430.0 mg
- **Peppermint** oil and **sorbitol** liquid.

**What is Sage?**

Sage is a flowering plant which is native to the Mediterranean. It is the extract of Sage leaves which is used in Echinaforce Sore Throat Spray.

**What is Echinacea?**

Echinacea is a plant which is native to America. The herb and root extracts of the Echinacea species, Echinacea purpurea, are combined for use in Echinaforce Sore Throat Spray.