



Hyperiforce[®]
St John's Wort tablets



Information

Important things you need to know

- This product is used to relieve the symptoms of slightly low mood and mild anxiety.
- This product is suitable for adults over 18 years.
- **Don't take** this product if you are allergic to peanut, soya or any of the ingredients.
- This product may affect the way some medicines work. If **you take any medicine** check the table in section 2 carefully to see if Hyperiforce is suitable for you.
- **Before you take this product:** read section 2.
- **Dosage instructions:** see section 3.
- **Talk to your doctor** if your symptoms worsen or you do not feel any benefit from this product within 6 weeks.
- Side effects are minor and rare: see section 4.

Now read the rest of this leaflet carefully. Keep this leaflet. You may need to read it again.

1. What the product is for

Hyperiforce is a traditional herbal medicinal product used to relieve the symptoms of slightly low mood and mild anxiety.

Used to help with:

- Feeling down and low
- Feeling stressed and anxious

Suffering from depression?

This product is for symptoms of slightly low mood and mild anxiety. If you think you are suffering from depression and have thoughts of self-harm, suicide or any other symptoms of depression you should see your doctor. Other symptoms of depression can include feeling hopeless and helpless, finding it hard to concentrate, loss of interest in your daily activities, tiredness, changes to your appetite or weight and changes in your sleeping patterns.

Do's and Don'ts for taking this product

2. Before you take this product

Do not take this product

- If you are under 18 years of age.
- If you are allergic to any of the ingredients in this product (see section 6 Further Information).
- If you are allergic to peanut or soya. This product contains soya polysaccharide.
- If you are pregnant or breast-feeding.
- If you are suffering from depression. (see section 1 What the product is for)
- If you have a sensitivity to sunlight.
- If you are having light therapy (phototherapy) or any testing procedures that use light (photodiagnostic procedures).
- If you are due to have an operation in the next 10 days.
- If you are taking any of the medicines in the following table as this product may affect the way they work.
- If you are unsure if this product is suitable for you then please contact your pharmacist or our Helpline on 0845 608 5858.

Medicines for anxiety or depression	This product is not suitable if you are taking any medicines for anxiety or depression. This includes lithium.	Medicines to treat HIV	Amprenavir, atazanavir, darunavir, fosamprenavir, indinavir, lopinavir, nelfinavir, ritonavir, saquinavir, tipranavir (HIV protease inhibitors) Delavirdine, efavirenz, nevirapine (HIV non-nucleoside reverse transcriptase inhibitors)
Hormonal contraceptives	This product is not suitable if you are taking any hormonal contraceptives including the Pill and other forms of contraception such as hormonal implants. If you are unsure as to whether your contraception contains hormones please see your pharmacist.	Medicines for the immune system	Cyclosporin, tacrolimus
Emergency contraception	The morning-after pill	Medicines for migraine	Almotriptan, eletriptan, frovatriptan, naratriptan, rizatriptan, sumatriptan, zolmitriptan
HRT (Hormone Replacement Therapy)	This comes in a number of forms including tablets, patches, gels and vaginal rings	Barbiturates (used as tranquilisers)	Butobarbital, phenobarbital
Medicines for heart conditions	Amiodarone, amlodipine, digoxin, felodipine, ivabradine, nifedipine, verapamil	Chemotherapy	Dasatinib, erlotinib, etoposide, imatinib, irinotecan, mitotane, sorafenib, sunitinib Aprepitant (used to treat the side effects of chemotherapy)
Blood thinning medicines	Acenocoumarol, warfarin	Breast cancer medicine	Exemestane
Cholesterol lowering medicines	Atorvastatin, simvastatin	Pain killing medicine	Tramadol
Proton pump inhibitors	Lansoprazole, omeprazole	Medicine for Parkinsons	Rasagiline
Medicines for an infection	Any of the following antibiotics: clarithromycin, erythromycin, telithromycin Any of the following antifungals: itraconazole, voriconazole	Antipsychotic medicine	Aripiprazole
Medicines to control diabetes	Gliclazide	Central Nervous System stimulants	Methyl phenidate
Medicines for epilepsy	This product is not suitable if you are taking any medicines for epilepsy.	Diuretic	Eplerenone
Medicines to treat malaria	Artemether, lumefantrine	Thyroid hormones	Thyroxine
		Medicines used to control asthma	Theophylline



Using

3. How to take this product

Adults and the elderly: One tablet three times daily.

Don't take more than the recommended dose.

Not for use in children or those under 18 years of age.

Take special care with this product

- Avoid prolonged sunbathing or the use of sun beds or solariums whilst taking this product. In rare cases St John's wort may cause your skin to be much more sensitive to sunlight.
- Remember to tell your doctor you are taking this product if you have to have an operation. This product should be stopped 10 days before an operation.

Driving and using machines

- In rare cases this product may cause dizziness or tiredness. If this happens to you, do not drive or use machines.

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.
- Your skin may be more sensitive to sunlight. If you are outdoors protect your skin from the sun for one week.

If you forget to take this product

- Don't worry about the missed dose. Take the next tablet as usual.

If you feel this product isn't working

See your doctor:

- If you do not feel an improvement within six weeks, or if you begin to feel worse.
- If your symptoms begin to interfere significantly with how you live your everyday life or if you have thoughts of self-harm or suicide.



Side effects

4. Possible side effects

Like all medicines, this product can cause side effects, although not everybody gets them.

Minor effects

The following minor side effects can occur when using this product.

These are rare and affect less than 1 in every 1,000 people .

Digestive symptoms

- Feeling sick
- Stomach discomfort
- Digestive upsets such as diarrhoea or constipation
- Loss of appetite

These are often short-lived and should go away by themselves. However if they are troubling you, talk to your doctor or pharmacist.

Skin reactions

- Itching (pruritis)
- Rash
- Red, itchy spots (urticaria)

- Sunburn-like reactions after exposure to strong sunlight. Stop taking the product if these occur.

Other side effects

- Headaches
- Nerve pain or tingling (neuropathy)
- Anxiety
- Mania
- Dizziness
- Fatigue

If you are concerned about any side effect or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.



Information

5. How to store this product

- Keep out of the reach and sight of children.
- Do not use this product after the expiry date on the packaging. The expiry date refers to the last day of that month.
- This product does not require any special storage conditions.
- Do not use this product if you notice a change in colour. The tablets should be a brownish-colour.

6. Further Information

What this product contains

1 tablet contains 40–73 mg of extract (as dry extract) from fresh St John's wort (*Hypericum perforatum* L.) flowering herb (3.1:4.0–1). Extraction solvent: ethanol 68% V/V.

The other ingredients used for the tablet are microcrystalline cellulose, maize starch, soya polysaccharide and hydrogenated cotton seed oil.

This product is free from genetically modified ingredients.

What this product looks like and the contents of the pack

The tablets are a brownish-colour and are available in packs of 60 or 120 tablets. Not all pack sizes may be marketed.

Traditional Herbal Registration Holder and Manufacturer

Traditional Herbal Registration Holder and Batch Release:

Bioforce (UK) Ltd,
2 Brewster Place,
Irvine, Ayrshire, UK
KA11 5DD

Manufacturer:

Bioforce AG, CH-9325, Roggwil
Switzerland

THR No. 13668/0014

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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 get a larger print or audio version of this leaflet. Call this number:

0845 608 5858.

What is St John's wort?

St. John's wort, also known as *Hypericum perforatum*, is a plant which has been used as an herbal medicine for many years. The flowers and leaves found at the top of the plant are used to make this product.