



Patient Information Leaflet



**Menoforce**  
Sage tablets



## Information

### Important things you need to know

- This product is used to relieve excessive sweating associated with menopausal hot flushes.
- **Don't take** this product if you are allergic to Sage or any of the other ingredients: see section 6.
- **Before you take this product:** read section 2.
- **Dosage instructions:** see section 3.
- **Talk to your doctor** if your symptoms worsen or do not improve.

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

### 1. What this product is for

**Menoforce is a traditional herbal medicinal product used to relieve excessive sweating associated with the menopause. This is based on traditional use only.**

Used to relieve:

- Hot flushes
- Night sweats
- Excessive sweating

## Do's & Don'ts

### 2. Before you use this product

#### Do not take this product:

- If you are under 18 years of age.
- If you are allergic to Sage or any of the other ingredients in this product (see section 6 Further Information).
- If you are pregnant or breast-feeding.

#### See your doctor first

- If you have been told by your doctor that you have an intolerance to some sugars (such as fructose intolerance, glucose-galactose malabsorption or sucrase-isomaltase insufficiency). This product may not be suitable for you.

#### Driving and using machines

- This product may affect your ability to drive or use machines. If you are affected do not drive or use machinery.

## Using

### 3. How to use this product

**Women experiencing menopausal symptoms:** Take 1 tablet daily.

This product is not suitable for those under 18 years of age.

For oral use only. Don't take more than the recommended dose.

#### If you take too much

- If you feel ill, talk to your doctor. Taking too much is unlikely to be harmful.

#### If you forget to take this product

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

#### If you feel this product isn't working

- See your doctor if your symptoms worsen or do not improve.

*Please turn over...*



## Side effects

### 4. Possible side effects

No side effects have been reported with the use of products containing Sage extract.

If you notice any side effects 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.
- Use within 8 months of opening.
- This product does not require any special storage conditions.
- Do not use this product if you notice a change in appearance. It should be an oblong tablet that is yellowish-brown in colour.

### 6. Further Information

#### What this product contains

1 tablet contains 51 mg of dried tincture from fresh Sage (*Salvia officinalis* L.) leaves (1:17-18).  
Extraction solvent: ethanol 68% V/V.

The other ingredients used for the tablet are microcrystalline cellulose, sucrose laurate and hydrogenated cottonseed oil.

### What this product looks like and the contents of the pack

Menoforce tablets are oblong in shape and yellowish-brown in colour. Menoforce tablets are available in packs of 30 and 90 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. 13668/0020



Certification Mark

This leaflet was approved on 03/2010

### What is Sage?

Sage is a flowering plant which is native to the Mediterranean. It is the extract of Sage leaves which is used to make Menoforce.

#### You should also know

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

Email: [enquiries@avogel.co.uk](mailto: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.yellowcard.gov.uk](http://www.yellowcard.gov.uk). Alternatively you can get a paper Yellow Card form from your doctor's surgery or pharmacy, or call freephone 0808 100 3352 (available 10am-2pm Monday-Friday).

You can get a larger print or audio version of this leaflet.

Call this number:  
0845 608 5858.

