



# Pollinosan Hayfever tablets



HOMEOPATHIC MEDICINAL PRODUCT



## Information

### Important things you need to know

- This product is a homeopathic medicinal product used within the homeopathic tradition to relieve the symptoms of hayfever and other forms of allergic rhinitis.
- This is a homeopathic medicinal product.
- This product is suitable for adults and children over 12 years.
- **Don't take** this product if you are allergic to lactose 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 persist after 7 days of first using this product.
- 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 this product is for

Pollinosan is a homeopathic medicinal product used within the homeopathic tradition to relieve the symptoms of:

- Hayfever
- Other forms of allergic rhinitis

Hayfever and allergic rhinitis are conditions where the body's immune system reacts abnormally to external irritants (allergens) such as pollen, animal dander (material shed from the body of animals) and dust. Symptoms include sneezing, blocked nose, runny and itchy nose, itchy eyes and throat.



## Do's & Don'ts

### 2. Before you take this product

- **Do not give this product to children under 12.**

#### Do not take this product:

- If you are allergic to any of the ingredients in this product. (See section 6 Further Information).
- If you have been told by your doctor that you have an intolerance to products containing lactose. This product contains lactose.
- If you are pregnant or breast-feeding.



## Using

### 3. How to take this product

**Adults, the elderly and children over 12 years:** Take 2 tablets three times daily before meals.

Do not take more than 6 tablets a day.

**Not for use in children under 12.**

For oral use only.

#### 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.

#### 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 or qualified healthcare practitioner if your symptoms worsen or persist after 7 days of first using this product.





## Side effects

### 4. Possible side effects

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

#### Minor side effects

The following minor side effects can occur when using this product. Their frequency is not known. This means that it is not known how often these reactions occur as there has not been enough reports to allow this information to be calculated.

#### Digestive symptoms

- Feeling sick (nausea)
- Digestive upsets such as sickness or diarrhoea

These are often short-lived and should get better on their own. However if they persist, talk to your doctor or pharmacist.

#### Allergic reactions

- Skin reactions such as a rash
- Stop taking the product if these occur.

If your symptoms worsen or persist after 7 days, if you are concerned about any side effects or you notice any side effects not mentioned 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 which is stated 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 yellowish in colour.

### 6. Further Information

#### What this product contains

Each tablet contains:

<i>Ammi visnaga</i>	1x
<i>Aralia racemosa</i>	2x
<i>Cardiospermum halicacabum</i>	2x
<i>Larrea mexicana</i>	2x
<i>Luffa operculata</i>	6x
<i>Okoubaka aubrevillei</i>	2x
<i>Galphimia glauca</i>	3x

The other ingredients used for the tablet are lactose, pregelatinised starch and magnesium stearate.

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

Pollinosan tablets are round and yellowish in colour with a triangular stamp. Pollinosan is available in packs containing 80 and 120 tablets. Not all pack sizes may be marketed.

#### National Rules Authorisation Holder and Manufacturer

##### National Rules Authorisation Holder and Batch Release:

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

##### Manufacturer:

Bioforce AG, CH-9325, Roggwil  
Switzerland

NR No. 13668/0208

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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](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.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard). 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.

