



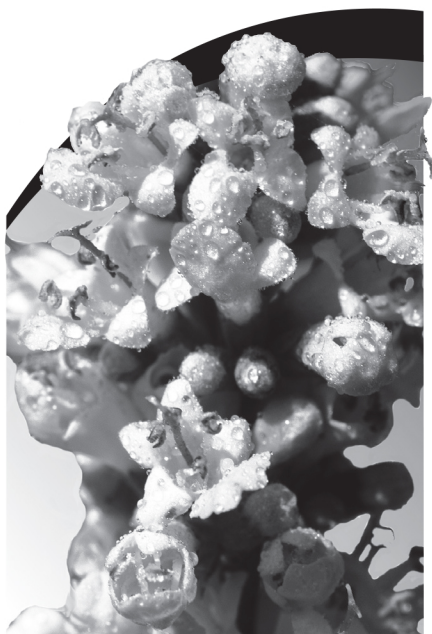
Patient Information Leaflet

A.Vogel

Premenstrual Relief

PMS

Agnus castus oral drops
Agnus castus fruit extract



Information

Important things you need to know

- This product is used to help relieve premenstrual symptoms.
- This product is suitable for women over 18 years.
- **Don't take** this product if you are allergic to any of the ingredients: see section 6.
- **Before you take this product:** read section 2.
- **Dosage instructions:** see section 3.
- **Talk to your doctor** if your symptoms persist, worsen or do not improve after 3 months.

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

1. What this product is for

A.Vogel Premenstrual Relief PMS Agnus castus oral drops is a traditional herbal medicinal product used to help relieve premenstrual symptoms such as:

- Bloating
- Menstrual cramps
- Irritability
- Breast tenderness
- Mood swings

This is based on traditional use only.



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 any of the ingredients in this product (see section 6 Further Information).
- If you are taking another medicine which is affected by alcohol.
- If you have a pituitary disorder.
- If you are pregnant, trying to become pregnant or breast-feeding.

Take special care with this product

See your doctor before taking this product if:

- You **suffer** from or have suffered from an oestrogen-sensitive cancer
- You have **suffered** from a pituitary disorder
- You are **taking** any of the following medicines:
 - Dopamine agonists or antagonists
 - Oestrogens
 - Antioestrogens

You should also know

- This medicine contains approximately 277 - 369 mg of alcohol (ethanol) in each 15 - 20 drops, respectively.
- The amount in 15 - 20 drops of this medicine is equivalent to less than 7 - 9 ml beer (around two teaspoons) or 3 - 4 ml wine (less than a teaspoon).
- The small amount of alcohol in this medicine will not have any noticeable effects.



Using

3. How to use this product

Women experiencing premenstrual symptoms: Take 15-20 drops in a little water twice daily.

The effects of this product may not be felt immediately. For best results you may need to take this product for up to 3 months.

For oral use only. Don't take more than 40 drops a day.

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 should be treated accordingly (see Section 2 'You should also know').

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 persist, worsen or do not improve after 3 months.

Driving and using machines

- This product contains alcohol (see section 2 'You should also know' for alcohol content). If affected do not drive or use machines.



Side effects

4. Possible side effects

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

Side effects

The following side effects can occur when using this product.

Severe allergic reactions

- Swelling of the face, breathlessness and difficulty swallowing

Stop taking the product immediately if these occur. Seek medical advice and take this leaflet with you.

Allergic skin reactions

- Rash
- Red, itchy spots (urticaria)

Stop taking the product if these occur.

Digestive symptoms

- Feeling sick (nausea)
- Abdominal pain

Other reactions

- Headache
- Dizziness
- Acne
- Menstrual disorders

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

The frequency of these side effects is not known. This means it is not known how often these reactions occur as there has not been enough reports to allow this information to be calculated.

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.

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 or search for MHRA Yellow Card in the Google Play or Apple App Store.
- By reporting side effects you can help provide more information on the safety of this medicine.



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 3 months of opening.
- Store in the original packaging.
- Do not use this product if you notice a change in colour. It should be a clear liquid that is yellow-brown in colour.
- Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help protect the environment.

6. Further Information

What this product contains

1 ml (33 drops) contains 895 mg of tincture from *Agnus castus* fruits (*Vitex agnus-castus* L.) (1:10). Extraction solvent: ethanol 69.5% v/v.

The other ingredients used for the liquid are ethanol and water.

What this product looks like and the contents of the pack

A.Vogel Premenstrual Relief PMS *Agnus castus* oral drops is a clear liquid that is yellow-brown in colour. It is available in 50 ml bottles.

Traditional Herbal Registration Holder and Manufacturer

Traditional Herbal Registration Holder and Batch Release:

A.Vogel Ltd,
2 Brewster Place,
Irvine, Ayrshire, UK
KA11 5DD

Manufacturer:

A.Vogel AG, CH-9325, Roggwil, Switzerland

THR 13668/0029



Certification Mark

Leaflet revision date: 05/2024

What is *Agnus castus*?

Agnus castus is a flowering plant which is native to the Mediterranean. It is the extract of the fruit which is used to make A.Vogel Premenstrual Relief PMS *Agnus castus* oral drops.

You should also know

A.Vogel 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.