



# Linoforce granules

Whole Linseed, Senna leaf &  
Frangula bark

## Information

### Important things you need to know

- This product is a traditional herbal medicinal product for the short term relief of occasional constipation based on traditional use only.
- This product is suitable for anyone over 12 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.
- It is normally sufficient to take this product 2-3 times per week.
- **Talk to your doctor** if your symptoms worsen or persist after taking this product for 1 week.
- Side effects may occur: 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

Linoforce is a traditional herbal medicinal product for the short term relief of occasional constipation based on traditional use only. Linoforce does not help with weight loss.

Linoforce contains the herbs linseed, senna and frangula which are all known for their laxative effect. Linseed helps bulk and soften the stool whilst senna and frangula stimulate the muscles of the bowel to help bowel movement.

### What is constipation?

Constipation is when your bowel movements are less frequent or more difficult to pass than is normal for you. It is a very common condition. The following recommendations may help prevent constipation reoccurring:

- Make sure you get enough fibre in your diet
- Drink plenty of water
- Take regular exercise
- Never ignore the urge to go to the toilet

## Do's & Don'ts

### 2. Before you take this product

#### Do not take this product

- If you are under 12 years.
- If you are allergic to any of the ingredients in the product (see section 6 Further Information).
- If you have severe or persistent abdominal pain, sickness or feeling of sickness for which you don't know the cause.
- If you have had a sudden change in bowel habit that has persisted for more than 2 weeks.
- If you suffer from
  - Blood in your stools
  - Blockage or narrowing of the gastro-intestinal tract or bowel (ileus, intestinal obstruction or stenosis)
  - Paralysis or a lack of muscle tone (atony) in the bowel
  - Abnormal dilation of the bowel (megacolon)
  - Appendicitis
  - Inflammatory bowel disease such as Crohn's disease or ulcerative colitis
  - Faecal impaction
  - Rectal bleeding for which you don't know the cause

- Severe dehydration
- A hormonally dependent tumour (this applies to women only)

- If you have already taken a laxative and are still constipated.
- If you have difficulty swallowing or have throat problems.
- If you have problems with your oesophagus.
- If you have a heart condition.
- If you are pregnant or breast-feeding.
- If you are taking any of the following medicines speak to your doctor before taking Linoforce:

- Medicines for a heart condition
- Diuretics
- Medicines to slow the muscle contractions of the bowel (e.g. opioids, loperamide)
- Medicines which induce QT prolongation
- Adrenocorticosteroids
- Liquorice root

- If you are not sure if this product is suitable for you, consult your doctor, pharmacist or qualified healthcare practitioner.

### Take special care with this product

- If you have been told by your doctor that you have an intolerance to some sugars, see your doctor before taking this product. This product contains sucrose.
- If you need to take laxatives every day see your doctor before you take this product. It may not be suitable for you.
- See your doctor before taking this product if you have a kidney disorder as this product may cause an electrolyte imbalance.

### Taking with food and drink

- Linoforce should be taken with a glass of water or juice.

### Taking other medicines

- Linoforce should not be taken at the same time as other medicines. Take Linoforce ½ to 1 hour before or after any other medicines.



## Using

### 3. How to take this product

**Adults, elderly and children over 12 years:** Take 1 level measuring spoon at night along with a glass of water or juice.

Not for use in children under 12.

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

#### Take special care with this product

- Take this product with at least 150 ml of water or juice and make sure you continue to drink plenty of water. Taking this product without enough fluid may cause choking or may block your intestine.
- Elderly or weak patients should be supervised.
- Do not take this product for more than 1 week. If symptoms persist after 1 week, consult your doctor. Laxatives do not help long-term weight loss.

#### If you take too much

- If you feel ill, see your doctor. The symptoms of an overdose or excessive use may be abdominal pain and diarrhoea.

- It may be harmful to take too much of this product or to take this product for too long.
- Taking too much for too long may lead to:
  - A 'lazy bowel', where the muscle in the bowel becomes too relaxed. This means that bowel emptying happens less often. This can lead to long-term constipation.
  - Imbalance of fluid and salts in the body. This can affect the tightness of muscles such as those in the bowel. It can also affect the salts in the blood.
  - Low levels of potassium in the blood (hypokalaemia). This can make you tired, dizzy, make your muscles weak and cause an uneven heart-beat.
  - Dehydration, making you thirsty, feel faint and giving you headaches. It can also mean you cannot pass enough urine.

#### If you forget to take this product

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

#### After taking this product

- If you experience chest pain, are sick or have difficulty breathing or swallowing, you must stop taking this product and see a doctor immediately.
- If your symptoms worsen or do not improve within 1 week, speak to your doctor or qualified healthcare practitioner.
- If you experience stomach or abdominal pain stop taking this product and see your doctor.

### 4. Possible side effects

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

#### Side effects

This product may make your urine appear yellow or red-brown in colour. This is a harmless effect.

#### Allergic reactions

- Skin reactions:
  - Itching (pruritis)
  - Rash
  - Red, itchy spots (urticaria)

These reactions can be local or more widespread across the body.

- Anaphylaxis

Stop taking the product and consult your doctor if these occur.

#### Digestive symptoms

- Swelling of the abdomen (meteorism)
- Abdominal pain or spasms
- Diarrhoea

If these occur reduce the dose. If the side effects persist stop taking the product and consult your doctor.

#### 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](http://www.mhra.gov.uk/yellowcard)
- By reporting side effects you can help provide more information on the safety of this medicine.

You can get a larger print or audio version of this leaflet. Call this number: 0845 608 5858.



## Information

### 5. How to store this product

- Keep out of the sight and reach of children.
- Do not use this product after the expiry date on the bottom of the container. The expiry date refers to the last day of that month.
- Do not store above 30°C.
- Do not use this product if you notice a change in appearance. The granules should be dark brown in colour and smell of vanilla.

### 6. Further Information

#### What this product contains

1 measuring spoon (4.1 g) contains:

<b>Linseed, whole</b>	<b>1.76 g</b>
<i>(Linum usitatissimum L., semen)</i>	
<b>Senna leaf</b>	<b>0.43-0.70 g</b>
<i>(Cassia senna L. and/or Cassia angustifolia VAHL, folium)</i>	
<b>Frangula bark</b>	<b>36-58 mg</b>
<i>(Rhamnus frangula L., cortex)</i>	

This corresponds to 20.5 mg hydroxyanthracene derivatives, calculated as sennoside B.

The other ingredients are talc, sucrose, calcium carbonate, spray dried acacia, red iron oxide (E172), calcium lactate pentahydrate, black iron oxide (E172), vanillin, ginger oil and yellow beeswax.

This product contains 480 mg of sucrose per measuring spoon (4.1 g).

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

Linoforce granules are dark brown in colour and smell of vanilla. Linoforce granules are available in 70 g and 300 g packs. 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 13668/0021



Certification Mark

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#### You should also know

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

E-mail: [enquiries@avogel.co.uk](mailto:enquiries@avogel.co.uk)  
Phone: **0845 608 5858**

