



Patient Information Leaflet



**Echinaforce**<sup>®</sup>  
Echinacea Tablets



## Information

### Important things you need to know

- This product is used to relieve the symptoms of colds and flu.
- This product is suitable for children over 6 years.
- **Don't take** this product if you are allergic to products containing Echinacea.
- **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

Echinaforce is a traditional herbal remedy for relieving the symptoms of:

- Colds
- Flu
- Upper respiratory tract infections

Echinaforce stimulates the immune system, helping the body to fight infection.

## Do's & Don'ts

### 2. Before you use this product

#### Do not take this product:

- If you are under 6 years of age.
- If you are allergic to products containing Echinacea. This product contains *Echinacea purpurea*.
- 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 use this product

**Adults and the elderly:** 2 tablets two to three times daily.

**Children (6–12 years):** 1 tablet two to three times daily.

Not for use in children under 6.

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

#### If you take more of this product than you should

- If you take too much and feel ill, talk to your doctor.

#### 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 your symptoms worsen or do not improve.

*Please turn over...*

## Side effects

### 4. Possible side effects

No side effects have been reported for this product.

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 which is stated on the packaging. The expiry date refers to the last day of that month.
- Do not store above 25°C. Keep out of direct sunlight.
- Do not use this product if you notice a change in appearance. The tablets should be light green in colour.

### 6. Further Information

#### What this product contains

Extract of *Echinacea purpurea* herb and root. One tablet contains 6.2 mg Echinaforce concentrate, prepared from freshly harvested plants. This is equivalent to 270 mg whole fresh plant or 60 mg whole dried plant.

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

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

Echinaforce Echinacea Tablets are light green in colour. This product is available in packs containing 120 tablets.

#### Marketing Authorisation Holder and Manufacturer

##### Marketing Authorisation Holder and Batch Release:

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

##### Manufacturer:

Bioforce AG, CH-9325, Roggwil  
Switzerland

PL No. 13668/0001

This leaflet was approved on MM/YYYY

#### What is Echinacea?

Echinacea is a plant which is native to America. The herb and root extracts of the Echinacea species, *Echinacea purpurea*, are combined to make A.Vogel Echinaforce® from which Echinaforce® Echinacea Tablets are made.

#### 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 get a larger print or audio version of this leaflet.

Call this number:  
0845 608 5858.