



Menoforce

Sage tablets



Important things you need to know

- This product is used to relieve excessive sweating associated with menopausal hot flashes.
- **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 flashes
- 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.



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,
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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

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. 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.

