

Package Leaflet:
Information for the user



Linoforce granules

Whole Linseed, Senna leaf &
Frangula bark

Information

Read all of this leaflet carefully before you start taking this product because it contains important information for you.

Always take this product exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse after 1 week.

What is in this leaflet

1. What Linoforce is and what it is used for
2. What you need to know before you take Linoforce
3. How to take Linoforce
4. Possible side effects
5. How to store Linoforce
6. Contents of the pack and other information

1. What Linoforce is and what it is used for

Linoforce is a traditional herbal medicinal product containing Linseed, Senna leaves and Frangula bark.

It is used for the short term relief of occasional constipation. This is exclusively based on long-standing use.

Linoforce is for use in adults and adolescents over 12 years of age.

The herbs in Linoforce have a 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 and Don'ts for taking Linoforce

2. What you need to know before you take Linoforce

Do not take Linoforce

- If you are under 12 years of age.
- If you are pregnant or breast-feeding.
- If you have had a sudden change in bowel habit that has lasted for more than 2 weeks.
- If you have already taken a laxative and are still constipated.
- If you have difficulty swallowing or have throat problems.
- If you are **allergic** to
 - Any of the ingredients of this product (listed in section 6).
 - Plants of the Rhamnaceae or Linaceae families
- If you **suffer** from
 - Blood in your stools
 - Blockage or narrowing of the gastro-intestinal tract or bowel (e.g. 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
- Rectal bleeding for which you do not know the cause
- Abdominal (stomach) pain for which you do not know the cause
- Severe dehydration
- If you have a hormonally dependent tumour (this applies to women only)

Warnings and precautions

- Talk to your doctor **before** taking this product if you suffer from
 - Faecal impaction
 - Severe or persistent abdominal (stomach) pain, sickness or feeling of sickness
 - Unexplained irregular bowel habits
- If you need to take laxatives every day talk to your doctor before you take this product. This product may not be suitable for you.
- If you have a kidney disorder, this product may cause an electrolyte imbalance.

● 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 you experience abdominal (stomach) pain stop taking this product and see your doctor.
- Talk to your doctor if your symptoms worsen or do not improve after 1 week.

Children

- Do not give this product to children under 12 years of age.

Other medicines and Linoforce

- If you are taking any of the following medicines talk to your doctor before taking Linoforce
 - Medicines for a heart condition
 - Medicines which induce QT prolongation
 - Diuretics
 - Adrenocorticosteroids
 - Liquorice root
 - Medicines which slow the muscle contractions of the bowel (e.g. opioids, loperamide)





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

- If you are speaking to your doctor, pharmacist or nurse always remember to tell them about any medicines you are taking, including herbal remedies such as Linoforce.

Pregnancy and breast-feeding

- Do not take this product if you are pregnant or breast-feeding.

Driving and using machines

- This product has no known effect on your ability to drive or use machines. Make sure you know how this product affects you before you drive or use machinery.

Linoforce contains sucrose

- If you have been told by your doctor that you have an intolerance to some sugars, talk to your doctor before taking this product.



Using

3. How to take Linoforce

Always take this product exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you. Check with your doctor, pharmacist or nurse if you are not sure.

Recommended dose

Adults, older people and adolescents over 12 years: Take 1 level measuring spoon at night with a glass of water or juice. Swallow whole or chew.

Take this product with at least 150 ml of water or juice and make sure you continue to drink plenty of water.

For oral use only. Do not take more than the recommended dose.

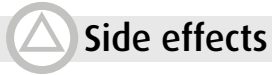
If you take more Linoforce than you should

- If you feel ill, talk to your doctor. The symptoms of an overdose or excessive use may be abdominal (stomach) pain and diarrhoea.

If you forget to take Linoforce

- Do not worry about a missed dose. Take the next dose as usual.

If you have any further questions on the use of this product ask your doctor, pharmacist or nurse.



Side effects

4. Possible side effects

Like all products, 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.

Digestive symptoms

- Swelling of the abdomen (stomach) due to gas (meteorism)
- Abdominal (stomach) pain or spasms
- Diarrhoea

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

These side effects are common and may affect up to 1 in 10 people.

Skin reactions

- Itching (pruritis)
- Rash
- Red, itchy spots (urticaria)

Stop taking this product if these occur.

It is not known how frequently these side effects may occur.

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:
IMB Pharmacovigilance
Earlsfort Terrace
IRL - Dublin 2
Tel: +353 1 6764971
Fax: +353 1 6762517
Website: www.imb.ie
E-mail: imbpharmacovigilance@imb.ie
- 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:
1 890 930 070



Information

5. How to store Linoforce

- Keep this product out of the sight and reach of children.
- Do not use this product after the expiry date which is stated on the base 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.
- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Linoforce contains

Each level measuring spoon contains:

Linseed 1.76 g
(*Linum usitatissimum* L., semen)
Senna leaves 0.43 - 0.70 g
(*Cassia senna* L. and/or *Cassia angustifolia* VAHL, folium)

Frangula bark 36 - 58 mg
(*Rhamnus frangula* L., cortex)

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, calcium lactate pentahydrate, black iron oxide, vanillin, ginger oil and yellow beeswax.

What Linoforce looks like and contents of the pack

Linoforce granules are dark brown in colour and smell of vanilla. Linoforce is available in a 70 g pack.

Traditional Herbal Registration Holder and Manufacturer

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This leaflet was last revised in 03/2014.

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

E-mail: enquiries@avogel.co.uk
Phone: **1 890 930 070**

