



# Premeeze

Agnus Castus Hard Capsules  
Agnus Castus fruit 400mg

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

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist 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 or pharmacist. 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 3 months.

## WHAT IS IN THIS LEAFLET:

1. What Natures Aid Premeeze Agnus Castus Hard Capsules is and what it is used for
2. What you need to know before you take Natures Aid Premeeze Agnus Castus Hard Capsules
3. How to take Natures Aid Premeeze Agnus Castus Hard Capsules
4. Possible side effects
5. How to store Natures Aid Premeeze Agnus Castus Hard Capsules
6. Contents of the pack and other information

### 1. WHAT NATURES AID PREMEEZE AGNUS CASTUS HARD CAPSULES IS AND WHAT IT IS USED FOR

Natures Aid Premeeze Agnus Castus is a traditional herbal medicinal product for the relief of minor symptoms of premenstrual syndrome, exclusively based upon long-standing use.

Each hard capsule contains 400mg of *Vitex agnus-castus* L., fructus (Agnus Castus fruit).

This is a traditional herbal medicinal product for use in specified indication(s) exclusively based upon long-standing use.

Natures Aid Premeeze Agnus Castus is for use in women aged 18 years and over.

### 2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE NATURES AID PREMEEZE AGNUS CASTUS HARD CAPSULES

**Do not take Natures Aid Premeeze Agnus Castus Capsules if:**

- you are allergic to Agnus Castus (*Vitex agnus-castus* L.) fruit or to any of the ingredients of this traditional herbal medicine listed in section 6.
- you are under 18 years of age.
- you are pregnant, trying to become pregnant or breastfeeding.
- you have a current pituitary disorder.

## WARNINGS AND PRECAUTIONS

**Talk to your doctor or pharmacist before taking Natures Aid Premeeze Agnus Castus Capsules 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

Talk to your doctor or pharmacist if your symptoms worsen or do not improve after you have taken Natures Aid Premeeze Agnus Castus Capsules for three months.

## CHILDREN AND ADOLESCENTS

Do not give this traditional herbal medicine to children or adolescents under the age of 18 years as it is not known if it is safe to do so.

## OTHER MEDICINES AND NATURES AID PREMEEZE AGNUS CASTUS CAPSULES

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines, including herbal medicines such as this one, or other medicines that didn't require a prescription.

In particular talk to your doctor before taking this traditional herbal medicine if you are taking any of the following medicines:

- Dopamine agonists
- Dopamine antagonists
- Oestrogens
- Antioestrogens

## PREGNANCY, BREASTFEEDING AND FERTILITY

Do not take this traditional herbal medicine if you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby.

### 3. HOW TO TAKE NATURES AID PREMEEZE AGNUS CASTUS HARD CAPSULES

Always take this traditional herbal medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

**Adults:** Women experiencing premenstrual symptoms: Take one capsule twice a day, morning and night. Swallow whole with a glass of water.

**Do not exceed the recommended dose.** For oral use only. As the effects of this product may not occur immediately, the capsules may be taken continuously for up to three months.

If your symptoms persist or worsen or do not improve after three months, consult your doctor or qualified healthcare professional.

#### **If you take too much of this product (overdose)**

If you take more than the recommended dose, speak to a doctor, pharmacist or qualified healthcare professional. Take this leaflet with you.

### **If you forget to take this product**

Do not take a double dose to make up for a forgotten dose. Take the next dose when it becomes due.

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

### **4. POSSIBLE SIDE EFFECTS**

Like all medicines, this product can cause side effects, although not everybody gets them. The frequency of side effects is not known.

Severe allergic reactions such as swelling of the face, breathlessness or difficulty swallowing have been reported. If you experience these effects, seek medical advice immediately.

Other possible side effects may include:

- nausea (feeling sick)
- headaches
- allergic skin reactions, such as a rash or red itchy spots
- menstrual disorders
- stomach pain
- dizziness
- acne

If you find any side effects troublesome, stop using this product. Speak to your doctor or pharmacist if you are at all concerned, if a side effect becomes serious, or if you notice any side effects not listed in this leaflet.

#### **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:

*HPRA Pharmacovigilance*

*Website: [www.hpra.ie](http://www.hpra.ie)*

### **5. HOW TO STORE NATURES AID PREMEEZE AGNUS CASTUS HARD CAPSULES**

Keep out of the sight and reach of children.

Do not store above 25°C. Store in original package.

Do not use this product after the expiry date which is stated on the side of the label and carton after EXP.

The expiry date refers to the last day of that month.

Do not throw away any medicine via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help protect the environment.

### **6. CONTENTS OF THE PACK AND OTHER INFORMATION**

#### **What this product contains:**

Each hard capsule contains 400mg Agnus Castus fruit (*Vitex agnus-castus* L.)

The capsule shell is made from hypromellose. The capsules are hard, clear, oblong containing a brown powder.

The product is available in packs of 30, 60, 90 and 120 hard capsules (not all sizes may be marketed).

Registration number: TR0126/312/001

#### **Traditional Herbal Registration Holder/Manufacturer:**

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