

Patient Information Leaflet

Peppermint Water BP 1973

Peppermint oil (*Mentha x piperita L.*)

Please read the entire leaflet carefully before you take this product.

- *Keep this leaflet. You may need to read it again.*
- *If you have further questions, please ask your doctor, pharmacist or qualified healthcare practitioner.*

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1. What Peppermint Water BP 1973 is and what it is used for

- Peppermint Water BP 1973 is a traditional herbal medicinal product containing 2.5 microlitres of Peppermint Oil (*Mentha x piperita L.*) in each 5ml of oral solution.
- Peppermint oil belongs to a group of products known as anti-flatulents.

- This product is a traditional herbal medicinal product used to relieve discomfort in your gut, such as indigestion, flatulence and stomach cramps.

This use is based on traditional use only.

2. Before you take Peppermint Water BP 1973

Do not take this product if you:

- are allergic to any of the ingredients listed in this leaflet, or menthol, which is found in Peppermint Oil
- are under 12 years old
- have gallstones or any disease of the bile ducts
- are suffering from heartburn, as it may make the heartburn worse
- have an ulcer in your mouth, stomach or gut.

Pregnancy and breast-feeding

Peppermint Water BP 1973 is not recommended during pregnancy and lactation. You should consult your doctor, pharmacist or qualified healthcare practitioner if you are pregnant or breastfeeding.

Driving and using machines

No studies on the ability to drive and use machines have been performed.

Important information about some of the ingredients of Peppermint Water BP 1973

This product also contains sodium methyl, ethyl and propyl hydroxybenzoates (E219, E215 and E217) which may cause allergic reactions (possibly delayed).

3. How to take Peppermint Water BP 1973

Always shake the bottle thoroughly before use.

Peppermint Water BP 1973 is taken by mouth.

The dose can vary widely according to the level of your discomfort, but is normally:

Adults and the elderly:

Two - eight 5ml spoonfuls to be taken 3-4 times daily, as required.

Do not exceed the stated dose.

If you take too much of this product (overdose)

There are no reports of any adverse effects from taking too much but if you feel unwell talk to your doctor, pharmacist or qualified healthcare practitioner.

If you forget to take this product

Do not take a double dose. Take the next dose when it becomes due.

If you have any questions or are unsure about anything ask your doctor, pharmacist or qualified healthcare practitioner.

4. Possible side effects

Like all medicines Peppermint Water BP 1973 can cause side effects although not everybody gets them.

There is a possibility you might develop hypersensitivity to menthol (which is found in Peppermint Oil) or Peppermint Oil itself. If you do you may suffer skin rash, headache, muscle tremor, effects on heart rate, or other unexpected symptoms.

If you think you are having an allergic reaction to this product, or suspect any other side effect, tell your doctor, pharmacist or qualified healthcare practitioner as soon as you can.

5. How to Store Peppermint Water BP 1973

Peppermint Water BP 1973 needs to be kept out of the reach and sight of children.

Keep bottle in outer carton. Keep bottle tightly closed.

Use by date: Do not use Peppermint Water BP 1973 after the expiry date on the label, or if there are any signs of discolouration or clouding of the solution.

6. Further Information

What Peppermint Water BP* 1973 contains:

Each 10ml of oral solution contains 5 microlitres of the active substance Peppermint oil (*Mentha x piperita L.*).

Other ingredients are: glycerol, carbomer, citric acid, sodium methyl, ethyl and propyl hydroxybenzoates (E219, E215 and E217) and purified water.

What this product looks like and content of the pack

Peppermint Water is a clear, sugar free liquid. It is available in bottles of 100ml.

*BP stands for British Pharmacopoeia.

Traditional Herbal Registration Holder:

Viridian Pharma Ltd,
Yew Tree House,
Llandevaud,
Newport, Gwent NP18 2AB.
Telephone: 01633 400335

Manufacturer:

Pharmacy Manufacturing Unit,
Queens Hospital,
Burton-on-Trent,
Staffs. DE13 0RB.

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