

Consumer Medicine Information

What is in this leaflet

This leaflet answers some common questions about Ellura.

If you have further questions about taking Ellura, ask your health professional.

Keep this leaflet with the medicine.

You may need to read it again.

WHAT ELLURA IS USED FOR

Ellura is a natural medicine clinically researched to support urinary tract health and to help reduce the occurrence of medically diagnosed cystitis.

About Ellura

Ellura contains a concentrated cranberry juice powder, standardised to provide the recommended daily dose of 36 mg* of bioactive proanthocyanidins (PACs) in each capsule. Ellura helps reduce the occurrence of medically diagnosed cystitis. It supports bladder health and aids in the flushing out of the urinary tract.

Ellura has been researched in clinical trials and is used worldwide to support urinary tract health.

*confirmed using the DMAC method.

BEFORE YOU TAKE ELLURA

When you must not take it

Do not take Ellura if you have an allergy to:

- any medicine containing cranberry
- any of the ingredients listed at the end of this leaflet.

Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

If you are not sure whether you should start taking this medicine, talk to your health professional.

Before you start to take it

Tell your health professional if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your health professional if you have had any of the following medical conditions before taking Ellura:

- kidney stones

Although this is a theoretical interaction, it is still important to discuss this with your health professional.

Pregnancy and breastfeeding

Tell your health professional if you are pregnant or plan on becoming pregnant or are breastfeeding. Although there are no known interactions in pregnancy and breastfeeding, if you are pregnant or breastfeeding, it is recommended to talk to your health professional before starting Ellura.

Children

Discuss dosage in children under 12 years with your health professional.

Taking other medicines

Tell your health professional if you are taking any other medicines, including any that you get without a prescription. Some

medications and Ellura may interfere with each other.

These include:

- blood thinning medications (such as anticoagulants i.e. warfarin)

Warfarin may be affected by Ellura or may affect how well it works.

See your health professional if you are taking or plan to take warfarin before starting Ellura.

Your health professional has more information on medicines to be careful with or avoid while taking this medicine.

HOW TO TAKE ELLURA

Always take Ellura as directed in this leaflet, or as recommended by a health professional. You should always check with your health professional if you are not sure. If symptoms persist consult your health professional.

How much to take

Adults and children over 12 years: Take 1 capsule daily or as directed by your health professional.

Children under 12 years: Discuss dosage with your health professional.

How to take it

Swallow capsule whole with water. Ellura may be taken with or without food at any time during the day.

If pain or irritation persists for more than 48 hours consult your doctor.

See your doctor immediately if you see blood in your urine.

When to take it

Take Ellura at about the same time each day following the dosage instructions.

Taking it at the same time each day will have the best effect. It will also help you remember when to take it.

How long to take it

Continue taking Ellura for as long as your health professional tells you to, at least until you finish the pack.

If you forget to take it

If it is close to your next dose, skip the dose you missed and take your next dose when you are meant to. Otherwise, take it as soon as you remember, then go back to taking ellura as you would normally.

It is not necessary to take a double dose to make up for the dose you missed.

If you are not sure what to do, ask your health professional or pharmacist.

If you have trouble remembering to take your medicine, ask your health professional for advice.

If you take too much (overdose)

It is not necessary to take more Ellura than the amount directed in this leaflet, or by your health professional.

Telephone your health professional or the Poisons Information Centre (telephone 13 11 26) for advice, or go to Emergency at the nearest hospital, if you think that you or anyone else may have taken too much Ellura, even if there are no signs of discomfort or overdose.

WHILE YOU ARE TAKING ELLURA

Things you must do

If you are about to be started on any new medicine, remind your health professional that you are taking Ellura.

See your doctor immediately if you see blood in your urine.

Things to be careful of

If pain or irritation persists for more than 48 hours consult your doctor. See your doctor immediately if you see blood in your urine.

Things that would be helpful

Some self-help measures may help your condition. Your health professional can give you more information about these measures.

To find out more about how to support urinary tract health visit flordis.com.au.

SIDE EFFECTS

Tell your health professional as soon as possible if you do not feel well while you are taking Ellura.

Ellura supports urinary tract health in most people but it may have unwanted side effects in a few people. You may need medical attention if you get some of the side effects.

Do not be alarmed by the following list of side effects. You may not experience any of them.

Ask your health professional to answer any questions you may have.

Tell your health professional if you notice the following and it worries you:

- skin rash
- gastrointestinal discomfort, such as nausea, constipation or diarrhoea.

The above list includes the typical side effects of your medicine which are rare.

If pain or irritation persists for more than 48 hours consult your doctor.

See your doctor immediately if you see blood in your urine.

AFTER USING ELLURA

Storage

Keep your capsules in the pack until it is time to take them.

If you take the capsules out of the pack they may not keep well.

Keep your capsules in a cool dry place where the temperature stays below 30°C.

Keep Ellura where children cannot reach it.

PRODUCT DESCRIPTION

What it looks like

Ellura capsules are clear unprinted capsules filled with a dark purple powder.

Ingredients

Each capsule contains *Vaccinium macrocarpon* (cranberry) juice powder, equiv. to fresh fruit 50 g standardised to 36 mg proanthocyanidins calculated as procyanidin A2.

Ellura is suitable for vegetarians. Ellura has no added gluten, wheat, yeast, soy, dairy,

egg, sugar, artificial colours, flavours or sweeteners.

Manufacturer/Distributor

Ellura® is manufactured in Switzerland for
Laboratoire Pharmaceutique Pharmatoka
S.A.S, France

Ellura is distributed in Australia by:

SFI Australasia
Level 2, 170 Pacific Highway,
St. Leonards, NSW, 2065
Australia
flordis.com.au

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