

Remotiv®

Specific extract of *Hypericum perforatum* (St John's wort) Ze 117

Consumer Medicine Information

WHAT IS IN THIS LEAFLET

This leaflet answers some common questions about Remotiv. It does not contain all the available information. It does not take the place of talking to your health professional.

If you have any questions about taking this medicine, ask your health professional.

Keep this leaflet with the medicine.

You may need to read it again.

WHAT REMOTIV IS USED FOR

Remotiv supports healthy mood balance and helps relieve the symptoms of stress.

About Remotiv

Remotiv is a clinically researched natural medicine used to:

- support healthy mood and emotional balance
- help relieve stress, mild anxiety and nervous tension.

Remotiv works indirectly on chemicals in the brain such as serotonin, dopamine and noradrenaline that are linked with stress, tension and anxiety.

Remotiv contains a specific extract of St John's wort referred to as Ze 117. This exclusive formula is produced with patented methods that help to ensure the consistency of its composition and product quality. Remotiv has been used worldwide for 20 years.

This medicine is well tolerated and non-habit forming.

Ask your health professional if you have any questions about why this medicine has been recommended for you.

Your health professional may have recommended it for another reason.

BEFORE YOU TAKE REMOTIV

When you must not take it

Do not take Remotiv if you have an allergy to:

- any medicine containing St John's wort extract, or any of the excipients,
- any of the ingredients listed at the end of this leaflet.

Do not take this medicine if you are hypersensitive to light.

Do not take this medicine if you are taking medicines for depression.

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

St John's wort affects the way many prescription medications work, including the oral contraceptive pill. Consult your health professional.

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

Tell your health professional if you have or have had any of the following medical conditions:

- Depression
- Light hypersensitivity
- Impaired liver or kidney function

Tell your health professional if you have lactose intolerance.

Remotiv tablets contain a small amount of lactose (120 mg) in each tablet.

Tell your health professional if you are going to have surgery.

Remotiv should be stopped at least 5 days before surgery and restarted when your health professional tells you.

Pregnancy and Breastfeeding

Do not take Remotiv if you are planning a pregnancy, are pregnant or breastfeeding. Your health professional can discuss with you the risks and benefits involved in taking Remotiv during these life stages.

Children

Do not give this medicine to a child under the age of 18 years.

Safety and effectiveness in children younger than 18 years have not been established.

Taking other medicines

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

Some medicines and Remotiv may interfere with each other. These include:

- Certain antidepressants and other serotonergic substances
- Certain immunosuppressants (medicines used to suppress the immune response)
- Certain anti-retroviral substances (medicines used in HIV)
- Cytostatics (medicines used in cancer)
- Certain oral anticoagulants (medicines used to prevent blood clots)
- Hormonal contraceptives
- Steroid hormones (if taken or given intravenously)
- Benzodiazepines (medicines used for sleep aid or sedatives)
- Certain anticonvulsants
- Digoxin (medicine for cardiac insufficiency)
- Certain statins (medicines used for elevated blood lipids)
- Methadone
- Theophylline (medicine used for respiratory diseases)
- Verapamil (medicine used for hypertension and/ or angina)

These medicines may be affected by Remotiv or may affect how well it works. You may need different amounts of your medicines, or you may need to take different medicines.

See your health professional if you are taking or plan to take any of the above medications before taking Remotiv.

HOW TO TAKE REMOTIV

Always take Remotiv 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

Take 1 tablet morning and evening or as directed by your health professional.

How to take it

Swallow the tablets whole with water.

When to take it

Take one tablet in the morning and one in the evening with or after a meal.

Take your medicine at about the same time each day.

Taking it at the same time each day will help you remember when to take it.

How long to take it

Relief of symptoms can be expected within 4 weeks. Remotiv offers symptomatic relief and should be continued as needed. You should review this with your health professional at least every 6 weeks.

If you forget to take it

If it is less than 8 hours before 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, and then go back to taking your medicine as you would normally.

Do not take a double dose to make up for the dose that you missed.

This may increase the chance of you getting an unwanted side effect.

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

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

If you take too much (overdose)

It is not necessary to take more Remotiv than the amount directed in the instructions of use, 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 Remotiv, even if there are no signs of discomfort or overdose.

You may need urgent medical attention. Skin and eye exposure to sun or other UV irradiation should be avoided for 1-2 weeks.

WHILE YOU ARE TAKING REMOTIV

Things you must do

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

Tell any other health professionals who treat you that you are taking this medicine, including your surgeon and anaesthetist if you are planning surgery.

If you become pregnant while taking this medicine, stop taking Remotiv and tell your health professional immediately.

Intense UV exposure should be avoided whilst taking Remotiv. Protect your skin and eyes from sun exposure especially if you are fair skinned.

This medicine may cause photosensitivity of the skin and eyes.

Do not take Remotiv to treat any other complaints unless your health professional tells you to.

Things to be careful of

Be careful driving or operating machinery until you know how Remotiv affects you.

This medicine may cause dizziness or tiredness in some people. If you have any of these symptoms

do not drive, operate machinery or do anything else that could be dangerous.

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 effectively manage your stress and mild anxiety visit flordis.com.au.

SIDE EFFECTS

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

All medicines can have side effects. Sometimes they are serious, most of the time they are not.

Remotiv 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 lists 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 any of the following and they worry you: headache, perspiration, unusual weakness, dizziness, tiredness, agitation, gastrointestinal complaints, restlessness, photosensitivity of the skin.

The above list includes the typical side effects of your medicine. They are usually mild and short-lived.

Tell your health professional as soon as possible and stop taking Remotiv if you notice any of the following: redness of the skin (like sunburn), allergic reaction of the skin.

The above list includes serious side effects that may require medical attention. These serious side effects are rare.

Other side effects not listed above may also occur in some people.

AFTER USING REMOTIV

Storage

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

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

Keep your tablets in a cool dry place where the temperature stays below 25°C. Keep the tablets protected from sunlight.

Keep Remotiv where children cannot reach it.

PRODUCT DESCRIPTION

What it looks like

Remotiv tablets are pink biconvex film coated tablets.

Ingredients

Each tablet of Remotiv contains:

- *Hypericum perforatum* extract (Ze 117) 250 mg equivalent to dry herb top (harvested during flowering period) 1.375 g

Remotiv contains a small amount of lactose (120 mg per tablet).

Remotiv contains no added gluten, wheat, yeast, soy, sucrose, artificial colours or flavourings, tartrazine or any other azo dyes.

Supplier

Remotiv is a registered trademark of Max Zeller Sbhne AG. Remotiv is made in Switzerland by Zeller Sbhne AG and supplied in Australia by:

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This leaflet was prepared in April 2020.

For further information on Flordis products, please consult your health professional or visit flordis.com.au

The Flordis brand is dedicated to providing a distinctive clinically researched range of natural health products to assist better health outcomes. Flordis follows a series of strict quality control practices to help deliver a consistent medicine from one batch to the next. It's this specific medicine that is tested in clinical trials and used by millions of people worldwide.

Flordis is part of the SFI family of brands and endorsed with the SFI mark representing an unwavering commitment to quality, driven by our passion for applying science to nature.

FLORDIS™