



Covonia Catarrh Relief Formula

(Extracts of Burdock root and Hyssop herb)

Read the leaflet before you use this medicine. It includes other information which might be especially important for you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need any more information or advice.
- If you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet

1. What this medicine is for
2. Before you use this medicine
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1. What this medicine is for

This medicine is a traditional herbal medicinal product used to relieve the symptoms of nasal catarrh and catarrh of the throat, based on traditional use only. Covonia Catarrh Relief Formula is an oral liquid containing extracts of burdock root and hyssop herb.

2. Before you use this medicine



Do not use this medicine if you....

- Have an **allergy** to any of the active ingredients, other plants of the Asteraceae (Compositae) family (such as marigolds, daisies or artichokes) or any other ingredients listed in section 6.

- Are under 18 years old.
- Are taking any other medicines known to interact with alcohol e.g. metronidazole.



Pregnancy and breastfeeding....

Do not use this medicine if you are pregnant or breastfeeding.



Important information about some of the ingredients

- This product contains 11.5% vol ethanol (alcohol), i.e. up to 453mg per dose, equivalent to 12ml beer, or 5ml wine per 5ml dose. Harmful for those suffering from alcoholism. To be taken into account in high-risk groups such as patients with liver disease or epilepsy.
- This product contains methyl parahydroxybenzoate (E218) and propyl parahydroxybenzoate which may cause allergic reactions (possibly delayed).
- This medicinal product contains 3.75mg dextrose (glucose) per dose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.



Taking other medicines

Tell your doctor or pharmacist if you are taking any other medicines, including any bought without a prescription.



Driving and using machines

This medicine contains ethanol (alcohol). See section 2 "Important information about some of the ingredients". If affected by alcohol do not drive or operate machinery.

3. How to use this medicine

For oral use only. Shake the bottle before use.



Adults and the elderly

- Take one 5ml spoonful three times a day.
- Do not exceed the stated dose.
- Do not use this medicine for more than 7 days.

If symptoms get worse, if you get a fever, shortness of breath or blood in your saliva or if symptoms persist for more than 7 days, consult a doctor or qualified healthcare practitioner.



If you take too much

If you accidentally take too much, consult a doctor as soon as possible. Take this leaflet with you. Overdose of this product may result in alcohol intoxication and should be treated accordingly (see section 2 "Important information about some of the ingredients").



If you miss a dose

If you miss a dose, take your next dose at the usual time. Do not take a double dose to make up for the missed dose. Consult your doctor or qualified healthcare practitioner if you need further advice.

4. Possible side effects

Like all medicines Covonia Catarrh Relief Formula can have side effects, although these don't affect everyone.

The following side effect has been reported with burdock root.

- Anaphylactic shock (serious allergic reaction which causes swelling of the face and throat). The frequency is not known.

If this side effect occurs, stop taking this medicine and consult your doctor. If other side effects occur, consult your doctor or pharmacist.

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 the Yellow Card Scheme at: www.mhra.gov.uk/yellowcard.

By reporting side effects you can help provide more information on the safety of this medicine.

5. Storing this medicine

- Keep it out of the sight and reach of children.
- Do not store above 25°C.
- Use within 28 days of first opening.
- Do not use after the expiry date shown on the carton and bottle. The expiry date refers to the last day of that month.
- Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of any unused medicine. These measures will help to protect the environment.

6. Further information

What is in this medicine

The active ingredients per 5ml are:

liquid extract burdock root (*Arctium lappa* L.)

0.25ml, liquid extract hyssop herb

(*Hyssopus officinalis* L.) 0.35ml.

The other ingredients are: ethanol, methyl parahydroxybenzoate (E218), propyl parahydroxybenzoate, capsicum tincture (containing capsicum oleoresin, ethanol and purified water), caramel (E150), glycerol (E422), viscarin SD389 (containing dextrose and carageenan (E407)), menthol, sodium saccharin (E954) and purified water.

What the medicine looks like

Covonia Catarrh Relief Formula is a brown cloudy liquid. It is supplied in 100ml and 150ml bottles.

Traditional Herbal Registration holder and manufacturer

Thornton and Ross Ltd., Huddersfield, HD7 5QH, UK.

Covonia is a trade mark of Thornton & Ross Ltd



Certification Mark

If you would like a version of this leaflet in an alternative format, please call 01484 842217