

Patient Information Leaflet  
**Mintec\* capsules**  
0.2 ml peppermint oil

**Read all of this leaflet carefully because it contains important information for you.**

This medicine is available without prescription. However, you still need to take Mintec carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact a doctor if your symptoms worsen or do not improve after two weeks.
- If any of the side effects gets serious, or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

**In this leaflet:**

1. What Mintec is and what it is used for
2. Before you take Mintec
3. How to take Mintec
4. Possible side effects
5. How to store Mintec
6. Further information

**1. WHAT MINTEC IS AND WHAT IT IS USED FOR**

Mintec capsules contain a naturally occurring oil extracted from the peppermint plant which is used to relieve the symptoms of irritable bowel syndrome (IBS).

Mintec relaxes spasm in the muscle of the bowel wall and helps restore normal bowel contractions. This helps to decrease the trapping of air and other bowel contents and relieves abdominal bloating, wind, discomfort and pain.

**2. BEFORE YOU TAKE MINTEC**

**Do not take Mintec if you are:**

- allergic to peppermint oil or to any of the other ingredients in Mintec (see Section 6 'Further information')
- allergic to aspirin or aspirin-like medicines.

**Take special care with Mintec if you:**

- are aged 40 years or over, and it is some time since your last attack
- notice your symptoms have changed
- have passed blood from the bowel
- have suffered abnormal vaginal bleeding or discharge
- have severe constipation
- have difficulty or pain in passing urine
- are suffering from nausea or vomiting
- have lost your appetite, or lost weight
- are pale and tired
- have recently had fever
- are pregnant or possibly pregnant
- have recently travelled abroad

If any of the above applies to you, please check with your pharmacist before taking Mintec. If you suffer from pre-existing heartburn, the symptoms may worsen.

**Taking other medicines**

Mintec is not known to interact with any other medicinal products. Please ask your doctor or pharmacist if you are unsure.

**Taking with food or drink**

Take Mintec preferably before food, with a little liquid. Do **not** take Mintec immediately after food. Skin rash, slow heartbeat, or trembling and unsteadiness are rare allergic reactions which may occur when Mintec is taken with alcohol (see Section 4 'Possible side effects').

**Pregnancy and breastfeeding**

Ask your doctor or pharmacist for advice if you

- are pregnant,
  - think you might be pregnant,
  - are thinking of becoming pregnant,
- before taking Mintec.

**Important information about some of the ingredients of Mintec**

Mintec contains sorbitol (E420). If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicine.

**3. HOW TO TAKE MINTEC**

Swallow the capsules whole with a little liquid. Do **not** break or chew them.

<b>Adults and elderly:</b>	Take one capsule three times a day, preferably before meals. Do <b>not</b> take the capsules immediately after food (see Section 2 'Before you take Mintec'). If your symptoms are particularly severe, the dose may be increased to two capsules three times a day. Mintec should be taken until your symptoms resolve, but may be continued for up to 3 months.
<b>Children:</b>	Mintec is <b>not</b> recommended for use in children

**If you experience new symptoms, worsening of your condition or notice no improvement after two weeks of treatment, please see your doctor.**

**If you take more than you should**

If you accidentally take more Mintec than you should, contact your doctor or emergency department as soon as possible. Take the packet and any remaining capsules with you.

**If you forget to take Mintec**

If you forget to take a dose, leave out that dose completely. Take your next dose when it is due. Do not take a double dose to make up for a forgotten dose.

**4. POSSIBLE SIDE EFFECTS**

Like all medicines, Mintec can cause side effects, although not everybody gets them.

Heartburn may occur. If you develop this symptom, stop taking the capsules and see your doctor. Rarely, allergic reactions to Mintec have been reported, including:

- skin rashes
- slow heartbeat
- trembling and unsteadiness.

These may also occur if Mintec is taken with alcohol.

**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, Website: [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard).

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

**5. HOW TO STORE MINTEC**

Keep out of the reach and sight of children.

Do not use Mintec after the expiry date ('EXP') which is printed on the pack. Store Mintec at room temperature (not above 25°C) in the original package to protect from light.

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

**6. FURTHER INFORMATION**

**What Mintec contains**

Each capsule contains 0.2 ml naturally occurring peppermint oil from the peppermint plant as the active ingredient. The capsule shell contains gelatin, sorbitol (E420), glycerol, titanium dioxide (E171) and sodium copper chlorophyllin (E141).

The capsule coating contains methacrylic acid-ethyl acrylate-copolymer (1:1), polysorbate 80, sodium laurylsulfate, propylene glycol, glycerolmonostearate,

**What Mintec looks like and contents of the pack**

The soft capsules are coloured half green and half white. The capsules are contained in blister strips. Each pack contains 84 capsules.

**Marketing Authorisation Holder and Manufacturer**

*Marketing Authorisation Holder*

Almirall S.A.,  
Ronda General Mitre 151,  
08022 Barcelona, Spain

*Manufacturer*

Catalent Germany Eberbach GmbH,  
Gammelsbacher Strasse 2,  
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\* Trade Mark