
PATIENT INFORMATION LEAFLET

Quiet Life tablets

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 Quiet Life tablets carefully to get the best results from them.

- 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 4 weeks.
- If any of the side effects become serious, or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

1. What Quiet Life tablets are and what they are used for
2. Before you take Quiet Life tablets
3. How to take Quiet Life tablets
4. Possible side effects
5. How to store Quiet Life tablets
6. Further information

1. What Quiet Life is and what it is used for

Quiet Life contains Hops, Passion flower herb, Motherwort herb, extracts of Valerian root and Wild lettuce, vitamins nicotinamide, thiamine hydrochloride and riboflavin and is a traditional herbal medicinal product used for the temporary relief of symptoms associated with stress such as mild anxiety and for the temporary relief of sleep disturbances, based on traditional use only.

2. Before you take Quiet Life tablets

Do not take Quiet Life if you:

- are allergic to any of the ingredients (see Section 6 for a complete list of ingredients).
- are pregnant or breast feeding
- are under 18
- are already taking a medicine for sleep and anxiety

Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including:

- medicines obtained without a prescription.

Important information about some of the ingredients:

This medicine contains sucrose. If you have been told by your doctor that you have an intolerance to some sugars, consult your doctor before taking this product.

Driving and using machines: If you feel sleepy, do not drive or operate machines.

Additional information: The effects of this medicine may be increased by alcohol. Therefore alcohol should be avoided whilst taking this medicine.

3. How to take Quiet Life tablets

For the temporary relief of symptoms associated with stress such as mild anxiety

Adults and the elderly : Take 2 tablets twice a day after meals and 3 tablets at bedtime.

For the temporary relief of sleep disturbances

Adults and the elderly : Take 2 tablets 30-60 minutes before bedtime. One additional tablet can be taken earlier during the evening if necessary.

The tablets should be swallowed whole with some water or other liquid.

The use in children and adolescents under 18 years of age is not recommended

The maximum daily dose is 7 tablets

As the effects of this product may not occur immediately, the tablets should be taken continuously for 2-4 weeks.

If symptoms worsen or do not improve after 4 weeks, a doctor or a qualified healthcare practitioner should be consulted.

If you take more Quiet Life tablets than you should

If you take too many tablets, consult your doctor or qualified healthcare practitioner as soon as possible. Take this leaflet to show them.

If you forget to take Quiet Life tablets

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

If you are unsure about anything, consult your doctor or qualified healthcare practitioner for advice.

4. Possible side effects

Like all medicines, Quiet Life tablets can cause side effects, although not everybody gets them.

Gastrointestinal effects such as nausea, stomach cramps have been reported with Valerian root preparations. The frequency is not known.

One case of hypersensitivity (vasculitis) and one case of increased heart beat (tachycardia) have been reported in patients using Passion flower herb. The frequency is not known.

If any of the side effects become serious, or if you notice any side effect not listed in this leaflet, please tell your doctor or pharmacist.

You can help make medicines safer by reporting any side effects to the Yellow Card Scheme at www.mhra.gov.uk/yellowcard. Alternatively you can get a paper Yellow Card form from your GP's surgery or pharmacy or call freephone 0800 100 3352

5. How to store Quiet Life tablets

Keep out of the reach and sight of children.

Do not take Quiet Life tablets after the expiry date which is stated on the outer carton and container.

Do not store above 25°C.

Store in the original package.

6. Further Information

What Quiet Life tablets contains

Each coated tablet contains;

<u>Ingredient</u>	<u>mg/tablet</u>
Hops strobiles (<i>Humulus lupulus</i> L.)	75
Passion Flower herb (<i>Passiflora incarnata</i> L.)	58
Motherwort herb (<i>Leonurus cardiaca</i> L.)	34
Dry extract from Valerian root (<i>Valeriana officinalis</i> L.) (equivalent to 39 – 48mg of Valerian root) Extraction solvent: Ethanol 60%v/v	9.625
Dry extract from Wild lettuce (<i>Lactuca virosa</i> L.) (equivalent to 29mg of Wild lettuce leaf) Extraction solvent: Water	5.8
Nicotinamide	4.49
Thiamine Hydrochloride	0.71
Riboflavin	0.57

The other ingredients are:

Extract: Maltodextrin, Colloidal anhydrous silica, Dicalcium Phosphate

Core: Acacia, Icing Sugar, Magnesium Stearate, Silicon Dioxide, Sodium Starch Glycolate, Stearic Acid.

Coating: Acacia, Calcium Carbonate (Light), Carnauba Wax, Mastercote Pink SP0415G, Talc, Shellac, Sucrose, Titanium Dioxide, Yellow Beeswax

What Quiet Life tablets looks like and contents of the pack

Quiet Life tablets are pink circular coated tablets. They are available in amber glass bottles containing 50, 100 and 200 tablets.



Certification Mark

Traditional Herbal Registration Holder and Manufacturer

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