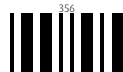




Patient Information Leaflet



Ginkgoforce[®]
Ginkgo biloba tablets



Information

Important things you need to know

- This product is used to relieve the symptoms of Raynaud's syndrome and tinnitus.
- This product is suitable for adults over 18 years.
- **Don't take** this product if you are allergic to peanut, soya or any of the ingredients: see section 6.
- **Before you take this product:** read section 2.
- **Dosage instructions:** see section 3.
- **Talk to your doctor** if your symptoms worsen or do not improve within 4 weeks.
- Side effects are minor and rare: see section 4.

Now read the rest of this leaflet carefully. Keep this leaflet. You may need to read it again.

1. What this product is for

Ginkgoforce is a traditional herbal medicinal product used to relieve the symptoms of:

- Raynaud's syndrome
 - Cold hands and feet
 - Pain, tingling or numbness in the extremities
- Tinnitus (ringing in the ears)

This is based on traditional use only.

What is Raynaud's syndrome?

Raynaud's syndrome is a condition where the blood supply to the fingers and toes is interrupted in response to changes in temperature or emotional stress. This causes the skin to turn white and can cause pain, numbness or tingling. This usually affects the fingers and toes.

Do's & Don'ts

2. Before you take this product

Do not take this product:

- If you are under 18 years of age.
- If you are **allergic** to:
 - Ginkgo products.
 - Peanut or soya. This product contains soya polysaccharide.
 - Any of the other ingredients in this product. (See section 6 Further Information)
- If you are pregnant or breast-feeding.
- If you have been told by your doctor that you have a bleeding disorder. This means you have a tendency to bleed for longer than is normal.
- If you are due to have an operation in the next 14 days.

Using

3. How to take this product

Adults and the elderly: Take 1 tablet twice daily after food. The dose can be increased to 2 tablets twice daily if necessary.

Not for use in children or those under 18.

For oral use only. Don't take more than the recommended dose.

If you take more of this product than you should

- If you take too much and feel ill, talk to your doctor. Taking too much is unlikely to be harmful.

If you forget to take this product

- Don't worry about the missed dose. Take the next dose as usual.

If you feel this product isn't working

- See your doctor if your symptoms worsen or do not improve within 4 weeks.

Please turn over...



Side effects

4. Possible side effects

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

Minor side effects

The following minor side effects can occur when using this product. These are rare and likely to affect less than 1 in 1,000 people.

Digestive symptoms

- Feeling sick (nausea)
- Digestive upsets such as sickness or diarrhoea

These are often short-lived and should get better on their own. However if they persist, talk to your doctor or pharmacist.

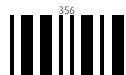
Skin reactions

- Itching (pruritis)
- Rash

Other side effects

- Allergic reactions
- Headache

Stop taking the product if any of these occur.



There have been very rare reports of the following occurring after the use of Ginkgo extracts:

- Blistering of the skin and mucous membranes (Stevens-Johnson syndrome)
- Bleeding disorders

It is not known if these were caused by Ginkgo. If you experience them seek medical advice and take this leaflet with you.

If you are concerned about any side effect or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.



Information

5. How to store this product

- Keep out of the reach and sight of children.
- Do not use this product after the expiry date which is stated on the packaging. The expiry date refers to the last day of that month.
- Store in the original container.
- Do not use this product if you notice a change in colour. The tablets should be speckled brown in colour.

6. Further Information

What this product contains

1 tablet contains 90 mg of extract (as dry extract) from *Ginkgo biloba* L. fresh leaf (3–5:1). Extraction solvent: ethanol 60% m/m.

The other ingredients used for the tablet are microcrystalline cellulose, soya polysaccharide and magnesium stearate (vegetable source).

What this product looks like and the contents of the pack

The tablets are round and speckled brown in colour. This product is available in packs containing 60 and 120 tablets. Not all pack sizes may be marketed.

Traditional Herbal Registration Holder and Manufacturer

Traditional Herbal Registration Holder and Batch Release:

Bioforce (UK) Ltd,
2 Brewster Place,
Irvine, Ayrshire, UK
KA11 5DD

Manufacturer:

Bioforce AG, CH-9325, Roggwil
Switzerland

THR No. 13668/0016

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What is Ginkgo biloba?

Ginkgo biloba is native to China and is the oldest living tree species. The leaves are used to produce Ginkgoforce tablets.

You should also know

Bioforce runs a helpline by phone and email which can provide you with further information.

Email: enquiries@avogel.co.uk

Phone: 0845 608 5858

You can get a larger print or audio version of this leaflet.

Call this number:
0845 608 5858.