



Venaforce® Horse Chestnut GR* tablets



Information

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 this product carefully to get the best results.

- Keep this leaflet. You may need to read it again.
- If you need more information or advice ask your pharmacist or other healthcare advisor.
- You should feel an improvement within 2 weeks. If not, contact your doctor.
- If any of the side effects become serious, or if you notice any side effect not listed in this leaflet, please tell your pharmacist.

In this leaflet

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1. What this product is and what it is used for

Venaforce is a traditional herbal medicinal product for relieving the symptoms of varicose veins. This is based on traditional use only.

Used to help relieve:

- Tired, heavy legs
- Aching, painful legs
- Leg cramps
- Swollen ankles

Varicose veins appear when veins lose their elasticity. Blood then accumulates, causing swelling and discomfort.

Do's & Don'ts

2. Before you use this product

- This product is not suitable for anyone under 18 years of age.

Do not use this product if you are allergic to:

- Horse chestnut (*Aesculus hippocastanum*) seed. This product contains Horse chestnut seed.
- Any of the other ingredients in this product. (See Section 6 Further Information)

Take special care with this product

- See your doctor as soon as possible if you have:
 - Swelling of the skin especially around the affected vein
 - Swelling of the vein caused by a blood clot
 - A hardened bump under the skin
 - Severe pain
 - Sudden swelling of one or both legs
 - A heart or kidney problem

- If you notice a leg ulcer developing, see your doctor. Varicose leg ulcers can arise on your lower legs as a result of varicose veins.
- If you already have a leg ulcer, see your doctor before taking this product.

Using this product

- This product is best taken immediately after food. The tablets should be swallowed whole.

Using other medicines

- You can use this product with any other medicine.

Using this product with food and drink

- You can eat and drink as normal whilst using this product.

Pregnancy and breast-feeding

- Do not use this product during pregnancy and whilst breast-feeding.

Driving and using machines

- This product has no effect on your ability to drive or use machines.

Important information about some of the ingredients of this product

- This product contains soya polysaccharide. If you are allergic to peanut or soya, do not use this product.



Using

3. How to use this product

Adults and the elderly: 1 tablet twice daily taken immediately after food.

Tablets should be swallowed whole. 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 tablet as usual.

If you stop taking this product

- You can stop taking this product at any time.

If you feel this product isn't working

- See your doctor if your symptoms worsen or do not improve within 2 weeks.



Side effects

4. Possible side effects

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

The following side effects can occur when using this product:

Allergic reactions

- Itching (pruritis)
- Rash
- Redness of the skin (erythema)
- Eczema

Stop taking the product if these occur.

Digestive symptoms

- Feeling sick (nausea)
- Sickness
- Diarrhoea
- Stomach discomfort

Other side effects

- Dizziness
- Headache

Discontinue use if you find these are troubling you. Talk to a doctor, pharmacist or other healthcare advisor if you are concerned.

The frequency of these side effects is not known. This means it is not known how often these reactions occur as there have not been enough reports to allow this information to be calculated.

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



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 carton. The expiry date refers to the last day of that month.
- This product does not require any special storage conditions.
- Do not use this product if you notice a change in colour. The tablets should be yellowish-beige.

6. Further Information

What this product contains

One gastro-resistant tablet contains 157.5–225.0 mg of extract (as dry extract) from fresh Horse chestnut seeds (*Aesculus hippocastanum* L., semen) corresponding to 50 mg triterpene glycosides, calculated as anhydrous β -aescin. Extraction solvent: ethanol 60% m/m.

The other ingredients used for the tablet are microcrystalline cellulose, maize starch, colloidal silica, soya polysaccharide and copovidone. The tablet coating contains methacrylic acid – ethyl acrylate copolymer (1:1) dispersion 30 per cent, methacrylic acid – methyl methacrylate copolymer (1:1), talc and triethyl citrate.

What this product looks like and the contents of the pack

The tablets are oval-shaped and yellowish-beige in colour. This product is available in packs containing 30 or 60 gastro-resistant tablets. Not all pack sizes may be marketed.

Traditional Herbal Registration Holder and Manufacturer

Traditional Herbal Registration Holder and Batch Release:

A.Vogel Ltd,
2 Brewster Place,
Irvine, UK, KA11 5DD

THR No. 13668/0010



Certification Mark

This leaflet was revised on 01/2020

What is Aesculus?

Aesculus, also known as Horse chestnut, is a tree which is widespread throughout Europe. It produces seeds and it is the extract of these seeds which are used to make this product.

You should also know

The tablets have a gastro-resistant coating to ensure they pass through the stomach without breaking down. They are then absorbed further down the digestive tract.

A.Vogel 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.