



Ucalm®

St. John's Wort Tablets

St. John's Wort extract

A traditional herbal medicinal product used to relieve the symptoms of slightly low mood and mild anxiety based on traditional use only.

60 Film-Coated Tablets
DO NOT USE IF SEAL IS BROKEN

Directions: Read package leaflet before use.

Dosage: For oral use. Adults and the elderly, take 2 tablets once a day. The tablets should be swallowed whole with some water or other liquid. Do not chew. Do not exceed the stated dose.

Warnings:
Do not use if you:

- are under 18 years old.
- are pregnant or breastfeeding.
- are allergic to any of the ingredients.
- have been diagnosed with depression or think you may be depressed.
- are about to undergo surgery.

St. John's Wort products must not be taken at the same time as certain medicines including:

- many prescribed by your doctor.
- hormonal contraceptives (including the Pill).
- some you can get without prescription.

You should see a doctor or qualified healthcare practitioner if the symptoms persist. If you feel tired or dizzy, do not drive or use machines. Increased sensitivity of the skin to sunlight may occur in rare cases, especially fair skinned people.

Active ingredients:
Each film-coated tablet contains 300mg of extract (as dry extract) from St. John's Wort aerial parts (*Hypericum perforatum* L.) (5-7:1) equivalent to 1500 - 2100mg of St. John's Wort herb.

Extraction solvent: Ethanol 60% v/v. Also contains glucose.

Registration holder/manufacturer:

NATURES AID
Natures Aid Ltd.
St Georges Park, Preston, Lancs, PR4 2DQ.
Tel: 01772 686231
Email: sales@naturesaid.co.uk
THR 33336/0003
BN/EXP: See side of label.
Do not store above 25°C.
Store in original packaging.
Keep out of reach and sight of children.

THR
Certification Mark

Label Code 2586005

New:	<input type="checkbox"/>	Update:	<input checked="" type="checkbox"/> Y
Filename:	RL21_THR Ucalm_60s_100ml Label_(125820)_2586005		
Artwork Number:	2586005	Barcode Number:	N/A
Substrate:	White		
Size:	150x50mm		
Pot Size:	100ml Glass		
Varnish:	Gloss		

Additional Comments:
ITF Barcode = 0107

Colours:

Process	+ Spot 1	+ Spot 2		
K	P 350C	P 7406C		

Spot colours: Please refer to the relevant Pantone Book for true colour representation.

Special:

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STADA GROUP

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