



Ginseng Fit Capsules

Active ingredient: 250 mg ginseng root powder

Hard capsules

To be taken by adults and young people over 12 years

Read the entire information leaflet carefully before starting to take this medicinal product; it contains important information for you.

Always take this medicinal product exactly as described in this leaflet or exactly as prescribed by your doctor or pharmacist or your medical specialist.

- Keep this information leaflet. You may want to reread it at a later date.
- Ask your pharmacist if you need any additional information or advice.
- Please inform your doctor or pharmacist or medical specialist if you notice side effects. This also applies to side effects not stated in this leaflet. See section 4.
- Please consult a doctor if you do not feel better or even feel worse.

Information in this leaflet:

1. What are Ginseng Fit Capsules and what are they used for?
2. What should I be aware of before taking Ginseng Fit Capsules?
3. How should Ginseng Fit Capsules be taken?
4. Which side effects are possible?
5. How should Ginseng Fit Capsules be stored?
6. Pack contents and additional information

1. What are Ginseng Fit Capsules and what are they used for?

Ginseng Fit Capsules are a plant-based medicinal product to strengthen the body.

Areas of use: Ginseng Fit Capsules are used to strengthen and restore the body when feeling tired and weak and to counteract poor concentration.

Note: If you suffer from feeling weak, tiredness or poor concentration over a long period you should, as is the case with all inexplicit complaints, consult your doctor, as it could be a symptom of an illness that requires medical treatment.

2. What should I be aware of before taking Ginseng Fit Capsules?

Ginseng Fit Capsules may not be taken:

- If you are allergic to Ginseng or any other components of this medicinal product stated in section 6.
- Do not use if you are diabetic (Diabetes mellitus).

Warning advice and precautions for application

Please consult your doctor, pharmacist or medical specialist before taking Ginseng Fit Capsules.

If you want to take the medicinal product at the same time as taking an anticoagulant (e.g. marcumar) please consult your doctor first. In this case, frequent observations of the coagulation of the blood should be made up to 14 days after the medicinal product has been discontinued, in order to adjust the dosage of the anticoagulant medication. Please also read the additional information under "Taking Ginseng Fit Capsules with other medication".

Children:

Sufficient research has not yet been conducted concerning the effect of this medicinal product on children. The medicinal product should, therefore, not be given to children under the age of 12.

Taking Ginseng Fit Capsules alongside other medicinal products

Please inform your doctor or pharmacist if you take, or have recently taken, or intend to take other medicinal products.

The effectiveness of coumarin-type anticoagulants (phenprocoumon, warfarin) can be reduced when taken at the same time as this medicinal product.



Please note that this information also applies to the medicinal products cited if they have been used within the last few hours or days.

Ginseng preparations can lead to a reduction in blood sugar levels.

Interactions with medication for the treatment of diabetes may be possible, but have not yet been investigated. Please observe the information under "Warning advice and precautions for application".

Pregnancy and lactation

You should not take this medicinal product if you are pregnant or are nursing, if you think you might be pregnant or intend to become pregnant.

When taking Ginseng Fit Capsules together with food and drink

No specific requirements.

Fitness to drive and ability to operate machinery

No particular precautionary measures are necessary.

3. How should Ginseng Fit Capsules be taken?

Always take this medicinal product exactly as described in this leaflet. Please consult your doctor, pharmacist or medical specialist if you are unsure.

The recommended dose is:

For adults and young people over 12 years: Take 2 hard capsules 2-3 times per day.

Type of application: To be taken orally.

Do not take the hard capsules whilst lying down. Swallow the hard capsules, unchewed, with sufficient liquid, ideally with a glass of water.

How long should I take Ginseng Fit Capsules for?

Generally up to three months. Due to the continuous effect of ginseng supplements, it is recommended that you wait a month before starting to take them again.

Please also read the information under "What are Ginseng Fit Capsules and what are they used for?"

Please consult your doctor or pharmacist if you believe that the effect of Ginseng Fit Capsules is too strong or too weak.

What to do if you take too many Ginseng Fit Capsules:

If you accidentally take one or two more dosages (equivalent to 2 or 4 hard capsules) than instructed it will generally not have any harmful effect. In this case, continue taking the medicine as described in the dosage instructions, or as prescribed by your doctor.

If you have taken a significant overdose of this medicinal product it can cause known side effects such as stomach-ache, nausea and diarrhoea. In this case please inform your doctor. Your doctor can decide on the best course of action.

If you forget to take Ginseng Fit Capsules

Do not take a double dose if you have forgotten to take the previous dose.

If you stop taking Ginseng Fit capsules

It is generally considered harmless to stop the treatment or to end it prematurely. If you are unsure, please consult your doctor or pharmacist.

Please consult your doctor or medical specialist if you have any further questions on taking this medicinal product.

4. Which side effects are possible?

As is the case with all medicinal products, this medicinal product can have side effects, but they do not necessarily affect everyone.

Sensitive people may suffer from nausea, stomach complaints and mild diarrhoea. The effectiveness of coumarin-type anticoagulants (phenprocoumon, warfarin) can be reduced when taken at the same time as this medicinal product.



If you suffer from side effects please contact your doctor so they can decide on the severity of the symptoms and can take the appropriate measures.

Reporting side effects

Please inform your doctor or pharmacist or medical specialist if you notice side effects. This also applies to side effects not stated in this leaflet.

You can register any side effects directly with the Bundesinstitut für Arzneimittel und Medizinprodukte, Abt. Pharmakovigilanz, Kurt-Georg-Kiesinger-Allee 3, D-53175 Bonn, website: www.bfarm.de.

By reporting any side effects, you can make a contribution towards more information being available on the safety of this medicinal product.

5. How should Ginseng Fit Capsules be stored?

Keep this medicine out of the reach of children.

Do not take this medicinal product if the "use by" date on the container or carton has expired. The use by date relates to the last day of the month in question.

Do not store above 25 °C.

6. Pack contents and additional information

1 capsule of Ginseng Fit Capsules contains:

Active ingredient: 250.0 mg ginseng root powder

Other ingredients: Gelatin, purified water, magnesium stearate, sodium dodecyl sulfate.

Packet sizes available:

Packets with 200 hard capsules.

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For risks and side effects please read the information leaflet and consult your doctor or pharmacist.