

# WELEDA STRESS RELIEF OROMUCOSAL SPRAY



Oromucosal spray containing: Chamomilla matricaria 6X  
and Pulsatilla pratensis 6X.

**WELEDA**

**HOMEOPATHIC MEDICINAL PRODUCT**

**Read this leaflet carefully because it contains important information for you. Keep this leaflet as you may need to read it again.**

**In this leaflet:**

1. What the product is and what it is used for
2. Before taking this product
3. How to use this product
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## 1. What the product is and what it is used for

Weleda Stress Relief Oromucosal Spray is a homeopathic medicinal product used within the homeopathic tradition for the temporary relief of mild stress, irritability and tension.

## 2. Before taking this product

### • Do not take this product if:

- ♦ you are allergic to any of the active ingredients or other plants of the Asteraceae (Compositae) family such as daisies, marigolds or artichokes or ethanol (alcohol) - see section 6
- ♦ you are under 18 years of age

### • Consult your Doctor or Pharmacist if:

- ♦ you are taking other prescription medicines
- ♦ you are pregnant or breastfeeding

### • Special warnings and precautions for use:

- ♦ this product is intended for the temporary relief of symptoms associated with mild stress. Consumers with signs and symptoms of depression should seek medical advice for appropriate treatment
- ♦ this product is not recommended for use in children or adolescents under 18 years of age
- ♦ if symptoms worsen, or persist after 7 days of taking this product, consult a doctor or qualified healthcare practitioner
- ♦ this medicinal product contains small amounts of ethanol (alcohol), less than 100mg per dose, therefore it should not be used with medication known to interact with alcohol e.g. metronidazole and disulfiram
- ♦ the effects of alcohol may be increased and therefore concurrent use should be avoided

### • Driving and using machines

No studies have been carried out on the effects on the ability to drive or operate machines. If affected do not drive or operate machines. This product contains a small quantity of ethanol (alcohol).

## 3. How to use this product

### Before using this product for the first time:

Your Weleda Stress Relief Oromucosal Spray has a dust cap which protects the nozzle and keeps it clean. Remember to take it off to use the spray.

Before you start a new bottle, or if you have not used the spray for a few days or more, press the pump down several times (away from you) until you get a fine spray.

### Adults and elderly:

- for oral use only
- hold the spray upright, a few centimetres from the mouth
- open your mouth and apply 1 or 2 metered sprays into the mouth up to 3 times daily. Change the site of application each time to minimise any potential irritation
- do not swallow
- ideally doses should be taken half an hour before or half an hour after food or drink
- do not spray into the throat or eyes
- if symptoms worsen, or persist after 7 days of taking this product, consult a doctor or qualified healthcare practitioner

**Weleda Stress Relief Oromucosal Spray is not for use in children or adolescents under the age of 18 years.**

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## Do not exceed the stated dose

- if you miss a dose of Weleda Stress Relief Oromucosal Spray just take the next dose as usual.

## Overdose

- if you take more of Weleda Stress Relief Oromucosal Spray than you should, do not worry, taking too many doses is not known to be harmful. However if you feel unwell, consult your doctor.

## 4. Possible side-effects

There are no known side-effects when using Weleda Stress Relief Oromucosal Spray. If you notice any side-effects or if symptoms worsen, or persist after 7 days of taking this product, consult a doctor or qualified healthcare practitioner.

You can help to make medicines safer by reporting any side-effects to the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://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 (available 10am-2pm Monday - Friday).

## 5. How to store this product

- keep out of the reach and sight of children
- do not store above 25°C
- discard 6 months after first opening
- keep the container in the outer carton
- do not use after the expiry date on the carton and label
- return any unused medicine to your pharmacist for safe disposal. Medicine should not be disposed of via wastewater or household waste.

## 6. Further Information

Each metered spray contains the following ingredients: Chamomilla matricaria 6X and Pulsatilla pratensis 6X.

Other ingredients: Purified Water, Ethanol 16.6% w/w.

**Pack Description:** This product is a colourless, clear liquid packed in a 20ml glass amber bottle incorporating a plastic spray nozzle which is covered with a plastic dust cap.

Each 20ml spray bottle contains approximately 200 metered doses, each dose consisting of 0.08 - 0.13ml of spray.

**National Rules holder and manufacturer:** Weleda Stress Relief Oromucosal Spray is manufactured and marketed by Weleda UK Ltd., Heanor Road, Ilkeston, Derbyshire DE7 8DR.

National Rules authorisation number NR 00298/0272.

## Braille version

**To request a copy of this leaflet in Braille or large print, or to listen to an audio version, please call free of charge: 0800 198 5000 (UK only).**

**Please be ready to give the following information:**

**Product name: Weleda Stress Relief Oromucosal Spray.**

**Reference number NR 00298/0272.**

**This service is provided by the Royal National Institute of Blind People.**

For further information concerning homeopathic medicines contact: The Faculty of Homeopathy, Hahnemann House, 29 Park Street West, LUTON LU1 3BE.

For further information on anthroposophic medicine contact: PAFAM, 33 Franche Road, Wolverley, KIDDERMINSTER, Worcester, DY11 5TP.

Weleda Stress Relief Oromucosal Spray contains a combination of Homeopathic medicinal remedies, rhythmically prepared in Anthroposophic tradition.