



# Sidroga™ Herbal tea for breastfeeding mothers

## PATIENT INFORMATION LEAFLET

Read all of this leaflet carefully because it contains important information for you.

Sidroga Herbal tea for breastfeeding mothers is available without a doctor's prescription, to help soothe and calm, and to aid breast milk production in breastfeeding mothers. Nevertheless you still need to use Sidroga Herbal tea for breastfeeding mothers carefully to get best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

## Sidroga™ Herbal tea for breastfeeding mothers

*Carvi fructus* (caraway fruit)

*Anisi fructus* (anise fruit)

*Foeniculi dulcis fructus* (sweet fennel fruit)

*Melissae folium* (lemon balm leaves)

Western Herbal Medicine. D32.2 Other

**What Sidroga Herbal tea for breastfeeding mothers contains**

Each 1,5 g tea bag contains *Carvi fructus* 40 % (0,6 g), *Anisi fructus* 20 % (0,3 g), *Foeniculi dulcis fructus* 20 % (0,3 g) and *Melissae folium* 20 % (0,3 g).

**What Sidroga Herbal tea for breastfeeding mothers is used for**

Sidroga Herbal tea for breastfeeding mothers helps to soothe and calm, as well as aid breast milk production. Sidroga Herbal tea for breastfeeding mothers contains the plant parts caraway fruit, anise fruit, sweet fennel fruit and lemon balm leaves, which have been dried and finely blended. These plant parts have calming and relaxing properties and stimulate breast milk production.

**Before you use Sidroga Herbal tea for breastfeeding mothers**

- Do not use Sidroga Herbal tea for breastfeeding mothers if you are hypersensitive (allergic) to any of the ingredients.
- Sidroga Herbal tea for breastfeeding mothers should only be used to soothe and calm and to aid breast milk production.

**Before taking Sidroga Herbal tea for breastfeeding mothers, tell your doctor or pharmacist if you:**

- suffer from any medical conditions
- have allergies or
- are taking other medicine (including self-bought medicines).

### Pregnancy and breastfeeding

Use of Sidroga Herbal tea for breastfeeding mothers during pregnancy is not necessary as it is used mainly to stimulate breast milk production. It is best to start using Sidroga Herbal tea for breastfeeding mothers immediately after giving birth. Insufficient investigations are available for the use of Sidroga Herbal tea for breastfeeding mothers during pregnancy. However, there have been no reports of any harmful effects to the infant when Sidroga Herbal tea for breastfeeding mothers is used as directed. If you are pregnant, please consult your doctor, pharmacist or other health care professional for advice.

**Using Sidroga Herbal tea for breastfeeding mothers with other medicines**

There are no known interactions with other medicines. Please consult your doctor, pharmacist or other health-care professional, for advice.

**How to take Sidroga Herbal tea for breastfeeding mothers**

Always take Sidroga Herbal tea for breastfeeding mothers exactly as your doctor or pharmacist has instructed you. You should check with your doctor or pharmacist if you are unsure.

**Breastfeeding mothers:** One cup of freshly prepared tea, two to three times daily between meals.

**Preparation:** To make one cup of tea, place one tea bag into a cup and fill the cup with boiling water. Keep it covered to allow the tea bag to infuse for 5 to 10 minutes. Stir occasionally. Subsequently remove the tea bag and lightly squeeze out the excess water over the cup. Use only one tea bag per cup and sweeten only after removing the tea bag from the cup. Both natural and artificial sugar can be used to sweeten the tea. Keep to the dosage given on the package insert or as prescribed by your doctor.

### Possible side effects

The following side effects may occur when Sidroga Herbal tea for breastfeeding mothers is taken:

**Rarely:** Allergic reactions, especially of the skin.

In the case of an allergic reaction, refrain from further use of the tea and if necessary consult your doctor or pharmacist. If you suspect that the use of Sidroga Herbal tea for breastfeeding mothers has resulted in an unwanted side effect, you should tell your doctor or pharmacist.

**Storing and disposing of Sidroga Herbal tea for breastfeeding mothers**

Store in the original packaging at room temperature (15–25°C). Protect from light and moisture. Do not use after the expiry date stated on the packaging. **Keep out of reach of children.**

**Presentation of Sidroga Herbal tea for breastfeeding mothers**

Each box contains 20 double chamber tea bags, enclosed in a flavour protective foil sachet.

## Identification of Sidroga Herbal tea for breastfeeding mothers

Each tea bag is supplied with a tea bag string and tag with Sidroga embossed on the tag.

## PACKAGE INSERT

### Scheduling status

Not scheduled

### Proprietary name and dosage form

Sidroga™ Herbal tea for breastfeeding mothers (Tea Bags)

### Composition

Each 1,5 g tea bag contains *Carvi fructus* 40 % (0,6 g), *Anisi fructus* 20 % (0,3 g), *Foeniculi dulcis fructus* 20 % (0,3 g) and *Melissae folium* 20 % (0,3 g).

No added sugar or flavouring.

### Pharmacological classification

Western Herbal Medicine. D 32.2 Other.

### Pharmacological action

Sidroga Herbal tea for breastfeeding mothers contains finely blended dried plant parts which have calming and relaxing properties and stimulate lactation.

### Indications

Sidroga Herbal tea for breastfeeding mothers helps to soothe, calm and stimulate lactation.

### Contra-indications

Hypersensitivity to any of the ingredients of Sidroga Herbal Tea For Breastfeeding Mothers.

### Warnings and special precautions

Special care should be taken if there are any pre-existing medical conditions.

If allergic reactions occur, Sidroga Herbal tea for breastfeeding mothers should be discontinued and a doctor consulted if necessary.

Sidroga Herbal tea for breastfeeding mothers should only be used to soothe, calm and to aid lactation.

### Interactions

There are no known interactions with other medicines.

### Pregnancy and lactation

It is best to start using Sidroga Herbal tea for breastfeeding mothers immediately after giving birth

Use of Sidroga Herbal tea for breastfeeding mothers during pregnancy is not necessary as it is used mainly to stimulate lactation.

Insufficient investigations are available for the use of Sidroga Herbal tea for breastfeeding mothers during pregnancy. However, there have been no reports of any harmful effects to the infant when Sidroga Herbal tea for breastfeeding mothers is used as directed.

### Dosage and directions for use

Breastfeeding mother: One cup of freshly prepared tea, two or three times daily between meals.

### Preparation:

To make one cup of tea, place one tea bag into a cup and fill the cup with boiling water. Keep it covered to allow the tea bag to infuse for 5 to 10 minutes. Stir occasionally. Subsequently remove the tea bag and lightly squeeze out the excess water over the cup. Use only one tea bag per cup and sweeten only after removing the tea bag from the cup. Both natural and artificial sugar can be used to sweeten the tea.

### Side effects

Rarely: allergic reactions, especially of the skin.

### Known symptoms of over dosage and particulars of its treatments

Treatment should be symptomatic and supportive.

### Identification

Each tea bag is supplied with a tea bag string and tag, with Sidroga embossed on the tag.

### Presentation

Each box contains 20 double chamber tea bags, enclosed in a flavour protective foil sachet.

### Storage instructions

Store in the original packaging at room temperature (15–25°C).

Protect from light and moisture.

Keep out of reach of children.

### Name and address of applicant

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### Manufacturer

Sidroga Gesellschaft für Gesundheitsprodukte mbH, Germany

**This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease.**

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<sup>1</sup> Company registration number: 2008/008787/07