

BELL'S HEALTHCARE ONE-A-DAY HAYFEVER & ALLERGY RELIEF 10MG TABLETS
[Loratadine]**PACKAGE LEAFLET: INFORMATION FOR THE USER****Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

Always take this medicine exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist, if you need more information or advice.
- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better if you feel worse or if your symptoms change. See section 4.

What is in this leaflet:

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1. What Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets are and what they are used for

This medicine contains Loratadine which belongs to a group of medicines called antihistamines, which act to relieve the symptoms of allergies in adults and children over the age of 2 years who weigh more than 30kg.

It can be used to relieve symptoms associated with allergic rhinitis (for example, hay fever), such as sneezing, runny or itchy nose, and burning eyes or itchy eyes. It can also be used to help relieve symptoms of urticaria (itching and redness) which is often known as hives or nettle rash.

The effect of Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets will last a whole day and should help you to continue your normal daily activities and sleep.

You must talk to a doctor if you do not feel better or if you feel worse.

2. What you need to know before you take Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets**Do not take Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets:**

- If you are allergic (hypersensitive) to loratadine or any of the other ingredients in this medicine (listed in section 6).
- You are pregnant or breast-feeding.

Warnings and precautions

Talk to your doctor, pharmacist or nurse before taking Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets if you:

- have liver disease
- are scheduled to have any skin tests for allergies. Do not take Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg

Tablets for two days before having these tests. This is because it may affect the test results.

If any of the above applies to you (or you are not sure), talk to your doctor, pharmacist or nurse before taking Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets.

Children

Do not give Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets to children younger than 2 years or to children 2 to 12 years old who weigh less than 30kg. There are other formulations more suitable for children 2 to 12 years old who weigh less than 30kg.

Other medicines and Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets

The side effects of Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets may increase when used together with medicines that alter the performance of some enzymes responsible for drug-metabolism in the liver. However, in clinical studies, no increase in side effects of loratadine was seen with products that altered the performance of these enzymes.

Talk to your doctor, pharmacist or nurse if you are taking, have recently taken or might take any other medicines. This includes medicines taken without a prescription.

Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets with alcohol

Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets have not been shown to add the effects of an alcoholic drink.

Pregnancy and breast-feeding

If you are pregnant. Think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

As a precautionary measure, it is preferable to avoid the use of Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets during pregnancy.

Do not take Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets if you are breast-feeding. Loratadine is excreted in breast milk.

Driving and using machines

In clinical trials that assessed driving ability, no impairment was observed in patients receiving loratadine. At the recommended dose, Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets are not expected to cause you to be drowsy or less alert.

However, very rarely some people experience drowsiness, which may affect their ability to drive or use machines.

Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets contain lactose

Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets contains lactose; thus if you have been told by your doctor that you have an intolerance to some sugars talk to your doctor before taking this medicine.

3. How to take Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets

Always take this medicine exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you. Check with your doctor, pharmacist or nurse if you are not sure.

The score line of the tablet is only there to help you break the tablet if you have difficulty swallowing it whole.

Giving this medicine to children

A syrup may be preferable for children. It is important to know how much your child weighs to make sure that you give the correct amount of medicine. For example, a 9 year old child weighs about 30kg (4st 7lb). If in doubt weigh your child and then follow the instructions in the table.

Do not give to children under 2 years or who weigh 30 kg (4st 7lb) or less.

How much to take

| Age | How much to take | How often to take |
|--|------------------|-------------------|
| Children of 2 to 12 years who weigh more than 30kg (4ST 7lb) | 1 x tablet | Once daily |
| Adults and children over 12 years | 1 x tablet | Once daily |

If you have severe liver problems your doctor or pharmacist may advise you to take the recommended amount every other day. If this applies to you follow their instructions.

If you forget to take Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets

- If you forget to take your dose, take it as soon as you remember, then continue to take it as usual.
- Do not take a double dose to make up for a forgotten dose.

If you take more Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets than you should

If you take more Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets than you should, talk to your doctor or pharmacist straight away.

No serious problems are expected however, you may get a headache, have a rapid heartbeat or feel sleepy.

If you have any further questions on the use of this product, ask your doctor, pharmacist or nurse.

4. Possible Side Effects

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

The most commonly reported side effects in adults and children over 12 years of age are:

- drowsiness
- headache
- increased appetite
- difficulty sleeping

The most commonly reported side effects in children aged 2 to 12 years are:

- headache
- nervousness
- tiredness

The following very rare side effects (may affect up to 1 in 10,000 people) have also been seen during the marketing of

Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets:

- severe allergic reaction (including swelling)
- dizziness
- fast or irregular heartbeat
- nausea (feeling sick)
- dry mouth
- upset stomach
- liver problems
- hair loss
- rash
- tiredness
- convulsion

The frequency of the following side effect is not known:

- Weight gain

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 or search for MHRA Yellow Card in the Google Play or Apple App store.

By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets

This medicinal product does not require any special storage conditions.

- Keep this medicine out of the sight and reach of children.
- Do not use this medicine after the expiry date which is stated on the blister after Exp. The expiry date refers to the last day of the month.
- Do not use this medicine if you notice any change in the appearance of the tablet.
- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help to protect the environment.

6. Contents of the pack and other information**What Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets contain:**

The active substance is loratadine. Each Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets contains 10mg of loratadine. The other ingredients are: Lactose monohydrate, microcrystalline cellulose, maize starch, magnesium stearate.

What Bell's Healthcare one-a-day Hayfever & Allergy Relief 10mg Tablets looks like and contents of the pack

Each tablet is white round and flat with a break line. Packs are 60's tablets in blister packs in cartons.

Marketing Authorisation Holder and manufacturer

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