

**WELEDA LOW MOOD & STRESS RELIEF TABLETS****WELEDA***Aurum metallicum* praep. 10X*Kalium phosphoricum* 6X

Ferrum-Quartz 2X

HOMEOPATHIC MEDICINAL PRODUCT

PATIENT INFORMATION

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

Ask your qualified healthcare practitioner or healthcare professional e.g. a doctor or pharmacist if you need more information or advice.

You must talk to a doctor if you feel worse, or do not feel better after seven days.

If you get any side-effects, talk to your qualified healthcare practitioner or healthcare professional e.g. a doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

**What is in this leaflet:**

1. What this medicine is and what it is used for
2. What you need to know before taking this medicine
3. How to take this medicine
4. Possible side-effects
5. How to store this medicine
6. Contents of the pack and other information

**1. What this medicine is and what it is used for**

**Weleda Low Mood & Stress Relief Tablets is a homeopathic medicinal product used within the homeopathic tradition for the temporary relief of symptoms associated with stress such as fatigue, mild anxiety, slightly low mood and restlessness.**

**2. What you need to know before taking this medicine****• Do not take:**

- if you are allergic to any of the active ingredients (see section 6)
- if you have a wheat allergy (different from Coeliac disease)
- if you are under 18 years old
- if you are pregnant or breastfeeding
- if you are taking other medicines to help relieve stress or anxiety.

**• Warnings and precautions**

**This medicine is intended for the temporary relief of mild symptoms associated with stress. If you think that you may be suffering from depression you should tell your doctor before taking this product.**

Symptoms of depression include feelings of helplessness and hopelessness, loss of interest in daily activities, appetite or weight changes, sleep changes, loss of energy and difficulty concentrating, thoughts of self-harm or suicide. If your doctor has told you that you are suffering from depression, do not use this product.

- if symptoms worsen, persist or do not improve after seven days of taking this medicine talk to your doctor or qualified healthcare practitioner.
- This medicine is not to be used repeatedly without consulting a doctor or qualified healthcare practitioner.

**• Other medicines and Weleda Low Mood & Stress Relief Tablets**

- Tell your doctor or pharmacist if you are taking or have recently taken any other medication, including herbal medicines or medicines that do not require a doctor's prescription. Weleda Low Mood & Stress Relief Tablets should not be taken with other medicines used to treat stress and anxiety.

**• Weleda Low Mood & Stress Relief Tablets contain lactose and wheat starch**

- This medicine contains lactose. If you have been told by your doctor that you have an intolerance to some sugars, talk to your doctor before taking this medicine.
- This medicine contains only very low levels of gluten (from wheat starch). It is regarded as 'gluten-free' and is very unlikely to cause problems if you have coeliac disease. One tablet contains no more than 10 ppm of gluten. If you have a wheat allergy (different from coeliac disease) you should not take this medicine.

**• Pregnancy and breastfeeding**

- Do not take this medicine if you are pregnant or breastfeeding.

**• Driving and using machines**

- No studies have been carried out on the effects on the ability to drive or operate machines. If you feel dizzy, tired or feel that you are affected by this medicine, do not drive or operate machinery.

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### 3. How to take this medicine

Always take this medicine exactly as described in this leaflet or as your qualified healthcare practitioner or healthcare professional e.g. a doctor or pharmacist has told you. Check with them if you are not sure.

**Directions for use:** For oral use only.

**The recommended dose is:**

**Adults from 18 years of age and the elderly:** One tablet, 3-4 times a day. The tablets should be dissolved in the mouth or swallowed with some water.

**The maximum daily dose is 4 tablets. Do not exceed the stated dose.**

If the symptoms worsen, or persist after seven days of taking Weleda Low Mood & Stress Relief Tablets, a doctor or qualified healthcare practitioner should be consulted.

**If you take more Weleda Low Mood & Stress Relief Tablets than you should**

- If you take more of this medicine than you should and you feel unwell, talk to your doctor.

**If you forget to take Weleda Low Mood & Stress Relief Tablets**

- If you forget to take a dose of this medicine, just take the next dose when it is due. Do not take another dose to make up for the missed dose.

If you have any further questions on the use of this medicine, ask your qualified healthcare practitioner or healthcare professional e.g. doctor or pharmacist.

### 4. Possible side-effects

Like all medicines, Weleda Low Mood & Stress Relief Tablets can cause side-effects although not everybody gets them. Allergic reactions and hypersensitivity to wheat starch have been reported, however, the frequency of this effect occurring is unknown.

If you notice any side-effects consult your qualified healthcare practitioner or healthcare professional e.g. doctor or pharmacist.

**Reporting of side-effects:** If you get any side-effects, talk to your qualified healthcare practitioner or healthcare professional e.g. a doctor or pharmacist. This includes any possible side-effects not listed in this leaflet. By reporting side-effects you can help provide more information on the safety of this medicine.

**Reporting of side-effects in the UK:** 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) or search for MHRA Yellow Card in the Google Play or Apple App Store.

### 5. How to store this medicine

- Keep out of the sight and reach of children
- This homeopathic medicinal product does not require any special temperature storage precautions. Store in the original container.
- Do not use after the expiry date on the carton and label. The expiry date refers to the last day of that month
- 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 protect the environment.

### 6. Contents of the pack and other information

**What Weleda Low Mood & Stress Relief Tablets contains:** Each tablet contains the active ingredients: 83.3 mg of *Aurum metallicum* praep. 10X, 83.3 mg of *Kalium phosphoricum* 6X and 8.3 mg of Ferrum-Quartz 2X. Also contains lactose, wheat starch and calcium behenate.

**What Weleda Low Mood & Stress Relief Tablets looks like and contents of the pack:** Weleda Low Mood & Stress Relief Tablets are white, round, biplanar tablets with a "W" embossed on one side and may have a few brownish spots. Weleda Low Mood & Stress Relief Tablets are available in a amber glass bottle with a white cap, ribbed plug and desiccant. Each bottle contains 80 tablets.

**NR holder and manufacturer:** Weleda (UK) Ltd., Heanor Road, Ilkeston, Derbyshire DE7 8DR, UK.  
NR 00298/0303

#### 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 Low Mood & Stress Relief Tablets.**

**Reference number: NR 00298/0303.**

**This service is provided by the Royal National Institute of Blind people. Weleda Low Mood & Stress Relief Tablets contain homeopathic stocks prepared in anthroposophic tradition.**

For further information concerning homeopathic medicines contact:  
British Homeopathic Association, CAN Mezzanine, 49-51 East Road, London N1 6AH  
For further information on anthroposophic medicine contact:  
PAFAM, c/o Cathie Green, Woodston Oast House, Woodston, Tenbury Wells, Worcestershire, WR15 8JG