

# Padma® 28 capsules

PADMA

*Tibetan medicinal product*

## **AMZV**

### **What are PADMA 28 capsules and when are they used?**

PADMA 28 capsules are a medicinal product produced in Switzerland according to a proven recipe of Tibetan medicine (for ingredients, see ‘What do PADMA 28 capsules contain?’). The product is used in circulatory disorders with symptoms such as a tingling sensation, formication, feeling of heaviness and tension in the legs and arms, numbness of the hands and feet and calf cramps.

According to the tradition of Tibetan medicine, circulation-stimulating and anti-inflammatory effects and antibacterial properties in respiratory-tract infections are attributed to the camphor recipes on which PADMA 28 capsules are based.

### **What else should be considered?**

Persons who are under medical treatment should inform their doctor if they are taking PADMA 28 capsules. If your condition deteriorates, you must consult a doctor!

An unbalanced diet or one high in fats, smoking, stress and lack of exercise can lead to exacerbation of the symptoms and should be avoided.

PADMA 28 capsules are also suitable for diabetics. The product does not contain lactose and is gluten-free.

### **When must PADMA 28 capsules not be used or used only with caution?**

PADMA 28 capsules must not be used in patients with known hypersensitivity to one of the ingredients or one of the excipients (see ‘What do PADMA 28 capsules contain?’).

Inform your doctor, your pharmacist or your druggist if you are suffering from other diseases, have any allergies or are taking other medication (including medicinal products bought over the counter!).

### **May PADMA 28 capsules be taken during pregnancy and breast-feeding?**

According to experience to date, if the medication is used in accordance with the instructions there is no known risk for the unborn child. However, systematic scientific studies have never been carried out. As a precaution, you should avoid taking any kind of drugs during pregnancy and breast-feeding or ask your doctor, your pharmacist or your druggist for advice.

### **How do you use PADMA 28 capsules?**

*Adults:* Unless otherwise prescribed by the doctor, start the treatment with 2 capsules 3 times a day, taken with ample fluid 30 minutes to 1 hour before meals. As soon as there is definite improvement the dosage can be reduced to 1 to 2 capsules per day. Persons who have difficulty swallowing should suspend the contents of the capsules in lukewarm water. If gastrointestinal symptoms appear, the capsules may be taken at mealtimes, with ample fluid (preferably boiled, lukewarm water). The dosage may possibly have to be reduced. If the capsules have been prescribed for you by your doctor, any adjustment of the dosage should be discussed with him/her. Allow an interval of one-and-a-half to two hours between taking PADMA 28 capsules and other medication.

Keep to the dosage indicated in the package insert or prescribed by the doctor. If you think that the effect of the medication is too weak or too strong, talk to your doctor, your pharmacist or your druggist.

*Children:* The use and safety of PADMA 28 capsules has not been studied in children and youths; there is no relevant indication for use of the product in children.

### **What are the possible side effects of PADMA 28 capsules?**

The following side effects can appear after taking PADMA 28 capsules:

Gastrointestinal disorders and cutaneous reactions or itching may very rarely occur. Isolated cases of palpitations and slight restlessness have been observed in predisposed individuals.

If you notice any side effects which are not described here, you should inform your doctor, your pharmacist or your druggist.

***What other precautions should you take?***

Like all medicinal products, PADMA 28 capsules must be kept out of the reach of children.

The product must only be used up to the date indicated with “EXP“ on the container. Store in original package at room temperature (15 - 25°C).

Further information may be obtained from your doctor, your pharmacist or your druggist who have access to the detailed Product Information for Medical Professionals.

***What do PADMA 28 capsules contain?***

*One capsule contains:*

Columbine 15 mg, valerian root 10 mg, D-camphor 4 mg, aconite 1 mg, lettuce leaf 6 mg, clove 12 mg, golden cinquefoil 15 mg, kaempferia galanga rhizome 10 mg, costus root 40mg, Iceland moss 40 mg, cardamom fruit 30 mg, Bengal quince 20 mg, myrobalan fruit 30 mg, calcium sulphate 20 mg, allspice 25 mg, neem fruit 35 mg, calendula flower 5 mg, red sandalwood 30 mg, heart-leaved sida 10 mg, ribwort plantain 15 mg, liquorice root 15 mg, knotgrass 15 mg.

The product also contains excipients.

58436 (Swissmedic)

***Where can you buy PADMA 28 capsules? What pack sizes are available?***

In pharmacies and drugstores, without medical prescription. Supplied in packs of 60 and 200 capsules. Hospital pack of 540 capsules.

***Marketing authorisation holder***

PADMA AG, Wiesenstrasse 5, 8603 Schwerzenbach, Switzerland

***Manufacturer***

Padma AG, Wiesenstrasse 5, 8603 Schwerzenbach.

***This package insert was last checked by the Swiss Agency for Therapeutic Products (Swissmedic) in July 2008.***