Package leaflet: information for the user
Eucarbon Herbal tablets
Senna leaf powder, dry extract of rhubarb root, powdered charcoal

Read all of this leaflet carefully before you start using this medicine because it contains important information for you.
Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist 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 doctor if you do not feel better or if you feel worse after 1-2 weeks.

What is in this leaflet

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1. What Eucarbon Herbal is and what it is used for
Eucarbon Herbal tablets contain only herbal active substances. Senna leaves and rhubarb extract have a mild laxative effect. The laxative effect of Eucarbon Herbal tablets manifests 8-10 hours after intake of the preparation.
Indications: Constipation

2. What you need to know before you take Eucarbon Herbal

Do not use Eucarbon Herbal tablets:

- if you are allergic to the active substances or any of the other ingredients of this medicine (listed in section 6).
- if you have duodenal tumour, appendicitis or other inflammations of gastrointestinal tract, ileus, abdominal pain with unknown cause
- if you are pregnant or breast-feeding
- in children under 2 years of age.

Warnings and precautions
Talk to your doctor, pharmacist or nurse before using Eucarbon Herbal.
The efficacy may decrease with prolonged use.
Dosing is individual. Severe diarrhoea indicates overdose.
Do not use the medicine for more than 1-2 weeks, except when the doctor has prescribed otherwise.
Do not use Eucarbon Herbal tablets to promote weight loss.

Eucarbon Herbal with food and drink
Eucarbon Herbal should be taken with a sufficient amount of liquid.

Pregnancy and breast-feeding
If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

Pregnancy
Eucarbon Herbal may be used during pregnancy only with a doctor's approval.

Breast-feeding
Ask your doctor or pharmacist for advice before taking this medicine.
Eucarbon Herbal tablets may be used during breast-feeding only with doctor's approval.

Other medicines and Eucarbon Herbal
Tell your doctor if you are taking, have recently taken or might take any other medicines. Eucarbon Herbal may cause a potassium deficit, which may lead to strengthening of the effect of cardiac glucosides.

3. How to take Eucarbon Herbal

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

Eucarbon Herbal should be taken with a sufficient amount of liquid. Unless otherwise prescribed, follow the instructions below.
For adults and children over 12 years: 1-2 tablets three times a day during or after a meal. This dose has a mild laxative effect. For stronger laxative effect the dose should be increased to 3-4 tablets taken in the evening.
For children over 2 years of age (when recommended by paediatrician): ½-1 tablet up to three times a day with food.

If you feel that the effect of Eucarbon herbal tablets is too strong or too weak, talk to your doctor or pharmacist.

If you take more Eucarbon Herbal than you should
The result of overdosage is diarrhoea and when it occurs the use of the medicine should be stopped or dose reduced.

If you forget to take Eucarbon Herbal
Do not take a double dose to make up for a forgotten dose.

4. Possible side effects

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

Side effects (abdominal pain and diarrhoea) occur very rarely with recommended doses. Due to alkaline reaction urine may become pale red, which has no clinically significant meaning. Due to the content of senna and rhubarb in the medicine the effect causing nausea and vomiting due to the central nervous system effect of laxatives based on anthraquinone derivatives cannot be excluded.
During prolonged use a loss of electrolytes (especially potassium) may be observed, which may cause indolence of the function of intestines (intestinal atony and constipation).

Reporting of side effects
If you get any side effects, talk to your 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.

5. How to store Eucarbon Herbal

Do not store above 25 °C. Store in the original package in order to protect from light. Do not use this medicine after the expiry date which is stated on the carton. The expiry date refers to the last day of that month.

Keep this medicine out of the sight and reach of children.

6. Contents of the pack and other information

What Eucarbon Herbal contains

- One tablet contains:
  Powder of senna leaves *(Cassia senna*) 105 mg
  Dry extract of rhubarb radix (*Rheum palmatum*) (3-5:1) 25 mg, which corresponds to 2.65-3.95 mg of anthraquinones (rhein)
  Powdered charcoal 180 mg
- The other excipients are mint oil, fennel oil, sugar, corn starch, gum arabic, kaolin.