

Antistax[®]

Leg Health Supplement

Film coated tablets

Vitis vinifera leaf extract

Consumer Medicine Information

What is in this leaflet

This leaflet answers some common questions about Antistax Leg Health Supplement.

It does not contain all the available information.

It does not take the place of talking to your doctor or pharmacist.

If you have any concerns about taking this medicine, ask your doctor or pharmacist.

This leaflet was last updated on the date at the end of this leaflet. More recent information may be available. The latest Consumer Medicine Information is available from your pharmacist, doctor, or from www.medicines.org.au and may contain important information about the medicine and its use of which you should be aware.

Keep this leaflet with the medicine.

You may need to read it again.

What Antistax Leg Health Supplement is used for

Antistax Leg Health Supplement helps promote healthy leg circulation, helps relieve swollen, tired, heavy, aching legs and helps manage the symptoms of varicose veins.

Before you take Antistax Leg Health Supplement

When you must not take it

Do not take Antistax Leg Health Supplement if you are allergic to red vine leaf extracts or any of the other ingredients listed at the end of this leaflet.

Some of the symptoms of an allergic reaction may include:

- shortness of breath
- wheezing or difficulty breathing
- swelling of the face, lips, tongue or other parts of the body (except where leg swelling was already a symptom)
- rash, itching or hives on the skin.

The use of Antistax Leg Health Supplement during pregnancy and breast-feeding is not recommended.

There are no studies in pregnant and breast-feeding women.

Do not give this medicine to children or adolescents under the age of 18 years.

Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

If you are not sure whether you should start taking this medicine, talk to your doctor or pharmacist.

Before you start to take it

Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your doctor if you experience, especially in one leg, a sudden swelling, reddening of the skin, feeling of tension, heat and pain.

These symptoms may be due to a condition known as thrombophlebitis (swelling and redness along a vein which is extremely tender when touched). This is not due to the treatment with Antistax Leg Health Supplement, which may be continued.

Tell your doctor if there is persistent swelling in both legs.

Taking other medicines

Tell your doctor or pharmacist if you are taking any other medicines, including any that you get without a prescription from your pharmacy, supermarket or health food shop.

How to take Antistax Leg Health Supplement

Follow all directions given to you by your doctor or pharmacist carefully.

They may differ from the information contained in this leaflet.

If you do not understand the instructions on the box, ask your doctor or pharmacist for help.

How much to take

The usual dose is one 360 mg tablet once daily, taken in the morning.

This may be increased to two 360 mg tablets once daily, taken in the morning.

How to take it

Swallow the tablets whole with a full glass of water before meals.

If you take too much (overdose)

Immediately telephone your doctor, pharmacist or the Poisons Information Centre (telephone 13 11 26) for advice, if you think that you or anyone else may have taken too much Antistax Leg Health Supplement. Do this even if there are no signs of discomfort or poisoning.

While you are taking Antistax Leg Health Supplement

Things you must do

Continue taking Antistax Leg Health Supplement for 6 weeks. Initial benefits may be seen within 3 to 4 weeks.

Seek medical advice if symptoms persist after 6 weeks of therapy.

Your doctor will assess your condition and decide if you should continue to take Antistax Leg Health Supplement or if a new treatment plan is needed.

If you are about to be started on any new medicine, remind your doctor and pharmacist that you are taking Antistax Leg Health Supplement.

If you become pregnant while taking this medicine, tell your doctor immediately.

Antistax Leg Health Supplement is not recommended during pregnancy.

Side effects

Tell your doctor or pharmacist as soon as possible if you do not feel well while you are taking Antistax Leg Health Supplement.

All medicines can have side effects. Sometimes they are serious, most of the time they are not.

Ask your doctor or pharmacist to answer any questions you may have.

Tell your doctor or pharmacist if you notice any of the following and they worry you:

- nausea
- stomach discomfort
- other symptoms involving the digestive system
- itchy rash
- hives.

If any of the following happen, tell your doctor immediately or go to Emergency at your nearest hospital:

- swelling of the face, lips, mouth, tongue or other parts of the body (except where leg swelling was already a symptom)
- shortness of breath
- wheezing or difficulty breathing.

The above list includes very serious side effects. You may need urgent medical attention or hospitalisation.

Tell your doctor or pharmacist if you notice anything that is making you feel unwell.

Other side effects not listed above may also occur in some people.

After taking Antistax Leg Health Supplement

Storage

Keep your tablets in the pack until it is time to take them.

If you take the tablets out of the pack they may not keep well.

Keep your tablets in a cool dry place where the temperature stays below 25°C.

Do not store Antistax Leg Health Supplement or any other medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car.

Heat and dampness can destroy some medicines.

Keep it where children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Disposal

If your doctor tells you to stop taking this medicine or the expiry date has passed, ask your pharmacist what to do with any medicine that is left over.

Product description

What it looks like

Antistax Leg Health Supplement is the brand name of your medicine.

Antistax Leg Health Supplement tablets are a brownish-red, oblong, biconvex film-coated tablet.

Antistax Leg Health Supplement is available in blister packs of 30 tablets.

Antistax Leg Health Supplement is available from your local pharmacy without a prescription.

Ingredients

Each Antistax Leg Health Supplement tablet contains 360 mg of dried *Vitis vinifera* (red vine) leaf extract which is equivalent to dried *Vitis vinifera* leaf 1.8 g.

Each Antistax Leg Health Supplement tablet also contains the following ingredients:

- cellulose-microcrystalline
- croscarmellose sodium
- calcium hydrogen phosphate anhydrous
- crospovidone
- silica colloidal
- magnesium stearate
- hypromellose
- tristearin
- titanium dioxide
- talc - purified
- iron oxide red
- water – purified.

Supplier

Antistax Leg Health Supplement tablets are supplied in Australia by:

Boehringer Ingelheim Pty Limited

ABN 52 000 452 308

78 Waterloo Road

NORTH RYDE NSW 2113

This leaflet was updated in February 2016.

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