



# AvenaCalm

*Avena sativa*  
oral drops



## Information

### Important things you need to know

- This product is used for the temporary relief of the symptoms of mild stress such as mild anxiety and to help sleep.
- This product is suitable for adults over 18 years.
- **Don't take** this product if you are allergic to any of the ingredients: see section 6.
- **Before you take this product:** read section 2.
- **Dosage instructions:** see section 3.
- **Talk to your doctor** if your symptoms worsen or you do not feel any benefit from this product within 4 weeks.

**Now read the rest of this leaflet carefully.** Keep this leaflet. You may need to read it again.

## 1. What this product is for

**AvenaCalm is a traditional herbal medicinal product for the temporary relief of symptoms associated with mild stress such as:**

- Mild anxiety
- To help sleep

This is based on traditional use only.

## Do's & Don'ts

### 2. Before you use this product

#### Do not use this product:

- If you are under 18 years of age.
- If you are allergic to any of the ingredients in this product (see section 6 Further Information).
- If you are taking another medicine which is affected by alcohol.
- If you are pregnant or breast-feeding.
- If you suffer from coeliac disease consult your doctor before using this product. The protein content of this product is not known.

#### You should also know

- This medicinal product contains 51 vol % ethanol (alcohol), i.e. up to 327 mg per 30 drop dose, equivalent to 8.26 ml beer (less than a tablespoon) or 3.44 ml wine (less than a teaspoon) per dose.
- If you suffer from alcoholism the alcohol content of this product may be harmful.
- If you are in a high-risk group (patients with liver disease or epilepsy) you should consider the alcohol content before taking this product.

## Using

### 3. How to use this product

#### Adults and the elderly:

#### For mild stress and mild anxiety:

Take 25-30 drops in a little water twice daily.

This product may also be used **to help sleep:** Take 30 drops in a little water half an hour before bedtime.

Do not take more than 90 drops a day.

Not for use in children or those under 18.

#### If you take too much

- If you take too much and feel ill, talk to your doctor. Taking too much is unlikely to be harmful.
- Overdose of this product may result in alcohol intoxication and should be treated accordingly (see section 2 'You should also know').

#### If you forget to take this product

- Don't worry about the missed dose. Take the next dose as usual.

#### If you feel this product isn't working

- See your doctor if your symptoms worsen or do not improve within 4 weeks.

#### Driving and using machines

- This product is intended to help you relax. If you feel drowsy do not drive or operate machinery.
- This product contains alcohol (see section 2 'You should also know' for alcohol content).



## Side effects

### 4. Possible side effects

No side effects have been reported with the use of products containing *Avena sativa* extract.

If you notice any side effects please tell your doctor or pharmacist.



## Information

### 5. How to store this product

- Keep out of the reach and sight of children.
- Do not use this product after the expiry date on the packaging. The expiry date refers to the last day of that month.
- Use within 4 months of opening.
- This product does not require any special storage conditions.
- Do not use this product if you notice a change in colour. It should be a clear liquid that is yellow-brown to green-brown in colour.

### 6. Further Information

#### What this product contains

1 ml of oral liquid contains 940 mg of tincture from the pressed juice of fresh oat herb (*Avena sativa* L.) (1:1.2). Extraction solvent: ethanol 51% v/v.

1 ml of AvenaCalm oral drops is equivalent to 37 drops.

The other ingredients used for the liquid are ethanol and water.

#### What this product looks like and the contents of the pack

AvenaCalm is a clear liquid that is yellow-brown to green-brown in colour. AvenaCalm is available in 50 ml and 100 ml bottles. Not all pack sizes may be marketed.

#### Traditional Herbal Registration Holder and Manufacturer

##### Traditional Herbal Registration Holder and Batch Release:

Bioforce (UK) Ltd,  
2 Brewster Place,  
Irvine, Ayrshire, UK  
KA11 5DD

##### Manufacturer:

Bioforce AG, CH-9325, Roggwil  
Switzerland

THR No. 13668/0023



Certification Mark

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#### What is *Avena sativa*?

*Avena sativa* is more commonly known as oats. It is the extract of the above-ground parts of the plant which is used to make AvenaCalm.

#### You should also know

Bioforce runs a helpline by phone and email which can provide you with further information.

Email: [enquiries@avogel.co.uk](mailto:enquiries@avogel.co.uk)

Phone: 0845 608 5858

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). Alternatively you can get a paper Yellow Card form from your doctor's surgery or pharmacy, or call freephone 0808 100 3352 (available 10am-2pm Monday-Friday).

You can get a larger print or audio version of this leaflet.

Call this number:  
0845 608 5858.