

# TAMARINE®

## FRUIT MARMALADE

### QUALITATIVE & QUANTITATIVE COMPOSITION:

Packaging: Carton box with 10 PET 12.5g containers sealed with aluminum foil.

Active ingredients: Senna Leaf Powder 8% (w/w Cassia angustifolia [known as Senna of Tinnevely]), Tamarind Extract 0.39% (w/w), Cassia Pulp Extract 0.39% (w/w), Coriander Fruit Powder 0.18% (w/w).

**INDICATIONS:** Pharmaceutical product of plant origin for short-term use in cases of occasional constipation. Read all of this leaflet carefully before you start using this medicine, because it contains important information for you. If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. Tell your doctor or pharmacist if you are taking or might take any other medicines.

**CONTRA-INDICATIONS:** Do not use TAMARINE® MARM in cases of: Known hypersensitivity to any of its active ingredients. In cases of intestinal obstruction & stenosis, weakness, appendicitis, inflammatory bowel disease (e.g. Crohn's disease, ulcerative colitis), abdominal pain of unknown etiology, severe dehydration with deficiency of fluids and electrolytes. Not to be used by children below 12 years of age. Do not use during pregnancy and breast-feeding.

**POSSIBLE SIDE EFFECTS:** Hypersensitivity reactions (pruritus, urticaria, local or generalized rash), abdominal pain and spasms and liquefied stool especially in patients with irritable colon. Long-lasting use may cause fluid or electrolyte imbalance, proteinuria, haematuria, pigmentation of the intestinal mucosa (intestinal pseudomelanosis). During the usage of the product you may observe yellow or reddish (depending on the pH) urine discoloration by certain metabolites with no clinical significance. Update of adverse event reporting data: Greece: National Medicines Agency, Mesogeion 284, GR-15562 Cholargos, Athens, Tel: + 30 2132040337, Website: <http://www.eof.gr>, <http://www.kitrinikarta.gr>

**SPECIAL WARNINGS & PRECAUTIONS FOR USE:** Patients receiving cardiac glycosides, antiarrhythmic drugs, pharmaceutical products causing QT prolongation, diuretics, adrenocorticosteroids or liquorice should consult their doctor before using senna leaf products. Senna leaves should not be consumed by patients suffering from coprosthesis, undiagnosed intense or persistent gastrointestinal symptoms such as abdominal pain, nausea and vomiting, unless if their use has been recommended by their doctor, as these symptoms may indicate potential or existing intestinal obstruction (ileus). Patients with renal disorders should consider the possibility of disturbance in their fluid & electrolyte balance before using the product. If the constipation you are suffering from requires the usage of a laxative on a daily basis, then you should investigate its cause. The long-lasting usage of laxatives should be avoided.

Not to be used by diabetics as it contains sugar.

**DOSAGE SCHEME:** The recommended dosage is 1-2 teaspoons, that is 12-24 mg of glycosides A+B in the evening before bedtime. Begin treatment regimen with 1 teaspoon and increase gradually depending on results. Use of this medicine two to three times per week maximum, is deemed adequate. Use for more than 1-2 weeks requires medical supervision. You should always use this medicine exactly as described in the present leaflet or according to your doctor's or pharmacist's instructions. **If you consume a higher dose of TAMARINE® MARM than the one recommended:** You should follow a supportive therapy by taking adequate fluid quantities. You should monitor the electrolytes level, especially potassium. This is very important especially for the elderly. Do not use the product if the protective aluminum foil is opened. Keep out of the sight and reach of children. No specific storage conditions are required for this product. Shelf-life after opening: 2 months. Supply Status: Medicinal product not subject to medical prescription. Available also in a transparent glass vase (260 gr) sealed with screwed lid. MAH: Gerolymatos International S.A. 8 Asklipiou St., Kryoneri 14568 Athens, Greece +30 210 3500800. Marketing Authorization Number: 41510/12-11-2009.

**Poison Centre Tel: +30 210 7793777**