

Black Cohosh Rumatix

Therapeutic indication:

English Herbal Medicines Black Cohosh Rumatix is a traditional herbal medicinal product used for the symptomatic relief of backache and muscular and rheumatic aches and pains, based on traditional use only.

Components:

Each 5 ml of oral liquid contains 5 ml of liquid extract from dried Black Cohosh rhizome and root (*Cimicifuga racemosa* (L.) Nutt.) (1:1). Extraction solvent: ethanol 82 % v/v. Also contains ethanol and water.

Dosage:

For the the symptomatic relief of backache and muscular and rheumatic aches and pains: Take 0.2ml (six drops) three times a day in water or fruit juice if desired.

Enviro Friendly Label and Packaging:

Almost zero new paper packaging is produced for the manufacture of this product. The Patient Information Leaflet is found behind the peel-and-reseal front label. There is no bottle box and product is re-delivered in the same outer card wrapping that the empty bottles are received in by the final dosage form manufacturers (subject to quality checks).

Pack Size:

50ml bottle, tamper evident, with glass pipette and rubber teat assembly.



Black cohosh

Black cohosh has long been used by Native American Indians for its analgesic, sedative and anti-inflammatory properties. The formula for Black Cohosh Rumatix was a traditional herbal remedy originating from Potters, the first English herbal medicine company, founded in 1812 and which grew to become the main UK supplier of medicines in the nineteenth century.

Liquid extract of Black cohosh appears in the very earliest of British Pharmacopoeia¹ and remained in the pharmacopoeia for the rest of the twentieth century. It is now one of the top herbs used by medical herbalists in the western world as a natural anti-inflammatory remedy for rheumatic like pains².

It is an American native herb and in 1897 TJ Lyle, the leading American Physico-Medicalist wrote that Cimicifuga soothes the serous membrane and gives a fullness to the pulse and is hence of much importance in the acute and chronic rheumatism.³



The famous American Eclectic, John Scudder said that Cimicifuga is specifically indicated in sense of soreness, with dragging pains in the uterus, and muscular pain in back, loins, hips and thighs. The pains resemble those of rheumatism.⁴

and in 1929, it was described as “frequently employed as a remedy for rheumatism, neuralgia, dysmennorrhea (period pains), &c”⁵

Black cohosh has an oestrogen-like effect, binding to oestrogen receptors, suppresses luteinising hormone (LH). Modern traditional uses of are particularly for arthritis and rheumatism, neuralgia, sciatica, menstrual disorders, &c⁶



Cimicifuga racemosa L.

References:

1. The Medical Council, 1885. The British Pharmacopoeia, London: Spottiswoode & co
2. Bartram, T., 1995. Encyclopaedia of Herbal Medicine, Christchurch: Grace Publishers
3. Lyle, T.J., 1897. Physico-Medical Therapeutics, Materia Medica and Pharmacy, USA: Ohio
4. Scudder J.M., 1898. The American Eclectic Materia Medica and Therapeutics, Cincinnati: Scudder Bros.
5. Greenish, H.A., 1929. A Text Book of Materia Medica, London: Churchill
6. Mills, S.Y., Bone, K., 2000. Principles and Practice of Phytotherapy, London: Churchill Livingstone

ENGLISH HERBAL
MEDICINES

Black Cohosh Rumatix

A traditional herbal medicinal
product used for symptomatic
relief of backache and muscular
and rheumatic aches and pains,
based on traditional use only

50ml

Ingredients: 1 ml of oral liquid contains 1 ml of liquid extract from dried Black Cohosh rhizome and root (*Cimicifuga racemosa* (L.) Nutt.) (1:1). Extraction solvent: ethanol 82 % v/v. This product also contains the following ingredients: Ethanol (from extract)

HOW TO TAKE THIS PRODUCT: For oral use only. **Adults and the elderly:** Take 0.2ml (six drops) three times a day in water or fruit juice if desired.

This formulation is not suitable for those under 18, pregnant or breastfeeding women, patients who are allergic to any of the ingredients, patients who have liver or kidney disease or patients who have ever had or are suffering from an oestrogen dependent tumour. **Keep all medicines out of the reach and sight of children. Do not exceed the stated dose.**

Manufacturer and Traditional Herbal Registration Holder: English Herbal Medicines Ltd., Brooke, Rutland LE15 8DG. **THR No: 28255/0018.** Prepared Feb 2011



PEEL HERE BUT DO NOT REMOVE

ENGLISH HERBAL MEDICINES BLACK COHOSH RUMATIX

BEFORE YOU TAKE THIS PRODUCT

Do not take this product if you:

- have ever had or are suffering from liver or kidney disease (eg hepatitis, cirrhosis or jaundice)
- have ever had or are suffering from an oestrogen dependent tumour
- are of child-bearing potential and do not use contraception
- are pregnant or breastfeeding
- are allergic to any of the ingredients
- are under 18 years of age

As there is evidence that Black Cohosh may have hormone-like actions, it should only be used by women of child-bearing potential if contraception is used.

Tell your doctor before you take this product if you are currently taking a medicine containing oestrogen.

If your symptoms worsen or do not improve after 4 weeks, or adverse reactions not mentioned in the leaflet occur, speak to your doctor, pharmacist or qualified healthcare practitioner.

You should also know: This product contains approximately 129 mg of ethanol (alcohol) per dose equivalent to 3.2 ml of beer or 1.4 ml of wine. Harmful for people suffering from alcoholism or liver disease.

If you have any questions, or are unsure about anything, please ask your doctor, pharmacist or qualified healthcare practitioner.

POSSIBLE SIDE EFFECTS

Like all medicines, this product can have side effects, although not everybody gets them.

Uncommon side-effects (affect fewer than 1 in 1000 people)

- digestive upsets (such as indigestion or diarrhoea)
- facial swelling
- weight gain
- allergic skin reactions (such as nettle rash, itching of the skin).

If these persist or become troublesome stop taking the product. These uncommon side effects are often temporary. Stop taking this product immediately if you experience any allergic skin reaction.

Black Cohosh may rarely cause liver problems. If you notice symptoms such as yellowing skin/eyes, nausea, vomiting, dark urine, abdominal pain, unusual tiredness, stop taking the product immediately and seek medical advice. Tell your doctor or pharmacist if you notice any other side effects.

STORING THIS PRODUCT

Do not use after the expiry date shown on the bottle. Return any out of date medicine to your pharmacist who will dispose of it for you. This product does not require any special storage conditions. Keep the bottle tightly closed.

FURTHER INFORMATION

If you take too much of this product (overdose): If you take more than the recommended dose, speak to a doctor, pharmacist or qualified healthcare practitioner and take this leaflet with you.

If you forget to take this product: Continue to take your usual dose at the usual time. It does not matter if you have missed a dose.

If you would like further information about this product, contact:

English Herbal Medicines Ltd, Town Park Farm, Brooke, Rutland LE15 8DG.

You can help to make medicines safer by reporting any side-effects to the Yellow Card Scheme at www.yellowcard.gov.uk. Alternatively you can get a paper Yellow Card form from your GP's surgery or pharmacy, or call freephone 0800 100 3352 (available 10.00am – 2.00 pm Monday – Friday).



Certification
Mark

EHRUMATL50/001

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MEDICINES

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