

# Revalid®

## Patient Information Leaflet

**Read all of this leaflet carefully. It contains important information for you.**

This medicine is available without prescription. However, you still need to take Revalid® carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist in case you need more information or advice.
- Contact a doctor if your symptoms worsen or do not improve after 3 months.
- If any of the side effects gets serious or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

**In this leaflet:**

1. What Revalid® is and what it is used for
2. Before you take Revalid®
3. How to take Revalid®
4. Possible side effects
5. How to store Revalid®
6. Further information

**1. What Revalid® is and what it is used for**

Revalid® contains aminoacids, vitamins and trace elements, which are natural constituents of food. The active ingredients in Revalid® favour the formation of keratin, a basic constituent for hair and nails.

Revalid® exercises a favourable influence on the evolution of hair loss: it can partially stop hair loss or at least slow it down. Revalid® makes nails less brittle.

Revalid® is used for treatment of the following symptoms:

- Alopecia of various origin, among others: diffuse alopecia, seborrheic alopecia, alopecia following illness or pregnancy, alopecia due to medications or to hormonal causes.
- Hair loss and hair growth disorders of unknown origin.
- Deterioration of hair structure (split hair, brittle and dull, lifeless hair).
- Nail growth disorders and dystrophy.

For androgenetic alopecia and alopecia areata, the effect of Revalid® is limited to the strengthening of the remaining hair.

**2. Before you take Revalid®**

Hair disorders are often aggravated by nutritional imbalance. If possible a well-balanced and varied diet should be adopted.

Harsh restrictive diets or excessive low-calorie diets should be avoided, as well as aggressive treatments (bleaching, excessive dyeing, overuse of shampoos, hot drying, deliberate pulling and prolonged unshielded exposure to the sun). As to nails, wearing rubber gloves will best protect them during house work.

**Do not take Revalid®**

- if you are allergic (hypersensitive) to any of the active substances or any of the other ingredients.

Revalid® should not be used by children under 12 years of age due to insufficient data.

**Taking other medicines**

During treatment with sulfonamides, therapy with Revalid® should be interrupted (the activity of sulfonamides is inhibited by paraaminobenzoic acid).

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

**Pregnancy and breast-feeding**

If you are pregnant or breast-feeding woman, consult your physician before you start taking Revalid®.

**Driving and using machines**

Revalid® does not have any influence on the ability of driving and using machines.

**Important information about some of the ingredients of Revalid®**

Information for diabetic persons: 1 capsule = 0,035 fruit-equivalent (6,7 kJ/1,6 kcal). Information for patients with coeliac disease: 1 capsule contains 1 mg of gluten.

**3. How to take Revalid®**

Always take the dose as described in this leaflet.

If you are not sure about how to use Revalid®, please consult your pharmacist.

The usual dose for adults and children over 12 years is one capsule three times daily with enough liquid just before or during meals.

Although favorable results may occur already at the end of the first month of treatment, the therapy should last three months, and may be prolonged or repeated if necessary.

In acute case, the treatment can be started with an intensive dosage of 2 capsules three times daily; return to the normal dosage of 1 capsule three times daily after one month.

**If you take more capsules than you should or if you forget to take Revalid®**

In case one dose has been omitted or in case of a light occasional overdose you can go on with the treatment without modification. Do not take a double dose to make up for a forgotten dose.

If you feel that the efficacy of the drug is too weak or too strong please refer to your doctor or pharmacist.

**4. Possible side effects**

Like all medicines Revalid® can cause side effects. However they do not affect everybody. Occasionally at the dosage of 6 capsules daily slight digestive discomfort may occur. In that case reduce the dosage to 3 capsules daily. However, Revalid® is usually very well tolerated.

If any of the side effects gets serious or if you notice any side effects not listed in this leaflet please consult your doctor or pharmacist.

**5. How to store Revalid®**

Revalid® must be stored below 25 °C.

Keep out of the reach and sight of children.

Do not use Revalid® after the expiry date which is stated on the carton and blister.

Medicines should not be disposed of via wastewater or household waste.

Ask your pharmacist how to dispose of medicines no longer required.

These measures will help to protect the environment.

**6. Further information****What Revalid® contains**

1 capsule contains active substances: methionine 100 mg, cystine 50 mg, calcium pantothenate 50 mg, thiamine dihydrochloride 1,5 mg, pyridoxine dihydrochloride 10 mg, paraaminobenzoic acid 20 mg, millet extract 50 mg, wheat-germ extract 50 mg, medicinal yeast 50 mg, iron 2 mg, zinc 2 mg, copper 0,5 mg and excipients: silica, colloidal anhydrous, gelatine, quinoline yellow (E 104), indigocarmine (E 132).

**Contents of the pack**

Revalid® is available in boxes of 30, 120 and 270 capsules.

**Manufacturer**

Ewopharma AG  
Vordergasse 43  
CH-8200 Schaffhausen  
Switzerland



For any information about this medicinal product, please contact the local representative of the Marketing Authorization Holders.

**Date of the last revision of the text**

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