

ALFA[®] 500mg Gastro-Resistant Capsules
Omega-3 free fatty acid (eicosapentaenoic acid)

Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.

1. What Alfa Capsules are and what they are used for

This product is a capsule that contains the active substance eicosapentaenoic acid (icosapent). Eicosapentaenoic acid belongs to a group of medicines called omega-3 free fatty acids.

Taken regularly as a supplement to a balanced diet, this may help in maintaining a healthy colon.

2. What you need to know before you take Alfa Capsules

Do not take Alfa Capsules:

- if you are allergic to fish or any of the other ingredients of this medicine (listed in section 6);
- you have had surgery recently or are due to have surgery;
- you have diabetes that is not controlled;
- you have problems with your liver.

Talk to your doctor or pharmacist before taking **Alfa Capsules** if any of these apply to you.

Other medicines and Alfa Capsules:

Please tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines, including medicines obtained without a prescription. If you take **Alfa Capsules** with some other medicines, the effect of **Alfa Capsules** or the other medicine may be changed.

Talk to your doctor or pharmacist before taking **Alfa Capsules** if you:

- are taking warfarin or other 'blood thinning' products.

Ask your doctor or pharmacist for advice before taking or using any medicine.

Pregnancy and breast-feeding:

Do not take if you are pregnant, think you may be pregnant, planning to have a baby or breastfeeding unless your doctor advises you to do so.

3. How to take Alfa Capsules

Alfa Capsules are for oral use only.

Always take **Alfa Capsules** exactly as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The usual dose is one (1) to two (2) capsules twice daily with meals. Swallow the capsules whole. Do not chew or open the capsules.

Your doctor will advise you how long you should continue taking this medicine.

If you take more Alfa Capsules than you should:

If you have taken more capsules than you should, it is unlikely to cause you harm, although you may experience some stomach discomfort. If anything unusual happens or you feel unwell, please tell your doctor.

If you forget to take Alfa Capsules:

Do not take a double dose to make up for a forgotten dose. Take the next dose at the usual time.

If you have any further questions on the use of **Alfa Capsules**, ask your doctor or pharmacist.

4. Possible side effects

Like all medicines, **Alfa Capsules** can cause side effects, although not everybody gets them.

Side-effects such as stomach upsets, indigestion, feeling sick, abdominal pain and discomfort, allergic reactions, dizziness, diarrhoea, headache and blood in stool can sometimes occur.

Reporting of side effects

If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. By reporting side effects you can help provide more information on the safety of this medicine.

5. How to store Alfa Capsules

Keep **Alfa Capsules** out of the sight and reach of children.

Do not take this medicine after the expiry date which is stated on the label after 'Exp'. The expiry date refers to the last day of that month.

Store below 25°C, in a cool, dry place.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Contents of the pack and other information

What Alfa Capsules contains:

One capsule contains 500 mg eicosapentaenoic acid.

The other ingredients are:

alpha tocopherol, gelatin, sorbitol, glycerol, titanium dioxide (E171), brilliant blue FCF (E133), hydroxypropylmethyl cellulose phthalate, dibutyl sebacate.

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