Potter’s Watershed Tablets

THR 33656/0069

UKPAR

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POTTER’S WATERSHED TABLETS

THR 33656/0069

LAY SUMMARY

The Medicines and Healthcare products Regulatory Agency (MHRA) granted Vifor Pharma UK Ltd (trading as Potters) a Traditional Herbal Registration Certificate for the traditional herbal medicinal product Potter’s Watershed Tablets (Traditional Herbal Registration number: THR 33656/0069) on 27 February 2013. Potter’s Watershed Tablets are available without prescription and can be bought from pharmacies and other outlets.

Potter’s Watershed Tablets is a traditional herbal medicinal product used to relieve symptoms in mild cases of water retention, based on traditional use only.

This registration is based exclusively upon evidence of the use of Buchu leaf and dry extract of Uva Ursi leaf as a traditional herbal medicine and not upon data generated from clinical trials. There is no requirement under the Traditional Herbal Registration scheme to prove scientifically that the product works.

No new or unexpected safety concerns arose from this application and it was, therefore, decided that a Traditional Herbal Registration Certificate could be granted.
POTTER’S WATERSHED TABLETS

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SCIENTIFIC DISCUSSION

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INTRODUCTION

The MHRA granted a Traditional Herbal Registration Certificate for the traditional herbal medicinal product Potter’s Watershed Tablets (THR 33656/0069) to Vifor Pharma UK Ltd on 27 February 2013. This product is on the general sales list (GSL).

A product licence of right (PLR) was originally granted to Potters Ltd for this product. The PLR was reviewed and a product licence (PL 00250/5167R) was granted to Potters Ltd on 30 May 1990. The product licence was transferred to Vifor Pharma UK Ltd on 14 July 2012 (PL 33656/0016). Vifor Pharma UK Ltd has committed to cancel PL 33656/0016 following the grant of the Traditional Herbal Registration Certificate.

This THR application was made under Article 16.c of Directive 2001/83 EC in accordance with arrangements to transfer certain herbal products with a Marketing Authorisation to a THR (according to MHRA Guidance dated January 2009). The application falls within the simplified THR application Category A, as no significant changes have been made to the formulation of the product. No new data were submitted, nor was it necessary for this application, as the data are essentially identical to those of the existing product.
PHARMACEUTICAL ASSESSMENT

HERBAL SUBSTANCE: UVA URSI LEAF

Scientific name of the plant: *Arctostaphylos uva-ursi* (L.) Spreng.
Plant family: Ericaceae
Synonyms of the herbal substance: Bearberry

The herbal substance is acceptable.

HERBAL PREPARATION: UVA URSI LEAF

Drug extract ratio (DER): 5:2
Extraction solvent: Water

The herbal preparation specification is in line with that applied to the herbal preparation used in the already licensed product. It is, therefore, acceptable.

HERBAL SUBSTANCE: BUCHU LEAF

Scientific name of the plant: *Agathosma betulina* (Berg.) Pillans
Plant family: Rutaceae
Synonyms of the herbal substance: Barosma betulina.

The herbal substance is acceptable.

HERBAL PREPARATION: BUCHU LEAF

The herbal substance is processed into powdered form and immediately transferred for use in the manufacture of the tablets, therefore control, packaging and storage of the herbal preparation is not considered relevant in this application. This is consistent with the already licensed product and is therefore acceptable.

HERBAL PRODUCT: POTTER’S WATERSHED TABLETS

Description and Composition of the Herbal Product
Potter’s Watershed Tablets are pale blue, round, film-coated tablets. Each film-coated tablet contains:

88 mg of dry extract from Uva Ursi leaf and 55 mg of Buchu leaf and the pharmaceutical excipients calcium hydrogen phosphate, microcrystalline cellulose, stearic acid, capsicum powder, colloidal anyhydrous silica, croscarmellose sodium, magnesium stearate, maltodextrin, Juniper Berry oil and tablet coating containing hypromellose, glycerol and hydroxypropyl cellulose. The formulation is in line with that of the already licensed product. It is, therefore, acceptable.
Manufacture
The manufacturing process is in line with that of the already licensed product and is satisfactory.

Finished Product Specification
The finished product specification is in line with that of the already licensed product and is satisfactory.

Container Closure System
Potter’s Watershed tablets are stored in tamper evident polyethylene/polypropylene pots packed into a cardboard box. Pack sizes of 36, 60, 84 and 100 tablets have been authorised, although not all pack sizes may be marketed. This type of packaging has been used to store the already licensed product and is satisfactory.

Stability
The product has a shelf-life of 3 years when the storage precautions ‘Do not store above 25°C’ and ‘Store in the original container’ are applied. This is in line with the already licensed product and is appropriate.

Summary of Product Characteristics, product labels and Patient Information Leaflet
All product literature is in line with that of the already licensed product, with some details amended in line with other products registered under the THR scheme.

A package leaflet has been submitted to the MHRA along with results of consultations with target patient groups ("user testing"), in accordance with Article 59 of Council Directive 2001/83/EC. The results indicate that the package leaflet is well-structured and organised, easy to understand and written in a comprehensive manner. The test shows that the patients/users are able to act upon the information that it contains.

ASSESSOR’S OVERALL CONCLUSION
It is recommended that a Traditional Herbal Registration can be granted.
PRECLINICAL ASSESSMENT

INTRODUCTION
No new preclinical data have been supplied with this application and none are required for an application of this type.

Assurance has been given that the results of genotoxicity testing will be provided by the renewal date of the Traditional Herbal Registration.

PRODUCT LITERATURE
All product literature is satisfactory from a preclinical point of view.

ASSESSOR’S OVERALL CONCLUSION
It is recommended that a Traditional Herbal Registration can be granted.
CLINICAL ASSESSMENT

INTRODUCTION
The clinical particulars for Potter’s Watershed Tablets are identical to those for the already licensed product. This is satisfactory.

PRODUCT LITERATURE
All product literature is medically satisfactory.

ASSESSOR’S OVERALL CONCLUSION
It is recommended that a Traditional Herbal Registration can be granted.
OVERALL CONCLUSION AND BENEFIT-RISK ASSESSMENT

QUALITY
Potter’s Watershed Tablets are identical to an already licensed product. It is, therefore, pharmaceutically satisfactory.

PRECLINICAL
No new preclinical data were submitted and none are required for an application of this type. The results of genotoxicity testing will be provided before the THR is renewed.

EFFICACY
No clinical efficacy data are required for registration of Traditional Herbal Medicinal Products.

SAFETY
No new or unexpected safety concerns arose from this application.

BENEFIT-RISK ASSESSMENT
The quality of the product is acceptable and no new preclinical or clinical safety concerns have been identified. The benefit: risk balance is acceptable and a THR should be granted.
POTTER’S WATERSHED TABLETS

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STEPS TAKEN FOR ASSESSMENT

1. The MHRA received the Traditional Herbal Registration application on 21 December 2012
2. Following standard checks and communication with the applicant the MHRA considered the application valid on 07 January 2013
3. Following assessment of the application the MHRA requested further information relating to the dossier on 14 January 2013.
4. The applicant responded to the MHRA’s requests, providing further information on the dossier on 15 February 2013.
5. A THR was granted on 27 February 2013
SUMMARY OF PRODUCT CHARACTERISTICS

1 NAME OF THE MEDICINAL PRODUCT
Potter’s Watershed Tablets

2 QUALITATIVE AND QUANTITATIVE COMPOSITION
Each film coated tablet contains:

- 88 mg of extract (as dry extract) from Uva Ursi leaf (*Arctostaphylos uva-ursi* (L.) Spreng) (5:2) (equivalent to 220 mg Uva Ursi leaf)
  Extraction Solvent: Water

- 55 mg Buchu Leaf (*Agathosma betulina* (Berg.) Pillans)

For full list of excipients, see section 6.1.

3 PHARMACEUTICAL FORM
Tablet.
A pale blue round film coated tablet.

4 CLINICAL PARTICULARS

4.1 Therapeutic indications
A traditional herbal medicinal product used to relieve symptoms in mild cases of water retention, based on traditional use only.

4.2 Posology and method of administration
For oral use only.

Adults: Take two tablets three times a day.

Not recommended for use in the elderly, children and adolescents under 18 years of age. (see section 4.4 “Special warnings and precautions for use”).

If the symptoms worsen or persist after using this product for one week, a doctor or a qualified healthcare practitioner should be consulted.

4.3 Contraindications
Hypersensitivity to the active ingredients or any of the excipients.
Renal disorders.
Conditions where a reduced fluid intake is recommended (e.g. cardiac or renal disease)

4.4 Special warnings and precautions for use
Do not exceed the stated dose.

If symptoms worsen or persist after one week or if symptoms such as fever, spasms, dysuria or blood in the urine occur, a doctor or a qualified healthcare practitioner should be consulted.

Uva ursi leaf may cause a greenish-brown coloration of the urine.

Not recommended for use in the elderly, children and adolescents under 18 years of age because data are not sufficient and medical advice should be sought.
4.5 Interaction with other medicinal products and other forms of interaction
No interaction studies have been performed.
Additive effects with diuretics cannot be excluded and therefore concomitant treatment is not recommended.

4.6 Fertility, pregnancy and lactation
The safety of this product during pregnancy and lactation has not been established, therefore the use of this product during pregnancy and lactation is not recommended.
Studies on fertility have not been carried out.

4.7 Effects on ability to drive and use machines
No studies on the effect on the ability to drive and use machines have been performed.

4.8 Undesirable effects
Nausea, vomiting, stomach-ache have been reported with the use of Uva ursi leaf.
The frequency is not known.
If any adverse reactions occur, a doctor or a qualified healthcare practitioner should be consulted.

4.9 Overdose
No case of overdose has been reported.

5 PHARMACOLOGICAL PROPERTIES

5.1 Pharmacodynamic properties
Not required as per Article 16c(1)(a)(iii) of Directive 2001/83/EC as amended.

5.2 Pharmacokinetic properties
Not required as per Article 16c(1)(a)(iii) of Directive 2001/83/EC as amended.

5.3 Preclinical safety data
Tests on reproductive toxicity, genotoxicity and carcinogenicity have not been performed.
Available tests on genotoxicity of Uva ursi leaf are inadequate. Reproductive toxicity has not been studied. Available carcinogenicity studies have been negative.
Arbutin, the principal component of Uva ursi leaf, displayed some maternal and foetal toxicity in rats after subcutaneous administration of 400 mg/kg/day. No effect on reproduction has been observed at doses of 100 mg/kg/day. Toxicity tests with hydroquinone, a hydrolysis product of arbutin, have demonstrated some evidence of genotoxicity and carcinogenicity. Risks posed by the exposure of hydroquinone during the short-term treatment with Uva ursi leaf preparations are considered minimal.

6 PHARMACEUTICAL PARTICULARS
6.1 **List of excipients**
- Calcium Hydrogen Phosphate
- Microcrystalline Cellulose
- Stearic Acid
- Capsicum Powder
- Colloidal Anyhdrous Silica
- Croscarmellose Sodium
- Magnesium Stearate
- Maltodextrin
- Juniper Berry Oil
- Tablet coating containing hypromellose, glycerol and hydroxypropyl cellulose

6.2 **Incompatibilities**
None known.

6.3 **Shelf life**
Three years.

6.4 **Special precautions for storage**
Do not store above 25°C. Store in the original container.

6.5 **Nature and contents of container**
Tamper evident polyethylene/polypropylene pot packed in a cardboard box: 36, 60, 84 and 100 tablets. Not all pack sizes may be marketed.

6.6 **Special precautions for disposal**
There are no special precautions for disposal.

7 **MARKETING AUTHORISATION HOLDER**
Vifor Pharma UK Ltd
1 Botanic Court,
Martland Park,
Wigan,
WN5 0JZ,
UK.
Trading as: Potters, Wigan WN5 0JZ

8 **MARKETING AUTHORISATION NUMBER(S)**
THR 33656/0069

9 **DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION**
27/02/2013

10 **DATE OF REVISION OF THE TEXT**
27/02/2013
PATIENT INFORMATION LEAFLET

Potter's Herbals (logo)
WATERSHED TABLETS

BUCHU AND EXTRACT OF UVA URSI

PLEASE READ THESE INSTRUCTIONS BEFORE USE

This medicine is available without prescription. However, you still need to take Potter’s Watershed Tablets carefully to get the best results from them.
• Keep this leaflet. You may need to read it again.
• Ask your pharmacist if you need more information or advice.
• You must contact a doctor or a pharmacist if your symptoms worsen or do not improve after one week.
• If you experience any of the side effects listed in the leaflet, or if you notice any other side effects, please consult your doctor or pharmacist.

IN THIS LEAFLET:
1. What Potter's Watershed Tablets are and what they are used for
2. Before you take Potter's Watershed Tablets
3. How to take Potter's Watershed Tablets
4. Possible side effects
5. How to store Potter's Watershed Tablets
6. Further information

1. WHAT POTTER’S WATERSHED TABLETS ARE AND WHAT THEY ARE USED FOR:
Potter’s Watershed Tablets are a traditional herbal medicinal product used to relieve symptoms in mild cases of water retention, based on traditional use only.

Containing Buchu and extract of Uva Ursi.
For full details, see Section 6.
2. BEFORE YOU TAKE POTTER'S WATERSHED TABLETS:

Do not take Potter's Watershed Tablets:
- if you are allergic to any of the ingredients
- if you suffer from kidney or heart problems
- with diuretics used to help relieve water retention
- if you are pregnant or breastfeeding
- if you are elderly or under 18 years of age.

Taking other medicines:
Please ask your doctor or pharmacist for advice if you are taking or have recently taken any other medicines, including medicines obtained without a prescription.

Pregnancy and breastfeeding:
You should not use Potter's Watershed Tablets if you are pregnant or breastfeeding because there is no evidence that it is safe to do so.

3. HOW TO TAKE POTTER'S WATERSHED TABLETS:

It is important that you follow these instructions carefully.

For oral use: Adults: Two tablets three times a day.

The use in the elderly, children and adolescents under 18 years is not recommended.

Do not exceed the stated dose.
If your condition worsens or if symptoms such as fever, spasm or pain when urinating, or blood in your urine occur or symptoms do not improve after one week, consult your doctor or pharmacist.

If you take too many Potter's Watershed Tablets:
Stop taking the medicine and consult your doctor or pharmacist.

If you forget to take Potter's Watershed Tablets:
If you miss a dose, take your next dose at the usual time. Do not take two doses at the same time to make up for a missed dose. Always consult your doctor or pharmacist if you need further advice.

4. POSSIBLE SIDE EFFECTS:
Like all medicines this product can cause side effects, but not everyone gets them. If any of the following or other side effects occur, including allergic reactions, stop taking this product and consult your doctor or pharmacist:
- Nausea, vomiting, stomach-ache have been reported with the use of Uva ursi leaf. The frequency is not known
• Uva ursi leaf may cause a greenish-brown coloration of the urine.

Making medicines safer:
You can help make medicines safer by reporting any side effects to the Yellow Card Scheme at www.mhra.gov.uk/yellowcard Alternatively you can get a paper Yellow Card form from your doctors surgery or a pharmacy, or call freephone 0808 100 3352 (available 10am – 2pm, Monday to Friday).

5. HOW TO STORE POTTER’S WATERSHED TABLETS:

Keep out of the reach and sight of children.

Do not use Potter’s Watershed Tablets after the expiry date. The expiry date is printed on the label and base of the carton.

Do not store above 25°C. Store in the original packaging.

Return any unused medicine to your pharmacist for safe disposal.

6. FURTHER INFORMATION:

Each film coated tablet contains:
88 mg Dry Extract Uva Ursi leaf (Arctostaphylos uva-ursi (L.) Spreng) (5:2) (equivalent to 220 mg Uva Ursi leaf)
Extraction Solvent: Water,
55 mg Buchu Leaf (Agathosma betulina (Berg.) Pillans)

This product also contains:
Calcium Hydrogen Phosphate, Microcrystalline Cellulose, Stearic Acid, Capsicum Powder, Colloidal Anhydrous Silica, Magnesium Stearate, Maltodextrin, Juniper Berry Oil. Tablet coating containing hypromellose, glycerol and hydroxypropyl cellulose

Potter’s Watershed Tablets are pale blue round film coated tablets and are available in containers of 60 tablets.

Traditional Herbal Registration Holder and Manufacturer:
Potters, Wigan WN5 0JZ

Traditional Herbal Registration number:
THR 33656/0069

For further information, call 01202 449752
LABELLING

Carton Front face (Panel 1 and 3)

Braille to be included for Potter’s Watershed Tablets

Potter’s Herbals (logo)

WATERSHED TABLETS

Potter’s Watershed Tablets are a traditional herbal medicinal product used to relieve symptoms in mild cases of water retention, based on traditional use only.

Containing Buchu and extract of Uva Ursi

60 tablets

(BN, EXP & barcode on base of panel 3)

Panel 2

POTTER’S WATERSHED TABLETS (include if space on carton)

PLEASE READ ENCLOSED LEAFLET BEFORE USE
For oral use.

DOSAGE:
Adults: Two tablets three times a day.
The use in the elderly, children and adolescents under 18 years is not recommended.

DO NOT EXCEED THE STATED DOSE

Do not take Potter’s Watershed Tablets
• if you are allergic to any of the ingredients
• if you are pregnant or breastfeeding.

Consult your doctor:
• if your condition worsens or symptoms persist for more than one week

Do not store above 25°C. Store in the original packaging.
Do not use after the expiry date located on the label and base of the pack.

Panel 4
POTTER’S WATERSHED TABLETS *(include if space on carton)*
Potter’s Watershed Tablets are a traditional herbal medicinal product used to relieve symptoms in mild cases of water retention, based on traditional use only.

Containing Buchu and extract of Uva Ursi

**ACTIVE INGREDIENTS:**
Each film coated tablet contains:
88 mg Dry Extract Uva Ursi leaf (*Arctostaphylos uva-ursi* (L.) Spreng) (5:2) (equivalent to 220 mg Uva Ursi leaf) Extraction Solvent: Water,
50 mg Buchu Leaf (*Agathosma betulina* (Berg.) Pillans)

**KEEP ALL MEDICINES OUT OF THE REACH AND SIGHT OF CHILDREN**

**Traditional Herbal Registration Holder:**
Potters, Wigan WN5 0JZ
THR 33656/0069

THR logo

For further information, call 01202 449752

Product Code:
DIO60C
Pot Label

Left Hand Side

Potter’s Watershed Tablets are a traditional herbal medicinal product used to relieve symptoms in mild cases of water retention, based on traditional use only.

ACTIVE INGREDIENTS:
Each film coated tablet contains:
88 mg Dry Extract Uva Ursi leaf (5:2 Water), 50 mg Buchu Leaf

Traditional Herbal Registration Holder:
Potters, Wigan WN5 0JZ
THR 33656/0069
THR logo

(Space for BN and EXP)

Front face

Potter’s Herbals (logo)
WATERSHED TABLETS
60 tablets

Right Hand Side

PLEASE READ ENCLOSED LEAFLET
For oral use.
Adults and the elderly: Two tablets three times a day.
DO NOT EXCEED THE STATED DOSE
You should not use this product if you are pregnant, breastfeeding, under 18 years or allergic to any of the ingredients.
If your symptoms persist for more than one week, consult your doctor.
KEEP ALL MEDICINES OUT OF THE REACH AND SIGHT OF CHILDREN

Product Code:
DIU60L