

**1. NAME OF THE MEDICINAL PRODUCT**

Hox alpha<sup>®</sup>  
Hard capsules

**2. QUALITATIVE AND QUANTITATIVE COMPOSITION**Active substance

Nettle leaf dry extract (19–33 : 1);  
Extraction agent: 2-propanol 95 % (V/V)  
145 mg/hard capsule

For the full list of excipients, see section 6.1.

**3. PHARMACEUTICAL FORM**

Capsule, hard  
Colour: green

**4. CLINICAL PARTICULARS****4.1 Therapeutic indication**

For the supportive treatment of rheumatic complaints.

**4.2 Posology and method of administration**

Usual dose for adults and adolescents aged 12 years and older:

**1 hard capsule, 3 times daily**

Hox alpha hard capsules should be taken with sufficient liquid, preferably water, after meals.

If the symptoms persist for longer than 4 weeks while using the medicine, a doctor should be consulted.

**4.3 Contraindications**

- Hypersensitivity to nettles or to any of the excipients of Hox alpha listed in section 6.1.
- Disorders where reduced fluid intake is indicated (e.g. severe heart or kidney disease).

**4.4 Special warnings and precautions for use**

During concomitant administration of Hox alpha, the efficacy of coumarin-type anticoagulants may be attenuated. In patients taking such medicinal products, repeated monitoring of blood clotting parameters (INR, prothrombin time) should be undertaken during and approximately 2 weeks after the patient has stopped taking Hox alpha (see section 4.5 Interaction).

In the case of acute joint pain accompanied by redness, swelling or overheating of the joint or fever, a doctor should be consulted. If the symptoms worsen during the use of the medicine, a doctor should be consulted.

Patients with diabetes taking Hox alpha should undergo repeated blood sugar monitoring (see section 4.8 Undesirable effects).

Children

There is insufficient information on the use of this medicinal product in children under 12 years. It must therefore not be used in children under 12 years.

Sodium

This medicinal product contains less than 1 mmol sodium (23 mg) per dose, i.e., essentially "sodium-free".

**4.5 Interaction with other medicinal products and other forms of interaction**Antidiabetic agents

Interaction between Hox alpha and antidiabetic agents cannot be excluded.

Anticoagulants/vitamin K antagonists

Hox alpha contains vitamin K in small amounts. In patients receiving concomitant treatment with a vitamin K antagonist (phenprocoumon: trade name, e.g. Marcumar<sup>®</sup>, Marcuphen<sup>®</sup>, Falithrom<sup>®</sup> or warfarin: trade name Coumadin<sup>®</sup>) to affect blood clotting, the efficacy of these medicinal products may be attenuated. Therefore, repeated monitoring of blood clotting parameters (INR, prothrombin time) is necessary during use and for up to 2 weeks after discontinuation of Hox alpha.

**4.6 Pregnancy and lactation**

To date, the use of nettle herb as a foodstuff has shown no evidence of any risks during pregnancy and breastfeeding. However, there are insufficient studies available on the use of Hox alpha in pregnancy and breastfeeding. Hox alpha is therefore not recommended for use during pregnancy and breastfeeding.

**4.7 Effects on ability to drive and use machines**

Hox alpha has no influence on the ability to drive and use machines.

**4.8 Undesirable effects**

The following frequencies are used for evaluating adverse reactions:

Very common	(≥ 1/10)
Common	(≥ 1/100 to < 1/10)
Uncommon	(≥ 1/1,000 to < 1/100)
Rare	(≥ 1/10,000 to < 1/1,000)
Very rare	(< 1/10,000)
Not known	(cannot be estimated from the available data).

Possible side effects

Uncommon: hypersensitivity reactions of the skin (e.g. in the form of pruritus, exanthema, urticaria) may occur.

Uncommon: gastrointestinal complaints such as nausea, diarrhoea and vomiting may occur.

Very rare: In patients with diabetes mellitus, there have been reports of an increase in blood sugar with the administration of nettle leaf or nettle herb preparations, which regressed upon discontinuation of the medicinal product.

Note: Uncommon: increased urinary urgency may occur.

At the first sign of a hypersensitivity reaction, the patient must discontinue taking Hox alpha.

Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicinal product is

important. It allows continued monitoring of the benefit/risk balance of the medicinal product. Healthcare professionals are asked to report any suspected adverse reactions via: *Bundesinstitut für Arzneimittel und Medizinprodukte* (Federal Institute for Drugs and Medical Devices), *Abt. Pharmakovigilanz* (Department of Pharmacovigilance), Kurt-Georg-Kiesinger-Allee 3, D-53175 Bonn, website [www.bfarm.de](http://www.bfarm.de).

**4.9 Overdose**

To date, there have been no reported cases with nettle leaf preparations. The symptoms described under Undesirable effects may occur in a more intense form. In the package leaflet, the patient is instructed to notify a doctor if they have taken excessive amounts of Hox alpha.

**5. PHARMACOLOGICAL PROPERTIES**

Pharmacotherapeutic group:

Herbal medicinal product for muscle and joint pain

ATC code: M09AP

The efficacy of nettle leaf preparations is documented by the preparation monograph for *Urticae herba* (nettle herb), *Urticae folium* (nettle leaves), published in the German Federal Gazette No. 76 of 23/04/1987.

According to phytotherapeutic principles, the entire drug is regarded as an active substance.

**Toxicological properties**Acute, chronic and subchronic toxicity

Based on animal experiments, Hox alpha is largely non-toxic (LD<sub>50</sub> in mice and rats more than 5 g/kg BW, oral administration). It produces no toxic effects at doses up to 2.7 g/kg BW over 4 weeks.

Toxicity to reproduction

No reproductive toxicity studies are available.

**6. PHARMACEUTICAL PARTICULARS****6.1 List of excipients**

Quinolone yellow (E 104)  
Gelatin  
Purified water  
Colloidal anhydrous silica  
Hypromellose  
Indigo carmine (E 132)  
Macrogol 4000  
Magnesium stearate (Ph. Eur.) [vegetable]  
Microcrystalline cellulose  
Sodium dodecyl sulphate  
Povidone  
Hydrated silica  
Talc  
Titanium dioxide (E 171)

**6.2 Incompatibilities**

None known.

**6.3 Shelf life**

24 months

**6.4 Special precautions for storage**

- Store in the original package in order to protect from light and moisture.
- Do not store above 25 °C.

**6.5 Nature and contents of container**

Blister strips in folded boxes  
Packs with 50 [N2], 60, 90, 100 [N3], 120,  
180, 200 and 220 hard capsules  
Not all pack sizes may be marketed.

**6.6 Special precautions for disposal**

No special requirements.

**7. MARKETING AUTHORISATION  
HOLDER**

Strathmann GmbH & Co. KG  
Postfach (PO Box) 610425  
22424 Hamburg, Germany  
Tel.: +49 (0)40 55 90 5 -0  
Fax: +49 (0)40 (55)90 5 -100  
E-mail: VL.Strathmann.Info@dermapharm.com

**8. MARKETING AUTHORISATION  
NUMBER**

6873946.00.00

**9. DATE OF RENEWAL OF THE  
AUTHORISATION**

18/06/2003

**10. DATE OF REVISION OF THE TEXT**

October 2024

**11. GENERAL CLASSIFICATION FOR  
SUPPLY**

Available from pharmacies only

Rote Liste Service GmbH

[www.fachinfo.de](http://www.fachinfo.de)

Mainzer Landstraße 55  
60329 Frankfurt

