

# VITAFORCE OLBAS

## PATIENT INFORMATION LEAFLET (ENGLISH)

### SCHEDULING STATUS

Unscheduled

### PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE OLBAS Inhalant Oil

### READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

VITAFORCE OLBAS is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use VITAFORCE OLBAS carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share VITAFORCE OLBAS with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve after 7 days.

### WHAT VITAFORCE OLBAS CONTAINS

The active substance is:

Volatile oil mix of:

<i>Eucalyptus smithii</i> (Eucalyptus Oil)	225,0 mg
<i>Mentha x piperita</i> L. (Peppermint Oil)	165,0 mg
<i>Melaleuca leucadendra</i> L. (Cajeput Oil)	50,0 mg
<i>Pinus longifolia</i> Roxb. (Turpentine Oil) [Resin]	39,5 mg
<i>Mentha x piperita</i> L. (Menthol)	11,9 mg
<i>Gaultheria procumbens</i> L. (Wintergreen Oil)	10,0 mg
<i>Syzygium aromaticum</i> L. (Clove Oil)	0,5 mg

The other ingredients are:

Liquid paraffin

### WHAT VITAFORCE OLBAS IS USED FOR

Category D Complementary Medicine

Discipline 33.1 Aromatherapy

For the symptomatic relief associated with colds, sinusitis and congestion.

### BEFORE YOU TAKE VITAFORCE OLBAS

Do not take VITAFORCE OLBAS if you are hypersensitive (allergic) to any of the ingredients. If you are pregnant or breastfeeding, do not use this product. If you have epilepsy, asthma, persistent or chronic cough or other lung conditions, do not use this product. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

### TAKE SPECIAL CARE WITH VITAFORCE OLBAS

If you are on any medication or suffering from any medical condition, it is advisable to seek medical advice before starting any new medicine, supplement or remedy. Consult your healthcare practitioner or pharmacist prior to use if you are taking blood thinners or anticoagulants. VITAFORCE OLBAS may increase bleeding tendencies. Individuals with salicylate allergy, asthma or nasal polyps should use cautiously due to its potential for allergic reaction. For children under 12 years old, application should be supervised by an adult. Do not exceed recommended dosages unless on the advice of a healthcare practitioner. This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

### PREGNANCY AND BREASTFEEDING

If you are pregnant or breastfeeding your baby, please consult your healthcare provider for advice before taking this medicine.

### IMPORTANT INFORMATION ABOUT SOME OF THE INGREDIENTS OF VITAFORCE OLBAS

Symptoms of poisoning can occur when Turpentine oil is applied extensively, including kidney and Central Nervous System (CNS) damage. Typically, prolonged exposure of large amounts of Eucalyptus Oil can cause agitation, drowsiness, slurred speech, ataxia, muscle weakness and seizures. The risk of toxicity may be greater in children. Turpentine oil as inhalation therapy, can cause mild respiratory tract inflammation, it can also exacerbate bronchial spasms in people with asthma and whooping cough.

### TAKING OTHER MEDICINES WITH VITAFORCE OLBAS

Always tell your healthcare provider if you are taking any other medicine. If you are taking any blood thinners or anticoagulants like Warfarin or Aspirin, consult your doctor prior to the use of VITAFORCE OLBAS.

### HOW TO USE VITAFORCE OLBAS

Do not share medicines prescribed for you with any other person. Always take VITAFORCE OLBAS exactly as instructed. You should check with your doctor or pharmacist if you are unsure.

The usual directions is:

Infants under 2 years old: Apply onto pillow or in a humidifier. Do not apply directly to the mouth or nostrils. Children 2-6 years old: Apply locally onto chest, pillow or in a humidifier. Do not apply directly to the mouth or nostrils. Adults and children over 6 years old: Put a few drops of VITAFORCE OLBAS into boiling water or on a tissue and inhale. Also, apply locally onto the chest, pillow or in a humidifier for relief from sinusitis and tight chest. VITAFORCE OLBAS is for occasional use. For use beyond 7 days, consult your healthcare practitioner. Stay out of direct sunlight after application to skin. Do not swallow. Shake the bottle before use.

### IF YOU USE MORE VITAFORCE OLBAS THAN YOU SHOULD

In the event of overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre. Symptoms of poisoning can occur when Turpentine oil is applied extensively, including kidney and CNS damage.

### IF YOU FORGET TO USE A DOSE OF VITAFORCE OLBAS

Do not take a double dose to make up for forgotten individual doses.

### POSSIBLE SIDE EFFECTS

VITAFORCE OLBAS can have side effects. VITAFORCE OLBAS is usually well tolerated when used appropriately as an inhalant or as an external preparation. Typically, prolonged exposure of large amounts of Eucalyptus Oil can cause agitation, drowsiness, slurred speech, ataxia, muscle weakness and seizures. The risk of toxicity may be greater in children.

Turpentine oil as inhalation therapy, can cause mild respiratory tract inflammation, it can also exacerbate bronchial spasms in people with asthma and whooping cough.

Skin irritation and contact dermatitis has been reported. Rash, burning discomfort, nausea, dizziness and/or headache have been known to occur, in which case discontinue use. Hypersensitivity has been known to occur, in which case discontinue use.

If you experience pain, swelling or blistering, stop using the product and get medical help right away.

Not all side effects reported for OLBAS Oil are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

### STORING AND DISPOSING OF VITAFORCE OLBAS

Store all medicines out of reach of children.

Store at or below 25 °C.

Keep the container in the outer carton.

Store in the original package / container.

Keep the container tightly closed.

Protect from moisture.

Do not store in a bathroom.

Do not use after the expiry date stated on the label / carton / bottle.

Do not use VITAFORCE OLBAS if you notice visible signs of deterioration.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

### PRESENTATION OF VITAFORCE OLBAS

Amber glass bottle containing either 10 ml or 20 ml of VITAFORCE OLBAS Oil

### IDENTIFICATION OF VITAFORCE OLBAS

Clear, colourless aromatic liquid

### REGISTRATION NUMBER

F819 Act 101/1965

### DATE OF REGISTRATION

TBA

### PROFESSIONAL INFORMATION

For further information refer to the Professional Information of the product.

### NAME AND ADDRESS OF REGISTRATION HOLDER

Ascendix Supply Chain (Pty) Ltd  
1 Carey Street, Wynberg  
Sandton, Gauteng 2012  
South Africa  
+27 11 036 9420

### DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA

# VITAFORCE OLBAS

## PASİENTİN LİGİTİNGİSBLAADIJE

### SKEDULERINGSTATUS

Ongeskeduleer

### HANDELSNAAM EN DOSEERVORM

VITAFORCE OLBAS Olie vir inhalasie

### LEES HIERDIE VOUBILJET NOUKEURIG DEUR OMDAT DIT BELANGRIKE INLIGTING BEVAAT.

VITAFORCE OLBAS is beskikbaar sonder 'n doktersvoorskrif om minder ernstige siektes te behandel. Jy moet egter nousteeds VITAFORCE OLBAS versigtig gebruik om die beste resultate te verkry.

- Bewaar hierdie voubiljet. Dit mag dalk nodig wees om die inligting te hersien.
- Moenie VITAFORCE OLBAS met enige ander persoon deel nie.
- Raadpleeg jou gesondheidsorgkragkyn of apteker indien jy meer inligting of advies benodig.
- 'n Dokter moet geraadpleeg word indien simptome na 7 dae nie verbeter nie of vererger.

### WAT VITAFORCE OLBAS BEVAT

Die aktiewe bestanddele is:

• Vlugtige olie mengsel van:	
<i>Eucalyptus smithii</i> (Eucalyptus Olie)	225,0 mg
<i>Mentha x piperita</i> L. (Pepermintolie)	165,0 mg
<i>Melaleuca leucadendra</i> L. (Cajeputolie)	50,0 mg
<i>Pinus longifolia</i> Roxb. (Terpentyolie) (Hars)	39,5 mg
<i>Mentha x piperita</i> L. (Menthol)	11,9 mg
<i>Gaultheria procumbens</i> L. (Wintergroenolie)	10,0 mg
<i>Syzygium aromaticum</i> L. (Naeltjie-olie)	0,5 mg

Die ander bestanddele is:

Vloeibare Paraffien

### WAARVOOR VITAFORCE OLBAS GEBRUIK WORD

Category D Komplementêre Medisyne

Discipline 33.1 Aromaterapie

Vir die simptomatiese verligting wat met verkoues, sinusitis en kongestie geassosieer word.

### VOORDAT VITAFORCE OLBAS GEBRUIK WORD

Moet nie VITAFORCE OLBAS gebruik indien jy hipersensitief (allergies) is vir enige van die bestanddele nie. Vermoed gebruik van hierdie produk in swangerskap en borsvoeding. Vermoed gebruik van hierdie medikasie in epilepsie, asma, kroniese of aanhoudende hoest of enige ander 'n lang toestand. Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer vir gehalte, veiligheid of beoogde gebruik nie.

### NEEM SPESIALE SORG MET VITAFORCE OLBAS

Indien jy on enige medikasie is of aan 'n mediese kondisie ly word dit aanbeveel om mediese advies te kry voor daar met enige nuwe medikasie, aanruilings of middel begin word. Indien enige bloedverdunders of antikoagulanter gebruik word, raadpleeg jou gesondheidsorgverskaffer of apteker voor die gebruik van die produk. VITAFORCE OLBAS mag bloedingneigings verhoed. Individue met 'n salisate allergieë, asma of nasale polipie moet die produk versigtig gebruik weens die produk se potensiaal om 'n allergiese reaksie te veroorsaak. Vir kinders onder 12 jaar, moet die gebruik onder die toesig van 'n volwassene geskied. Moet nie die aanbevole dosering oorskry nie, tensy dit aanbeveel word deur 'n gesondheidsorgverskaffer. Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer vir gehalte, veiligheid of beoogde gebruik nie.

### SWANGERSKAP EN BORSVOEDING

Raadpleeg jou dokter, apteker of gesondheidsorgverskaffer voor die gebruik van hierdie medikasie in borsvoeding of swangerskap.

### BELANGRIKE INLIGTING IN VERBAND MET VAN DIE BESTANDELE IN VITAFORCE OLBAS

Symptome van verligting kan voorkom indien die terpenyolie in oormaat aangewend word insluitende kade aan die niere en Sentrale Seruume Stelsel (SSS). Vermy die gebruik van hierdie medikasie in 'n groot hoeveelheid van Eucalyptus olie, kan irritasie, lomerigheid, belemmerde spraak, ataksie, spier swakheid of stuip veroorsaak. Die risiko vir toksisiteit mag groter wees in kinders. Inhalasie terapie met terpenyolie, kan matige lugweg inflammasie veroorsaak en broniale spasmas, in persoon met asma of kinkhoes, vererger.

### AS JY ANDER MEDISYNE SAAM MET VITAFORCE OLBAS NEEM

Stel altyd jou gesondheidsorgverskaffer in kennis indien jy enige ander medikasie gebruik. Indien jy enige bloedverdunders of antikoagulanter soos Warfarin of Aspirien neem, raadpleeg 'n dokter voor die gebruik van VITAFORCE OLBAS.

## HOE OM VITAFORCE OLBAS TE GEBRUIK

Moenie jou medikasie met enige iemand anders deel nie. Neem VITAFORCE OLBAS presies soos aanbeveel. Bevestig met jou dokter of apteker indien jy onseker is.

Die normale dosering is:

Babas jonger as 2 jaar oud: Wend aan op 'n kusking of in 'n lugbevoigtger. Vermoed direkte aanwending op mond en neusgate.

Kinders 2-6 jaar oud: Wend direk aan op die bors, 'n kusking of in 'n lugbevoigtger. Vermoed direkte aanwending op mond en neusgate.

Volwasse en kinders ouer as 6 jaar: Plaas 'n paar druppels van VITAFORCE OLBAS in kookwater of op 'n sneedoekie en asem in. Kan ook direk aangewend word op die bors, 'n kusking of in 'n lugbevoigtger vir die verligting van sinusitis en 'n stywe bors.

VITAFORCE OLBAS is nie vir gereelde gebruik nie indien die produk langer as 7dae gebruik word, moet 'n gesondheidsorgverskaffer geraadpleeg word.

Moet nie in direkte sonlig kom nie nadat die olie aan die vel aangewend is nie.

Moet nie sluk nie.  
Skud die bottel voor gebruik.

## INDIEN JY MEER VITAFORCE OLBAS GEBRUIK AS WAT JY BEHOORT

Indien oordosering vermoed word, raadpleeg onmiddellik jou dokter of apteker. Indien geen beskikbaar is nie, kontak die naaste hospitaal of giftebeheersentrum. Simptome van vergiftiging kan voorkom indien die terpenyolie in oormaat aangewend word insluitend skade aan die niere en Sentrale Senewese Stelsel (SSS).

## INDIEN JY VERGEET HET OM VITAFORCE OLBAS TE NEEM

Moet nie 'n dubbele dosis neem om vir oorgeslane dosisse te vergoed nie.

## MOONTLIKE NEWE-EFFEKTE

VITAFORCE OLBAS kan moontlik nuwe-effekte veroorsaak. VITAFORCE OLBAS word gewoonlik goed getolereer wanneer dit toepaslik gebruik word as olie vir inhalasie of 'n eksterne preparaat.

Verlengde topikale blootstelling aan 'n groot hoeveelheid van die Eucalyptus olie, kan irritasie, lomerigheid, belemmerde spraak, ataksie, spierswakheid of stulpe veroorsaak. Die risiko vir toksisiteit mag groter wees in kinders.

Inhalasie terapie met terpenyolie kan matige lugweg inflammasie veroorsaak en bronchiale spasmas, in persone met asma of kinkhoes, vererger.

Vel irritasie en kontak dermatitis is al gerapporteer. Veluitslag, brandende ongemak, naardie, duisligheid en kopsere is al gerapporteer indien dit voorkom, staak gebruik van die produk.

Staak gebruik van die produk indien hipersensitiwiteit voorkom.

Indien pyn, swelling of biasies ontwikkel, staak die gebruik van die produk en kry onmiddellik mediese hulp.

Nie alle nuwe-effekte wat vir Olbas Oil aangemeld is, word in hierdie voubljet genoem nie. Indien jou algemene gesondheid verswak terwyl jy hierdie medikasie gebruik, moet jy asseblief jou dokter, apteker of enige ander gesondheidsorgverskaffer raadpleeg.

Indien enige nuwe-effekte, wat nie in hierdie voubljet genoem word nie, voorkom, stel jou dokter, apteker of gesondheidsorgverskaffer in kennis.

## BERGING EN WEGDOEN VAN VITAFORCE OLBAS

Stoor alle medikasie buite die bereik van kinders.

Bewaar teen of onder 25 °C.

Bewaar die houër in die kartonverpakking.

Bewaar in die oorspronklike houër.

Verseker dat die houër styf toe is.

Beskerem teen vog.

Moenie die produk in die badkamer stoor nie.

Moet nie die produk gebruik na die vervaldatum wat op die houër aangedui is nie.

Moenie VITAFORCE OLBAS gebruik indien jy enige sigbare tekens van produkafbraak opmerk nie.

Besorg enige ongebruikte medikasie terug aan jou apteker. Moet nie wegdoen met ongebruikte medikasie in dreine of rioolstelsels nie (bv. toilette).

## AANBIEDING VAN VITAFORCE OLBAS

'n Amberkleurige glasbottel gevul met 10 ml of 20 ml VITAFORCE OLBAS Oil.

## IDENTIFIKASIE VAN VITAFORCE OLBAS

Helder, kleurlose, aromatisiese vloeistof

## REGISTRASIEOMMER

F819 Act 101/1965

## DATUM VAN REGISTRASIE

TBA

## PROFESIONELE INLIGTING

Vernys na die voubljet met professionele inligting vir meer inligting.

## NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

Ascendis Supply Chain (Pty) Ltd  
1 Carey Street, Wynberg  
Sandton, Gauteng 2012  
South Africa  
+27 11 036 9420

## DATUM VAN PUBLIKASIE VAN DIE PROFESIONELE INLIGTING

TBA

# VITAFORCE OLBAS

## PROFESSIONAL INFORMATION

### SCHEDULING STATUS

Unscheduled

### PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE OLBAS Inhalant Oil

### COMPOSITION

Volatiele olie mix of:	
<i>Eucalyptus smithii</i> (Eucalyptus Oil )	225,0 mg
<i>Mentha piperita</i> L. (Peppermint Oil)	165,0 mg
<i>Melaleuca leucadendra</i> L. (Cajeput Oil)	50,0 mg
<i>Pinus longifolia</i> Roxb. (Turpentine Oil) (Resin)	39,5 mg
<i>Mentha piperita</i> L. (Menthol crystals)	11,9 mg
<i>Gaultheria procumbens</i> L. (Wintergreen Oil )	10,0 mg
<i>Syzygium aromaticum</i> L. (Clove Oil)	0,5 mg

Inactive ingredients:

Liquid paraffin

### PHARMACOLOGICAL CLASSIFICATION

Category D Complementary Medicine

Discipline 33.1 Aromatherapy

### PHARMACOLOGICAL ACTION

VITAFORCE OLBAS is an all-natural folk remedy from Switzerland known as *Oleum Basilicum*. VITAFORCE OLBAS is a clear concentrated aromatic liquid obtained by the distillation of 6 medicinal herbs. Cajeput, Clove, Eucalyptus, Wintergreen, Peppermint and Turpentine are essential oils containing volatile active constituents, namely terpenes and phenols. On inhalation these essential oils act as a counter-irritant on mucous membranes and render secretions more fluid and thereby relieves congestion of the bronchioles. When applied externally, these essential oils are rubefacient and counter-irritant causing a sensation of warmth initially, followed by a mild local anaesthesia, which helps in the treatment of inflammatory conditions.

### INDICATIONS

For the symptomatic relief associated with colds, sinusitis and congestion.

### CONTRAINDICATIONS

Do not use this product if you are hypersensitive (allergic) to any of the ingredients. If you are on any medication or suffering from any medical condition, it is advisable to seek medical advice before starting any new medicine, supplement or remedy. Consult your healthcare practitioner or pharmacist prior to use if you are taking blood thinners or anticoagulants, VITAFORCE OLBAS may increase bleeding tendencies. Individuals with salicylate allergy, asthma or nasal polyps should use cautiously due to its potential for allergic reaction. For children under 12 years old, application should be supervised by an adult. Do not exceed recommended dosage(s) unless on the advice of a healthcare practitioner. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

### WARNINGS AND SPECIAL PRECAUTIONS

Do not use this product if you are hypersensitive (allergic) to any of the ingredients. If you are on any medication or suffering from any medical condition, it is advisable to seek medical advice before starting any new medicine, supplement or remedy. Consult your healthcare practitioner or pharmacist prior to use if you are taking blood thinners or anticoagulants, VITAFORCE OLBAS may increase bleeding tendencies. Individuals with salicylate allergy, asthma or nasal polyps should use cautiously due to its potential for allergic reaction. For children under 12 years old, application should be supervised by an adult. Do not exceed recommended dosage(s) unless on the advice of a healthcare practitioner. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

### INTERACTIONS

If you are taking any blood thinners or anticoagulants like Warfarin or Aspirin, consult your doctor prior to the use of VITAFORCE OLBAS.

## HUMAN REPRODUCTION

If you are pregnant or breastfeeding, do not use this product.

## DOSAGE AND DIRECTIONS FOR USE

Infants under 2 years old: Apply onto pillow or in a humidifier. Do not apply directly to the mouth or nostrils.

Children 2-6 years old: Apply locally onto chest, pillow or in a humidifier. Do not apply directly to the mouth or nostrils. Adults and children over 6 years old: Put a few drops of VITAFORCE OLBAS into boiling water or on a tissue and inhale. Also, apply locally onto the chest, pillow or in a humidifier for relief from sinusitis and tight chest. VITAFORCE OLBAS is for occasional use, for use beyond 7 days, consult your healthcare practitioner. Stay out of direct sunlight after application to skin.

## SIDE EFFECTS

VITAFORCE OLBAS is usually well tolerated when used appropriately as an inhalant or as an external preparation. Topically, prolonged exposure of large amounts of Eucalyptus Oil can cause agitation, drowsiness, slurred speech, ataxia, muscle weakness and seizures. The risk of toxicity may be greater in children. Turpentine oil as inhalation therapy, can cause mild respiratory tract inflammation, it can also exacerbate bronchial spasms in people with asthma and whooping cough. Rash, burning discomfort, nausea, dizziness and/or headache have been known to occur, in which case discontinue use. Skin irritation and contact dermatitis has been reported. Hypersensitivity has been known to occur, in which case discontinue use. If you experience pain, swelling or blistering, stop use and get medical help right away.

## KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

Treatment should be symptomatic and supportive. In the case of accidental overdose of the product, contact the nearest hospital or poison control centre. Symptoms of poisoning can occur when Turpentine oil is applied extensively, including kidney and CNS damage.

## IDENTIFICATION

Clear, colourless aromatic liquid.

## PRESENTATION

Amber glass bottle containing either 10 ml or 20 ml of Olbas Oil.

## STORAGE INSTRUCTIONS

Store at or below 25 °C.  
KEEP OUT OF REACH OF CHILDREN.

## REGISTRATION NUMBER

F819 Act 101/1965

## DATE OF REGISTRATION

TBA

## NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION

Ascendis Supply Chain (Pty) Ltd  
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## DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

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HEALTH