

VITAFORCE SCHLEHEN BLACKTHORN BERRY ELIXIR

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

SCHLEHEN BLACKTHORN BERRY ELIXIR

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

A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.

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

- Keep this leaflet. You may need to read it again.
- Do not share SCHLEHEN BLACKTHORN BERRY ELIXIR with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

WHAT SCHLEHEN BLACKTHORN BERRY ELIXIR CONTAINS

The active substance is:

<i>Prunus spinosa</i> (Blackthorn Berry Extract)	1,2 g
Ascorbic acid (Vitamin C)	33,5 mg

The other ingredients are:

Lemon juice, sucrose and water

WHAT SCHLEHEN BLACKTHORN BERRY ELIXIR IS USED FOR

Category D Complementary Medicine
Discipline 34.12 Health Supplements. Multiple substance formulation.

Energy-giving tonic for overwork, exhaustion and when studying. A convalescence tonic and vitality builder for growing children, adolescents, pregnant and nursing mothers. A convalescence tonic after operations and illness. Helps to stimulate lactation for nursing mothers.

BEFORE YOU TAKE SCHLEHEN BLACKTHORN BERRY ELIXIR

Do not take SCHLEHEN BLACKTHORN BERRY ELIXIR if you are hypersensitive (allergic) to any of the ingredients. Do not take SCHLEHEN BLACKTHORN BERRY ELIXIR if you suffer from diabetes. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

TAKE SPECIAL CARE WITH SCHLEHEN BLACKTHORN BERRY ELIXIR

if you suffer from diabetes.

TAKING SCHLEHEN BLACKTHORN BERRY ELIXIR WITH FOOD AND DRINK

May be taken on its own, added to water, tea, milk, fruit salad or natural yoghurt.

PREGNANCY AND BREASTFEEDING

SCHLEHEN BLACKTHORN BERRY ELIXIR is safe to take while pregnant and breastfeeding.

IMPORTANT INFORMATION ABOUT SOME OF THE INGREDIENTS OF SCHLEHEN BLACKTHORN BERRY ELIXIR

Contains Sugar: Sucrose 4,3 g / 5 ml.

Suitable for vegans and vegetarians.

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking SCHLEHEN BLACKTHORN BERRY ELIXIR.

SCHLEHEN BLACKTHORN BERRY ELIXIR contains Sucrose which may have an effect on the control of your blood sugar if you have diabetes mellitus.

TAKING OTHER MEDICINES WITH SCHLEHEN BLACKTHORN BERRY ELIXIR

Always tell your healthcare provider if you are taking any other medicine.

HOW TO TAKE SCHLEHEN BLACKTHORN BERRY ELIXIR

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

The usual dosage is:

Children 3-6 years: Take half a medicine measure (2,5 ml) once a day.

Children 7-12 years: Take one medicine measure (5 ml) once a day.

Adults: Take two medicine measures (10 ml) three times a day.

Unless otherwise prescribed. May be taken on its own, added to water, tea, milk, fruit salad or natural yoghurt.

- Shake bottle before use.

IF YOU TAKE MORE SCHLEHEN BLACKTHORN BERRY ELIXIR 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.

IF YOU FORGET TO TAKE A DOSE OF SCHLEHEN BLACKTHORN BERRY ELIXIR

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

POSSIBLE SIDE EFFECTS

SCHLEHEN BLACKTHORN BERRY ELIXIR can have side effects. Not all side effects reported for this medicine are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your healthcare provider for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

STORING AND DISPOSING OF SCHLEHEN BLACKTHORN BERRY ELIXIR

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 SCHLEHEN BLACKTHORN BERRY ELIXIR 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 SCHLEHEN BLACKTHORN BERRY ELIXIR

A carton with an amber glass bottle, containing 200 ml or 500 ml syrup

IDENTIFICATION OF SCHLEHEN BLACKTHORN BERRY ELIXIR

A reddish-brown, syrupy liquid

REGISTRATION NUMBER

TBA

DATE OF REGISTRATION

TBA

PROFESSIONAL INFORMATION

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

NAME AND ADDRESS OF REGISTRATION HOLDER

Ascendis Consumer Brands (Pty) Ltd
31 Georgian Crescent East
Bryanston, Gauteng 2191
South Africa
+27 11 036 9420

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA

VITAFORCE SCHLEHEN BLACKTHORN BERRY ELIXIR

PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSSTATUS

Ongeskeduleer

HANDELSNAAM EN DOSEERVORM

SCHLEHEN BLACKTHORN BERRY ELIXIR

LEES DIE HELE INLIGTINGSBLAADJIE NOUKEURIG DEUR, DIT BEVAT BELANGRIKE INLIGTING VIR JOU.

'n Gebalanseerde dieet is die doeltreffendste en veiligste manier om goeie voeding, gesondheid, liggaamsamestelling sowel as geestelike en fisiese prestasies te bewerkstellig.

SCHLEHEN BLACKTHORN BERRY ELIXIR is beskikbaar sonder 'n doktersvoorskrif om minder ernstige siektes te behandel. Jy moet egter nogsteeds SCHLEHEN BLACKTHORN BERRY ELIXIR versigtig gebruik om die beste resultate te verkry.

- Hou hierdie voublief, dit mag dalk nodig wees om dit weer te lees.
- Moenie SCHLEHEN BLACKTHORN BERRY ELIXIR met enige ander persoon deel nie.
- Raadpleeg jou gesondheidsorgpraktisyn of apteker indien jy meer inligting of advies benodig.

WAT SCHLEHEN BLACKTHORN BERRY ELIXIR BEVAT

Die aktiewe bestanddele is:

<i>Prunus spinosa</i> (Swartdoringbessie Ekstrak)	1,2 g
Askorbiensuur (Vitamiën C)	33,5 mg

Die ander bestanddele is:

Suurleiemensap, sukkrose en water

WAARVOOR SCHLEHEN BLACKTHORN BERRY ELIXIR GEBRUIK WORD

Kategorie D Komplementêre Medisyne
Dissipline 34.12 Gesondheidsaanvulling. Kombinasie Produk.

'n Energie-verskaffende tonikum vir werk, uitputting en studies. 'n Opbouende tonikum wat help om lewenslus te gee aan groeiende kinders, jong volwassenes en swanger of borsvoedende vroue. 'n Opbouende tonikum wat help met herstel na operasies en siektes. Stimuleer laktasie in borsvoedende moeders.

VOORDAT SCHLEHEN BLACKTHORN BERRY ELIXIR GEBRUIK WORD

Moenie SCHLEHEN BLACKTHORN BERRY ELIXIR gebruik indien jy hipersensitief (allergieë) is vir enige van die bestanddele nie. SCHLEHEN BLACKTHORN BERRY ELIXIR moet nie deur diabele gebruik word nie. Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer vir sy gehalte, veiligheids- of beoogde gebruik nie.

NEEM SPESIALE SORG MET SCHLEHEN BLACKTHORN BERRY ELIXIR

As u 'n diabeet is.

NEEM VAN SCHLEHEN BLACKTHORN BERRY ELIXIR MET KOS EN DRANK

Kan alleen geneem word of saam met water, tee, melk, vrugteslaai of natuurlike joghurt.

SWANGERSKAP EN BORSVOEDING

SCHLEHEN BLACKTHORN BERRY ELIXIR is veilig vir gebruik tydens swangerskap en borsvoeding.

BELANGRIKE INLIGTING IN VERBAND MET SOMMIGE VAN DIE BESTANDELE IN SCHLEHEN BLACKTHORN BERRY ELIXIR

Bevat suiker. Sukrose 4,3 g / 5 ml.

Geskiik vir streng vegetariërs.

Indien jy enige intoleransie vir sekere suikers het, kontak jou dokter voor die gebruik van SCHLEHEN BLACKTHORN BERRY ELIXIR. SCHLEHEN BLACKTHORN BERRY ELIXIR bevat sukkrose, wat moontlik 'n effek mag kan hê op die beheer van u bloedsuikervlakke in diabetes mellitus pasiënte.

AS JY ANDER MEDISYNE SAAM MET SCHLEHEN BLACKTHORN BERRY ELIXIR NEEM

Stel altyd jou gesondheidsorgpraktisyn in kennis indien jy enige ander medisyne gebruik.

HOE OM SCHLEHEN BLACKTHORN BERRY ELIXIR TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie. Neem SCHLEHEN BLACKTHORN BERRY ELIXIR altyd presies soos aanbeveel. Bevestig met jou dokter of apteker indien jy onseker is.

Die normale dosering is:

Kinders 3-6 jaar: Neem 'n halwe medisynemaat (2,5 ml) een keer per dag.

Kinders 7-12 jaar: Neem een medisynemaat (5 ml) een keer per dag.

Volwassenes: Neem twee medisyne mates (10 ml) drie keer per dag, tensy anders voorgeskryf. Kan bygevoeg word tot water, tee, melk, vrugteslaai of natuurlike jogurt, of alleenlik geneem word.

- Skud die bottel voor gebruik.

INDIEN JY MEER SCHLEHEN BLACKTHORN BERRY ELIXIR GEBRUIK AS WAT JY BEHOORT

Indien oordosering vermoed word, raadpleeg onmiddellik jou dokter of apteker. Indien geneene beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

INDIEN JY VERGEET HET OM SCHLEHEN BLACKTHORN BERRY ELIXIR TE NEEM

Moenie 'n dubbele dosis neem om vir oorgestane dosisse te vergoed nie.

MOONTLIKE NEWE-EFFEKTE

SCHLEHEN BLACKTHORN BERRY ELIXIR kan moontlik newe-effekte veroorsaak. Nie alle newe-effekte wat vir hierdie medisyne aangemeld is word in hierdie voubljiet genoem nie. Indien jou algemene gesondheid verswak of indien jy enige nadelige effekte ondervind terwyl jy hierdie medikasie gebruik, moet jy asseblief jou dokter, apteker of ander gesondheidsorgpraktisy raadpleeg. Indien jy enige newe-effekte waarneem wat nie in hierdie voubljiet genoem word nie, moet jy jou dokter of apteker daarvan vertel.

BERGING EN WEGDOEN VAN SCHLEHEN BLACKTHORN BERRY ELIXIR

Bewaar alle medikasie buite bereik van kinders.

Bewaar teen of benede 25 °C.

Bewaar die houer in die kartonverpakking.

Bewaar in die oorspronklike houer.

Maak die houer dig toe.

Beskerm teen vog.

Moenie die produk in die badkamer bewaar nie.

Moenie na die vervaldatum wat op die etiket / karton / bottel aangedui is, gebruik nie.

Moenie SCHLEHEN BLACKTHORN BERRY ELIXIR gebruik indien jy enige sigbare tekens van produkafbraak opmerk nie. Besorg enige ongebruikte medisyne terug aan jou apteker. Moenie van ongebruikte medisyne ontslae raak in dreine of rioelstelsels nie (bv. toilette).

AANBIEDING VAN SCHLEHEN BLACKTHORN BERRY ELIXIR

'n Kartonverpakking met 'n amberkleurige glasbottel wat 200 ml of 500 ml stroop bevat

IDENTIFIKASIE VAN SCHLEHEN BLACKTHORN BERRY ELIXIR

'n Rooi-bruin stroperige vloeistof

REGISTRASIONOMMER

TBA

DATUM VAN REGISTRASIE

TBA

PROFESIONELE INLIGTING

Verwys na die voubljiet met professionele inligting vir meer inligting.

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

Ascendis Consumer Brands (Pty) Ltd
31 Georgian Crescent East
Bryanston, Gauteng 2191
South Africa
+27 11 036 9420

DATUM VAN PUBLIKASIE VAN DIE PROFESIONELE INLIGTING

TBA

VITAFORCE SCHLEHEN BLACKTHORN BERRY ELIXIR

PROFESSIONAL INFORMATION

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

Schlehen Blackthorn Berry Elixir

COMPOSITION

Each 5 ml contains:

Prunus spinosa (Blackthorn Berry Extract) 1,2 g
Ascorbic acid (Vitamin C) 33,5 mg

Inactive ingredients:

Lemon juice, sucrose and water

Contains Sugar: Sucrose 4,3 g / 5 ml.

Suitable for vegans and vegetarians.

PHARMACOLOGICAL CLASSIFICATION

Category D Complementary Medicine

Discipline 34.12 Health Supplements. Multiple substance formulation

PHARMACOLOGICAL ACTION

Prunus spinosa is a blood-cleanser and tonic, historically used in Germany. Its sour berries, which are only harvested in late Autumn, contain valuable ingredients which not only have a detoxifying but also a strengthening effect on the body. Vitamin C offers a wide range of support for the human body. It is a potent antioxidant and free radical scavenger.

INDICATIONS

Energy-giving tonic for overwork, exhaustion and when studying.

A convalescence tonic and vitality builder for growing children, adolescents, pregnant and nursing mothers.

A convalescence tonic after operations and illness.

Helps to stimulate lactation for nursing mothers.

CONTRAINDICATIONS

Not suitable for diabetics.

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.

Do not exceed recommended dosage(s) unless on the advice of a healthcare practitioner.

Contains sugar. Not suitable for diabetics.

Contains sucrose. Patients with rare hereditary conditions such as fructose intolerance, glucose - galactose malabsorption or sucrose isomaltase insufficiency should not take Schlehen Blackthorn Berry Elixir.

Contains sucrose which may have an effect on the glycaemic control of patients with diabetes mellitus.

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

INTERACTIONS

There are no known interactions.

HUMAN REPRODUCTION

This product is safe for use during pregnancy and while lactating.

DOSAGE AND DIRECTIONS FOR USE

Children 3-6 years:

Take half a medicine measure (2,5 ml) once a day

Children 7-12 years:

Take one medicine measure (5 ml) once a day

Adults:

Take two medicine measures (10 ml) three times a day.

Unless otherwise prescribed.

May be taken on its own, added to water, tea, milk, fruit salad or natural yoghurt.

Shake bottle before use

SIDE EFFECTS

There are no known side effects.

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.

IDENTIFICATION

A reddish-brown, syrupy liquid.

PRESENTATION

A carton with an amber glass bottle, containing 200 ml or 500 ml syrup.

STORAGE INSTRUCTIONS

Store at or below 25 °C.

KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER

TBA

DATE OF REGISTRATION

TBA

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

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