

# vitaforce

## VITAFORCE RES-Q REMEDY

### PATIENT INFORMATION LEAFLET

#### SCHEDULING STATUS

Unscheduled

#### PROPRIETARY NAME AND DOSAGE FORM

RES-Q REMEDY Drops

**READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU**  
RES-Q REMEDY is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use RES-Q REMEDY carefully to get the best results from it.

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

#### WHAT RES-Q REMEDY CONTAINS

The active substance is:  
Composition per 100 g:  
Aqueous infusion of the flowers of:  
Prunus Cerasifera (Cherry Plum) [Flower] 0.1 g  
Clematis Vitalba (Clematis) [Flower] 0.1 g  
Helianthemum Nummularium (Rock Rose) [Flower] 0.1 g  
Impatiens Glandulifera (Impatiens) [Flower] 0.1 g  
Ornithogalum Umbellatum (Star of Bethlehem) [Flower] 0.1 g

The other ingredients are:  
Ethanol and purified water.  
Contains: Ethanol 22% m/m.

#### WHAT RES-Q REMEDY IS USED FOR

Category D Complementary Medicine  
Discipline 33.6 Western Herbal Remedy  
An herbal remedy for shock.  
Supports the treatment of stress and anxiety.

#### BEFORE YOU TAKE RES-Q REMEDY

Do not take RES-Q REMEDY if you are hypersensitive (allergic) to any of the ingredients. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

#### TAKE SPECIAL CARE WITH RES-Q REMEDY

Disulfiram: The alcohol content of Bach flower remedies can cause a disulfiram reaction when taken within 12 hours of disulfiram. Patients taking disulfiram should not take any supplements containing alcohol including Bach flower remedies. Metronidazole can cause a disulfiram-like reaction when taken with alcohol. Star of Bethlehem contains cardiac glycosides similar to digitalis. Theoretically, taking Star of Bethlehem with other cardiac glycoside-containing products might increase the risk of cardiac glycoside toxicity. RES-Q REMEDY may make you sleepy.

#### TAKING RES-Q REMEDY WITH FOOD AND DRINK

RES-Q REMEDY can be taken with food.

#### PREGNANCY AND BREASTFEEDING

Not safe for use during pregnancy and lactation.  
This preparation contains alcohol, which is teratogenic and dangerous for foetal development.

#### DRIVING AND USING MACHINERY

- RES-Q REMEDY may make you feel drowsy/sleepy.
- Do not drive because RES-Q REMEDY could interfere with your ability to drive safely.
- Do not operate any tools or machines.

#### IMPORTANT INFORMATION ABOUT SOME OF THE INGREDIENTS OF RES-Q REMEDY

Sugar free  
Suitable for vegans and vegetarians.  
Contains: Ethanol 22% m/m.

#### TAKING OTHER MEDICINES WITH RES-Q REMEDY

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

#### HOW TO TAKE RES-Q REMEDY

Do not share medicines prescribed for you with any other

person. Always take RES-Q REMEDY exactly as instructed. You should check with your doctor or pharmacist if you are unsure.

The usual dosage is:  
Adults and children from 12 years of age: 3 to 5 drops to be taken in a little water every five minutes for acute cases, until symptoms improve. Thereafter reduce to every two hours.  
From 6-12 years of age: 1-3 drops  
From 2-6 years of age: 1-2 drops  
From 4 months - 2 years of age: 1 drop  
Do not exceed the stated dose.  
Shake bottle before use.

#### IF YOU TAKE MORE RES-Q REMEDY 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 RES-Q REMEDY

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

#### POSSIBLE SIDE EFFECTS

RES-Q REMEDY can have side effects.  
There are no known 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 RES-Q REMEDY

Store all medicines out of reach of children.  
Store at no more than 25 °C.  
Keep the container in the outer carton.  
Store in the original package / container.  
Keep the container tightly closed.  
Protect from light.  
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 RES-Q REMEDY 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 RES-Q REMEDY

A carton containing 20 ml or 50 ml amber dropper bottle.

#### IDENTIFICATION OF RES-Q REMEDY

A clear colourless liquid.

#### REGISTRATION NUMBER

U4138 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

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

## VITAFORCE RES-Q REMEDY

### PASIËNTINLIGTINGSBLAADJIE

#### SKEDULERINGSSTATUS

Ongeskeduleer

#### HANDELSNAAM EN DOSEERVORM

RES-Q REMEDY Druppels

**LEES DIE HELE INLIGTINGSBLAADJIE NOUKEURIG DEUR, DIT BEVAT BELANGRIKE INLIGTING VIR JOU.**  
RES-Q REMEDY is beskikbaar sonder 'n doktersvoorskrif om minder ernstige siektes te behandel. Jy moet egter nogsteeds RES-Q REMEDY versigtig gebruik om die beste resultate te verkry.

- Hou hierdie voubljet, dit mag dalk nodig wees om dit weer te lees.
- Moenie RES-Q REMEDY met enige ander persoon deel nie.
- Raadpleeg jou gesondheidsorganijsn of apteker indien jy meer inligting of advies benodig.

#### WAT RES-Q REMEDY BEVAT

Die aktiewe bestanddele is:  
Samestelling per 100 g :  
Waterige ekstrak van die blomme van:  
Prunus Cerasifera (Cherry Plum) [Blom] 0.1 g  
Clematis Vitalba (Clematis) [Blom] 0.1 g  
Helianthemum Nummularium (Rock Rose) [Blom] 0.1 g  
Impatiens Glandulifera (Impatiens) [Blom] 0.1 g  
Ornithogalum Umbellatum (Star of Bethlehem) [Blom] 0.1 g

Die ander bestanddele is:  
Etanol en gesuiwerde water.  
Bevat: Etanol 22% m/m.

#### WAARVOOR RES-Q REMEDY GEBRUIK WORD

Kategorie D Komplementêre Medisyne  
Dissipline 33.6 Westerse Kruid  
'n Kruid behandeling vir emosionele skok.  
Ondersteun die behandeling van spanning en angst.

#### VOORDAT RES-Q REMEDY GEBRUIK WORD

Moenie RES-Q REMEDY gebruik indien jy hipersensitief (allergieë) is vir enige van die bestanddele nie. Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer vir sy gehalte, veiligheid of beoogde gebruik nie.

#### NEEM SPESIALE SORG MET RES-Q REMEDY

Disulfiram: Die alkoholinhoud van Bach-bloem geneesmiddels kan 'n disulfiram-reaksie veroorsaak as dit binne 12 uur na disulfiram geneem word. Pasiënte wat disulfiram neem, mag geen aanvullings vat wat alkohol bevat nie, insluitend Bach- blom geneesmiddels. Metronidazole kan 'n reaksie soortgelyk aan disulfiram veroorsaak wanneer dit saam met alkohol geneem word. Star of Bethlehem bevat hartglykosiede soortgelyk aan digitalis. Teoreties mag die gelyktyde inname van "Star of Bethlehem" en ander hart glykosiede produkte die risiko van hart glykosied vergiftiging verhoog.  
RES-Q REMEDY mag jou dalk slaperig laat voel.

#### NEEM VAN RES-Q REMEDY MET KOS EN DRANK

RES-Q REMEDY kan saam met kos geneem word.

#### SWANGERSKAP EN BORSVOEDING

Nie veilig tydens swangerskap en borsvoeding. Hierdie samestelling bevat alkohol, wat teratogeen is en gevaarlik is vir fetale ontwikkeling.

#### DIE BESTUUR EN GEBRUIK VAN MASJINERIE

- RES-Q REMEDY mag jou dalk lomerig/slaperig laat voel.
- Moenie bestuur nie want RES-Q REMEDY kan jou vermoë te veilig bestuur belemmer.
- Moenie gereedskap of masjiene gebruik nie.

#### BELANGRIKE INLIGTING IN VERBAND MET SOMMIGE VAN DIE BESTANDELE IN RES-Q REMEDY

Suikervry  
Geskik vir streng vegetariërs.  
Bevat: Etanol 22% m/m.

## AS JY ANDER MEDISYNE SAAM MET RES-Q REMEDY NEEM

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

### HOE OM RES-Q REMEDY TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie. Neem RES-Q REMEDY altyd presies soos aanbeveel. Bevestig met jou dokter of apteker indien jy onseker is.

Die normale dosering is:

Drie tot vyf druppels in 'n bietjie water, om geneem te word elke vyf minute in akute gevalle, totdat die simptome verbeter. Kan daarna verminder word tot elke twee ure.  
Van 6 tot 12 jaar oud: 1-3 druppels  
Van 2 tot 6 jaar oud: 1-2 druppels  
Van 4 maande tot 2 jaar oud: 1 druppel  
Moet nie die aanbevole dosis oorskry nie.  
Skud die bottel voor gebruik.

### INDIEN JY MEER RES-Q REMEDY GEBRUIK AS WAT JY BEHOORT

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

### INDIEN JY VERGEET HET OM RES-Q REMEDY TE NEEM

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

### MOONTLIKE NEWE-EFFEKTE

RES-Q REMEDY kan moontlik nuwe-effekte veroorsaak. Daar is geen nuwe-effekte bekend nie.  
Nie alle nuwe-effekte wat vir hierdie medisyne aangemeld is word in hierdie voubljet 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 gesondheidsorgpraktisyn raadpleeg. Indien jy enige nuwe-effekte waarneem wat nie in hierdie voubljet genoem word nie, moet jy jou dokter of apteker daarvan vertel.

### BERGING EN WEGDOEN VAN RES-Q REMEDY

Bewaar alle medikasie buite bereik van kinders.  
Bewaar teen of benede 25 °C.  
Bewaar die houër in die kartonverpakking.  
Bewaar in die oorspronklike houër.  
Maak die houër dig toe.  
Beskerm teen lig.  
Beskerm teen vog.  
Moenie die produk in die badkamer bewaar nie.  
Moenie na die vervaldatum wat op die etiket / houër / bottel aangedui is, gebruik nie.  
Moenie RES-Q REMEDY 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 RES-Q REMEDY

'n 20 ml of 50 ml amberkleurige botteltjie met 'n drupper in kartonverpakking.

### IDENTIFIKASIE VAN RES-Q REMEDY

'n Helder, kleurlose vloeistof.

### REGISTRASIONOMMER

U4138 Act 101/1965

### DATUM VAN PUBLIKASIE

TBA

### PROFESIONELE INLIGTING

Verwys na die voubljet met professionele inligting vir meer inligting.

### NAAM EN BESIGHEIDSAFRES VAN DIE HOER 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 RES-Q REMEDY

### PROFESSIONAL INFORMATION

#### SCHEDULING STATUS

Unscheduled

#### PROPRIETARY NAME AND DOSAGE FORM

RES-Q REMEDY Drops

#### COMPOSITION

Composition per 100 g:  
Aqueous infusion of the flowers of:  
Prunus Cerasifera (Cherry Plum) [Flower] 0,1 g  
Clematis Vitalba (Clematis) [Flower] 0,1 g  
Helianthemum Nummularium (Rock Rose) [Flower] 0,1 g  
Impatiens glandulifera (Impatiens) [Flower] 0,1 g  
Ornithogalum Umbellatum (Star of Bethlehem) [Flower] 0,1 g

#### Inactive ingredients:

Ethanol and purified water.  
Contains: Ethanol 22% m/m  
Sugar free  
Suitable for vegans and vegetarians.

#### PHARMACOLOGICAL CLASSIFICATION

Category D Complementary Medicine  
Discipline 33.6 Western Herbal Remedy

#### PHARMACOLOGICAL ACTION

RES-Q REMEDY is a flower remedy that was originally discovered by Dr Edward Bach. Dr Bach believed that illness was caused by a negative state of mind. RES-Q REMEDY is manufactured to his original concept, and is specifically formulated to help with shock, stress, anxiety, fainting and other conditions associated with accidents and emergencies.

#### INDICATIONS

An herbal remedy for shock.  
Supports the treatment of stress and anxiety.

#### CONTRAINDICATIONS

There are no known contraindications.

#### 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.

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

#### INTERACTIONS

Disulfiram: The alcohol content of Bach flower remedies can cause a disulfiram reaction when taken within 12 hours of disulfiram. Patients taking disulfiram should not take any supplements containing alcohol including Bach flower remedies.

Metronidazole can cause a disulfiram-like reaction when taken with alcohol.

Star of Bethlehem contains cardiac glycosides similar to digitalis. Theoretically, taking Star of Bethlehem with other cardiac glycoside-containing products might increase the risk of cardiac glycoside toxicity.

#### HUMAN REPRODUCTION

Not safe for use during pregnancy and lactation.  
This preparation contains alcohol, which is teratogenic and dangerous for foetal development.

#### DOSAGE AND DIRECTIONS FOR USE

Adults and children from 12 years of age: 3 to 5 drops to be taken in a little water every five minutes for acute cases, until symptoms improve. Thereafter reduce to every two hours.

From 6-12 years of age: 1-3 drops  
From 2-6 years of age: 1-2 drops  
From 4 months - 2 years of age: 1 drop  
Do not exceed the stated dose.  
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 clear colourless liquid.

#### PRESENTATION

A carton containing 20 ml or 50 ml amber dropper bottle.

#### STORAGE INSTRUCTIONS

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

#### REGISTRATION NUMBER

U4138 Act 101/1965

#### DATE OF REGISTRATION

TBA

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

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

08A0013/01

A PROUD BRAND OF

 Ascendis  
HEALTH