

PATIENT INFORMATION LEAFLET

Scheduling status:

[S0]

SEPTOGARD® syrup

Commiphora wightii Arn. (Indian bdellium, resin); Maharasnadi quath (Kwatha powder: contains extracts of *Alphina galanga* L. [Siamese ginger, leaf and root]; *Fagonia cretica* L. [Khorasan thorn, whole plant]; *Sida cordifolia* L. [country mallow, whole plant]; *Ricinus communis* L. [castor bean, root]; *Cedrus deodara* Roxb. [deodar cedar, heartwood]; *Hedychium spicatum* Buch. -Ham. [spiked ginger lily, rhizome]; *Acorus calamus* L. [calamus, rhizome]; *Adhatoda vasica* Nees. [Malabar nut, root]; *Zingiber officinale* Rosc. [ginger, rhizome]; *Terminalia chebala* Retz. [chebulic myrobalan, pericarp]; *Piper longum* Retz. [Indian long pepper, stem and fruit]; *Cyperus rotundus* L. [nut grass, rhizome]; *Boerhaavia diffusa* L. [spreading hogweed, root]; *Tinospora cordifolia* Miers. [heart-leaved moonseed, stem]; *Argyreia speciosa* L. [elephant creeper, root]; *Anethum graveolens* L. [Indian dill, fruit]; *Tribulus terrestris* L. [land caltrops, fruit]; *Withania somnifera* L. [ashwagandha, root]; *Aconitum heterophyllum* Wall. [Indian atees, root]; *Cassia fistula* L. [Indian laburnum, fruit pulp]; *Asparagus racemosus* Willd. [wild asparagus, root tuber]; *Barleria prionitis* L. [Delagoa Bay barleria, whole plant]; *Coriandrum Sativum* L. [coriander, fruit]; *Solanum xanthocarpum* Schrad. [yellow-berried nightshade, whole plant]; *Bacopa monniera* L. [bacopa, plant]; *Tinospora cordifolia* Miers. (heart-leaved moonseed, stem); *Rubia cordifolia* L. (Indian madder, root); Trikatu (contains extracts of *Piper nigrum* L. [black pepper, fruit]; *Piper longum* Retz. [Indian long pepper, fruit]; *Zingiber officinale* Rosc. (ginger, rhizome); *Asparagus racemosus* Willd. (wild asparagus, root); *Glycyrrhiza glabra* L. (liquorice, root); *Embilica officinalis* Gaertn. (Indian gooseberry, fruit); *Cinnamomum zeylanicum* Blume (Ceylon cinnamon, bark). Contains sugar: sucrose 86 mg/5 ml. Contains preservatives: methylparaben 0,001 % m/v, propylparaben 0,0004 % m/v, sodium methylparaben 0,005 % m/v, sodium propylparaben 0,004 % m/v. • D33.8. Complementary Medicine: Discipline-specific. Other – herbal. • This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

Read the entirety of this leaflet carefully because it contains important information for you

SEPTOGARD® syrup is available without a doctor's prescription. Nevertheless, you still need to use SEPTOGARD® syrup carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share SEPTOGARD® syrup with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

What is in this leaflet

1. What SEPTOGARD® syrup is and what it is used for
2. What you need to know before you take SEPTOGARD® syrup
3. How to take SEPTOGARD® syrup
4. Possible side effects
5. How to store SEPTOGARD® syrup
6. Contents of the pack and other information

1. What SEPTOGARD® syrup is and what it is used for

SEPTOGARD® syrup is a daily health supplement that contains ingredients which can strengthen the immune system and has the following properties:

- antibacterial and antiviral;
 - anti-inflammatory; and
 - provides antioxidant protection.
- Provides support by the following mechanisms:
- targeted immune response against infections (first-line defence);
 - immune support against opportunistic/recurring infections for patients with compromised immune systems; and
 - contributes to the maintenance of a normal immune response to seasonal allergens.

Efficacy of support may vary between users.

2. What you need to know before you take SEPTOGARD® syrup

Do not take SEPTOGARD® syrup:

- If you are hypersensitive (allergic) towards any of the ingredients of SEPTOGARD® syrup (listed in section 6 **Contents of pack and other information**).
- If you have high blood pressure or are taking blood pressure medication (see **Other medicines and SEPTOGARD® syrup**).
- If you have low blood potassium levels or are taking thiazide diuretics (water syrup), cardiac glycosides, corticosteroids, laxatives or medication that can affect electrolyte balance (see **Other medicines and SEPTOGARD® syrup**).
- Do not take with other liquorice-containing products.
- If you have a heart, kidney or liver disorder.
- If you are pregnant or breastfeeding (see **Pregnancy, breastfeeding and fertility**).
- If you are taking any chronic medication, do not use this product without consulting your medical practitioner.

Warnings and precautions

Special care should be taken with SEPTOGARD® syrup.

- Consult a healthcare provider or doctor prior to use if you have/are taking:
 - o a bleeding disorder or blood thinners (anticoagulant or antiplatelet medication) [see **Other medicines and SEPTOGARD® syrup**];
 - o an autoimmune disorder (e.g., in children: type 1 diabetes, neonatal lupus erythematosus, juvenile arthritis and in adults: multiple sclerosis, systemic lupus erythematosus, rheumatoid arthritis) or immunosuppressant medication (see **Other medicines and SEPTOGARD® syrup**); or
 - o a thyroid disorder or thyroid hormone replacement therapy (see **Other medicines and SEPTOGARD® syrup**).
- If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking SEPTOGARD® syrup.
- SEPTOGARD® syrup contains sucrose which can influence the control of your blood sugar if you have diabetes mellitus.
- Consult a healthcare provider or doctor if symptoms persist or worsen.
- Discontinue use at least 2 weeks before any surgical procedures.
- Do not exceed the daily recommended dose.
- Do not use after the date of expiry.
- Products containing herbal ingredients may interact with some medication.

Porphyria: Safety has not been established.

Tell your doctor if you are not sure about any of the above.

Other medicines and SEPTOGARD® syrup

Always tell your healthcare provider if you are taking any other medicine, including complementary or traditional medicines.

Consult your doctor, pharmacist or healthcare provider before use if you are taking:

- medication for high blood pressure, as SEPTOGARD® syrup contains ingredients which can influence the efficacy of these medicines;
- blood thinners (anticoagulant or antiplatelet medication) e.g., warfarin, as SEPTOGARD® syrup contains ingredients which influence the efficacy of these medicines;
- cardiac glycosides (heart medication) e.g., digoxin, as liquorice root may increase the risk of cardiotoxicity;
- corticosteroids, as liquorice root may increase the effects and side effects of corticosteroids;
- immunosuppressant medication (such as methotrexate), as SEPTOGARD® syrup contains ingredients which can reduce the efficacy of these medicines;
- thiazide diuretics (water tablets), stimulant laxatives or other medications which may aggravate electrolyte imbalance, as liquorice root can increase potassium loss; and
- thyroid replacement therapy, as Indian bdellium resin may influence thyroid hormone levels.

Using SEPTOGARD® syrup with food, drink and alcohol

There is no known interaction between the contents of SEPTOGARD® syrup and food, drinks or alcohol.

Pregnancy, breastfeeding and fertility

Do not take SEPTOGARD® syrup if you are pregnant or breastfeeding as it contains Indian bdellium resin, Kwatha powder, Indian madder root and liquorice rhizome which are contraindicated.

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist, or other healthcare provider for advice before taking this product.

Driving and using machinery

SEPTOGARD® syrup should not affect your ability to drive or use machinery. However, is not always possible to predict to what extent SEPTOGARD® syrup may interfere with your daily activities. Ensure that you do not engage in the above activities until you are aware of the measure to which SEPTOGARD® syrup affects you.

SEPTOGARD® syrup contains sucrose

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking SEPTOGARD® syrup.

3. How to take SEPTOGARD® syrup

Do not share medicines with any other person.

Always take SEPTOGARD® syrup exactly as described in this leaflet or as your healthcare provider has instructed you. You should check with your doctor or pharmacist if you are unsure.

SHAKE BOTTLE BEFORE USE.

Children:

This product should only be used in children younger than 3 years under the guidance of a healthcare provider or doctor.

The usual dose for children 3 to 6 years is:

Acute dose (at the onset of symptoms):

Give one medicine measure (5 ml), three times per day after meals until symptoms subside, or as directed by your doctor.

Daily maintenance dose:

Give half a medicine measure (2,5 ml), twice a day after meals, or as directed by your doctor.

The usual dose for children 6 to 12 years is:

Acute dose (at the onset of symptoms):

Give two medicine measures (10 ml), three times per day after meals until symptoms subside, or as directed by your doctor.

Daily maintenance dose:

Give one medicine measure (5 ml), twice a day after meals, or as directed by your doctor.

The usual dose for adults and children 12 years and older is:

Acute dose (at the onset of symptoms):

Drink four medicine measures (20 ml), three or four times per day after meals until symptoms subside, or as directed by your doctor.

Daily maintenance dose:

Drink two medicine measures (10 ml), three times per day after meals, or as directed by your doctor.

If you take more SEPTOGARD® syrup than you should

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or Poisons Information Centre.

If you forget to take SEPTOGARD® syrup

Take your missed dose when you remember. If it is almost time for your next dose, skip the missed dose and take SEPTOGARD® syrup at the next regularly scheduled time. Do not take a double dose to make up for forgotten individual doses.

If you stop taking SEPTOGARD® syrup

If you are taking the dose as indicated, it is unlikely that there should be withdrawal effects when you stop using this medication.

4. Possible side effects

SEPTOGARD® syrup can have side effects.

Not all side effects reported for SEPTOGARD® syrup are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this supplement, please consult your healthcare provider for advice.

If any of the following or other side effects occur, stop taking this product and consult your doctor or pharmacist or go to the casualty department at your nearest hospital:

Allergic reactions such as: skin rashes, hives (skin bumps), itchiness, swelling of the face, lips, mouth or throat, which may cause difficulty in swallowing or breathing.

These are all very serious side effects. If you have them, you may have had a serious reaction to SEPTOGARD® syrup. You may need urgent medical attention or hospitalisation.

Tell your doctor or pharmacist if you notice any of the following:

Frequency not known:

- Headache and restlessness.
- Nasal pain.
- Abdominal discomfort, bloating, burning aftertaste, constipation, diarrhoea, heartburn, loose stools, nausea and vomiting.
- Red-coloured saliva, sweat or urine (because of the natural red dye present in Indian madder root).

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

Reporting of side effects

If you get side effects, talk to your doctor, pharmacist or nurse. You can also report side effects to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org), found on SAHPRA's website. By reporting side effects, you can help provide more information on the safety of SEPTOGARD® syrup.

5. How to store SEPTOGARD® syrup

- Store all medicines out of reach of children.
- Store in a dry place at or below 25 °C.
- Protect from light.
- Keep in original packaging until use.
- Close cap firmly after use.
- Do not refrigerate.
- Do not store in a bathroom.
- Do not use after the expiry date stated on the label and carton.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g., toilets).

6. Contents of pack and other information

What SEPTOGARD® syrup contains

Active ingredients	Per 5 ml	Per maximum daily dose (80 ml - adults)
<i>Commiphora wightii</i> Arn. (Indian bdellium/Sanskrit – palankasha) [resin, extract]	80 mg	1280 mg

Maharasnadi quath (Kwatha powder: contains extracts of <i>Alphina galanga</i> L. [Siamese ginger, leaf and root]; <i>Fagonia cretica</i> L. [Khorasan thorn, whole plant]; <i>Sida cordifolia</i> L. [country mallow, whole plant]; <i>Ricinus communis</i> L. [castor bean, root]; <i>Cedrus deodara</i> Roxb. [deodar cedar, heartwood]; <i>Hedychium spicatum</i> Buch. -Ham. [spiked ginger lily, rhizome]; <i>Acorus calamus</i> L. [calamus, rhizome]; <i>Adhatoda vasica</i> Nees. [Malabar nut, root]; <i>Zingiber officinale</i> Rosc. [ginger, rhizome]; <i>Terminalia chebala</i> Retz. [chebulic myrobalan, pericarp]; <i>Piper longum</i> Retz. [Indian long pepper, stem and fruit]; <i>Cyperus rotundus</i> L. [nut grass, rhizome]; <i>Boerhaavia diffusa</i> L. [spreading hogweed, root]; <i>Tinospora cordifolia</i> Miers. [heart-leaved moonseed, stem]; <i>Argyreia speciosa</i> L. [elephant creeper, root]; <i>Anethum graveolens</i> L. [Indian dill, fruit]; <i>Tribulus terrestris</i> L. [land caltrops, fruit]; <i>Withania somnifera</i> L. [ashwagandha, root]; <i>Aconitum heterophyllum</i> Wall. [Indian atees, root]; <i>Cassia fistula</i> L. [Indian Laburnum, fruit pulp]; <i>Asparagus racemosus</i> Willd. [wild asparagus, root tuber]; <i>Barleria prionitis</i> L. [Delagoa Bay barleria, whole plant]; <i>Coriandrum Sativum</i> L. [coriander, fruit]; <i>Solanum xanthocarpum</i> Schrad. [yellow-berried nightshade, whole plant]; <i>Bacopa monniera</i> L. [bacopa, whole plant])	30 mg	480 mg
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<i>Tinospora cordifolia</i> Miers. (heart-leaved moonseed/Sanskrit - guduchi) [stem, extract]	20 mg	320 mg
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<i>Rubia cordifolia</i> L. (Indian madder/Sanskrit - manjistha) [root, extract]	15 mg	240 mg
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Trikatu (Contains extracts of <i>Piper nigrum</i> L. [black pepper, fruit]; <i>Piper longum</i> Retz. [Indian long pepper, fruit]; <i>Zingiber officinale</i> Rosc. [ginger, rhizome])	13 mg	208 mg
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<i>Asparagus racemosus</i> Willd. (wild asparagus/Sanskrit - shatavari) [root, extract]	10 mg	160 mg
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<i>Glycyrrhiza glabra</i> L. (liquorice/Sanskrit - yashtimadhu) [root, extract]	9 mg	144 mg
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<i>Embilica officinalis</i> Gaertn. (Indian gooseberry/Sanskrit - amalaki) [fruit, extract]	8 mg	128 mg
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<i>Cinnamomum zeylanicum</i> Blume (Ceylon cinnamon/Sanskrit - tvak) [bark, extract]	6 mg	96 mg
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The other ingredients and excipients are: flavouring: pudina (mint), purified water.

SEPTOGARD® syrup contains sugar: sucrose 86 mg/5 ml.

SEPTOGARD® syrup contains preservatives: methylparaben 0,001 % m/v, propylparaben 0,0004 % m/v, sodium methylparaben 0,005 % m/v, sodium propylparaben 0,004 % m/v.

What SEPTOGARD® syrup looks like and contents of the pack

SEPTOGARD® syrup is a brown-coloured syrup with a mint taste, available in an amber, round, glass bottle with a tamper-evident, white, screw-on cap. It contains 100 ml or 200 ml and is packaged in a printed unit carton that includes a patient information leaflet.

Holder of Certificate of Registration

Nativa (Pty) Ltd
260 Cradock Avenue, Lyttelton, Centurion, 0157, Gauteng, South Africa
Tel: +27 (0) 12 664 7110

Customer care line: 0860 628 482

Email: health@nativa.co.za

Website: www.nativa.co.za

This leaflet was last revised in

January 2025

Date of registration

To be allocated

Registration number

To be allocated

Professional Information

Professional Information for SEPTOGARD® syrup can be obtained from the Nativa website (www.nativa.co.za).

PASIËNTINLIGTINGSBROSJURE

Skeduleringstatus:

[S0]

SEPTOGARD® stroop

Commiphora wightii Arn. [Indiese bdelliumboom-hars]; Maharasnadi quath (Kwatha poeier: bevat uittreksels van *Alphina galanga* L. [Siamese gemmer-blaar en -wortel]; *Fagonia cretica* L. [Khorasandoring-heelplant]; *Sida cordifolia* L. [hartblaartaaman-heelplant]; *Ricinus communis* L. [kasterolieboom-wortel]; *Cedrus deodara* Roxb. [deodarisseder-kernhout]; *Hedychium spicatum* Buch. -Ham. [gepunte gemmerlelie-risoom]; *Acorus calamus* L. [kalmoes-risoom]; *Adhatoda vasica* Nees. [Malabarneut-wortel]; *Zingiber officinale* Rosc. [gemmer-risoom]; *Terminalia chebala* Retz. [chebuliese myrobalan-perikarp]; *Piper longum* Retz. [Indiese langpeper-stam en -vrug]; *Cyperus rotundus* L. [rooiuintjie-risoom]; *Boerhaavia diffusa* L. [kleefbossie-wortel]; *Tinospora cordifolia* Miers. [hartblaar-maansaad-stam]; *Argyreia speciosa* L. [olifant rankplant-wortel]; *Anethum graveolens* L. [Indiese dille-vrug]; *Tribulus terrestris* L. [dubbeltjie-vrug]; *Withania somnifera* L. [ashwagandha-wortel]; *Aconitum heterophyllum* Wall. [Indiese atees-wortel]; *Cassia fistula* L. [Indiese laburnum-vrugtepulp]; *Asparagus racemosus* Willd. [wilde aspersie-wortelkno]; *Barleria prionitis* L. [Delagoabaai barleria-heelplant]; *Coriandrum Sativum* L. [koljander-vrug]; *Solanum xanthocarpum* Schrad. [geelbessie nastergal-heelplant]; *Bacopa monniera* L. [bacopa-heelplant]; *Tinospora cordifolia* Miers. (hartblaar-maansaad-stam); *Rubia cordifolia* L. (Indiese meekrap-wortel); Trikatu (bevat uittreksels van *Piper nigrum* L. [swartpeper-vrug]; *Piper longum* Retz. [Indiese langpeper-vrug]; *Zingiber officinale* Rosc. (gemmer-risoom)]; *Asparagus racemosus* Willd. (wilde aspersie-wortel); *Glycyrrhiza glabra* L. (dropwortel); *Embolica officinalis* Gaertn. (Indiese appelliefie-vrug); *Cinnamomum zeylanicum* Blume (Ceylon kaneelbas).

Bevat suiker: sukrose 86 mg/5 ml.

Bevat preserveermiddels: metielparabeen 0,001 % m/v, propielparabeen 0,0004 % m/v, natriummetielparabeen 0,005 % m/v, natriumpropielparabeen 0,004 % m/v.

- D33.8. Komplementêre Medisyne: Dissipliene-spesifiek, Ander – kruie.
- Hierdie medisyne is nie deur die SAHPRA geregistreer of geëvalueer vir kwaliteit, veiligheid of voorgestelde gebruik nie.

Lees die hele brosjure deeglik want dit bevat belangrike inligting

SEPTOGARD® stroop is beskikbaar sonder 'n dokter se voorskrif. U moet egter steeds SEPTOGARD® stroop met omsigtigheid gebruik om die beste resultate daarmee te verkry.

- Hou hierdie brosjure. U sal dit dalk weer wil lees.
- Moet nie SEPTOGARD® stroop met enige ander persoon deel nie.
- Indien u verdere inligting of advies verlang, vra asseblief u gesondheidsorgverskaffer of apteker.

Wat is in hierdie brosjure

1. Wat SEPTOGARD® stroop is en waarvoor dit gebruik word
2. Wat u moet weet voordat u SEPTOGARD® stroop neem
3. Hoe om SEPTOGARD® stroop te neem
4. Moontlike nuwe-effekte
5. Hoe om SEPTOGARD® stroop te bewaar
6. Inhoud van die verpakking en ander inligting

1. Wat SEPTOGARD® stroop is en waarvoor dit gebruik word

SEPTOGARD® stroop is 'n daaglikse gesondheidsaanvulling wat bestanddele bevat wat die immuunstelsel kan versterk en het die volgende eienskappe:

- antibakteriële en antiviraal;
- anti-inflammatories; en
- verskaf antioksidante beskerming.

Verskaf ondersteuning deur die volgende meganismes:

- geteikende immuunrespons tot infeksies (eerste linie verdediging);
- immuunondersteuning teen opportunistiese infeksies vir diegene met verswakte immuunstelsels; en
- toevoeg tot die instandhouding van 'n normale immuunrespons teen seisoenale allergene.

Effektiwiteit van ondersteuning kan tussen gebruikers verskil.

2. Wat u moet weet voordat u SEPTOGARD® stroop neem

Moet nie SEPTOGARD® stroop neem nie:

- Indien u hipersensitief (allergies) is vir enige van die bestanddele in SEPTOGARD® stroop (gelys in afdeling 6 **Inhoud van die verpakking en ander inligting**).

- Indien u hoë bloeddruk het of bloeddruk medikasie neem (sien **Ander medikasie en SEPTOGARD® stroop**).

- Indien u lae bloedkaliumvlakke het of thiazied-diuretika's (waterpille), hartglikosiede, kortikosteroïede, lakseermiddels of medikasie wat elektrolietbalans kan beïnvloed, neem (sien **Ander medikasie en SEPTOGARD® stroop**).

- Moet nie saam met ander drop-bevattende produkte neem nie.

- Indien u 'n hart-, nier- of lewerverstoring het.
- Indien u swanger is of borsvoed (sien **Swangerskap, borsvoeding en vrugbaarheid**).

- Indien u enige chroniese medikasie gebruik, moet nie hierdie produk gebruik sonder om u mediese praktisyn te raadpleeg nie.

Waarskuwings en voorsorgmaatreëls

Noukeurige sorg behoort geneem te word met SEPTOGARD® stroop.

- Raadpleeg 'n gesondheidsorgverskaffer of dokter voor gebruik indien u enige van die volgende het/neem:
 - o 'n bloedversteuring of bloedverduiners (antikoagulant- of antiplaatjie-medikasie) [sien **Ander medikasie saam met SEPTOGARD® stroop**];

- o 'n outo-immuunverstoring (bv., in kinders: tipe 1 diabetes, sistemiese lupus eritematose, jeugartritis en in volwassenes: veelvoudige sklerose, sistemiese lupus eritematose, rumatoïede artritis) of

- o 'n skildklierversteuring of skildkliervervangingsterapie, (sien **Ander medikasie saam met SEPTOGARD® stroop**).

- Indien u dokter u ingelig het dat u 'n onverdraagsaamheid teenoor sekere suikers het, raadpleeg eers u dokter voordat u SEPTOGARD® stroop gebruik.
- SEPTOGARD® stroop bevat sukrose wat 'n effek op die beheer van u bloedsuikervlakke kan hê indien u diabetes mellitus het.

- Raadpleeg 'n gesondheidsorgverskaffer of dokter indien u simptome nie verbeter nie of vererger.

- Staak gebruik ten minste 2 weke voor enige chirurgiese prosedures.
- Moet nie die aanbevole daaglikse dosis oorskry nie.

- Moet nie na die vervaldatum gebruik nie.
- Produkte wat kruidbestanddele bevat kan interaksies met sommige medikasie hê.

Porfirie: Veiligheid is nog nie vasgestel nie.

U moet u dokter raadpleeg indien u onseker is van enige van die bogenoemde.

Ander medikasie en SEPTOGARD® stroop

Lig altyd u gesondheidsorgverskaffer in wanneer u medisyne op 'n gereelde basis neem, insluitend komplementêre- of tradisionele medisyne.

Raadpleeg u dokter, apteker of gesondheidsorgverskaffer voor gebruik indien u die volgende medisyne neem:

- medikasie vir hoë bloeddruk, aangesien SEPTOGARD® stroop bestanddele bevat wat die effektiwiteit van dié middels kan beïnvloed;
- bloedverduiners (antikoagulant- of antiplaatjie-medikasie) bv. warfarin, aangesien SEPTOGARD® stroop bestanddele bevat wat die effektiwiteit van dié middels kan beïnvloed;
- hartglikosiede (hartmedikasie) bv. digoksin, aangesien dropwortel die risiko van kardiotoxisiteit van verhoog;
- kortikosteroïede, aangesien dropwortel die effekte en nuwe effekte van kortikosteroïede kan verhoog;
- immuunstelsel-onderdrukkers (bv. metotreksaat), aangesien SEPTOGARD® stroop bestanddele bevat wat die effektiwiteit van dié middels kan verlaag;
- thiaziede-diuretika's (waterpille), stimulerende lakseermiddels of ander medikasie wat elektroliet balans kan beïnvloed, aangesien dropwortel kalium verlies kan veroorsaak; en
- skildkliervervangingsterapie, aangesien Indiese bdelliumboom-hars tiroïedhormoonvlakke kan beïnvloed.

Gebruik van SEPTOGARD® stroop saam met kos, drinkgoed en alkohol

Daar is geen bekende interaksie tussen die inhoud van SEPTOGARD® stroop en kos, drinkgoed of alkohol nie.

Swangerskap, borsvoeding en vrugbaarheid

Moet nie SEPTOGARD® stroop gebruik terwyl u swanger is of borsvoed nie, aangesien dit Indiese bdelliumboom-hars, Kwatha poeier, Indiese meekrap-wortel en dropwortel bevat, wat teenaangedui is.

Indien u swanger is of borsvoed, dink u is dalk swanger of beplan om 'n baba te hê, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat u hierdie produk neem.

Bestuur en die gebruik van masjinerie

SEPTOGARD® stroop behoort nie u vermoë om te bestuur of masjinerie te bedryf, te beïnvloed nie. Nietemin, is die nie altyd moontlik om te voorspel tot watter mate SEPTOGARD® stroop kan inmeng met u daaglikse aktiwiteite nie.

U moet verseker dat u nie by bogenoemde aktiwiteite betrokke raak voordat u bewus is van die mate waarin SEPTOGARD® stroop u effekteer nie.

SEPTOGARD® stroop bevat sukrose

Indien u dokter u ingelig het dat u 'n onverdraagsaamheid teenoor sekere suikers het, moet u eers u dokter raadpleeg voordat u SEPTOGARD® stroop gebruik.

3. Hoe om SEPTOGARD® stroop te neem

Moet nooit u medisyne met enige ander persoon deel nie.

Neem SEPTOGARD® stroop altyd presies soos voorgeskryf in hierdie brosjure of soos u gesondheidsorgverskaffer u aanbeveel het. Vra u dokter of apteker wat die aanbevole dosis is indien u onseker is.

SKUD BOTTEL VOOR GEBRUIK.

Kinders:

Hierdie produk kan slegs gebruik word vir kinders jonger as 3 jaar onder leiding van 'n gesondheidsorgverskaffer of dokter.

Die gewone dosis vir kinders 3 tot 6 jaar is:

Akute dosis (begin van die simptome):

Gee een medisyne-maat (5 ml), drie keer per dag na etes tot simptome bedaar, of soos aanbeveel deur u dokter.

Daaglikse instandhoudingsdosis:

Gee 'n halwe medisyne-maat (2,5 ml), twee keer per dag na etes, of soos aanbeveel deur u dokter.

Die gewone dosis vir kinders 6 tot 12 jaar is:

Akute dosis (begin van die simptome):

Gee twee medisyne-mate (10 ml), drie keer per dag na etes tot simptome bedaar, of soos aanbeveel deur u dokter.

Daaglikse instandhoudingsdosis:

Gee een medisyne-maat (5 ml), twee keer per dag na etes, of soos aanbeveel deur u dokter.

Die gewone dosis vir volwassenes en kinders 12 jaar en ouer is:

Akute dosis (begin van die simptome):

Drink vier medisyne-mate (20 ml), drie tot vier keer per dag na etes tot simptome bedaar, of soos aanbeveel deur u dokter.

Daaglikse instandhoudingsdosis:

Drink twee medisyne-mate (10 ml), drie keer per dag na etes, of soos aanbeveel deur u dokter.

Indien u meer SEPTOGARD® stroop geneem het as wat u moes

In die geval van 'n oordosis, raadpleeg u dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

Indien u vergeet om SEPTOGARD® stroop te neem

Neem die dosis wat oorgeslaan is, sodra u daarvan onthou. Indien dit egter amper tyd vir die volgende dosis is, slaan die vergete dosis oor en neem SEPTOGARD® stroop op die volgende geskeduleerde tyd. Moenie 'n dubbele dosis neem om vir die vergete individuele dosis te vergoed nie.

Wanneer u ophou om SEPTOGARD® stroop te gebruik

Indien u die dosis neem soos aangedui, sal daar waarskynlik geen ontrekkingseffek wees wanneer u die gebruik van hierdie medikasie staak nie.

4. Moontlike nuwe-effekte

SEPTOGARD® stroop kan nuwe-effekte hê.

Nie alle nuwe-effekte wat aangemeld is vir SEPTOGARD® stroop is in hierdie brosjure ingesluit nie. Indien u algemene gesondheid vererger, of indien u ongewenste gevolge ervaar tydens die gebruik van hierdie medikasie, raadpleeg u gesondheidsorgverskaffer vir advies.

Indien een van die volgende of ander nuwe-effekte voorkom, stop die gebruik van hierdie produk en raadpleeg u dokter of apteker of gaan na die naaste ongevalle-afdeling by u naaste hospitaal:

Allergiese reaksies soos: veluitslag, knoppe (vel bultjies), jeukerigheid, swelling van die gesig, lippe, mond of keel, wat probleme met sluk of asemhaling kan veroorsaak.

Hierdie is almal baie ernstige nuwe-effekte. Indien u dit ervaar, het u dalk 'n ernstige reaksie op SEPTOGARD® stroop gehad. U mag dalk dringende mediese aandag of hospitalisasie benodig.

Vertel u dokter of apteker indien u enige van die volgende waarneem:

Frekwensie nie-bekend:

- Hoofpyn en rusteloosheid.
- Nasale pyn.
- Abdominale ongemak, opgeblasenheid, brandende nasmaak, hardlywigheid, diarree, sooi-brand, los stoelgang, naarheid en braking.
- Rooie/gekleurde speeksel, sweet of urien (as gevolg van die natuurlike rooi kleurstof in Indiese meekrap-wortel).

Indien u enige nuwe-effekte wat nie in hierdie brosjure genoem word nie ondervind, lig asseblief u dokter of apteker in.

Rapportering van nuwe-effekte

Praat met u dokter, apteker, of verpleegster indien u nuwe-effekte ervaar. U kan ook nuwe-effekte by SAHPRA aanmeld via die Med Safety TOEP (Medsafety X SAHPRA) en eRapportering platform (who-umc.org), beskikbaar op SAHPRA se webwerf. Deur nuwe effekte aan te meld kan u help om meer inligting rakende die veiligheid van SEPTOGARD® stroop te verskaf.

5. Hoe om SEPTOGARD® stroop te bewaar

- Bewaar alle medisyne buite die bereik van kinders.
- Bewaar in 'n droë plek by of benede 25 °C.
- Beskerm teen lig.
- Hou in oorspronklike verpakking totdat gebruik word.
- Maak dopple deeglik toe na gebruik.
- Moet nie in die yskas verkoel nie.
- Moet nie in die badkamer stoor nie.
- Moet nie ná die vervaldatum op die verpakking gebruik nie.
- Neem alle ongebruikte medisyne terug na u apteker.
- Moet nie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die verpakking en ander inligting

Wat SEPTOGARD® stroop bevat

Aktiewe bestanddele	Per 5 ml	Per maksimum daaglikse dosis (80 ml - volwassenes)
<i>Commiphora wightii</i> Arn. (Indiese bdelliumboom/Sanskrit – palankasha) [hars, uittreksel]	80 mg	1280 mg
<i>Commiphora wightii</i> Arn. (Indiese bdelliumboom-hars); Maharasnadi quath (Kwatha poeier: bevat uittreksels van <i>Alphina galanga</i> L. [Siamese gemmer-blaar en -wortel]; <i>Fagonia cretica</i> L. [Khorasandoring-heelplant]; <i>Sida cordifolia</i> L. [hartblaartaaman-heelplant]; <i>Ricinus communis</i> L. [kasterolieboom-wortel]; <i>Cedrus deodara</i> Roxb. [deodarisseder-kernhout]; <i>Hedychium spicatum</i> Buch. -Ham. [gepunte gemmerlelie-risoom]; <i>Acorus calamus</i> L. [kalmoes-risoom]; <i>Adhatoda vasica</i> Nees. [Malabarneut-wortel]; <i>Zingiber officinale</i> Rosc. [gemmer-risoom]; <i>Terminalia chebala</i> Retz. [chebuliese myrobalan-perikarp]; <i>Piper longum</i> Retz. [Indiese langpeper-stam en -vrug]; <i>Cyperus rotundus</i> L. [rooiuintjie-risoom]; <i>Boerhaavia diffusa</i> L. [kleefbossie-wortel]; <i>Tinospora cordifolia</i> Miers. [hartblaar-maansaad-stam]; <i>Argyreia speciosa</i> L. [olifant rankplant-wortel]; <i>Anethum graveolens</i> L. [Indiese dille-vrug]; <i>Tribulus terrestris</i> L. [dubbeltjie-vrug]; <i>Withania somnifera</i> L. [ashwagandha-wortel]; <i>Aconitum heterophyllum</i> Wall. [Indiese atees-wortel]; <i>Cassia fistula</i> L. [Indiese laburnum-vrugtepulp]; <i>Asparagus racemosus</i> L. [wilde aspersie-wortelkno]; <i>Barleria prionitis</i> L. [Delagoabaai barleria-heelplant]; <i>Coriandrum Sativum</i> L. [koljander-vrug]; <i>Solanum xanthocarpum</i> Schrad. [geelbessie nastergal-heelplant]; <i>Bacopa monniera</i> L. [bacopa-heelplant])	30 mg	480 mg
<i>Tinospora cordifolia</i> Miers. (hartblaar maansaad/Sanskrit – guduchi) [stam, uittreksel]	20 mg	320 mg
<i>Rubia cordifolia</i> L. (Indiese meekrap/Sanskrit – manjistha) [wortel, uittreksel]	15 mg	240 mg
Trikatu (Bevat uittreksels van <i>Piper nigrum</i> L. [swartpeper-vrug]; <i>Piper longum</i> Retz. [Indiese langpeper-vrug]; <i>Zingiber officinale</i> Rosc. [gemmer-risoom])	13 mg	208 mg
<i>Asparagus racemosus</i> Willd. (wilde aspersie/Sanskrit – shatavari) [wortel, uittreksel]	10 mg	160 mg
<i>Glycyrrhiza glabra</i> L. (drop/Sanskrit - yashtimadhu) [wortel, uittreksel]	9 mg	144 mg
<i>Embolica officinalis</i> Gaertn. (Indiese appelliefie/Sanskrit – amalaki) [vrug, uittreksel]	8 mg	128 mg
<i>Cinnamomum zeylanicum</i> Blume (Ceylon kaneel/Sanskrit - tvak) [bas, uittreksel]	6 mg	96 mg

Die ander bestanddele en hulpstowwe is: geurmiddel: pudina (kruisement), gesuiwerde water.

SEPTOGARD® stroop bevat suiker: sukrose 86 mg/5 ml.

SEPTOGARD® stroop bevat preserveermiddels: metielparabeen 0,001 % m/v, propielparabeen 0,0004 % m/v, natriummetielparabeen 0,005 % m/v, natriumpropielparabeen 0,004 % m/v.

Hoe SEPTOGARD® stroop lyk en die inhoud van die verpakking

SEPTOGARD® stroop is 'n bruin-gekleurde stroop met 'n kruisemnt geur, beskikbaar in 'n amber, ronde glasbottel met 'n peuter-sigbare, wit skroefprop. Dit bevat 100 ml of 200 ml in 'n gedrukte eenheidskarton in, wat 'n pasiëntinligtingsbrosjure insluit.

Houer van Sertifikaat van Registrasie.

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Hierdie brosjure was laas hersien in

Januarie 2025

Datum van registrasie

Moet toegeken word

Registrasienommer

Moet toegeken word

Professionele Inligting

Professionele Inligting vir SEPTOGARD® stroop kan verkry word op die Nativa webwerf (www.nativa.co.za).