

PATIENT INFORMATION LEAFLET

Scheduling status:

[S0]

SEPTOGARD® tablets

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. [brahmi, plant]; *Tinospora cordifolia* Miers. (heart-leaved moonseed, stem); *Rubia cordifolia* L. (Indian madder, root); *Emblca officinalis* Gaertn. (Indian gooseberry, fruit); *Moringa pterygosperma* Gaertn. (moringa, leaf); *Cinnamomum zeylanicum* Blume (Ceylon cinnamon, bark); *Glycyrrhiza glabra* L. (liquorice, root); *Asparagus racemosus* Willd. (wild asparagus, root); *Cinnamomum zeylanicum* Blume (Ceylon cinnamon, bark); Shankh Bhasma (natural calcium carbonate).
Sugar free.
Contains a preservative: sodium benzoate 0,45 % m/m.

- 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 all of this leaflet carefully because it contains important information for you

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

- Keep this leaflet. You may need to read it again.
- Do not share SEPTOGARD® tablets 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® tablets is and what it is used for
2. What you need to know before you take SEPTOGARD® tablets
3. How to take SEPTOGARD® tablets
4. Possible side effects
5. How to store SEPTOGARD® tablets
6. Contents of the pack and other information

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

SEPTOGARD® tablets 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
- promotes a normal immune response to seasonal allergens.

Efficacy of support may vary between users.

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

Do not take SEPTOGARD® tablets:

- If you are hypersensitive (allergic) towards any of the ingredients of SEPTOGARD® tablets (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® tablets**).
- If you have low blood potassium levels or are taking thiazide diuretics (water tablets), cardiac glycosides, corticosteroids, laxatives or medication that can affect electrolyte balance (see **Other medicines and SEPTOGARD® tablets**).
- 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® tablets.

- Consult a healthcare provider or doctor before use if you have/are taking:
 - o low blood sugar levels or medication for diabetes (see **Other medicines and SEPTOGARD® tablets**);
 - o a bleeding disorder or blood thinners (anticoagulant/antiplatelet medication) [see **Other medicines and SEPTOGARD® tablets**];
 - 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® tablets**); or
 - o a thyroid disorder or thyroid hormone replacement therapy (see **Other medicines and SEPTOGARD® tablets**).
- 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® tablets

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 diabetes, as SEPTOGARD® tablets contains ingredients which can have an additive effect and can increase the risk of low blood sugar levels;
- medication for high blood pressure, as SEPTOGARD® tablets contains ingredients which can influence the efficacy of these medicines;
- blood thinners (anticoagulant or antiplatelet medication) e.g., warfarin, as SEPTOGARD® tablets contains ingredients which can 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® tablets contains ingredients which can reduce the efficacy of these medicines;
- oral antibiotics (used to treat infections), as Shankh Bhasma can influence the absorption of certain antibiotics. Oral antibiotics should be taken at least two (2) hours before, or four (4) hours after taking SEPTOGARD® tablets;
- 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 SEPTOGARD® tablets contains ingredients which may influence thyroid hormone levels.

Taking SEPTOGARD® tablets with food, drink and alcohol

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

Pregnancy, breastfeeding and fertility

Do not take SEPTOGARD® tablets while you are pregnant or breastfeeding as it contains Indian bdellium resin, Kwatha powder, Indian madder root, moringa leaf, liquorice root and Shankh Bhasma 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 machines

SEPTOGARD® tablets should not affect your ability to drive or use machinery. However, it is not always possible to predict to what extent SEPTOGARD® tablets 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® tablets affects you.

3. How to take SEPTOGARD® tablets

Do not share medicines with any other person.

Always take SEPTOGARD® tablets exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you. You should check with your doctor, pharmacist or nurse if you are unsure.

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

Acute dose (at the onset of symptoms):

Take two (2) tablets, three to four times per day, after meals with a glass of water, until symptoms subside, or as directed by your doctor.

Daily maintenance dose:

Take one (1) tablet, three times per day, after meals with a glass of water, or as directed by your doctor.

Take a few hours before or after taking oral antibiotics (see **Other medicines with SEPTOGARD® tablets**).

If you take more SEPTOGARD® tablets than you should

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

If you forget to take SEPTOGARD® tablets

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

If you stop taking SEPTOGARD® tablets

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® tablets can have side effects.

Not all side effects reported for SEPTOGARD® tablets are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking SEPTOGARD® tablets, 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® tablets. 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.
- Bloating, constipation, diarrhoea, heartburn, loose stools nausea, 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® tablets.

5. How to store SEPTOGARD® tablets

- Store all medicines out of reach of children.
- Store in a dry place at or below 25 °C.
- Protect from light and moisture.
- 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® tablets contains

Active ingredients	Per tablet	Per maximum daily dose (8 tablets)
<i>Commiphora wightii</i> Arn. (Indian bdellium/Sanskrit – palankasha) [resin, extract]	162 mg	1296 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 chebula</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. [brahmi, whole plant])	60 mg	480 mg
<i>Tinospora cordifolia</i> Miers. (heart leaved moonseed/Sanskrit - guduchi) [stem, extract]	49 mg	392 mg
<i>Rubia cordifolia</i> L. (Indian madder/Sanskrit - manjistha) [root, extract]	32 mg	256 mg
<i>Emblca officinalis</i> Gaertn. (Indian gooseberry/Sanskrit - amalaki) [fruit, extract]	16 mg	128 mg
<i>Moringa pterygosperma</i> Gaertn. (moringa/Sanskrit - sahjina) [leaf, extract]	16 mg	128 mg
<i>Glycyrrhiza glabra</i> L. (liquorice/Sanskrit - yashtimadhu) [root, extract]	6 mg	48 mg
<i>Asparagus racemosus</i> Willd. (wild asparagus/Sanskrit - shatavari) [root, extract]	5 mg	40 mg
<i>Cinnamomum zeylanicum</i> Blume (Ceylon cinnamon/Sanskrit - tvak) [bark, extract]	5 mg	40 mg
Shankh Bhasma (natural calcium carbonate/Sanskrit - Shankha Bhasma) [powder]	30 mg	240 mg

The other ingredients and excipients are: colloidal silicon dioxide, cross-linked polyvinyl N pyrrolidone, dicalcium phosphate, magnesium phosphate, microcrystalline cellulose, polyvinylpyrrolidone, sodium carboxymethyl cellulose.

SEPTOGARD® tablets is sugar free.

SEPTOGARD® tablets contain a preservative: sodium benzoate 0,45 % m/m.

What SEPTOGARD® tablets looks like and contents of the pack

SEPTOGARD® tablets are brown-coloured, biconvex tablets, available in a white, plastic container with a tamper-evident, green or white screwcap. It contains 60, 100 or 120 or 500 tablets 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

The SEPTOGARD® tablets Professional Information may be obtained from the Nativa website (www.nativa.co.za).

PASIËNTINLIGTINGSBROSJURE

Skeduleringstatus:

[S0]

SEPTOGARD® tablette

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. [hartblaartaaiman-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-wortelknol]; *Barleria prionitis* L. [Delagoabaai barleria-heelplant]; *Coriandrum Sativum* L. [koljander-vrug]; *Solanum xanthocarpum* Schrad. [geelbessie nastergal-heelplant]; *Bacopa monniera* L. [brahmi-heelplant]; *Tinospora cordifolia* Miers. (hartblaar-maansaad-stam); *Rubia cordifolia* L. (Indiese meekrap-wortel); *Emblca officinalis* Gaertn. (Indiese appelliefie-vrug); *Moringa pterygosperma* Gaertn. (sprokiesboom-blaar); *Glycyrrhiza glabra* L. (dropwortel); *Asparagus racemosus* Willd. (wilde aspersie-wortel); *Cinnamomum zeylanicum* Blume (Ceylon-kaneelbas); Shankh Bhasma (natuurlike kalsiumkarbonaat). Suikervry.

Bevat 'n preserveermiddel: natriumbenzoaat 0,45 % m/m.

- D33.8. Komplementêre Medisyne: Dissipliene-spesifiek. Ander – kruie.
- Hierdie medisyne is nog 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® tablette is beskikbaar sonder 'n dokter se voorskrif. U moet egter steeds SEPTOGARD® tablette met omsigtigheid gebruik om die beste resultate daarmee te verkry.

- Hou hierdie brosjure. Dit kan nodig wees dat u dit weer moet lees.
- Moet nie SEPTOGARD® tablette 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® tablette is en waarvoor dit gebruik word
2. Wat u moet weet voordat u SEPTOGARD® tablette neem
3. Hoe om SEPTOGARD® tablette te neem
4. Moontlike nuwe-effekte
5. Hoe om SEPTOGARD® tablette te bewaar
6. Inhoud van die verpakking en ander inligting

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

SEPTOGARD® tablette 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
- bevorder 'n normale immuunrespons teen seisoenale allergene.

Effektiwiteit van ondersteuning kan tussen gebruikers verskil.

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

Moet nie SEPTOGARD® tablette neem nie:

- Indien u hipersensitief (allergies) is vir enige van die bestanddele in SEPTOGARD® tablette (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® tablette**).
- Indien u lae bloedkaliumvlakke het of thiazied-diuretikums (waterpille), hartglikosiede, kortikosteroïede, lakseermiddels of medikasie wat elektrolietbalans kan beïnvloed, neem (sien **Ander medikasie en SEPTOGARD® tablette**).
- 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® tablette.

- Raadpleeg 'n gesondheidsorgverskaffer of dokter voor gebruik indien u enige van die volgende het/neem:
 - o lae bloedsuikervlakke of medikasie vir diabetes (sien **Ander medikasie saam met SEPTOGARD® tablette**);
 - o 'n bloedversteuring of bloedverduiners (antikoagulant- of antiplaatjie-medikasie) [sien **Ander medikasie saam met SEPTOGARD® tablette**];
 - o 'n outo-immuunversteuring (bv., in kinders: tipe 1 diabetes, sistemiese lupus eritematose, jeugartritis en in volwassenes: veelvoudige sklerose, sistemiese lupus eritematose, rumatoïede artritis) of immuunstelsel-onderdrukkers (sien **Ander medikasie saam met SEPTOGARD® tablette**); of
 - o 'n skildklierversteuring of skildkliervervangingsterapie (sien **Ander medikasie saam met SEPTOGARD® tablette**).
- Raadpleeg 'n gesondheidsorgverskaffer of dokter indien simptome voortduur 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 kruiebestanddele 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® tablette

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 diabetes, aangesien SEPTOGARD® tablette bestanddele bevat wat 'n bykomende effek kan hê en kan die risiko van lae bloedsuikervlakke verhoog;
- medikasie vir hoë bloeddruk, aangesien SEPTOGARD® tablette bestanddele bevat wat die effektiwiteit van dié middels kan beïnvloed;
- bloedverduiners (antikoagulant- of antiplaatjie-medikasie) bv. warfarin, aangesien SEPTOGARD® tablette bestanddele bevat wat die effektiwiteit van dié middels kan beïnvloed;
- hartglikosiede (hartmedikasie) bv. digoksien, aangesien dropwortel die risiko van kardiotoksisiteit van verhoog;
- kortikosteroïede, aangesien dropwortel die effekte en nuwe effekte van kortikosteroïede kan verhoog;
- immuunstelsel-onderdrukkers (bv. metotreksaat), aangesien SEPTOGARD® tablette bestanddele bevat wat die effektiwiteit van dié middels kan verlaag;
- orale antibiotika (wat gebruik word om infeksies te behandel), aangesien Shankh Bhasma die absorpsie van sommige antibiotika kan beïnvloed. Neem orale antibiotika ten minste twee (2) ure voor of vier (4) ure na SEPTOGARD® tablette;
- thiazied-diuretikums (waterpille), stimulerende lakseermiddels of ander medikasie wat elektrolietbalans kan beïnvloed, aangesien dropwortel kalium verlies kan veroorsaak; en
- skildkliervervangingsterapie, aangesien SEPTOGARD® tablette bestanddele bevat wat tiroïedhormoonvlakke kan beïnvloed.

Neem van SEPTOGARD® tablette saam met kos, drinkgoed en alkohol

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

Swangerskap, borsvoeding en vrugbaarheid

Moet nie SEPTOGARD® tablette gebruik terwyl u swanger is of borsvoed nie, aangesien dit Indiese bdelliumboom-hars, Kwatha poeier, Indiese meekrap-wortel, sprokiesboom-blaar, dropwortel en Shankh Bhasma 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 masjiene

SEPTOGARD® tablette behoort nie u vermoë om te bestuur of masjinerie te gebruik, te beïnvloed nie. Nietemin, is die nie altyd moontlik om te voorspel tot watter mate SEPTOGARD® tablette kan innem 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® tablette u affekteer nie.

3. Hoe om SEPTOGARD® tablette te neem

Moet nie u medisyne met enige ander persoon deel nie.

Neem SEPTOGARD® tablette altyd presies soos voorgeskryf in hierdie brosjure of soos u dokter, apteker of verpleegster u aanbeveel het. Maak asseblief seker by u dokter, apteker of verpleegster wat die aanbevole dosis is indien u onseker is.

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

Akute dosis (begin van die simptome):

Neem twee (2) tablette, drie tot vier keer per dag, na etes met 'n glas water, tot simptome bedaar, of soos aanbeveel deur u dokter.

Daaglikse instandhoudingsdosis:

Neem een (1) tablet, drie keer per dag, na etes met 'n glas water, of soos aanbeveel deur u dokter.

Neem 'n paar uur voor of na orale antibiotika (sien **Ander medisyne saam met SEPTOGARD® tablette**).

Indien u meer SEPTOGARD® tablette 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® tablette 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® tablette op die volgende geskeduleerde tyd. Moet nie 'n dubbele dosis neem om te vergoed vir individuele dosisse wat u oorgeslaan het nie.

Wanneer u ophou om SEPTOGARD® tablette te gebruik

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

4. Moontlike nuwe-effekte

SEPTOGARD® tablette kan nuwe-effekte hê.

Nie alle nuwe-effekte wat aangemeld is vir SEPTOGARD® tablette is in hierdie brosjure ingesluit nie. Indien u algemene gesondheid vererger, of indien u ongewenste gevolge ervaar tydens die gebruik van SEPTOGARD® tablette, 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 (velbultjies), 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® tablette 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.
- Opgeblasenheid, hardlywigheid, diarree, sooi-brand, los stoelgang, naarheid, braking.
- Rooikleurige speeksel, sweet of urien (as gevolg van die natuurlike rooi kleurstof in Indiese meekrap-wortel).

Lig asseblief u dokter of apteker in indien u enige nuwe-effekte opmerk wat nie in hierdie brosjure genoem word nie.

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 platvorm (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® tablette te verskaf.

5. Hoe om SEPTOGARD® tablette te bewaar

- Bewaar alle medisyne buite die bereik van kinders.
- Bewaar in 'n droë plek by of benede 25 °C.
- Beskerm teen lig en vog.
- Hou in oorspronklike verpakking totdat gebruik word.
- Maak doppie 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® tablette bevat

Aktiewe bestanddele	Per tablet	Per maksimum daaglikse dosis (8 tablette)
Commiphora wightii Arn. (Indiese bdelliumboom/Sanskrit – palankasha) [hars, uittreksel]	162 mg	1296 mg
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. [hartblaartaaiman-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. [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-wortelknol]; <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. [brahmi-heelplant])	60 mg	480 mg
<i>Tinospora cordifolia</i> Miers. (hartblaar maansaad/Sanskrit – guduchi) [stam, uittreksel]	49 mg	392 mg
<i>Rubia cordifolia</i> L. (Indiese meekrap/Sanskrit – manjistha) [wortel, uittreksel]	32 mg	256 mg
<i>Emblca officinalis</i> Gaertn. (Indiese appelliefie/Sanskrit – amalaki) [vrug, uittreksel]	16 mg	128 mg
<i>Moringa pterygosperma</i> Gaertn. (sprokiesboom/Sanskrit – sahajina) [blaar, uittreksel]	16 mg	128 mg
<i>Glycyrrhiza glabra</i> L. (drop/Sanskrit - yashtimadhu) [wortel, uittreksel]	6 mg	48 mg
<i>Asparagus racemosus</i> Willd. (wilde aspersie/Sanskrit – shatavari) [wortel, uittreksel]	5 mg	40 mg
<i>Cinnamomum zeylanicum</i> Blume (Ceylon kaneel/Sanskrit - tvak) [bas, uittreksel]	5 mg	40 mg
Shankh Bhasma (natuurlike kalsiumkarbonaat/Sanskrit – Shankha Bhasma) [poeier, uittreksel]	30 mg	240 mg

Die ander bestanddele en hulpstowwe is: kolloïdale silikondioksied, kruis-gekoppelde poliviniel N pirrolidoon, dikalsiumfosfaat, magnesiumfosfaat, mikrokristallyn-sellulose, polivinielpirrolidoon, natriumkarboksimeetiel-sellulose.

SEPTOGARD® tablette is suikervry.

SEPTOGARD® tablette bevat 'n preserveermiddel: natriumbenzoaat 0,45 % m/m.

Hoe SEPTOGARD® tablette lyk en die inhoud van die verpakking

SEPTOGARD® tablette is bruin-gekleurde, bikonvekse tablette, beskikbaar in 'n wit plastiekhouer met 'n peuter-sigare, groen of wit skroef dop. Die houer bevat 60, 100, 120 of 500 tablette in 'n gedrukte eenheidskarton, wat 'n pasiëntinligtingsbrosjure insluit.

Houer van Sertifikaat van Registrasie

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Webwerf: www.nativa.co.za

Hierdie brosjure was laas hersien in

Januarie 2025

Datum van registrasie

Moet toegeken word

Registrasienuommer

Moet toegeken word

Professionele Inligting

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