

**IPHESHANA ELIQUKETHE ULWAZI OLUQONDENE NESIGULI  
EFFERFLU C IMMUNE BOOSTER**

**UMUTHI OLEKELELA EMINYE IMITHI YOKWELAPHA – OQONDENE NOMKHAKHA OTHILE  
– UMKHIQIZO OYINHLANGANISELA**

**ISIMO SESHEDULI YOKUPHEPHA NOBUNGOZI BOMUTHI:**

S0

**IGAMAKUHWEDA LOMKHIQIZO KANYE NESIMO SOMTHAMOSILINGANISO**

**EFFERFLU C IMMUNE BOOSTER (Enokunambitheka okusawolintshi)**, engamaphilisi ancibilika emanzini

**EFFERFLU C IMMUNE BOOSTER (Enokunambitheka okusajikijolo)**, engamaphilisi ancibilika emanzini

**EFFERFLU C IMMUNE BOOSTER (Enokunambitheka okusablackcurrant)**, engamaphilisi ancibilika emanzini

**Funda lonke leli pheshana ngokucophelela ngoba liqukethe ulwazi olubalulekile kuwena.**

I-EFFERFLU C IMMUNE BOOSTER iyatholakala ngaphandle kwencwadi kadokotela, uma ufuna ukwelapha ukugula okuncane, okusho, ukugula okungekhona lokho okunamandla kakhulu noma okubucayi. Kepha-ke noma kunjalo, kumele uyisebenzise ngokucophelela i-EFFERFLU C IMMUNE BOOSTER ukuze usizakale ngokuphelele kuyona.

- Ligcine leli pheshana lolwazi. Kungenzeka ukuthi kudingeke ukuba uphinde futhi ulifunde.
- Ungabelani nanoma yimuphi omunye umuntu nge-EFFERFLU C IMMUNE BOOSTER.
- Buza usokhemisi wakho uma udinga ulwazi oluthe xaxa noma iseluleko.

**1. OKUQUKETHWE YI-EFFERFLU C IMMUNE BOOSTER:**

Izithako zokwelapha eziyinhloko eziqukethwe lapha yi-*ascorbic acid* (uvithamini C), *Echinacea purpurea* kanye nezinc.

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Iphilisi ngalinye elincibilika emanzini liqukethe *i-ascorbic acid* (uvithamini C) engama-1 000 mg , *i-Echinacea purpurea* engama-50 mg kanye nezinc *lactate trihydrate* elingana nezinc engama-5 mg.

**Iphilisi elinokunambitheka okusawolintshi:**

Ezinye izithako yi-*acesulfame potassium*, *citric acid anhydrous*, *l-leucine*, *hydrated silica*, ukunambitheka okusawolintshi, *polysorbate 20*, *red beet powder*, *riboflavin sodium phosphate*, *simethicone emulsion*, *sodium carbonate anhydrous*, *sodium hydrogen carbonate*, *sorbitol*.

**Iphilisi elinokunambitheka okusajikijolo:**

Ezinye izithako yi-*acesulfame potassium*, *citric acid anhydrous*, *l-leucine*, *hydrated silica*, *polysorbate 20*, ukunambitheka okusajikijolo, *red beet powder*, *simethicone emulsion*, *sodium carbonate anhydrous*, *sodium hydrogen carbonate*, *sorbitol*.

**Iphilisi elinokunambitheka okusablackcurrant:**

Ezinye izithako yi-*acesulfame potassium*, ukunambitheka okusablackcurrant, *blue dye powder* (E133), *citric acid anhydrous*, *l-leucine*, *hydrated silica*, *polysorbate 20*, *red beet powder*, *simethicone emulsion*, *sodium carbonate anhydrous*, *sodium hydrogen carbonate*, *sorbitol*.

I-EFFERFLU C IMMUNE BOOSTER iqukethe uhlobo lukashukela olunotshwala (*isorbitol*:

**Iwolintshi** 339,00 mg, **Ijikijolo** 291,00 mg, **Blackcurrant** 281,00 mg).

Iqukethe isinandisi (*i-acesulfame potassium* 30,00 mg).

**2. I-EFFERFLU C IMMUNE BOOSTER ISETSHENZISELWA LOKHU:**

I-EFFERFLU C IMMUNE BOOSTER iyisondlamzimba esiyisithasiselo esakhiwe ngendlela ehlukile

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esenzelwe ukweseka ukusebenza kwamasosha omzimba ngendlela ejwayelekile kanye nokugcina umzimba ungumqemane.

**3. NGAPHAMBI KOKUBA UTHATHE I-EFFERFLU C IMMUNE BOOSTER:**

**Ungalokothi uthathe i-EFFERFLU C IMMUNE BOOSTER:**

- uma umzimba wakho ungezwani nezithako i-*ascorbic acid*, *Echinacea purpurea*, *zinc*, izitshalo zomndeni wezitshalo zohlobo lwe-*Asteraceae (Compositae)* nanoma yiziphi ezinye izithako ze-EFFERFLU C IMMUNE BOOSTER (bheka isigatshana esithi OKUQUKETHWE YI-EFFERFLU C IMMUNE BOOSTER).
- uma unamatshe ezinso noma amazinga aphakeme e-*oxalate* emchameni wakho.
- uma unesifo sofuzo esihlobene nesakhamzimba i-ayoni eningi ngokweqile emzimbeni.
- uma unezinkinga zezinso.
- uma unesifo sofuba (i *TB*).
- uma unecollagenosis (isifo esiyivelakancane sesikhumba).
- uma unemultiple sclerosis (*MS*), okuyisifo sohlelo lwezinzwa zomzimba.
- uma unesandulelangculazi noma ingculazi (*HIV/AIDS*).
- uma unesifo samasosha omzimba (isifo lapho amasosha omzimba ehlasela izinhlayiya/izingqalampilo zomzimba ezingumqemane/eziphilile).
- uma uneleukosis (isifo segazi esinamandla kakhulu).

I-EFFERFLU C IMMUNE BOOSTER akumele inikezwe izingane ezineminyaka engaphansi kweyi-12 ubudala.

**Qaphela kakhulu uma usebenzisa i-EFFERFLU C IMMUNE BOOSTER:**

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- uma unesifo sikashukela (unoshukela omningi ngokweqile egazini lakho), njengoba i-*ascorbic acid* kungenzeka iphazamise umphumela wokukalwa komthamo kashukela okhona egazini lakho.
- uma uthatha imithamosilinganiso ephakeme ye-*ascorbic acid* (uvithamini C) isikhathi eside, kungenzeka ukuthi uvithamini C, oqukethwe kwi-EFFERFLU C IMMUNE BOOSTER, ungabe usasebenza kahle njengokwejwayelekile, okungaholela ekutheni ube nezimpawu zokushoda kwalesi sakhamzimba lapho unciphisa umthamosilinganiso we-*ascorbic acid* (uvithamini C) owuphuzayo ulingane nomthamosilinganiso ojwayelekile.
- uma ususebenzise i-EFFERFLU C IMMUNE BOOSTER isikhathi eside, imithamosilinganiso ephakeme ye-*zinc* ingaholela ekushodeni kwesakhamzimba i-*copper* okuhlobene nezifo zegazi.
- uma wenza ukuhlolwa lapho kuzothunyelwa amasampula egazi, indle noma umchamo wakho elabhoethri, kumele umtshale umhlinzeki wakho wosizo lwezempilo nokwelashwa ukuthi usebenzise i-EFFERFLU C IMMUNE BOOSTER, njengoba lokhu kungenzeka kube nomthelela kwimiphumela.
- uma uvamise ukuba nenkinga yokuphathwa ngama-aleji (isibonelo, uma uphathwa yimfiva ethimulisayo, phecelezi i-*hay fever*, isifuba somoya, i-aleji yokudla kanye ne-*eczema*), bonana nomhlinzeki wakho wosizo lwezempilo nokwelashwa ngaphambi kokuba usebenzise i-EFFERFLU C IMMUNE BOOSTER.

**Ukukhulelwa kanye nokuncelisa:**

Akuqinisekiswa ukuphepha kwe-EFFERFLU C IMMUNE BOOSTER kwabesifazane abakhulelwe noma abancelisayo.

Uma ukhulelwe noma usancelisa umntwana wakho, bonana nomhlinzeki wakho wosizo lwezempilo nokwelashwa ukuze akweluleke ngaphambi kokuba usebenzise i-EFFERFLU C IMMUNE BOOSTER.

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**Ukushayela kanye nokusebenzisa imishini:**

I-EFFERFLU C IMMUNE BOOSTER ingakwenza ungakwazi ukushayela kahle imoto noma usebenzise imishini ngendlela efanele njengoba ukuphathwa yisiyezi kanye nokozela kuyimithelela engathandeki yalo muthi. Kumele uqaphele kakhulu uma wenza le misebenzi, kuze kufike isikhathi lapho usubonile ukuthi i-EFFERFLU C IMMUNE BOOSTER ikuphatha kanjani emzimbeni.

**Ulwazi olubalulekile mayelana nezinye zezithako ze-EFFERFLU C IMMUNE BOOSTER:**

I-EFFERFLU C IMMUNE BOOSTER iqukethe *isorbitol* futhi lokhu kungadala ukuthi ukhishwe yisisu.

Uma uke watshelwa ukuthi umzimba wakho uyahluleka ukubekezelela izinhlobo ezithile zikashukela, akumele usebenzise i-EFFERFLU C IMMUNE BOOSTER.

**Ukusebenzisa eminye imithi ngesikhathi esifanayo ne-EFFERFLU C IMMUNE BOOSTER:**

Kumele ngaso sonke isikhathi umazise umhlinzeki wakho wosizo lwezempilo nokwelashwa uma kukhona nanoma iyiphi eminye imithi oyisebenzisayo. (Lokhu kubandakanya nemithi eyizondlamzimba kanye nemithi yesintu.)

Kuyinto esemqoka kakhulu ukuthi umtshale umhlinzeki wakho wosizo lwezempilo nokwelashwa uma kukhona nanoma yimuphi owusebenzisayo kule mithi elandelayo:

- *Desferrioxamine* (esetshenziswa njengekhambi lokuqeda ubuthi lokwelapha i-ayoni ephakeme ngokweqile emzimbeni noma lokwelapha ubuthi emzimbeni)
- *Indinavir* (umshanguzo osetshenziselwa ukudodobalisa i-HIV/AIDS)
- *Cyanocobalamin* (iVithamini B12)
- *Disulfiram* (esetshenziselwa ukwelapha isifo sokuphuza utshwala ngokweqile)
- Imithi yokuqeda i-esidi emzimbeni (esetshenziselwa ukwelapha isilungulela kanye nenkinga yokungagayeki kahle kokudla esiswini)

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- Amaphilisi okuvimbela inzalo aphuzwayo (*'the pill'*)
- *Warfarin* (esetshenziselwa ukwelapha nokuvimbela ukuguquka kwegazi libe ngamahlule)
- Imithi yokucindezela amasosha omzimba (esetshenziselwa ukucindezela noma ukunciphisa amandla amasosha omzimba) enjenge*basiliximab, azathioprine, corticosteroids, ciclosporin, daclizumab, muromonab, mycophenolic acid, mycophenolate mofetil, sirolimus netacrolimus*
- *Amiodarone* (esetshenziselwa ukwelapha inkinga yokungashayi kwenhliziyo ngendlela ejwayelekile)
- *Methotrexate* (esetshenziselwa ukwelapha *irheumatoid arthritis*)
- *Ketoconazole* (umuthi wokwelapha izifo ezibangelwa wukhunta (*antifungal*))
- Imithi equkethe *icopper*
- Imithi engama-antibhayothikhi anjenge*iprofloxacin*, namanye ama*fluoroquinolones* kanye nama*tetracyclines*.

**4. ISETSHENZISWA KANJANI I-EFFERFLU C IMMUNE BOOSTER:**

Ungalokothi wabelane nanoma yimuphi omunye umuntu ngemithi onikezwe yona ngumhlinzeki wakho wosizo lwezempilo nokwelashwa ngoba iqondene nawe kuphela.

**Kumele njalo i-EFFERFLU C IMMUNE BOOSTER uyiphuze ncimishi ngendlela oyalelwe ngayo kuleli pheshana lolwazi. Kumele ubuze udokotela wakho noma usokhemisi uma ungaqinisekile.**

Umthamosilinganiso ojwayelekile yiphilisi elilodwa nsukuzonke, elincibilikiswa engilazini yamanzi ewuhhafu kuya engilazini yamanzi egcwele eyodwa, futhi kumele kuphuzwe ngokushesha.

Kunconywa ukuthi i-EFFERFLU C IMMUNE BOOSTER uyincibilikise emanzini abandayo ukuze inambitheke kamnandi lapho uyiphuza.

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Iphilisi ngalinye le-EFFERFLU C IMMUNE BOOSTER liqukethe:

| <b>Isithako sokwelapha esiyinhloko</b> | <b>Umthamo wesithako ephilisini ngalinye</b> | <b>I-RDA* eqondene nabantu abadala</b>    | <b>Umthamo ophakeme ophephile</b> |
|--|--|---|-----------------------------------|
| <i>Ascorbic acid</i>                   | 1,000 mg                                     | 50 – 100 mg                               | 2,000 mg                          |
| <i>Echinacea purpurea (impushana)</i>  | 50,00 mg                                     | –   | –                                 |
| Zinc**                                 | 5 mg   | Kwabesifazane: 8 mg<br>Kwabesilisa: 11 mg | 40 mg                             |

*\*RDA – Recommended dietary allowance (Umthamo onconyiwe ongaphuzwa)*

*\*\*Zinc lactate trihydrate ilingana nezinc engama-5 mg.*

**Uma uphuze i-EFFERFLU C IMMUNE BOOSTER engaphezulu kwaleyo okumele uyiphuze:**

Uma kwenzekile waphuza umthamosilinganiso oweqile, bonana nodokotela wakho noma usokhemisi. Uma uhluleka ukuthola omunye walaba, xhumana nesibhedlela esiseduze nawe noma isikhungo esilawula ubuthi/ushevu.

Izimpawu zokuphuza umthamosilinganiso oweqile zibandakanya isicanucanu, ukuhlanza, ukuphelelwa amanzi emzimbeni, isisu esibuhlungu, isifo sohudo, ukungalawuleki kokusebenza kwemisipha nezicubu zomzimba, isiyezi, amatshe ezinso kanye nezinkinga eziphathelele negazi.

**Uma kwenzeka ukhohlwa ukuphuza umthamosilinganiso we-EFFERFLU C IMMUNE BOOSTER:**

Phuza lowo mthamosilinganiso ongawuphuzanga ngokushesha emuva kokukhumbula. Uma sekusondele isikhathi sokuphuza umthamosilinganiso olandelayo, ungabe usawuphuza lowo mthamosilinganiso okhohliwe ukuwuphuza futhi uqhubeke uphuze umthamosilinganiso ohlosiwe olandelayo. Ungalokothi uphuze imithamosilinganiso ephindwe kabili ngenhloso yokuvala isikhala semithamosilinganiso okhohliwe ukuyiphuza.

**5. IMITHELELA ENGATHANDEKI OKUNGENZEKA IBE KHONA:**

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**I-EFFERFLU C IMMUNE BOOSTER** kungenzeka ibe nemithelela engathandeki emzimbeni.

Akuyona yonke imithelela engathandeki ebikiwe ye-**EFFERFLU C IMMUNE BOOSTER** efakiwe kuleli pheshana lolwazi. Uma siba sibi isimo sakho sempilo jikelele, noma uma uzwa umthelela ongemnandi futhi ongathandeki emzimbeni ngenkathi usebenzisa i-**EFFERFLU C IMMUNE BOOSTER**, bonana nomhlinzeki wakho wosizo lwezempilo nokwelashwa ukuze uthole ukwelulekwa.

Uma kwenzeka noma yikuphi kulokhu okulandelayo, yeka ukusebenzisa i-**EFFERFLU C IMMUNE BOOSTER** futhi utshele udokotela wakho ngokushesha noma uphuthume emnyangweni wezimo eziphuthumayo esibhedlela esiseduze nawe:

- ukuvuvukala kwezandla, izinyawo, amaqakala, ubuso, izindebe, umlomo noma umphimbo okungenza kube nzima ukugwinya noma ukuphefumula
- ukuqubuka noma isikhumba esilumayo.

Konke lokhu kuyimithelela engathandeki ebucayi kakhulu futhi enobungozi. Uma unayo, kusho ukuthi kungenzeka ukuthi umzimba wakho awuzwananga neze ne-**EFFERFLU C IMMUNE BOOSTER** oyisebenzisile. Kungenzeka udinge usizo lokwelashwa oluphuthumayo noma ukulaliswa esibhedlela.

Tshela udokotela wakho ngokushesha noma uphuthume emnyangweni wezimo eziphuthumayo esibhedlela esiseduze nawe uma ubona okunye kwalokhu okulandelayo:

- i *Stevens-Johnson syndrome* (eqala ngezimpawu ezinjengezomkhuhlane, kulandele umqubuko obuhlungu osabalalayo onombala obomvu noma osabukhwebezane (*purplish*) kanye namabhamuza)
- inkinga yezinso ezingasebenzi kahle (izimpawu kungenzeka zibandakanye imfiva, ubuhlungu esiswini nendawo ezungeze isisu noma engxenyeni yeqolo esezansi, isicanucanu, ukuhlanza, ukukhathala okukhulu noma ubuthakathaka bemisipha nezicubu zomzimba).



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Konke lokhu kuyimithelela engathandeki ebucayi futhi enobungozi. Kungenzeka kudingeke ukuba uthole usizo lokwelashwa oluphuthumayo.

Tshela udokotela wakho uma ubona okunye kwalokhu okulandelayo:

Imithelela engathandeki engavamile ukwenzeka:

- ukuvuvukala komminzo (isilungulela, isisu esigcwele umoya nokubhodla, isifo sokuyokoza), ukuvaleka kwamathumbu (izihlungu ezinamandla esiswini nendawo ezungeze isisu, isicanucanu, ukuhlanza, ukungakwazi ukusuza noma ukukhipha indle).

Imithelela engathandeki okungaziwa ukuthi ivamise kangakanani ukwenzeka:

- izinkinga eziphathelene negazi ezingahlonzeka kuphela ngokuhlolwa kwegazi
- ukuncipha komfutho wegazi (isiyezi, ukuquleka, ukufiphala kwamehlo, isicanucanu, ukuhluleka ukugxilisa ingqondo)
- ukukhula kwezinga lokungenwa yizifo ngenxa yokungasebenzi kahle kwamasosha akho omzimba
- isiyezi, ukozela, ikhanda elibuhlungu
- ukuphelelwa umoya, ubunzima bokuphefumula
- ubuhlungu esiswini nendawo ezungeze isisu, inkinga yokungagayeki kahle kokudla, isicanucanu, ukuhlanza, isisu esibuhlungu nokudonseka kwemisipha yesisu, isifo sohudo, ukuvuvukala kontwentwesi lwesisu kanye nezinye izinkinga zokuphazamiseka komgudu wokudla, umuzwa wokunambitha okusansimbi emlonyeni
- imithelela ephathelene nezinkinga zesikhumba, ukushintsha kombala wesikhumba ube bomvu, ukuqubuka, isikhumba esilumayo
- ukukhula okuncanyana kwezinga lokuchama, amatshe ezinso (izimpawu zibandakanya izihlungu ezinamandla ohlangothini nasemhlane, isidingo esilokhu sibelesele njalo sokuchama, izihlungu lapho uchama, umchamo onombala ophinki, obomvu noma onsundu,

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isicanucanu, ukuhlanza, imfiva kanye nokuqhaqhazela okubangelwa ukuzwa amakhaza)

- ukuphazamiseka kokuhlolwa elabholethri kwegazi, umchamo kanye nendle.

Uma ubona noma iyiphi eminye imithelela engathandeki engabhaliwe kuleli pheshana lolwazi, tshela udokotela wakho noma usokhemisi.

**6. UKUGCINWA NOKUL AHLWA KWE-EFFERFLU C IMMUNE BOOSTER:**

Yonke imithi kumele uyigcine endaweni ezingafinyeleli kuyona izingane.

Yigcine endaweni epholile, eyomile ezingeni lokushisa elingama-25 °C noma ngaphansi kwalokho.

Yivikele ekukhanyeni nomswakama.

Yigcine esitsheni semithi efike naso futhi ugcine isivalo *sepolypropylene* sivalwe ngci uma ungayisebenzisi.

Ungayisebenzisi emuva kosuku lokuphelelwa kwayo yisikhathi olubhalwe esitsheni esiyishubhu nakwibhokisana layo.

Yiphindisele emuva kusokhemisi wakho yonke imithi engasetshenziswanga.

Ungalokothi ulahle imithi engasetshenziswanga ezinhlelweni zamapayipi okuchitha amanzi noma okuthutha indle (isibonelo, ezindlini zangasese).

**7. UKWETHULWA KWE-EFFERFLU C IMMUNE BOOSTER:**

Amaphilisi **i-EFFERFLU C IMMUNE BOOSTER** agcinwa esitsheni esiyishubhu esakhiwe ngopulastiki *wepolypropylene* esiqukethe amaphilisi angama-20, esivalwe ngesivalo sikapulastiki *wepolyethylene* esinesimuncaketshezi sokugcina amaphilisi omile. Isitsha esiyishubhu *sepolypropylene* sifakwa kwibhokisana likakhadibhodi elihambisana nepheshana eliqukethe ulwazi.

**8. UKUHLONZWA KWE-EFFERFLU C IMMUNE BOOSTER:**

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**I-EFFERFLU C IMMUNE BOOSTER (Enokunambitheka okusawolintshi)** ingamaphilisi ancibilika emanzini ayindingiliza futhi ayisicaba, anombala ophinki namachashazi akhanyayo. Uma amaphilisi encibikiliswa emanzini kuphuma ingxubemakhambi ewuketshezi olunombala osawolitshi.

**I-EFFERFLU C IMMUNE BOOSTER (Enokunambitheka okusajikijolo)** ingamaphilisi ancibilika emanzini ayindingiliza futhi ayisicaba, anombala ophinki namachashazi akhanyayo. Uma amaphilisi encibikiliswa emanzini kuphuma ingxubemakhambi ewuketshezi olunombala ophinki.

**I-EFFERFLU C IMMUNE BOOSTER (Enokunambitheka okusablackcurrant)** ingamaphilisi ancibilika emanzini ayindingiliza futhi ayisicaba, anombala ophinki namachashazi akhanyayo. Uma amaphilisi encibikiliswa emanzini kuphuma ingxubemakhambi ewuketshezi olunombala osabukhwebezane.

**9. IGAMA, IKHELI LENKAMPANI KANYE NENAMBA YOCINGO YOMNIKAZI**

**WESITIFIKETI SOKUBHALISWA:**

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**10. USUKU LOKUSHICILELWA:**

30 Mfumfu 2020