

PATIENT INFORMATION LEAFLET

Efferflu C Immune Booster

COMPLEMENTARY MEDICINE – DISCIPLINE SPECIFIC – COMBINATION PRODUCT

SCHEDULING STATUS:

S0

PROPRIETARY NAME AND DOSAGE FORM:

EFFERFLU C IMMUNE BOOSTER (Orange flavour), effervescent tablets

EFFERFLU C IMMUNE BOOSTER (Raspberry flavour), effervescent tablets

EFFERFLU C IMMUNE BOOSTER (Blackcurrant flavour), effervescent tablets

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

EFFERFLU C IMMUNE BOOSTER is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use EFFERFLU C IMMUNE BOOSTER carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share EFFERFLU C IMMUNE BOOSTER with any other person.
- Ask your pharmacist if you need more information or advice.

1. WHAT EFFERFLU C IMMUNE BOOSTER CONTAINS:

The active substances are ascorbic acid (vitamin C), *Echinacea purpurea* and zinc.

Each effervescent tablet contains 1 000 mg ascorbic acid (vitamin C), 50 mg *Echinacea purpurea* and zinc lactate trihydrate equivalent to 5 mg zinc.

Orange flavour:

Acesulfame potassium, citric acid anhydrous, hydrated silica, l-leucine, orange flavour, polysorbate 20, red beet powder, riboflavin sodium phosphate, simethicone emulsion, sodium carbonate anhydrous, sodium hydrogen carbonate, sorbitol.

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Raspberry flavour:

Acesulfame potassium, citric acid anhydrous, hydrated silica, L-leucine, polysorbate 20, raspberry flavour, red beet powder, simethicone emulsion, sodium carbonate anhydrous, sodium hydrogen carbonate, sorbitol.

Blackcurrant flavour:

Acesulfame potassium, blackcurrant flavour, 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.

EFFERFLU C IMMUNE BOOSTER contains sugar alcohol (sorbitol: **Orange** 339,00 mg,

Raspberry 291,00 mg, **Blackcurrant** 281,00 mg).

Contains sweetener (acesulfame potassium 30,00 mg).

2. WHAT EFFERFLU C IMMUNE BOOSTER IS USED FOR:

EFFERFLU C IMMUNE BOOSTER is a health supplement uniquely formulated to assist in providing support of normal immune function and promoting physical well-being.

3. BEFORE YOU TAKE EFFERFLU C IMMUNE BOOSTER:

Do not take EFFERFLU C IMMUNE BOOSTER:

- if you are hypersensitive (allergic) to ascorbic acid, *Echinacea purpurea*, zinc, plants of the *Asteraceae (Compositae)* family or to any of the other ingredients of EFFERFLU C IMMUNE BOOSTER (see **WHAT EFFERFLU C IMMUNE BOOSTER CONTAINS**)
- if you have kidney stones or high oxalate levels in your urine
- if you have a hereditary disease associated with an excess of iron in the body

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- if you have kidney problems
- if you have tuberculosis (TB)
- if you have collagenosis (a rare skin disorder)
- if you have multiple sclerosis (MS), a disease of the nervous system
- if you have HIV/AIDS
- if you have an autoimmune disorder (a disease where the body's immune system attacks healthy cells).
- if you have leukosis (a severe blood disease)

EFFERFLU C IMMUNE BOOSTER should not be given to children below 12 years of age.

Take special care with EFFERFLU C IMMUNE BOOSTER:

- if you have diabetes (too much sugar in your blood), since ascorbic acid may interfere with your blood sugar level readings
- if you take high doses of ascorbic acid (vitamin C) for a long time, you may develop a tolerance to vitamin C, as contained in EFFERFLU C IMMUNE BOOSTER, which could result in symptoms of deficiency when ascorbic acid (vitamin C) intake is reduced to the normal dose
- if you take EFFERFLU C IMMUNE BOOSTER for a long time, high doses of zinc can lead to copper deficiency with associated blood disorders
- if you have laboratory tests on your blood, faeces or urine, you should inform your healthcare provider that you are taking EFFERFLU C IMMUNE BOOSTER, as results could be affected
- if you have a tendency for hypersensitivity (allergic) reactions (e.g. if you suffer from hay fever, asthma, food allergy and eczema), consult your healthcare provider before taking EFFERFLU C IMMUNE BOOSTER.

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Pregnancy and breastfeeding:

The safety of EFFERFLU C IMMUNE BOOSTER has not been established in pregnancy and breastfeeding.

If you are pregnant or breastfeeding your baby, please consult your healthcare provider for advice before taking EFFERFLU C IMMUNE BOOSTER.

Driving and using machinery:

EFFERFLU C IMMUNE BOOSTER may influence your ability to drive or use machines, as dizziness and drowsiness are side effects. Caution is advised on performing these tasks until you know how EFFERFLU C IMMUNE BOOSTER affects you.

Important information about some of the ingredients of EFFERFLU C IMMUNE BOOSTER:

EFFERFLU C IMMUNE BOOSTER contains sorbitol which may have a laxative effect.

If you have been told that you have an intolerance to some sugars, you should not take EFFERFLU C IMMUNE BOOSTER.

Taking other medicines with EFFERFLU C IMMUNE BOOSTER:

Always tell your healthcare provider if you are taking any other medicine. (This includes complementary or traditional medicines.)

Tell your healthcare provider if you are taking any of the following medicines:

- Desferrioxamine (used as an antidote to treat iron overload or poisoning)
- Indinavir (an antiretroviral used in treatment of HIV/AIDS)
- Cyanocobalamin (Vitamin B12)
- Disulfiram (used to treat alcoholism)

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- Antacids (used to treat heartburn and indigestion)
- Oral contraceptives ('the pill')
- Warfarin (used to treat and prevent blood clots)
- Immunosuppressant medicines (used to suppress or reduce the strength of the body's immune system) such as basiliximab, azathioprine, corticosteroids, ciclosporin, daclizumab, muromonab, mycophenolic acid, mycophenolate mofetil, sirolimus and tacrolimus
- Amiodarone (used to treat irregular heartbeat)
- Methotrexate (used in the treatment of rheumatoid arthritis)
- Ketoconazole (an antifungal medicine)
- Copper containing medicines
- Antibiotic medicines such as ciprofloxacin, other fluoroquinolones and tetracyclines.

4. HOW TO TAKE EFFERFLU C IMMUNE BOOSTER:

Do not share medicines prescribed for you with any other person.

Always take **EFFERFLU C IMMUNE BOOSTER** exactly as instructed in this leaflet. You should check with your doctor or pharmacist if you are unsure.

The usual dose is one tablet daily, dissolved in half to one glass of water, and consumed immediately.

It is recommended that **EFFERFLU C IMMUNE BOOSTER** be dissolved in cold water for a more pleasant taste.

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Each EFFERFLU C IMMUNE BOOSTER effervescent tablet contains:

Active ingredient	Amount per tablet	RDA* for adults	Safer upper limit
Ascorbic acid	1 000 mg	50 – 100 mg	2 000 mg
<i>Echinacea purpurea</i> (dry extract)	50,00 mg	–	–
Zinc**	5 mg	Female: 8 mg Male: 11 mg	40 mg

*RDA – Recommended dietary allowance

**Zinc lactate trihydrate equivalent to 5 mg of zinc.

If you take more EFFERFLU C IMMUNE BOOSTER than you should:

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

Symptoms of overdosage include nausea, vomiting, dehydration, stomach cramps, diarrhoea, lack of coordination, dizziness, kidney stones and blood disorders.

If you forget to take a dose of EFFERFLU C IMMUNE BOOSTER:

Take the missed dose as soon as you remember. If it is almost time for your next dose, skip the missed dose and take the next intended one. Do not take a double dose to make up for the missed dose.

5. POSSIBLE SIDE EFFECTS:

EFFERFLU C IMMUNE BOOSTER can have side effects.

Not all side effects reported for EFFERFLU C IMMUNE BOOSTER are included in this leaflet.

Should your general health worsen, or if you experience any untoward effects while taking EFFERFLU C IMMUNE BOOSTER, please consult your healthcare provider for advice.

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If any of the following happens, stop taking EFFERFLU C IMMUNE BOOSTER and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of the hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing
- rash or itching.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to EFFERFLU C IMMUNE BOOSTER. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- Stevens-Johnson syndrome (begins with flu-like symptoms, followed by a painful red or purplish rash that spreads and blisters)
- impaired kidney function (symptoms may include fever, abdominal or lower back pain, nausea, vomiting, fatigue or muscle weakness).

These are all serious side effects. You may need urgent medical attention.

Tell your doctor if you notice any of the following:

Less frequent side effects:

- inflammation of the oesophagus (heartburn, bloating and belching, acid reflux), intestinal obstruction (severe abdominal pain, nausea, vomiting, inability to pass wind or stool).

Side effects of unknown frequency:

- blood disorders which can only be detected by blood tests
- reduction in blood pressure (dizziness, fainting, blurred vision, nausea, lack of concentration)

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- increased infection as a result of your immune system not working properly
- dizziness, drowsiness, headache
- shortness of breath, breathing difficulties
- abdominal pain, indigestion, nausea, vomiting, stomach cramps, diarrhoea, gastric irritation and other gastrointestinal disturbances, metallic taste in the mouth
- skin-related reactions, redness of the skin, rash, itching
- mild increase in urination, kidney stones (symptoms include severe pain in the side and back, persistent need to urinate, pain on urination, pink, red or brown urine, nausea, vomiting, fever and chills)
- interference with laboratory tests for blood, urine and faeces.

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

6. STORING AND DISPOSING OF EFFERFLU C IMMUNE BOOSTER:

Store all medicines out of reach of children.

Store at or below 30 °C in a cool, dry place. Protect from light and moisture.

Store in the original container and keep lid of polypropylene container tightly closed when not in use.

Do not use after the expiry date stated on the tube and carton.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

7. PRESENTATION OF EFFERFLU C IMMUNE BOOSTER:

EFFERFLU C IMMUNE BOOSTER effervescent tablets are packed in polypropylene tubes of 20's, closed with a polyethylene stopper equipped with a silica gel drying agent. The polypropylene tube

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is inserted into a cardboard carton with an information leaflet.

8. IDENTIFICATION OF EFFERFLU C IMMUNE BOOSTER:

EFFERFLU C IMMUNE BOOSTER (Orange flavour) effervescent tablets are round and flat, pink coloured with light dots. An orange coloured solution is produced when the tablets are dissolved in water.

EFFERFLU C IMMUNE BOOSTER (Raspberry flavour) effervescent tablets are round and flat, pink coloured with light dots. A pink coloured solution is produced when the tablets are dissolved in water.

EFFERFLU C IMMUNE BOOSTER (Blackcurrant flavour) effervescent tablets are round and flat, pink coloured with light dots. A purple coloured solution is produced when the tablets are dissolved in water.

9. NAME, BUSINESS ADDRESS AND TELEPHONE NUMBER OF THE REGISTRATION HOLDER:

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