

# Linctagon®

## Immune Defence

**with added Vitamin C**



### PATIENT INFORMATION LEAFLET LINCTAGON® IMMUNE DEFENCE

#### Scheduling status:

S0

#### Proprietary name and dosage form

**LINCTAGON® IMMUNE DEFENCE** (Capsules)

With the active ingredients Vitamin C, Zinc & *Pelargonium sidoides*

Sugar free

- Complementary Medicines: Preparations for the common cold including nasal decongestants
- This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

#### Read all of this leaflet carefully before you start taking Linctagon® Immune Defence because it contains important information for you.

Linctagon® Immune Defence is available without a doctor's prescription.

Nevertheless, you still need to use Linctagon® Immune Defence carefully to get the best results from it.

- Keep this leaflet. You may need to read it again
- Do not share Linctagon® Immune Defence with any other person
- Ask your healthcare practitioner or pharmacist if you need more information or advice
- You must see a doctor if your symptoms worsen or do not improve.

#### WHAT IS IN THIS LEAFLET

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

#### 1. What Linctagon® Immune Defence is and what it is used for

Linctagon® Immune Defence is indicated for daily immune support associated with colds and flu.

The active ingredients per capsule are 136,5 mg, vitamin C (ascorbic acid) 500mg and zinc elemental (from gluconate) 5 mg to aid in immune defence.

#### 2. What you need to know before you take Linctagon® Immune Defence

##### Do not take Linctagon® Immune Defence:

- If you are hypersensitive (allergic) to *Pelargonium sidoides* or any of the other ingredients of Linctagon® Immune Defence (see **6. Contents of the pack and other information**).

#### Warnings and precautions

##### Tell your doctor, pharmacist or healthcare practitioner if you have (1) or more of the following:

- If you have a history of kidney stones - it is not advisable to take Linctagon® Immune Defence as it contains a high dose of ascorbic acid.
- If you have iron abnormalities as ascorbic acid may increase the absorption of iron.
- If you have porphyria as safety has not been established.

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

#### Taking other medicines with Linctagon® Immune Defence

Always tell your healthcare professional if you are taking any other medicines.

(This includes complementary or traditional medicines.)

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

- anti-coagulant or anti-platelet medication, like warfarin as Linctagon® Immune Defence contains *Pelargonium* and ascorbic acid.
- tetracycline antibiotics as Linctagon® Immune Defence contains zinc which may reduce their absorption.

#### Taking Linctagon® Immune Defence with food and drink

You should take Linctagon® Immune Defence after a meal, with a glass of water.

#### Pregnancy and Breastfeeding

- It is not advisable to take Linctagon® Immune Defence while you are pregnant or breastfeeding
- If you are pregnant or breastfeeding, think you might be pregnant or are planning to have a baby, please consult your doctor or pharmacist or other healthcare practitioner for advice before taking this medication.

#### Driving and using machinery

There is insufficient information available on the effects of Linctagon® Immune Defence on the ability to drive or operate machinery.

#### 3. How to take Linctagon® Immune Defence

Do not share medicines with any other person.

Always take Linctagon® Immune Defence exactly as described in this leaflet or as your healthcare practitioner has instructed you. You should check with your doctor or pharmacist if you are unsure.

##### The usual dose for Children 6-12 years:

Take one (1) capsule daily, after a meal, with a glass of water.

##### Adults and children 13 years and older:

Take one (1) capsule twice daily, after a meal, with a glass of water.

#### If you take more Linctagon® Immune Defence than you should

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

#### If you forget to take / missed a dose of Linctagon® Immune Defence

Take your missed dose when you remember. Do not take a double dose to make up for forgotten individual doses.

#### If you stop taking Linctagon® Immune Defence

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

Linctagon® Immune Defence can have side effects.

Not all side effects reported for Linctagon® Immune Defence are included in this leaflet. Should your general health worsen while taking this medicine, or if you experience any untoward effects while taking Linctagon® Immune Defence, please consult your healthcare practitioner for advice.

Like all medicines, this medicine can cause side effects although not everybody gets them.

#### 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 rash
- hives (skin bumps)
- itchiness
- swelling of the face, lips, mouth or throat, which may cause difficulty in swallowing or breathing

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

##### Frequency unknown:

- Gastrointestinal upset, diarrhea
- Heartburn
- Formation of kidney stones
- Nosebleeds (Epistaxis)

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, nurse or other healthcare practitioner for advice. You can also report side effects to SAHPRA via the "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications: <http://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of Linctagon® Immune Defence.

#### 5. How to store Linctagon® Immune Defence

- STORE ALL MEDICINES OUT OF REACH OF CHILDREN
- Store at or below 25 °C.
- Keep the container tightly closed.
- Protect from light and moisture.
- Do not refrigerate.
- Store in original packaging until required for use.
- 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 Linctagon® Immune Defence contains

Active Ingredients	Per capsule	%NRV # per daily dosage (2 capsules)
<i>Pelargonium sidoides</i> (dried root)	136,5 mg	*
Vitamin C (Ascorbic acid)	500 mg	100%
Zinc elemental (from gluconate)	5 mg	90,90%

The other ingredients or excipients are: magnesium stearate microcrystalline cellulose, silicon dioxide (pirosil) and maize starch.

Linctagon® Immune Defence is sugar free.

#### What Linctagon® Immune Defence looks like and contents of the pack

Linctagon® Immune Defence capsules are clear capsules filled with off-white powder, available in a white plastic container with a white flip-top cap, containing 60 or 300 capsules.

#### Holder of Certificate of Registration

Nativa (Pty) Ltd

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#### This leaflet was last revised in

April 2020

#### Date of registration

To be allocated

#### Registration number

To be allocated

#### Professional Information

Linctagon® Immune Defence Professional Information may be obtained from the Nativa website ([www.nativa.co.za](http://www.nativa.co.za)).

# Linctagon®



## Immune Defence

**with added Vitamin C**

### PASIËNTINLIGTINGSBROSJURE LINCTAGON® IMMUNE DEFENCE

#### Skeduleringstatus:

**S0**

#### Handelsnaam en doseervorm

**LINCTAGON® IMMUNE DEFENCE** (Kapsule)

Met die aktiewe bestanddele vitamien C, Sink & *Pelargonium sidoides* Suikervry

- Komplementêre Medisyne: Verkouepreparate met inbegrip van neusontstuwings.
- Hierdie medisyne is nog nie deur die SAHPRA geregistreer of geëvalueer vir kwaliteit, veiligheid of voorgestelde gebruik nie.

#### Lees die hele inligtingsblad deeglik voor u Linctagon® Immune Defence begin gebruik, want dit bevat belangrike inligting.

Linctagon® Immune Defence is beskikbaar sonder 'n dokter se voorskrif. U moet egter steeds Linctagon® Immune Defence versigtig gebruik om die beste resultate daarmee te verkry.

- Hou hierdie inligtingsblad. Dit kan nodig wees dat u dit weer moet lees
- Moet nie Linctagon® Immune Defence met enige ander persoon deel nie
- Indien u verdere inligting of advies verlang, vra asseblief u gesondheidsorgwerker of apteker
- U moet 'n dokter raadpleeg indien u simptome vererger of nie verbeter nie.

#### WAT IS IN HIERDIE VOUBILJET

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

#### 1. Wat Linctagon® Immune Defence is en waarvoor dit gebruik word

Linctagon® Immune Defence is aangedui vir daaglikse immuunondersteuning wat geassosieer word met verkoue en griep. Die aktiewe bestanddele per kapsule is *Pelargonium sidoides* 136,5 mg, vitamien C (Askorbiensuur) 500 mg, elementele Sink (van Glukonaat) 5 mg vir immuunondersteuning.

#### 2. Wat u moet weet voordat u Linctagon® Immune Defence neem

**Moet nie Linctagon® Immune Defence neem nie:**

- Indien u hipersensitief (allergies) is vir *Pelargonium sidoides*, of enige van die ander bestanddele in Linctagon® Immune Defence (gelys in afdeling **6. Inhoud van die verpakking en ander inligting**).

#### Waarskuwings en voorsorgmaatreëls

**Vertel u dokter, apteker of gesondheidsorgpraktisyn as u (1) of meer van die volgende het:**

- Indien u 'n geskiedenis van nierstene het, is dit nie raadsaam om Linctagon® Immune Defence te neem nie, aangesien dit 'n hoë dosis Askorbiensuur bevat
- Indien u 'n yster abnormaliteit het, aangesien Askorbiensuur die opname van yster kan verhoog.

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

#### Neem van ander medikasie saam met Linctagon® Immune Defence

Lig altyd u gesondheidsorgpraktisyn in wanneer u medisyne op 'n gereelde basis neem, insluitend komplementêre- of tradisionele- medisyne. Raadpleeg u dokter indien u Linctagon® Immune Defence in kombinasie met die volgende medisyne wil gebruik:

- anti-stol terapie soos warfarin aangesien Linctagon® Immune Defence *Pelargonium sidoides* en Askorbiensuur bevat.
- Tetrasiklien-antibiotika aangesien Linctagon® Immune Defence Sink bevat wat die absorpsie kan verminder.

#### Neem van Linctagon® Immune Defence saam met kos en drinkgoed

Neem Linctagon® Immune Defence ná 'n ete, met 'n glas water.

#### Swangerskap en borsvoeding

- Dit is nie raadsaam om Linctagon® Immune Defence te gebruik terwyl u swanger is of borsvoed nie.
- Indien u swanger is, u baba borsvoed, dink dat u is swanger of beplan om swanger te raak, raadpleeg asseblief u dokter, apteker of ander professionele gesondheidsorgwerker vir advies voordat u hierdie medisyne neem.

#### Bestuur en die gebruik van masjinerie

Daar is onvoldoende inligting oor die effek van Linctagon® Immune Defence op die vermoë om te bestuur en masjinerie te gebruik.

#### 3. Hoe om Linctagon® Immune Defence te neem

Moet nie u medisyne met enige ander persoon deel nie.

Neem Linctagon® Immune Defence altyd presies soos voorgeskryf in hierdie voubiljet of soos u dokter of apteker u aanbeveel het.

Maak asseblief seker by u dokter of apteker wat die aanbevelede dosis is indien u onseker is.

#### Die gewone dosis vir kinders 6-12 jaar:

Neem een kapsule daaglik, met 'n glas water, na ete.

#### Volwassenes en kinders 13 jaar en ouer:

Neem een kapsule twee keer per dag, met 'n glas water, na ete.

#### Indien u meer Linctagon® Immune Defence 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 Linctagon® Immune Defence te neem

Neem die dosis wat oorgeslaan is sodra daarvan onthou. Indien u egter nie van die vergete dosis onthou, voordat dit tyd is vir die volgende dosis nie, slaan die vergete dosis oor en keer terug na u gewone doseringskedule. Moet nie 'n dubbele dosis neem om te vergoed vir individuele dosisse wat u oorgeslaan het nie.

#### Wanneer u stop om Linctagon® Immune Defence te gebruik

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

#### 4. Moontlike nuwe-effekte

Linctagon® Immune Defence kan nuwe-effekte hê.

Nie alle nuwe-effekte wat aangemeld is vir Linctagon® Immune Defence is in hierdie voubiljet ingesluit nie. Indien u algemene gesondheid vererger, of indien u ongewenste gevolge ervaar tydens die gebruik van Linctagon® Immune Defence, raadpleeg u gesondheidsorgwerker vir advies.

Soos alle medisyne, kan hierdie medisyne nuwe-effekte hê, hoewel nie almal dit kry nie.

#### Indien een van die volgende of ander nuwe-effekte voorkom, stop met 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.
- korwe (vel knoppies)
- jeukerigheid
- swelling van u gesig, lippe, mond of keel wat kan veroorsaak dat u moeilik asemhaal of sluk.

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

*Frekwensie onbekend:*

- Spysverterings probleme, diarree
- Sooibrand
- Vorming van nierstene
- Neusbloeding (Epistaxis)

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

#### Rapportering van nuwe-effekte

Praat met u dokter, apteker, verpleegster of ander gesondheidsorgwerker vir advies indien u nuwe-effekte ervaar. U kan ook nuwe-effekte by SAHPRA aanmeld via die "6,04 Adverse Drug Reaction Reporting Form", wat aanlyn gevind kan word onder SAHPRA se publikasies: <http://www.sahpra.org.za/Publications/Index/8>. Deur nuwe-effekte aan te meld, kan u help om meer inligting rakende die veiligheid van Linctagon® Immune Defence te verskaf.

#### 5. Hoe om Linctagon® Immune Defence te bewaar

- **STOOR ALLE MEDISYNE BUITE DIE BEREIK VAN KINDERS.**
- Bewaar by of benede 25 °C.
- Hou die houder dig toe.
- Beskerm teen lig en vog.
- Moet nie in die yskas verkoel nie.
- Hou in oorspronklike verpakking tot dit benodig word vir gebruik.
- 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 Linctagon® Immune Defence bevat**

Aktiewe bestanddele	Per kapsule	%NRV # daaglikse dosis (2 kapsules)
<i>Pelargonium sidoides</i> (gedroogte wortel)	136,5 mg	*
Vitamien C (Askorbiensuur)	500 mg	100%
Sink elementeel (vanaf Glukonaat)	5 mg	90,90%

Die ander bestanddele is: magnesiumstearaat, mikrokristallien-sellulose, silikondioksied (pirosil) en meliëstysel.

Linctagon® Immune Defence is suikervry.

#### Hoe Linctagon® Immune Defence lyk en die inhoud van die verpakking

Linctagon® Immune Defence kapsules is deursigtig, beskikbaar in 'n wit plastiekhouer met 'n wit opwip-prop, en bevat 60 of 300 kapsules.

#### Houer van Sertifikaat van Registrasie

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Webwerf: [www.nativa.co.za](http://www.nativa.co.za)

#### Hierdie voubiljet was laas hersien in

April 2020

#### Datum van registrasie

Moet toegeken word

#### Registrasienommer

Moet toegeken word

#### Professionele Inligting

Linctagon® Immune Defence Professionele Inligting kan verkry word op die Nativa webwerf ([www.nativa.co.za](http://www.nativa.co.za)).