PATIENT INFORMATION LEAFLET

Scheduling status:
S0

LINCTAGON®-C JUNIOR effervescent tablets
- Complementary Medicine
- Discipline: D 5.8 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 the entirety of this leaflet carefully because it contains important information for you.
Linctagon®-C Junior effervescent tablets is available without a doctor's prescription. However, you still need to use Linctagon®-C Junior effervescent tablets carefully to get the best results from it.
- Keep this leaflet. You may need to read it again
- Do not share Linctagon®-C Junior effervescent 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 Linctagon®-C Junior effervescent tablets is and what it is used for.
2. What you need to know before you take Linctagon®-C Junior effervescent tablets.
3. How to take Linctagon®-C Junior effervescent tablets.
4. Possible side effects.
5. How to store Linctagon®-C Junior effervescent tablets.
6. Contents of the pack and other information.

1. What Linctagon®-C Junior effervescent tablets is and what it is used for
A combination effervescent tablet for the relief of symptoms associated with the common cold and flu such as congestion, sneezing, allergies, coughs, muscle aches and offers immune support. High vitamin C. Non-drowsy.

2. What you need to know before you take Linctagon®-C Junior effervescent tablets
Do not take Linctagon®-C Junior effervescent tablets:
- If you are hypersensitive (allergic) to any of the ingredients of Linctagon®-C Junior effervescent tablets (listed in section 6).

Warnings and precautions
- Use with caution if you have or are prone to iron overload, hemochromatosis, thalassemia and sideroblastic anaemia as Linctagon®-C Junior effervescent tablets contains vitamin C which can increase iron absorption and may worsen these conditions.
- Use with caution if you have a history of oxalate kidney stones as Linctagon®-C Junior effervescent tablets contains vitamin C which can increase the risk of stone formation.
- Linctagon®-C Junior effervescent tablets contains sorbitol and mannitol. If you have been told that you have an intolerance to some sugars, you should not take Linctagon®-C Junior effervescent tablets.
- Discontinue use two weeks before planned surgery.

Porphyria: Safety has not been established.
Tell your doctor if you are not sure about any of the above.

Other medicines and Linctagon®-C Junior effervescent tablets
Always tell your healthcare provider if you are taking any other medicine. This includes complementary or traditional medicines.
Consult your doctor, pharmacist or healthcare provider before using Linctagon®-C Junior effervescent tablets if you are taking:
- Blood thinning medication such as warfarin or antiplatelet medication such as clopidogrel, as Pelargonium sidoides root extract may have a blood thinning effect.
- Vitamin A supplements or other retinoid medications, as Linctagon®-C Junior effervescent tablets contains vitamin A and using these together could result in an overdosage of vitamin A.
- Diclofenac, as Linctagon®-C Junior effervescent tablets may increase the effects and side effects of diclofenac.
- Tetracycline antibiotics as Linctagon®-C Junior effervescent tablets contains zinc which may reduce the absorption of antibiotics. Oral antibiotics should be taken at least two (2) hours before, or four (4) hours after Linctagon®-C Junior effervescent tablets or similar supplements.
- Warfarin as Linctagon®-C Junior effervescent tablets contains a high dose of vitamin C which may reduce the response to warfarin, possibly by causing diarrhoea and reducing warfarin absorption.

Taking Linctagon®-C Junior effervescent tablets with food and drink
You should take Linctagon®-C Junior effervescent tablets after a meal with a glass of water.
There is no known interaction between the contents of Linctagon®-C Junior effervescent tablets and food or drink.

Pregnancy and 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 provider for advice before taking this medication.

Driving and using machinery
Linctagon®-C Junior effervescent tablets should not affect your ability to drive or use machinery. However, if you think you are affected you should not drive or operate machinery until you feel better.

3. How to take Linctagon®-C Junior effervescent tablets
Do not share medicines with any other person.
Always take Linctagon®-C Junior effervescent tablets 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.

The usual dose for children 2 – 6 years old is:
Give one (1) effervescent tablet dissolved in a glass of water, once per day, after a meal.

The usual dose for children 6 – 12 years old is:
Give one (1) effervescent tablet dissolved in a glass of water, twice per day, after a meal.
Take (4) four hours before or (2) two hours after taking other medications (see **Other medicines with Linctagon®-C Junior effervescent tablets**)
The recommended duration of use is one (1) week.

If you take more Linctagon®-C Junior effervescent tablets than you should
In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you forget to take Linctagon®-C Junior effervescent tablets
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®-C Junior effervescent 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
Linctagon®-C Junior effervescent tablets can have side effects
Not all side effects reported for Linctagon®-C Junior are included in this leaflet. Should your general health worsen while taking this medicine, or if you experience any untoward effects while taking this medicine, please consult your healthcare provider for advice.
Like all medicines, this medicine can cause side effects, although not everybody will experience 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 and itching, runny nose and red eyes, fast heartbeat and difficulty breathing.

Tell your doctor or pharmacist if you notice any of the following:
Frequency unknown:
- Diarrhoea, dry mouth, heartburn, indigestion, mouth irritation, nausea, stomach upset and vomiting.

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 "**6.04 Adverse Drug Reaction Reporting Form**", found online under SAHPRA's publications: https://www.sahpra.org.za/Publications/Index/8. By reporting side effects, you can help provide more information on the safety of Linctagon®-C Junior effervescent tablets.

5. How to store Linctagon®-C Junior effervescent tablets
- STORE ALL MEDICINES OUT OF REACH OF CHILDREN
- Store in a dry place at or below 25 °C.
- Protect from light and moisture
- 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 Linctagon®-C Junior effervescent tablets contains

Active ingredients	Per effervescent tablet	Per 2 effervescent tablets (max daily dosage)	% NRV# per 2 effervescent tablets (max daily dosage)
Pelargonium sidoides [dried root extract] from the roots of *Pelargonium sidoides* DC (1:8-10) Pelapower TM EMA 11-70. extraction solvent ethanol	10 mg	20 mg	*
Vitamin A (vitamin A retinyl palmitate)	500 IU (151 µ g)	1000 IU (303 µg)	33,67
Vitamin C (ascorbic acid)	400 mg	800 mg	800
MSM (methylsulfonylmethane)	200 mg	400 mg	*
Zinc (zinc lactate hydrate)	2,5 mg	5 mg	45,45

Nutrient reference values for adults and children older than 4 years.
* NRV not established

The other ingredients are: benzoic sulfimide, citric acid, hydrated magnesium silicate, mannitol, orange juice flavour (orange flavour effervescent), polyethylene glycol 6000, silicon dioxide, sodium bicarbonate, sodium carbonate, sodium cyclamate, sorbitol, sunset yellow colourant (orange flavour effervescent), tangerine flavour (orange flavour effervescent), red raspberry colourant (berry flavour effervescent) and strawberry flavour (berry flavour effervescent).

Linctagon®-C Junior effervescent tablets is sugar free.
Linctagon®-C Junior effervescent tablets contains artificial sweeteners.

Pelargonium sidoides root extract, Vitamin A (vitamin A retinyl palmitate), Vitamin C (ascorbic acid), MSM (methylsulfonylmethane), Zinc (zinc lactate hydrate)
Sugar free
Berry flavour effervescent:
Contains artificial sweeteners (sorbitol (300 mg/tablet), mannitol (450 mg/tablet), sodium saccharin (20 mg/tablet) and sodium cyclamate (30 mg/tablet)).
Orange flavour effervescent:
Contains artificial sweeteners (sorbitol (370 mg/tablet), mannitol (450 mg/tablet), sodium saccharin (20 mg/tablet) and sodium cyclamate (30 mg/tablet)).

What Linctagon®-C Junior effervescent tablets looks like and contents of the pack
Linctagon®-C Junior effervescent tablets are available in different flavour variants.
Orange flavour: Round, disk shaped yellow to orange colour and orange flavoured effervescent tablet.
Berry flavour: Round, disk shaped pink colour and cherry flavoured effervescent tablet.
Linctagon®-C Junior effervescent tablets are packed in a white plastic tube container with a cap, containing 12 effervescent tablets, in a unit carton that includes a patient information leaflet.

Holder of Certificate of Registration
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Website: www.nativa.co.za

This leaflet was last revised in
January 2021

Date of registration
To be allocated

Registration number
To be allocated

Professional Information
The Linctagon®-C Junior effervescent tablets Professional Information may be obtained from the Nativa website (www.nativa.co.za).

PASIËNTINLIGTINGSBROSJURE

Skeduleringstatus:
S0

LINCTAGON®-C JUNIOR bruistablette
Pelargonium sidoides wortelekstrak, Vitamien A (vitamien A retinielpalmitaat), Vitamien C (askorbiensuur), MSM (metielsulfonielmetaan), Sink (sinklaktaathidraat).
Suikervry
Bessiegeur bruistablet:
Bevat kunsmatige versoeters (sorbitol (300 mg/bruistablet), mannitol (450 mg/bruistablet), natriumsakkarien (20 mg/bruistablet) en natriumsiklamaat (30 mg/bruistablet)).
Lemoengeur bruistablet:
Bevat kunsmatige versoeters (sorbitol (370 mg/bruistablet), mannitol (450 mg/bruistablet), natriumsakkarien (20 mg/bruistablet) en natriumsiklamaat (30 mg/bruistablet)).

- Komplementêre Medisyne: Preparate vir verkoue insluitend neusontstuwende-middels.
- Hierdie medisyne is nog nie deur die SAHPRA geregistreer of geëvalueer vir kwaliteit, veiligheid of voorgestelde gebruik nie.

Lees die hele inligtingsblad deeglik want dit bevat belangrike inligting.
Linctagon®-C Junior bruistablette is beskikbaar sonder 'n dokter se voorskrif. U moet egter steeds Linctagon®-C Junior 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®-C Junior bruistablette met enige ander persoon deel nie
- Indien u verdere inligting of advies verlang, vra asseblief u gesondheidsorgverskaffer of apteker.

WAT IS IN HIERDIE VOUBILJET
1. Wat Linctagon®-C Junior bruistablette is en waarvoor dit gebruik word .
2. Wat u moet weet voordat u Linctagon®-C Junior bruistablette neem.
3. Hoe om Linctagon®-C Junior bruistablette te neem.
4. Moontlike newe-effekte.
5. Hoe om Linctagon®-C Junior bruistablette te bewaar.
6. Inhoud van die verpakking en ander inligting.

1. Wat Linctagon®-C Junior bruistablette is en waarvoor dit gebruik word
'n Kombinasie bruistablet vir die verligting van simptome geassosieer met verkoue en griep soos toe neus, nies, allergieë, hoes en seer spiere en verskaf immuun-ondersteuning. Hoë vitamien C vlakke. Nie-lomerig.

2. Wat u moet weet voordat u Linctagon®-C Junior bruistablette neem
Moet nie Linctagon®-C Junior bruistablette neem nie:
- Indien u hipersensitief (allergies) is vir enige van die bestanddele in Linctagon®-C Junior bruistablette (gelys in afdeling 6).

Waarskuwings en voorsorgmaatreëls
- Gebruik die produk versigtig indien u geneig is tot ysteroorlading, of hemochromatose, thalassemie en sideroblastiese anemie het, aangesien Linctagon®-C bruistablette vitamien C bevat wat ysterabsorpsie kan verhoog en hierdie toestande kan vererger.
- Gebruik die produk versigtig indien u 'n geskiedenis van oksalaat nierstene het, aangesien Linctagon®-C bruistablette vitamien C bevat wat die risiko van niersteen-vorming kan verhoog.
- Linctagon®-C Junior bruistablette bevat sorbitol en mannitol. Indien daar aan u gesê is dat u 'onverdraagsaamheid het tot sommige suikers, moet u nie Linctagon®-C Junior bruistablette gebruik nie
- Staak gebruik twee weke voor enige beplande operasie.

Porfirie: Veiligheid is nog nie vasgestel nie.
U moet u dokter raadpleeg indien u onseker is van enige van die bogenoemde.

Ander medikasie en Linctagon®-C Junior bruistablette
Lig altyd u gesondheidsorgverskaffer in wanneer u medisyne op 'n gereelde basis neem, insluitend komplementêre- of tradisionele- medisyne. Raadpleeg u dokter, apteker of gesondheidsorgverskaffer indien u Linctagon®-C Junior bruistablette in kombinasie met die volgende medisyne wil gebruik:
- Bloedverdunnings-medikasie soos warfarin of anti-plaatjie medikasie soos klopidogrel, aangesien Pelargonium sidoides wortelekstrak 'n bloedverdunnings effek kan hê.
- Vitamien A aanvullings of ander retinoïed medikasies, aangesien Linctagon®-C Junior bruistablette vitamien A bevat en die gebruik van dié saam kan lei tot 'n oordosis van vitamien A.
- Diklofenak, aangesien Linctagon®-C Junior bruistablette die effek en newe effekte kan vererger.
- Tetrasiklien antibiotika, aangesien Linctagon®-C bruistablette Sink bevat, wat die absorpsie van antibiotika kan verlaag. Orale antibiotika moet ten minste twee (2) ure voor of vier (4) ure na Linctagon®-C bruistablette geneem word.
- Warfarin, aangesien Linctagon®-C bruistablette hoë hoeveelhede Vitamien C bevat wat die respons tot warfarin kan verlaag, moontlik deur diarree te veroorsaak en die absorpsie van warfarin te verlaag.

Neem van Linctagon®-C Junior bruistablette saam met kos en drinkgoed
U moet Linctagon®-C Junior bruistablette na 'n maaltyd neem met 'n glas water.
Daar is geen bekende interaksie tussen die inhoud van Linctagon®-C Junior bruistablette en kos of drinkgoed nie.

Swangerskap en borsvoeding
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 gesondheidsorgverskaffer vir advies voordat u hierdie medisyne neem.

Bestuur en die gebruik van masjinerie
Linctagon®-C Junior bruistablette behoort nie u vermoë om te bestuur of masjinerie te gebruik, te beïnvloed nie. Indien u egter dink dat u aangetas is, moet u nie bestuur of masjinerie gebruik voordat u beter voel nie.

3. Hoe om Linctagon®-C Junior bruistablette te neem
Moet nie u medisyne met enige ander persoon deel nie.
Neem Linctagon®-C Junior bruistablette altyd presies soos voorgeskryf in hierdie voubiljet of soos u gesondheidsorgverskaffer u aanbeveel het. Maak asseblief seker by u dokter of apteker wat die aanbevole dosis is indien u onseker is.

Die gewone dosis vir kinder 2 - 6 jaar oud is:
Gee een (1) bruis tablet opgelos in 'n glas water, een keer per dag, na ete.

Die gewone dosis vir kinder 2 - 6 jaar oud is:
Gee een (1) bruis tablet opgelos in 'n glas water, twee keer per dag, na ete.
Neem (4) vier ure voor of (2) twee ure na ander medikasie (sien **Ander medisyne saam met Linctagon®-C Junior bruistablette**)
Die voorgestelde tydperk van gebruik is een (1) week.

Indien u meer Linctagon®-C Junior bruistablette 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®-C Junior bruistablette te neem
Neem die dosis wat oorgeslaan is, sodra u daarvan onthou. Moet nie 'n dubbele dosis neem om te vergoed vir individuele dosisse wat u oorgeslaan het nie.

Wanneer u stop om Linctagon®-C Junior bruistablette 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 newe-effekte
Linctagon®-C Junior bruistablette kan newe-effekte hê.
Nie alle newe-effekte wat aangemeld is vir Linctagon®-C Junior bruistablette is in hierdie voubiljet ingesluit nie. Indien u algemene gesondheid vererger, of indien u ongewenste gevolge ervaar tydens die gebruik van hierdie medikasie, raadpleeg u gesondheidsorgverskaffer vir advies.
Soos alle medisyne, kan hierdie medisyne newe-effekte veroorsaak, alhoewel nie almal dit gaan ervaar nie.

Indien een van die volgende of ander newe-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 en jeuk, loop neus en rooi oë, vinnige hartklop en probleme met asemhaling.

Vertel u dokter of apteker indien u enige van die volgende waarneem:
Frekwensie onbekend:
- Diarree, droë mond, sooibrand, slegte spysvertering, mond-irritasie, naarheid, maag ongesteldheid en braking.

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

Rapportering van newe-effekte
Praat met u dokter, apteker, of verpleegster indien u newe-effekte ervaar. U kan ook newe-effekte by SAHPRA aanmeld via die "**6.04 Adverse Drug Reaction Reporting Form**", wat aanlyn gevind kan word onder SAHPRA se publikasies: https://www.sahpra.org.za/Publications/Index/8. Deur newe-effekte aan te meld, kan u help om meer inligting rakende die veiligheid van Linctagon®-C Junior bruistablette te verskaf.

5. Hoe om Linctagon®-C Junior bruistablette 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.
- 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 Linctagon®-C Junior bruistablette bevat

Aktiewe bestanddele	Per bruistablet	Per 2 bruistablette (maks daaglikse dosis)	% VVW# per 2 bruistablette (maks daaglikse dosis)
Pelargonium sidoides [gedroogde wortelekstrak] vanaf die wortels vanaf *Pelargonium sidoides* DC (1:8-10) Pelapower TM EMA 11-70. Ekstraksie-oplosmiddeletanol	10 mg	20 mg	*
Vitamien A (vitamien A retinielpalmitaat)	500 IU (151 µg)	1000 IU (303 µg)	33,67
Vitamien C (askorbiensuur)	400 mg	800 mg	800
MSM (metielsulfonielmetaan)	200 mg	400 mg	*
Sink (sinklaktaathidraat)	2,5 mg	5 mg	45,45

Voedingsverwysingswaardes vir volwassenes en kinders ouer as 4 jaar.
* VVW nie bevestig nie

Die ander bestanddele is: bensoësulfimied, sitroensuur, gehidreerde magnesiumsilikaat, mannitol, lemoensapgeur (lemoengeur bruistablet), poliëtileenglikol 6000, silikondioksied, natriumbikarbonaat, natriumkarbonaat, natriumsiklamaat, sorbitol, sonsondergangeel-kleurstof (lemoengeur bruistablet), naartjiegeursel (lemoengeur bruistablet), rooi framboos kleurstof (bessiegeur bruistablet) en aarbeigeursel (bessiegeur bruistablet)

Linctagon®-C Junior bruistablette is suikervry.
Linctagon®-C Junior bruistablette bevat kunsmatige versoeters.

Hoe Linctagon®-C Junior bruistablette lyk en die inhoud van die verpakking
Linctagon®-C Junior bruistablette is beskikbaar in verskillende geur variante.
Lemoengeur: Ronde, skyfvormig, geel tot oranje kleur en lemoengeur bruistablet.
Bessiegeur: Ronde, skyfvormig, pienk kleur en kersiegeur bruistablet.
Linctagon®-C Junior bruistablette is verpak in 'n wit plastiek buis met 'n prop, wat 12 bruistablette bevat, in 'n eenheidskarton wat 'n pasiëntinligtingsbrosjure insluit.

Houer van Sertifikaat van Registrasie
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Hierdie voubiljet was laas hersien in
Januarie 2021

Datum van registrasie
Moet toegeken word

Registrasienommer
Moet toegeken word

Professionele Inligting
Die Linctagon®-C Junior bruistablette Professionele Inligting kan verkry word op die Nativa webwerf (www.nativa.co.za).