



PATIENT INFORMATION LEAFLET LINCTAGON® FORTE

Scheduling status:

[S0]

Proprietary name and dosage form

LINCTAGON® FORTE (Capsules)

Pelargonium sidoides, fulvic acid, vitamin C (ascorbic acid), quercetin and zinc elemental (from gluconate)
Sugar free

- Complementary Medicines: 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 all of this leaflet carefully before you start taking Linctagon® Forte capsules because it contains important information for you.

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

- Keep this leaflet. You may need to read it again
- Do not share Linctagon® Forte capsules with any other person
- Ask your healthcare practitioner or pharmacist if you need more information or advice

WHAT IS IN THIS LEAFLET

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

1. What Linctagon® Forte capsules is and what it is used for

Linctagon® Forte capsules is used for the relief of symptoms associated with the common cold and flu. Symptoms include congestion, sneezing, allergies, coughs, muscle aches and also offers **immune** support.

2. What you need to know before you take Linctagon® Forte capsules

Do not take Linctagon® Forte capsules:

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

Warnings and precautions

- Due to a lack of adequate information, avoid use if you have an increased tendency to bleeding and in severe hepatic and renal diseases,

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

Porphyria: Safety has not been established.

Taking other medicines with Linctagon® Forte capsules

Always tell your healthcare professional if you are taking any other medicine. (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® Forte capsules contains *Pelargonium* and ascorbic acid
- tetracycline antibiotics as Linctagon® Forte capsules contains zinc which may reduce their absorption.

Taking Linctagon® Forte capsules with food and drink

You should take Linctagon® Forte capsules after a meal, with a glass of water.

Pregnancy and Breastfeeding

- It is not advisable to take Linctagon® Forte capsules 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® Forte capsules on the ability to drive or operate machinery.

3. How to take Linctagon® Forte capsules

Do not share medicines with any other person.

Always take Linctagon® Forte capsules 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 twice daily, after a meal, with a glass of water.

Adults and children 12 years and older:

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

If you take more Linctagon® Forte capsules than you should

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

If you forget to take / missed a dose of Linctagon® Forte capsules

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® Forte capsules

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® Forte capsules can have side effects. Not all side effects reported for **Linctagon® Forte capsules** are included in this leaflet. Should your general health worsen while taking this medicine, or if you experience any untoward effects while taking Linctagon® Forte capsules, 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 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: local or more widespread skin rashes, hives (skin bumps), local 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, diarrhoea
- Heartburn
- Nosebleeds (Epistaxis)
- Allergic reactions

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® Forte capsules.

5. How to store Linctagon® Forte capsules

- STORE ALL MEDICINES OUT OF REACH OF CHILDREN
- Store in a dry place at or below 25 °C.
- Keep the container tightly closed.
- 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® Forte capsules contains

Active Ingredients	Per capsule
<i>Pelargonium sidoides</i> [dried root extract] from the roots of <i>Pelargonium sidoides</i> DC (1:8-10) Pelapower™ EMA 11-70). Extraction solvent ethanol 11% w/w.	28 mg
Fulvic acid	250 mg
Vitamin C (ascorbic acid)	50 mg
Quercetin	80 mg
Zinc elemental (from gluconate)	5 mg

The other ingredients or excipients are: magnesium stearate and silicon dioxide.
Linctagon® Forte capsules is sugar free.

What Linctagon® Forte capsules looks like and contents of the pack

Linctagon® Forte capsules are scarlet red, available in blister packs of 10, packed in a unit carton containing 20 capsules with an enclosed patient information leaflet.

Holder of Certificate of Registration

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This leaflet was last revised in

July 2020

Date of registration

To be allocated

Registration number

To be allocated

Professional Information

Linctagon® Forte capsules Professional Information may be obtained from the Nativa website (www.nativa.co.za).



PASIËNTINLIGTINGSBROSJURE LINCTAGON® FORTE

Skeduleringstatus:

[S0]

Handelsnaam en doseervorm vorm

LINCTAGON® FORTE (Kapsules)

Pelargonium sidoides 28 mg, fulviensuur 250 mg, vitamien C (askorbiensuur) 50 mg, kwersetien 80 mg en elementele sink (van glukonaat) 5 mg.

Suikervry

- Komplementêre Medisyne: D.5.8 Verkoue-preparate 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 inligtingsbrosjure deeglik voor u Linctagon® Forte kapsules begin gebruik, want dit bevat belangrike inligting.

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

- Hou hierdie inligtingsbrosjure. Dit kan nodig wees dat u dit weer moet lees
- Moet nie Linctagon® Forte kapsules met enige ander persoon deel nie
- Indien u verdere inligting of advies verlang, vra asseblief u gesondheidsorgpraktisyn of apteker

WAT IS IN HIERDIE VOUBILJET

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

1. Wat Linctagon® Forte kapsules is en waarvoor dit gebruik word

Linctagon® Forte kapsules word gebruik vir die verligting van simptome geassosieer met gewone verkoue en griep. Simptome sluit in kongestie, nies, allergieë, hoes, spierpyne en dit bied ook immuniteit ondersteuning.

2. Wat u moet weet voordat u Linctagon® Forte kapsules neem

Moet nie Linctagon® Forte kapsules neem nie:

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

Waarskuwings en voorsorgmaatreëls

- As gevolg van 'n gebrek aan voldoende inligting, vermy die gebruik indien u 'n verhoogde neiging het tot bloeding of aan ernstige hepatiese- en renale siektes lei.

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

Porfirie: Veiligheid is nog nie vasgestel nie.

Neem van ander medikasie saam met Linctagon® Forte kapsules

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

- anti-stol terapie soos warfarin aangesien Linctagon® Forte kapsules *Pelargonium* en askorbiensuur bevat.
- Tetrasiklien-antibiotika aangesien Linctagon® Forte kapsules sink bevat wat die absorpsie kan verminder.

Neem van Linctagon® Forte kapsules saam met kos en drinkgoed

Neem Linctagon® Forte kapsules ná 'n ete, met 'n glas water.

Swangerskap en borsvoeding

- Dit is nie raadsaam om Linctagon® Forte kapsules 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 gesondheidsorgpraktisyn vir advies voordat u hierdie medisyne neem.

Bestuur en die gebruik van masjinerie

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

3. Hoe om Linctagon® Forte kapsules te neem

Moet nie u medisyne met enige ander persoon deel nie.

Neem Linctagon® Forte kapsules altyd presies soos voorgeskryf in hierdie brosjure of soos u gesondheidsorgpraktisyn u aanbeveel het.

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

Die gewone dosis vir kinders 6-12 jaar:

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

Volwassenes en kinders 12 jaar en ouer:

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

Indien u meer Linctagon® Forte kapsules 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® Forte kapsules te neem

Neem die oorgeslaande dosis sodra u daarvan onthou. Indien u egter nie van die vergeete dosis onthou voordat dit tyd is vir die volgende dosis nie, slaan die vergeete 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® Forte kapsules 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® Forte kapsules kan nuwe-effekte hê. Nie alle nuwe-effekte wat aangemeld is vir Linctagon® Forte kapsules is in hierdie voubiljet ingesluit nie. Indien u algemene gesondheid vererger, of indien u ongewenste gevolge ervaar tydens die gebruik van Linctagon® Forte kapsules, raadpleeg u gesondheidsorgpraktisyn vir advies. Soos alle medisyne, kan hierdie medisyne nuwe-effekte hê, hoewel nie almal dit kry nie.

Indien een van die volgende 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 (vel bultjies), jeukerigheid, swelling van die gesig, lippe, mond of keel, wat probleme met sluk of asemhaling kan veroorsaak

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

Frekwensie onbekend:

- Spysverteringsontsteldheid, diarree
- Sooi-brand
- Neusbloedings (Epistaxis)
- Allergiese-reaksies

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, verpleegster of ander gesondheidsorgpraktisyn 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® Forte kapsules te verskaf.

5. Hoe om Linctagon® Forte kapsules te bewaar

- HOU ALLE MEDISYNE BUITE DIE BEREIK VAN KINDERS.
- Bewaar in 'n droë plek by of benede 25 °C.
- Hou die houer dig toe.
- 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® Forte kapsules bevat

Aktiewe bestanddele	Per kapsule
<i>Pelargonium sidoides</i> [gedroogte wortel ekstrak] van die wortels van <i>Pelargonium sidoides</i> DC (1:8-10) Pelapower™ EMA 11-70). Ekstrasie oplosmiddel etanol 11 % w/w.	28 mg
Fulviensuur	250 mg
Vitamien C (askorbiensuur)	50 mg
Kwersetien	80 mg
Sink elementeel (vanaf glukonaat)	5 mg

Die ander bestanddele is: magnesiumstearaat en silikoondioksied.

Linctagon® Forte kapsules is suikervry.

Hoe Linctagon® Forte kapsules lyk en die inhoud van die verpakking

Linctagon® Forte kapsules is skarlakenrooi, beskikbaar in 'n stulpverpakkingskaart van 10, verpak binne n eenheidskarton wat 20 kapsules bevat. 'n Pasiëntinligtingsbrosjure is ingesluit.

Houer van Sertifikaat van Registrasie.

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Hierdie voubiljet was laas hersien in

Julie 2020

Datum van registrasie

Moet toegeken word

Registrasienommer

Moet toegeken word

Professionele Inligting

Linctagon® Forte kapsules Professionele Inligting kan verkry word op die Nativa webwerf (www.nativa.co.za).