NATURA

A natural way of life™

SCUTELLARIA TABLETS

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS Unscheduled

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM
Scutellaria (Tablets)

Read all of this leaflet carefully because it contains important information for you
Scutellaria is available without a doctor's prescription for you to treat a mild condition. Nevertheless you still need to use Scutellaria carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Scutellaria with any other person.
- Ask your pharmacist or healthcare practitioner if you need more information or advice.
- You must see a healthcare practitioner if your symptoms worsen or do not improve within 3 weeks.

1. WHAT SCUTELLARIA CONTAINS
The active ingredients in Scutellaria are *Hydrastis canadensis D3, Rheum palmatum D3, Scutellaria lateriflora D3, Tilia europaea D3, Valeriana officinalis D3.* The other ingredients are acacia gummi, crospovidone, lactose monohydrate, magnesium stearate, povidone, purified talc.
Contains sugar (lactose 240 mg).

2. WHAT SCUTELLARIA IS USED FOR
Scutellaria is a homoeopathic medicine which help to relieve symptoms of stress, irritability, nervous tension, headache and sleeplessness which result in high blood pressure.

3. BEFORE YOU TAKE SCUTELLARIA
Do not take Scutellaria

- If you are hypersensitive (allergic) or intolerant to any of the active ingredients or other ingredients in Scutellaria.

Take special care with Scutellaria:

- If you experience an allergic reaction after taking Scutellaria, discontinue use and consult your healthcare practitioner.
- If you want to substitute existing medical treatment, please consult your doctor or healthcare practitioner before doing so.

Taking Scutellaria with food and drink
Do not take Scutellaria within half an hour of strong coffee, chocolate, camphor or aromatic substances as these may reduce the efficacy of the homoeopathic components.

Pregnancy and breastfeeding
If you are pregnant or breastfeeding, consult your healthcare practitioner for advice before taking this medicine.

Driving and using machinery
Scutellaria does not interfere with your ability to drive or use machinery.

Important information about some of the ingredients
Scutellaria contains lactose. Patients with the rare hereditary conditions of lactose or galactose intolerance should not take Scutellaria. Lactose may have an effect on the control of your blood sugar if you have diabetes mellitus.

Using other medicines with Scutellaria
Always tell your healthcare practitioner if you are taking other medicines. (This includes complementary or traditional medicines.) Scutellaria is not known to interact with other medicines.

4. HOW TO TAKE SCUTELLARIA
Do not share medicines prescribed for you with any other person. Always check with your pharmacist or healthcare practitioner if you are unsure how to take this medicine. The tablets should be sucked or chewed so that they dissolve in the mouth. As absorption takes place through the mucous membrane of the mouth, it is desirable to hold the medicine in the mouth for a short time. The mouth should be free of other strong tastes (e.g. toothpaste, peppermint, etc.) when taking the medicine.

The usual dosage is:
Take 2 tablets three times daily.
Treatment may be continued for as long as necessary and may be stopped at any time when symptoms are no longer present.

If you take more Scutellaria than you should
There are no known symptoms of overdose. If a side effect is experienced following an overdose, consult your healthcare practitioner or pharmacist.

If you forget to take a dose of Scutellaria
Do not take a double dose to make up for a missed dose.

5. POSSIBLE SIDE EFFECTS
There are no known side effects for Scutellaria. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your healthcare practitioner or pharmacist for advice.

6. STORING AND DISPOSING OF SCUTELLARIA
Store at or below 25 °C in a cool, dry place protected from light and moisture. Keep the container tightly closed. Do not store in a bathroom. **Store all medicines out of the reach of children**. Return all un-used medicines to your pharmacist.

7. PRESENTATION OF SCUTELLARIA
Scutellaria tablets are available as 150 tablets packed in a white HDPE securitainer with tamper-evident snap-on cap

8. IDENTIFICATION
Scutellaria tablets are white, round, bi-convex tablets with a lactose taste.

9. REFERENCE NUMBER
U1123 (Act 101/1965)

10. NAME AND ADDRESS OF THE APPLICANT
CoMED Health (Pty) Ltd., 313 Kuit Street, Waltloo, Pretoria, 0184.
www.comedhealth.co.za (See also www.natura.co.za); Tel: 012 813 9400.

11. DATE OF PUBLICATION
February 2020

12. COMPLEMENTARY MEDICINE
Homoeopathic medicine
Disclaimer: This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

15ISCUTAA/20B1

NATURA
A natural way of life™

SCUTELLARIA TABLETTE
PASIËNTINLIGTINGSBLAD

SKEDULERING STATUS Ongeskeduleerd

HANDELSNAAM, STERKTE EN DOSERINGSVORM
Scutellaria (Tablette)

Lees hierdie inligtingsblad sorgvuldig deur want dit bevat belangrike inligting vir jou
Scutellaria is beskikbaar sonder 'n doktersvoorskrif. Scutellaria moet nogtans met sorg gebruik word om die beste resultate daaruit te kry.

- Bewaar hierdie inligtingsblad. Dit mag nodig wees om dit weer te lees.
- Moet nie Scutellaria met enige ander persoon deel nie.
- Vra jou apteker of gesondheidspraktisyn as jy meer inligting of advies benodig.
- Jy moet 'n gesondheidspraktisyn sien as jou simptome vererger of nie binne 3 weke verbeter nie.

1. WAT SCUTELLARIA BEVAT
Die aktiewe bestanddele in Scutellaria is *Hydrastis canadensis D3, Rheum palmatum D3, Scutellaria lateriflora D3, Tilia europaea D3, Valeriana officinalis D3.* Die ander bestanddele is akasia gummi, krospovidoon, laktosemonohidraat, magnesiumstearaat, povidoon, gesuiwerde talk.
Bevat suiker (laktose 240 mg).

2. WAARVOOR SCUTELLARIA GEBRUIK WORD
Scutellaria is 'n homeopatiese medisyne wat help om simptome van stres, prikkelbaarheid, senuweespanning, hoofpyn en slapeloosheid te verminder wat tot hoë bloeddruk lei.

3. VOORDAT JY SCUTELLARIA GEBRUIK
Moet nie Scutellaria neem

- Indien jy allergies of hipersensitief is teenoor enige van die aktiewe bestanddele van Scutellaria of dit nie kan verdra nie

Wees veral versigtig met Scutellaria:

- Stop die gebruik van Scutellaria dadelik en raadpleeg jou gesondheidspraktisyn indien jy 'n allergiese reaksie ervaar nadat jy Scutellaria geneem het.
- As jy bestaande mediese behandeling wil vervang, raadpleeg jou dokter of gesondheidspraktisyn voordat jy dit doen.

Gebruik van Scutellaria saam met voedsel en vloeistowwe
Moet nie Scutellaria binne 'n halfuur neem van sterk koffie, sjokolade, kamfer of aromatiese stowwe nie, aangesien dit die effektiwiteit van die homeopatiese komponente kan verminder.

Swangerskap en borsvoeding
As jy swanger is of jou baba borsvoed, raadpleeg jou gesondheidspraktisyn vir advies voordat jy hierdie medisyne gebruik.

Die gebruik en bestuur van masjinerie
Die gebruik van Scutellaria beïnvloed nie die mens se vermoë om masjinerie te bestuur en veilig te gebruik nie.

Belangrike inligting oor sommige van die bestanddele
Scutellaria bevat laktose. Pasiënte met die seldsame oorerflike toestande van laktose of galaktose-onverdraagsaamheid moet nie Scutellaria neem nie. Laktose kan 'n invloed hê op die beheer van jou bloedsuiker as jy diabetes mellitus het.

Gebruik van ander medisyne saam met Scutellaria
Vertel altyd vir jou gesondheidspraktisyn as jy ander medisyne gebruik. (Dit sluit komplementêre of tradisionele medisyne in.) Dit is nie bekend dat Scutellaria met ander medisyne reageer nie.

4. HOE OM SCUTELLARIA TE GEBRUIK
Moenie medisyne wat vir jou voorgeskryf is, met enige ander persoon deel nie. Raadpleeg altyd jou apteker of gesondheidspraktisyn indien jy nie seker is hoe om hierdie medisyne te gebruik nie. Die tablette moet gesuig of gekou word sodat hulle in die mond oplos. Aangesien absorpsie deur die slymvlies van die mond plaasvind, is dit wenslik om die medisyne vir 'n kort tyd in die mond te hou. Die mond moet vry wees van ander sterk smake (bv. tandepasta, peperment, ens.) wanneer die medisyne geneem word.

Die gewone dosis is:
Neem 2 tablette drie keer per dag.
Behandeling kan voortgaan vir so lank as wat nodig is en kan op enige stadium gestop word wanneer simptome nie meer teenwoordig is nie.

Indien jy meer Scutellaria gebruik as wat nodig is
Daar is geen bekende simptome van oordosis nie. Indien jy 'n newe-effek ervaar na 'n oordosering, raadpleeg jou gesondheidspraktisyn of apteker.

As jy vergeet om 'n dosis Scutellaria te neem
Moet nie 'n dubbeldosis neem om vir 'n oorgeslaande dosis van Scutellaria op te maak nie.

5. MOONTLIKE NEWE-EFFEKTE
Daar is geen newe-effekte vir Scutellaria aangemeld nie. Indien jou algemene gesondheid versleg of indien jy enige newe-effekte ondervind wanneer jy hierdie medisyne gebruik, raadpleeg jou gesondheidspraktisyn of apteker vir advies.

6. BERGING EN VERNIETIGING VAN SCUTELLARIA
Stoor by of benede 25 °C in 'n koel, droë plek en beskerm teen lig en vog. Hou die houer dig gesluit. Moenie in 'n badkamer stoor nie. **Bewaar alle medisyne buite bereik van kinders**. Bring alle ongebruikte medisyne na jou apteker terug.

7. AANBIEDING VAN SCUTELLARIA
Scutellaria tablette is beskikbaar as 150 tablette in `n wit HDPE veiligheidshouer met `n wit aanknipdeksel en sekerheidseël.

8. IDENTIFIKASIE
Scutellaria tablette is wit, ronde, bikonvekse tablette met 'n laktose smaak.

9. VERWYSINGSNOMMER
U1123 (Wet 101/1965)

10. NAAM EN ADRES VAN DIE APPLIKANT
CoMED Health (Pty) Ltd., Kuitstraat 313, Waltloo, Pretoria, 0184.
www.comedhealth.co.za (Sien ook www.natura.co.za); Tel: 012 813 9400.

11. DATUM VAN PUBLIKASIE
Februarie 2020

12. KOMPLEMENTÊRE MEDISYNE
Homeopatiese medisyne
Vrywaring: Hierdie ongeregistreerde medisyne is nie deur SAHPRA vir sy kwaliteit, veiligheid of voorgestelde gebruik geëvalueer nie.