



ALFALFA TONIC SYRUP

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS Unscheduled

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

Alfalfa Tonic (Syrup)

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

Alfalfa Tonic is available without a doctor's prescription for relief of minor conditions. Nevertheless you still need to use Alfalfa Tonic carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Alfalfa Tonic 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 condition worsens or persists without improvement.

1. WHAT ALFALFA TONIC CONTAINS

The active ingredients in Alfalfa Tonic are: *Acidum phosphoricum* D3, *Antimonium crudum* D10, *Cinchona succirubra* D1, *Cola acuminata* D3, *Hydrastis canadensis* D1, *Medicago sativa* D1, *Natrium muriaticum* D6, *Strychnos nux-vomica* D6. The other ingredients are: ethanol, purified water and sucrose.

The preservative is: 20 % Ethanol.

Contains sugar (sucrose 2,25 g per 5ml).

2. WHAT ALFALFA TONIC IS USED FOR

Alfalfa Tonic is used homeopathically as a vitality tonic to help promote general well being. It assists in promoting the absorption and assimilation of minerals and helps to relieve mental and physical fatigue. It assists during convalescence by helping to improve vitality during the recovery after an illness and helps to promote weight gain in people who are under nourished. It also helps to promote lactation in breastfeeding mothers.

3. BEFORE YOU TAKE ALFALFA TONIC

Do not take Alfalfa Tonic

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

Take special care with Alfalfa Tonic:

- If you experience an allergic reaction after taking Alfalfa Tonic, 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 Alfalfa Tonic with food and drink

Alfalfa Tonic may be taken before meals. Do not take Alfalfa Tonic within half an hour of strong coffee, chocolate, camphor or aromatic substances as these may reduce the efficacy of the homeopathic components.

Pregnancy and breastfeeding

Homeopathic medicines have traditionally been used during pregnancy and breastfeeding. It is however recommended that if you are pregnant or breastfeeding, that you consult your healthcare practitioner for advice before taking any medicine.

Driving and using machinery

Alfalfa Tonic contains alcohol, however when used at the recommended dosage, it should not interfere with your ability to drive or use machinery.

Important information about some of the ingredients

Alfalfa Tonic contains ethanol. Patients with a sensitivity or intolerance to alcohol should not take Alfalfa Tonic. Alfalfa Tonic contains sugar (sucrose) which may have an effect on the control of your blood sugar if you have diabetes mellitus. If you have been told that you have an intolerance to some sugars, contact your healthcare practitioner before taking Alfalfa Tonic.

Using other medicines with Alfalfa Tonic

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

4. HOW TO TAKE ALFALFA TONIC

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. 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. Shake the bottle before use.

The usual dosage is:

Adults and children: Take 1 teaspoon (5 ml) 3 times daily before meals.
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 Alfalfa Tonic 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 neither is available, contact the nearest hospital or poison control centre.

If you forget to take a dose of Alfalfa Tonic

Do not take a double dose to make up for forgotten individual doses.

5. POSSIBLE SIDE EFFECTS

There are no known side effects for Alfalfa Tonic. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your healthcare provider for advice.

6. STORING AND DISPOSING OF ALFALFA TONIC

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 ALFALFA TONIC

Alfalfa Tonic is available as 200 ml syrup packed in an amber glass bottle with white HDPE screw-on cap.

8. IDENTIFICATION

Alfalfa Tonic is an orange-brown syrup with herbal aroma. Minor variations in colour are possible.

9. REFERENCE NUMBER

U991 (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

June 2018

12. COMPLEMENTARY MEDICINE

Homeopathic combination medicine

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



ALFALFA TONIC STROOP

PASIËNTINLIGTINGSBLAD

SKEDULERINGSSTATUS Ongeskeduleerd

HANDELSNAAM, STERKTE EN DOSERINGSVORM

Alfa Tonic (Stroop)

Lees hierdie inligtingsblad sorgvuldig deur want dit bevat belangrike inligting vir jou

Alfa Tonic is beskikbaar sonder 'n doktersvoorskrif vir die verligting van geringe toestande. Alfa Tonic 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 Alfa Tonic 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 voortduur sonder verbetering.

1. WAT ALFALFA TONIC BEVAT

Die aktiewe bestanddele in Alfa Tonic is *Acidum phosphoricum* D3, *Antimonium crudum* D10, *Cinchona succirubra* D1, *Cola acuminata* D3, *Hydrastis canadensis* D1, *Medicago sativa* D1, *Natrium muriaticum* D6, *Strychnos nux-vomica* D6. Die ander bestanddele is etanol, gesuiwerde water en suikrose.

Preserveermiddel: Etanol 20 %.

Bevat suiker (suikrose 2,25 g per 5 ml).

2. WAARVOOR ALFALFA TONIC GEBRUIK WORD

Alfa Tonic word homeopaties gebruik as 'n vitaliteit tonikum om algemene welsyn te bevorder. Dit help om die absorpsie en assimilasië van minerale te bevorder en help om geestelike en fisiese moegheid te verlig. Dit help tydens herstel na 'n siekte om vitaliteit te verbeter en help om gesonde gewigstoename te bevorder in persone wat ondervoed is. Dit help ook om laktasie by borsvoedende moeders te bevorder.

3. VOORDAT JY ALFALFA TONIC GEBRUIK

Moet nie Alfa Tonic neem

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

Wees veral versigtig met Alfa Tonic:

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

Gebruik van Alfa Tonic saam met voedsel en vloeistowwe

Alfa Tonic mag voor voedsel geneem word. Moet nie Alfa Tonic binne 'n halfuur van sterk koffie, sjokolade, kamfer of aromatiese stowwe neem nie, aangesien dit die effektiwiteit van die homeopatiese komponente kan verminder.

Swangerskap en borsvoeding

Homeopatiese medisyne is tradisioneel tydens swangerskap en borsvoeding gebruik. As jy swanger is of jou baba borsvoed, word dit egter aanbeveel dat jy jou gesondheidspraktisyn raadpleeg vir advies voordat jy enige medisyne gebruik.

Die gebruik en bestuur van masjinerie

Alfa Tonic bevat alkohol maar wanneer dit teen die aanbevole dosis gebruik word, is dit onwaarskynlik dat dit 'n mens se vermoë om masjinerie te bestuur en veilig te gebruik sal beïnvloed.

Belangrike inligting oor sommige van die bestanddele

Alfa Tonic bevat etanol. Pasiënte met 'n sensitiwiteit of onverdraagsaamheid teenoor alkohol moet nie Alfa Tonic neem nie. Alfa Tonic bevat suiker (suikrose) wat 'n uitwerking op die beheer van jou bloedsuiker kan hê as jy diabetes mellitus het. As jy vertel is dat jy onverdraagsaam is teenoor sommige suikers, raadpleeg jou gesondheidspraktisyn voordat jy Alfa Tonic gebruik.

Gebruik van ander medisyne saam met Alfa Tonic

Vertel altyd jou gesondheidspraktisyn as jy ander medisyne gebruik. (Dit sluit komplementêre of tradisionele medisyne in.) Dit is nie bekend dat Alfa Tonic met ander medisyne reageer nie.

4. HOE OM ALFALFA TONIC 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. Aangesien absorpsie deur die slymvlies van die mond plaasvind, is dit wenslik om die medisyne vir 'n kort tydjie in die mond te hou. Die mond moet vry wees van ander sterk smake (bv. tandepasta, peperment, ens.) wanneer die medisyne geneem word. Skud die bottel voor gebruik.

Die gewone dosis is:

Volwassenes en kinders : Neem 1 teelepel (5 ml) 3 keer per dag voor etes.

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 Alfa Tonic gebruik as wat nodig is

Daar is geen aangemelde simptome van oordosering met Alfa Tonic nie. Indien jy 'n nuwe-effek ervaar, raadpleeg jou gesondheidspraktisyn of apteker. Indien hulle nie beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

As jy vergeet om 'n dosis Alfa Tonic te neem

Moet nie 'n dubbeldosis neem om vir 'n oorgeslaande dosis van Alfa Tonic op te maak nie.

5. MOONTLIKE NUWE-EFFEKTE

Daar is geen nuwe-effekte vir Alfa Tonic aangemeld nie. Indien jou algemene gesondheid versleg of indien jy enige nuwe-effekte ondervind wanneer jy hierdie medisyne gebruik, raadpleeg jou gesondheidspraktisyn of apteker vir advies.

6. BERGING EN VERNIETIGING VAN ALFALFA TONIC

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.** Stuur alle ongebruikte medisyne aan jou apteker terug.

7. AANBIEDING VAN ALFALFA TONIC

Alfa Tonic is beskikbaar as 200 ml stroop in 'n amber glasbottel met wit HDPE skroefprop.

8. IDENTIFIKASIE

Alfa Tonic is 'n oranje-bruin stroop met kruie aroma. Geringe variasies in kleur is moontlik.

9. VERWYSINGSNUMMER

U991 (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

Junie 2018

12. KOMPLEMENTÊRE MEDISYNE

Homeopatiese kombinasie medisyne

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