PATIENT INFORMATION LEAFLET
ViralChoice® Echinacea, Garlic, Vitamin C + Zinc
(Film coated Tablet)
Sugar free

SCHEDULING STATUS: [S0]

CATEGORY AND CLASS:

D: Complementary Medicines:

Discipline Specific: 33.7 Combination product

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

PROPRIETARY NAME AND DOSAGE FORM

VIRALCHOICE® ECHINACEA, GARLIC, VITAMIN C + ZINC (tablets)

The active substances per tablet are:

Echinacea purpurea (Echinacea herb juice dry) [Fresh herb, 45:1 extract 1000 mg of fresh herb equivalent]	22,22 mg
Allium Sativum (Garlic) [Fresh bulb, 12:1 extract providing 100 mg of fresh bulb equivalent]	8,33 mg
Ascorbic acid (Vitamin C)	500,00 mg
Zinc Gluconate Providing Zinc	14,00 mg 2,00 mg

Excipients:

Calcium hydrogen phosphate dihydrate, croscarmellose sodium, crospovidone, dl-alpha-tocopherol, hypromellose, macrogol 400, magnesium stearate, maize starch, microcrystalline cellulose, povidone, silicon dioxide, vanillin.

Sugar Free.

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

ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablets are available without a doctor's prescription for you to maintain your health. Nevertheless, you still need to take **ViralChoice® Echinacea, Garlic, Vitamin C + Zinc** tablets carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablets with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

What is in this leaflet

1. What ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablets is and what it is used for.
2. What you need to know before you take ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablets
    a. Contra-indications
    b. Warnings and precautions
    c. Possible side effects.
    d. Interactions
3. How to take ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablets
4. Possible Side effects when taking ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablets
5. How to store ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablets
6. Description of contents of the pack and container information.

1. What ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablets is and what it is used for.

ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablets, is a discipline specific combination medicinal product formulated to reduce the duration and severity of common cold symptoms.

- Assists in the relief of symptoms associated with mild upper respiratory tract infections
- Assists in reducing common cold symptoms
- Support healthy immune system function
- An antioxidant for the maintenance of good health
- Assists in boosting the body's resistance to cold, flu & other infections

ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablets are indicated for adult and children older than 12 years of age.

If symptoms persist, talk to your health care provider.

2. What you need to know before you take ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablets

Do not take ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablets:

If you are allergic to any of the ingredients as listed in this Patient Information Leaflet.

Warnings and precautions

ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablets should not replace a balanced diet.

Pregnancy, breastfeeding and fertility

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your health care provider for advice before taking this medicine.

Pregnancy

Safety during pregnancy has not been established.

Breast-feeding

Safety during breast feeding has not been established.

Fertility

No information available on fertility.

Driving and using machines

No studies on the effect on the ability to drive and use machines have been performed.

Interactions

Always tell your health care provider if you are taking any other medicines.

3. How to take ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablets

Do not share medicines with any other person.

Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

The recommended dose is:

Take 1 tablet twice daily or as recommended by your health care provider. If symptoms persist, see your health care provider.

Vitamin and mineral supplements should not replace a balanced diet.

Method of administration

The tablets must be taken orally without chewing. It must be taken with enough liquid.

If you take more ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablets than you should

Do not take a double dose to make up for a forgotten dose, take your usual dose at the usual time.

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

4. Side effects

Not all side effects reported for this medicine are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your health care provider for advice

5. How to store ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablets

- Store at or below 25 °C

- Keep in the original container
- Store all medicines out of reach of children.
- Do not use after the expiry date printed on the container/label.
- Return all unused medicine to your pharmacist for safe disposal.

6. What ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablets look like and contents of the pack.

ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablets are oval shaped, off white to pale yellow clear film coated tablet with brown or tan speckles.
60 tablets inside 95 ml white HDPE bottle.

Registration No:
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

Holder of Certificate of Registration
Opella Healthcare South Africa (Pty) Ltd
4th Floor, Building I, Hertford Office Park,
90 Bekker Road, Midrand,
1652

This leaflet was last revised in
30 November 2022

PASIËNTINLIGTINGSBLAD

ViralChoice® Echinacea, Garlic, Vitamin C + Zinc

(Filmbedekte Tablet)

Suikervry

SKEDULERINGSTATUS: [S0]

KATEGORIE EN KLAS:

D: Komplementêre Medisyne:

Dissipline-spesifiek: 33.7 Kombinasieproduk

Hierdie ongeregistreerde medisyne is nie vir gehalte, veiligheid of beoogde gebruik deur SAHPRA geëvalueer nie.

HANDELSNAAM EN DOSEERVORM

VIRALCHOICE® ECHINACEA, GARLIC, VITAMIN C + ZINC (tablette)

Die aktiewe bestanddele per tablet is:

Echinacea purpurea (Echinacea kruieplant droë sap) [Vars kruie, 45:1 ekstrak gelykstaande aan 1000 mg vars kruie]	22,22 mg
Allium Sativum (Knoffel) [Vars bol, 12:1 ekstrak gelykstaande aan 100 mg vars bol]	8,33 mg
Askorbiensuur (Vitamien C)	500,00 mg
Sinkglukonaat Verskaf Sink	14,00 mg 2,00 mg

Onaktiewe bestanddele:

Kalsiumwaterstoffosfaatdihidraat, natriumkroskarmellose, krospovidoon, dl-alfa-tokoferol, hipromellose, makrogol 400, magnesiumstearaat, mieliestysel, mikrokristallyne sellulose, povidoon, silikondioksied, vanillien.

Suikervry.

Lees hierdie hele inligtingsblad noukeurig deur want dit bevat inligting wat belangrik is vir jou.
ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablette is beskikbaar sonder ’n dokter se voorskrif, sodat jy jou gesondheid in stand kan hou. Jy moet **ViralChoice® Echinacea, Garlic, Vitamin C + Zinc** tablette nogtans versigtig neem om die beste resultate te verkry.

- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weer lees.
- Moenie ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablette met enigiemand anders deel nie.

- Vra gerus jou gesondheidsorgverskaffer of apteker indien jy verdere inligting of advies nodig het.

Wat is in hierdie inligtingsblad

7. Wat is ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablette en waarvoor word dit gebruik
8. Wat jy moet weet voordat jy ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablette neem
    a. Kontra-indikasies
    b. Waarskuwings en voorsorgmaatreëls
    c. Moontlike newe-effekte
    d. Interaksies
9. Hoe om ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablette te neem
10. Moontlike newe-effekte wanneer ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablette geneem word
11. Hoe om ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablette te bêre
12. Beskrywing van die inhoud van die pak en inligting oor die houer.

7. Wat is ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablette en waarvoor word dit gebruik.

ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablette is ’n dissipline-spesifieke medisinale kombinasieproduk wat geformuleer is om die duur en ernstigheidsgraad van verkouesimptome te verminder.

- Help om simptome wat met ligte boonstelugweginfeksies gepaardgaan, te verlig
- Help om verkouesimptome te verlig
- Ondersteun gesonde werking van die immuunstelsel
- ’n Antioksidant vir die instandhouding van goeie gesondheid
- Help om die liggaam se weerstand teen verkoue, griep & ander infeksies te versterk.

ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablette word aangedui vir volwassenes en kinders ouer as 12 jaar.

Indien simptome volhou, bespreek dit met jou gesondheidsorgverskaffer.

8. Wat jy moet weet voordat jy ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablette neem

Moenie ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablette neem nie:

Indien jy allergies is vir enige van die bestanddele, soos gelys in hierdie Pasiëntinligtingsblad.

Waarskuwings en voorsorgmaatreëls

ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablette moenie in plaas van ’n gebalanseerde dieet geneem word nie.

Swangerskap, borsvoeding en vrugbaarheid

Indien jy swanger is of jou baba borsvoed, vermoed dat jy swanger kan wees of van plan is om swanger te raak, vra jou gesondheidsorgverskaffer se advies voordat jy hierdie medisyne neem.

Swangerskap

Dit is nie bepaal of dit veilig is om tydens swangerskap te gebruik nie.

Borsvoeding

Dit is nie bepaal of dit veilig is om te gebruik wanneer jy borsvoed nie.

Vrugbaarheid

Daar is geen inligting beskikbaar oor vrugbaarheid nie.

Bestuur en die gebruik van masjiene

Geen studies is uitgevoer op die effek wat dit het op die vermoë om te bestuur en masjiene te gebruik nie.

Interaksies

Sê altyd vir jou gesondheidsorgverskaffer indien jy enige ander medisyne neem.

9. Hoe om ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablette te neem

Moenie medisyne met enigiemand anders deel nie.

Neem hierdie medisyne altyd presies soos wat in hierdie inligtingsblad beskryf word, of soos wat jou dokter of apteker vir jou gesê het. Vra gerus jou dokter of apteker indien jy onseker is.

Die aanbevole dosis is:

Neem 1 tablet twee keer daagliks, of soos wat deur jou gesondheidsorgverskaffer aanbeveel is.

Indien simptome aanhou, gaan sien jou gesondheidsorgverskaffer.

Vitamien-en-mineraal-aanvullings moenie in die plek van ’n gebalanseerde dieet gebruik word nie.

Metode van toediening

Die tablette moet mondeliks geneem word en nie gekou word nie. Neem die tablet met genoeg water.

Indien jy meer ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablette neem as wat jy behoort te neem

Moenie ’n dubbele dosis neem om te vergoed vir ’n dosis wat oorgeslaan is nie, neem jou gebruiklike dosis op die gewone tyd.

In geval van oordosering, raadpleeg jou dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

10. Newe-effekte

Nie alle newe-effekte wat vir hierdie medisyne gerapporteer is, word in hierdie inligtingsblad ingesluit nie.

Indien jou algemene gesondheid agteruitgaan of indien jy enige ongunstige effekte ervaar terwyl jy hierdie medisyne neem, raadpleeg asseblief jou gesondheidsorgverskaffer.

11. Hoe om ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablette te bêre

- Bêre by of onder 25 °C.
- Hou in die oorspronklike houer.
- Bêre alle medisyne waar kinders dit nie in die hande kan kry nie.
- Moenie gebruik ná die vervaldatum wat op die houer/etiket gedruk is nie.
- Neem alle ongebruikte medisyne terug na jou apteker vir veilige wegdoening.

12. Hoe ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablette lyk en inhoud van die pak.

ViralChoice® Echinacea, Garlic, Vitamin C + Zinc tablette is ovaalvormige, naaswit tot liggeel filmbedekte tablette met bruin of taankleurige spikkels.

60 tablette verpak in 'n 95 ml wit HDPE-bottel.

Registrasienommer:

Hierdie ongeregistreerde medisyne is nie vir gehalte, veiligheid of beoogde gebruik deur SAHPRA geëvalueer nie.

Houer van die Registrasiesertifikaat

Opella Healthcare South Africa (Pty) Ltd.
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Bekkerweg 90, Midrand, 1652

Hierdie inligtingsblad is laas hersien

30 November 2022