PATIENT INFORMATION LEAFLET

ViralChoice® Effervescent Tablet

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SCHEDULING STATUS:
S0

CATEGORY AND CLASS:
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® Effervescent (Tablet)
The active substances per tablet are:

Active ingredient	Amount/tablet	Role of supplement
Echinacea purpurea (Echinacea) [Herb dry extract, 1:1 extract]	120,00 mg	Supports in boosting the immune system, increasing the body's resistance to infections. May contribute to the reduction of symptoms and assist in shortening the duration of a cold
Ascorbic Acid (Vitamin C)	1000,00 mg	Vitamin C may help reduce the duration and intensity of a cold
Cholecalciferol (Vitamin D3)	25,00 µg	An antioxidant for the maintenance of good health
Pyridoxine (Vitamin B6)	10,00 mg	Helps in the absorption and use of calcium and phosphorous
Zinc Citrate Providing Zinc	77,42 mg 24,00 mg	Helps to metabolise carbohydrates, fats and proteins Helps to maintain immune function

Contains sugar and sweetener
Sorbitol 500 mg
Mannitol 300 mg
Sucralose 10 mg

Read all of this leaflet carefully because it contains important information for you.
Viralchoice® Effervescent are available without a doctor's prescription for you to maintain your health. Nevertheless, you still need to take **Viralchoice® Effervescent** carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share **Viralchoice® Effervescent** 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® Effervescent** is and what it is used for.
2. What you need to know before you take **Viralchoice® Effervescent**
3. How to take **Viralchoice® Effervescent**
4. Possible Side effects
5. How to store **Viralchoice® Effervescent**
6. Contents of the pack and other information

1. What ViralChoice® Effervescent are and what it is used for.
Viralchoice® Effervescent is a discipline specific complementary medicine formulated to support immune system function.
- Supports in boosting the immune system, increasing the body's resistance to infections.
- May contribute to the reduction of symptoms and assist in shortening the duration of a cold
- Vitamin C may help reduce the duration and intensity of a cold
- An antioxidant for the maintenance of good health
- Helps to maintain and support healthy immune system function
- Helps to maintain healthy skin
- Supports wound healing
- A factor in the maintenance of good health
- Helps to metabolise carbohydrates, fats and proteins

Viralchoice® Effervescentare indicated for adult and children from 14 years of age.
Not for children younger than 14 years of age.
If symptoms persist, talk to your health care provider.

A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.

2. What you need to know before you take ViralChoice® Effervescent
Contraindications
Do not use this product if you are allergic to any of the ingredients.
Viralchoice® Effervescent contains sorbitol. If you have been told that you have an intolerance to some sugars, you should not take **Viralchoice® Effervescent**

Warnings and precautions
Viralchoice® Effervescent contains zinc, which may be dangerous when taken in large amounts for long periods of time. Not for children under 14 years of age.

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.

3. How to take ViralChoice® Effervescent
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:
1 tablet daily for adults and children older than 14 years. Dissolve the effervescent tablet in one glass of water. Then drink the contents of the whole glass.

If symptoms persist, see your health care provider.
Not to be used in children under 14 years of age.

Vitamin and mineral supplements should not replace a balanced diet.

If you take more Viralchoice® Effervescentt than you should
In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

If you for forget to take ViralChoice® Effervescent
Do not take a double dose to make up for a forgotten dose, take your usual dose at the usual time.

4. Possible side effects
High doses of vitamin C can cause diarrhoea. Allergic reactions such as urticaria and itchy eyes have also been reported with products containing echinacea. 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

Reporting of side effects
If you get side effects, talk to your doctor or, 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 **ViralChoice® Effervescent**

5. How to store ViralChoice® Effervescent:
- Store at or below 25 °C.
- Keep in the original container
- Keep 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® Effervescent look like and contents of the pack.
What ViralChoice® Effervescent contains
- The active substances are *Echinacea purpurea* (Echinacea), Ascorbic Acid (Vitamin C), Cholecalciferol (Vitamin D3), Pyridoxine (Vitamin B6), Zinc Citrate
- The other ingredients are sunset yellow, effersoda (sodium bicarbonate), sorbitol instant, citric acid anhydrous, crillet 3, mannitol, syloid 244fp, sucralose, orange juice flavour 74016-71, peg 6000.

What ViralChoice® Effervescent looks like and content of the pack
Viralchoice® Effervescent Tablets are orange, round effervescent tablets in packs of 10 and 30 effervescent tablets in plastic tubes in a unit carton with a leaflet

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
24 August 2021
Date of revision: To be allocated by SAHPRA.

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

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PASIËNTINLIGTINGSBLAD
ViralChoice® Effervescent Tablet

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SKEDULERINGSTATUS:
S0

KATEGORIE EN KLAS:
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® Effervescent (Tablet)
Die aktiewe bestanddele per tablet is:

Aktiewe bestanddeel	Hoeveelheid/ tablet	Rol van aanvulling
Echinacea purpurea (Echinacea) [Droë kruie-ekstrak, 1:1 ekstrak]	120,00 mg	Help om die immuunstelsel 'n hupstoot te gee, om die liggaam se weerstand teen infeksies te verhoog. Mag help om simptome te verminder en die duur van verkoue te verkort.
Askorbiensuur (Vitamien C)	1000,00 mg	Vitamien C mag help om die duur en ernstigheidsgraad van verkouesimptome te verminder.
Cholekalsiferol (Vitamien D3)	25,00 µg	'n Antioksidant vir instandhouding van goeie gesondheid.
Piridoksien (Vitamien B6)	10,00 mg	Help met die absorpsie en benutting van kalsium en fosfor.
Sinksitraat Verskaf Sink	77,42 mg 24,00 mg	Help om koolhidrate, vette en proteïene te metaboliseer. Help om immuunfunksie te onderhou.

Bevat suiker en versoeter
Sorbitol 500 mg
Mannitol 300 mg
Sukralose 10 mg

Lees hierdie hele inligtingsblad noukeurig deur want dit bevat inligting wat belangrik is vir jou.
ViralChoice® Effervescent is beskikbaar sonder 'n dokter se voorskrif, sodat jy jou gesondheid in stand kan hou. Jy moet ViralChoice® Effervescent nogtans versigtig neem om die beste resultate te verkry.
- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weer lees.
- Moenie **ViralChoice® Effervescent** met enigiemand anders deel nie.
- Vra gerus jou gesondheidsorgverskaffer of apteker indien jy verdere inligting of advies nodig het.

Wat is in hierdie inligtingsblad
1. Wat is **ViralChoice® Effervescent** en waarvoor word dit gebruik
2. Wat jy moet weet voordat jy **ViralChoice® Effervescent** neem
3. Hoe om **ViralChoice® Effervescent** te neem
4. Moontlike newe-effekte
5. Hoe om **ViralChoice® Effervescent** te bêre
6. Inhoud van die pak en ander inligting.

1. Wat is ViralChoice® Effervescent en waarvoor word dit gebruik
ViralChoice® Effervescent is 'n dissipline-spesifieke komplementêre medisyne wat geformuleer is om werking van die immuunstelsel te ondersteun.
- Help om die immuunstelsel 'n hupstoot te gee, wat die liggaam se weerstand teen infeksies verhoog
- Mag help om simptome te verminder en help om die duur van 'n verkoue te verkort
- Vitamien C mag help om die duur en ernstigheidsgraad van 'n verkoue te verminder
- 'n Antioksidant vir die instandhouding van goeie gesondheid
- Help om die gesonde werking van die immuunstelsel in stand te hou en te ondersteun
- Help om gesonde vel te onderhou
- Ondersteun wondgenesing
- 'n Faktor in die instandhouding van goeie gesondheid
- Help om koolhidrate, vette en proteïen te metaboliseer.

ViralChoice® Effervescent word aangedui vir volwassenes en kinders vanaf 14-jarige ouderdom.
Nie geskik vir kinders jonger as 14 jaar nie.
Indien simptome volhou, bespreek dit met jou gesondheidsorgverskaffer.

'n Gevarieerde dieet is die doeltreffendste en veiligste manier om goeie voeding, gesondheid, liggaamsamestelling, sowel as verstandelike en fisieke prestasie te behaal.

2. Wat jy moet weet voordat jy ViralChoice® Effervescent neem
Kontra-indikasies
Moenie hierdie produk gebruik indien jy vir enige van die bestanddele allergies is nie.
ViralChoice® Effervescent bevat sorbitol. Indien jy ingelig is dat jy onverdraagsaam vir party suikers is, behoort jy nie **ViralChoice® Effervescent** te neem nie.

Waarskuwings en voorsorgmaatreëls
ViralChoice® Effervescent bevat sink, wat gevaarlik kan wees wanneer dit in groot hoeveelhede vir lang tye geneem word. Nie vir kinders onder die ouderdom van 14 jaar nie.

Swangerskap, borsvoeding en vrugbaarheid
Indien jy swanger is of jou baba borsvoed, vermoed dat jy swanger kan wees of beplan 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.

3. Hoe om ViralChoice® Effervescent 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:
1 tablet daagliks vir volwassenes en kinders ouer as 14 jaar. Los die bruistablet op in een glas water. Drink dan die hele inhoud van die glas.

Indien simptome aanhou, gaan sien jou gesondheidsorgverskaffer.
Moenie gebruik word deur kinders jonger as 14 jaar nie.

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

Indien jy meer ViralChoice® Effervescent neem as wat jy behoort te neem
In geval van oordosering, raadpleeg jou dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

Indien jy vergeet om ViralChoice® Effervescent 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.

4. Moontlike newe-effekte
Hoë dosisse vitamien C kan diarree veroorsaak. Allergiese reaksies soos urtikarie en jeukende oë is ook gerapporteer met produkte wat echinacea bevat. 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.

Rapportering van newe-effekte
Indien jy newe-effekte ervaar, bespreek dit met jou dokter, apteker of verpleegster. Jy kan ook newe-effekte aan SAHPRA rapporteer via die **"6.04 Vorm vir Rapportering van Ongunstige Geneesmiddelreaksies"**, wat aanlyn by SAHPRA se publikasies gevind kan word: https://www.sahpra.org.za/Publications/Index/8. Deur newe-effekte te rapporteer, kan jy help om meer inligting oor die veiligheid van **ViralChoice® Effervescent** te verskaf.

5. Hoe om ViralChoice® Effervescent te bêre
- Bêre by of onder 25 °C.
- Hou in die oorspronklike houer.
- Hou buite bereik van kinders.
- Moenie gebruik ná die vervaldatum wat op die houer/etiket gedruk is nie.
- Neem alle ongebruikte medisyne terug na jou apteker vir veilige wegdoening.

6. Hoe ViralChoice® Effervescent lyk en inhoud van die pak
Wat ViralChoice® Effervescent bevat
- Die aktiewe bestanddele is *Echinacea purpurea* (Echinacea), Askorbiensuur (Vitamien C), Cholekalsiferol (Vitamien D3), Piridoksien (Vitamien B6), Sinksitraat.
- Die ander bestanddele is Sunset Yellow, Effer-Soda (natriumbikarbonaat), sorbitol (kits), anhidriese sitroensuur, Crillet 3, mannitol, Syloid 244fp, sukralose, lemoengeursel 74016-71, PEG 6000.

Hoe ViralChoice® Effervescent lyk en inhoud van die pak
ViralChoice® Effervescent tablette is oranje, ronde bruistablette in pakke van 10 en 30 bruistablette in plastiekbuise, verpak in 'n karton met 'n inligtingsblad.

Houer van die Registrasiesertifikaat
Opella Healthcare South Africa (Edms.) Bpk.
4de Vloer, Gebou I, Hertford Office Park,
Bekkerweg 90, Midrand, 1652

Hierdie inligtingsblad is laas hersien
24 Augustus 2021
Datum van hersiening: Sal deur SAHPRA aangewys word.

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

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