

PATIENT INFORMATION LEAFLET

ViralChoice® Junior Syrup

Sugar free

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SCHEDULING STATUS:

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® Junior (syrup)

Composition:

Active ingredient	Amount/5 ml	Role of supplement
<i>Echinacea purpurea</i> (Echinacea) [Blossoming tops, as 1,25 mg of 45:1 Juicing extract dry concentrate]	56,25 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.
<i>Camellia sinensis</i> L. (Green tea) [Leaves, 1,052:1 providing 2,63 mg of dried herb equivalent]	2,50 mg	Green tea is a powerful antioxidant, which helps inhibit bacterial growth and infection.
<i>Rosa canina</i> L. (Rosehip) [Fruits, as 3,75 mg of a 4:1 extract]	15,00 mg	Rosehip is one of nature's richest sources of vitamin C. Rosehip contains bioflavonoids which support the benefits of vitamin C.
Ascorbic Acid (Vitamin C)	30,00 mg	Vitamin C may help reduce the duration and intensity of a cold. An antioxidant for the maintenance of good health.
Calcium-D-Pantothenate (Vitamin B5)	1,50 mg	Helps to metabolise carbohydrates, fats and proteins.
Cyanocobalamin (Vitamin B12)	1,00 mg	Contributes to normal red blood cell formation.
D-Biotin (Vitamin H)	30,00 µg	A factor in the maintenance of good health.
Pyridoxine Hydrochloride (Vitamin B6)	0,75 mg	Contributes to tissue formation.
Vitamin A Acetate	667 IU	Contributes the development and maintenance of night vision. Contributes to the development and maintenance of bones and teeth
Vitamin D	120 IU	Helps in the absorption and use of calcium and phosphorous
Vitamin E Acetate	3,00 mg	An antioxidant for the maintenance of good health.
Folic Acid	75,00 µg	Helps the body to metabolise proteins. Helps to form red blood cells

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

ViralChoice® Junior syrup is available without a doctor's prescription for you to maintain your health. Nevertheless, you still need to take **ViralChoice® Junior** syrup carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share **ViralChoice® Junior** syrup 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® Junior** syrup is and what it is used for.
2. What you need to know before you take **ViralChoice® Junior** syrup
3. How to take **ViralChoice® Junior** syrup
4. Possible Side effects
5. How to store **ViralChoice® Junior** syrup
6. Contents of the pack and other information

1. What ViralChoice® Junior syrup is and what it is used for.

ViralChoice® Junior syrup is a discipline specific supplement formulated to support immune system function. **ViralChoice® Junior** syrup contains a combination of echinacea, green tea extract, rosehip, vitamins, minerals and trace elements. It is a nutrient supplement used when the diet alone does not include enough of these substances for optimal health.

- Support 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
- Helps to metabolise carbohydrates, fats and proteins
- Contributes to normal red blood cell formation
- A factor in the maintenance of good health
- Contributes to tissue formation
- Contributes the development and maintenance of night vision
- Contributes to the development and maintenance of bones and teeth
- Helps in the absorption and use of calcium and phosphorous
- An antioxidant for the maintenance of good health
- Vitamin C may help reduce the duration and intensity of a cold
- Helps the body to metabolise proteins.

ViralChoice® Junior syrup is indicated for children between 1 and 10 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® Junior syrup

Contraindications

Do not use this product if your child is allergic to any of the ingredients.

ViralChoice® Junior contains sorbitol. If you have been told that you have an intolerance to some sugars, you should not take **ViralChoice® Junior**

Speak to your doctor or health care provider if your child has immune system problems before you use this product. Speak to your doctor or health care provider if symptoms of cold persist, or if you notice any unusual symptoms in your child while using this product.

Warnings and precautions

Not for children under 1 year 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® Junior syrup

Do not share medicines with any other person. Always take this medicine exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The recommended dose is:

As a multivitamin:

Children 1-3 years: 1 medicine measure (5 ml) daily

Children 4-10 years: 1 medicine measure (5 ml) TWICE daily (morning and evening)

Duration: Recommended duration of 2 - 4 weeks, or, as and when multivitamin supplement is needed, or as advised by your doctor.

Exceeding the daily dose is not recommended. Health supplements cannot replace a balanced diet.

During times of onset of colds:

Children 1-3 years: 1 medicine measure (5 ml) TWICE daily (morning and evening)

Children 4-10 years: 1 medicine measure (5 ml) TWICE daily (morning and evening)

Duration: Short term use for 10 days or as advised by your health care provider

If symptoms persist, see your health care provider.

Shake well before use

If you take more ViralChoice® Junior syrup 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 forget to take ViralChoice® Junior syrup

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

Not all side effects reported for **ViralChoice® Junior** syrup 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® Junior** syrup.

5. How to store ViralChoice® Junior syrup

- Store at or below 25 °C.
- Keep in the original container
- Keep out of the 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. Contents of the pack and other information

What ViralChoice® Junior syrup contains

- The active substances are Echinacea, Green tea, Rosehip, Ascorbic Acid (Vitamin C), Calcium-D-Pantothenate (Vitamin B5), Cyanocobalamin (Vitamin B12), D-Biotin (Vitamin H) , Pyridoxine Hydrochloride (Vitamin B6), Vitamin A Acetate, Vitamin D, Vitamin E Acetate, Folic Acid.
- The other ingredients are sorbitol solution 70 % (non-crystallising) c., glycerin BP, orange flavour EXP516 10/W, orange colour C016/TF, methyl hydroxybenzoate, propyl hydroxybenzoate.

What ViralChoice® Junior syrup looks like and content of the pack

200 ml orange coloured syrup in a brown screw cap bottle in a unit carton together with package insert.

Holder of Certificate of Registration

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Registration number

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