



PATIENT INFORMATION LEAFLET
LINCTAGON® FORTE

Scheduling status:
[S0]

Proprietary name and dosage form
LINCTAGON® FORTE (Capsules)
Pelargonium sidoides, fulvic acid, vitamin C (ascorbic acid), quercetin and zinc elemental (from gluconate)
Sugar free

- Complementary Medicines: D.5.8 Preparations for the common cold including nasal decongestants.
- This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

Read all of this leaflet carefully before you start taking Linctagon® Forte capsules because it contains important information for you.

Linctagon® Forte capsules is available without a doctor's prescription. Nevertheless, you still need to use Linctagon® Forte capsules carefully to get the best results from it.

- Keep this leaflet. You may need to read it again
- Do not share Linctagon® Forte capsules with any other person
- Ask your healthcare practitioner or pharmacist if you need more information or advice

WHAT IS IN THIS LEAFLET

1. What Linctagon® Forte capsules is and what it is used for
2. What you need to know before you take Linctagon® Forte capsules
3. How to take Linctagon® Forte capsules
4. Possible side effects
5. How to store Linctagon® Forte capsules
6. Contents of the pack and other information

1. What Linctagon® Forte capsules is and what it is used for

Linctagon® Forte capsules is used for the relief of symptoms associated with the common cold and flu. Symptoms include congestion, sneezing, allergies, coughs, muscle aches and also offers **immune** support.

2. What you need to know before you take Linctagon® Forte capsules

Do not take Linctagon® Forte capsules:

- If you are hypersensitive (allergic) to *Pelargonium* or any of the other ingredients of Linctagon® Forte capsules (see **6. Contents of the pack and other information**).

Warnings and precautions

- Due to a lack of adequate information, avoid use if you have an increased tendency to bleeding and in severe hepatic and renal diseases,

Tell your doctor if you are not sure about any of the above.

Porphyrria: Safety has not been established.

Taking other medicines with Linctagon® Forte capsules

Always tell your healthcare professional if you are taking any other medicine. (This includes complementary or traditional medicines.)

Consult your doctor, pharmacist or healthcare practitioner before use if you are taking:

- anti-coagulant or anti-platelet medication, like warfarin as Linctagon® Forte capsules contains *Pelargonium* and ascorbic acid
- tetracycline antibiotics as Linctagon® Forte capsules contains zinc which may reduce their absorption.

Taking Linctagon® Forte capsules with food and drink

You should take Linctagon® Forte capsules after a meal, with a glass of water.

Pregnancy and Breastfeeding

- It is not advisable to take Linctagon® Forte capsules while you are pregnant or breastfeeding
- If you are pregnant or breastfeeding, think you might be pregnant or are planning to have a baby, please consult your doctor or pharmacist or other healthcare practitioner for advice before taking this medication.

Driving and using machinery

There is insufficient information available on the effects of Linctagon® Forte capsules on the ability to drive or operate machinery.

3. How to take Linctagon® Forte capsules

Do not share medicines with any other person.

Always take Linctagon® Forte capsules exactly as described in this leaflet or as your healthcare practitioner has instructed you. You should check with your doctor or pharmacist if you are unsure.

The usual dose for Children 6-12 years:

Take one (1) capsule twice daily, after a meal, with a glass of water.

Adults and children 12 years and older:

Take one (1) capsule three times daily, after a meal, with a glass of water.

If you take more Linctagon® Forte capsules than you should

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control center.

If you forget to take / missed a dose of Linctagon® Forte capsules

Take your missed dose when you remember. Do not take a double dose to make up for forgotten individual doses.

If you stop taking Linctagon® Forte capsules

If you are taking the dose as indicated, it is unlikely that there should be withdrawal effects when you stop using this medication.

4. Possible side effects

Linctagon® Forte capsules can have side effects. Not all side effects reported for **Linctagon® Forte capsules** are included in this leaflet. Should your general health worsen while taking this medicine, or if you experience any untoward effects while taking Linctagon® Forte capsules, please consult your healthcare practitioner for advice. Like all medicines, this medicine can cause side effects although not everybody gets them.

If any of the following side effects occur, stop taking this product and consult your doctor or pharmacist or go to the casualty department at your nearest hospital:

- Allergic reactions such as: local or more widespread skin rashes, hives (skin bumps), local itchiness, swelling of the face, lips, mouth or throat, which may cause difficulty in swallowing or breathing;

Tell your doctor or pharmacist if you notice any of the following:

Frequency unknown:

- Gastrointestinal upset, diarrhoea
- Heartburn
- Nosebleeds (Epistaxis)
- Allergic reactions

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you get side effects, talk to your doctor, pharmacist, nurse or other healthcare practitioner for advice. You can also report side effects to SAHPRA via the "**6.04 Adverse Drug Reaction Reporting Form**", found online under SAHPRA's publications: <http://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of Linctagon® Forte capsules.

5. How to store Linctagon® Forte capsules

- STORE ALL MEDICINES OUT OF REACH OF CHILDREN
- Store in a dry place at or below 25 °C.
- Keep the container tightly closed.
- Protect from light and moisture
- Do not refrigerate.
- Do not store in a bathroom.
- Do not use after the expiry date stated on the label and carton.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of pack and other information

What Linctagon® Forte capsules contains

Active Ingredients	Per capsule
<i>Pelargonium sidoides</i> [dried root extract] from the roots of <i>Pelargonium sidoides</i> DC (1:8-10) PelapowerTM EMA 11-70). Extraction solvent ethanol 11% w/w.	28 mg
Fulvic acid	250 mg
Vitamin C (ascorbic acid)	50 mg
Quercetin	80 mg
Zinc elemental (from gluconate)	5 mg

The other ingredients or excipients are: magnesium stearate and silicon dioxide.

Linctagon® Forte capsules is sugar free.

What Linctagon® Forte capsules looks like and contents of the pack

Linctagon® Forte capsules are scarlet red, available in blister packs of 10, packed in a unit carton containing 20 capsules with an enclosed patient information leaflet.

Holder of Certificate of Registration

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Date of registration

To be allocated

Registration number

To be allocated

Professional Information

Linctagon® Forte capsules Professional Information may be obtained from the Nativa website (www.nativa.co.za).