

PATIENT INFORMATION LEAFLET

Scheduling status:

S0

LINCTAGON®-C JUNIOR COLD AND FLU SYRUP

Pelargonium sidoides root extract, Vitamin A (vitamin A retinyl palmitate), Vitamin C (ascorbic acid), MSM (methylsulfonylmethane), Zinc (zinc gluconate)
Contains artificial sweeteners: sorbitol 2 g / 5 ml, sucralose 2,5 mg / 5 ml, xylitol 0,46 g / 5 ml.

- Complementary Medicine: 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 because it contains important information for you.

Linctagon®-C Junior Cold and Flu Syrup is available without a doctor's prescription. However, you still need to use Linctagon®-C Junior Cold and Flu Syrup carefully to get the best results from it.

- Keep this leaflet. You may need to read it again
- Do not share Linctagon®-C Junior Cold and Flu Syrup with any other person
- Ask your healthcare provider or pharmacist if you need more information or advice.

WHAT IS IN THIS LEAFLET

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

1. What Linctagon®-C Junior Cold and Flu Syrup is and what it is used for

Linctagon®-C Junior Cold and Flu Syrup is a combination syrup for the relief of symptoms associated with the common cold and flu such as congestion, sneezing, allergies, coughs, muscle aches and with immune support. Contains high levels of vitamin C.

2. What you need to know before you take Linctagon®-C Junior Cold and Flu Syrup

Do not take Linctagon®-C Junior Cold and Flu Syrup:

- If you are hypersensitive (allergic) to any of the ingredients of Linctagon®-C Junior Cold and Flu Syrup (listed in section 6).

Warnings and precautions

- Use with caution if you have or are prone to iron overload, hemochromatosis, thalassemia and sideroblastic anaemia as Linctagon®-C Junior Cold and Flu Syrup contains vitamin C which can increase iron absorption and may worsen these conditions.
- Use with caution if you have a history of oxalate kidney stones as Linctagon®-C Junior Cold and Flu Syrup contains vitamin C which can increase the risk of stone formation.
- Linctagon®-C Junior Cold and Flu Syrup contains sorbitol. If you have been told that you have an intolerance to some sugars, you should not take Linctagon®-C Junior Cold and Flu Syrup.
- Discontinue use two weeks before planned surgery.

Porphyria: Safety has not been established.

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

Other medicines and Linctagon®-C Junior Cold and Flu Syrup

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

Consult your doctor, pharmacist or healthcare provider before using Linctagon®-C Junior Cold and Flu Syrup if you are taking:

- Blood thinning medication such as warfarin or antiplatelet medication such as clopidogrel, as *Pelargonium sidoides* root extract may have a blood thinning effect.
- Vitamin A supplements or other retinoid medications, as Linctagon®-C Junior Cold and Flu Syrup contains vitamin A and using these together could result in an overdosage of vitamin A.
- Diclofenac, as Linctagon®-C Junior Cold and Flu Syrup may increase the effects and side effects of diclofenac.
- Tetracycline antibiotics as Linctagon®-C Junior Cold and Flu Syrup contains zinc which may reduce the absorption of antibiotics. Oral antibiotics should be taken at least two (2) hours before, or four (4) hours after Linctagon®-C Junior Cold and Flu Syrup or similar supplements.
- Warfarin as Linctagon®-C Junior Cold and Flu Syrup contains a high dose of vitamin C which may reduce the response to warfarin, possibly by causing diarrhoea and reducing warfarin absorption.

Taking Linctagon®-C Junior Cold and Flu Syrup with food and drink

There is no known interaction between the contents of Linctagon®-C Junior Cold and Flu Syrup and food or drink.

Pregnancy and 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 provider for advice before taking this medication.

Driving and using machinery

Linctagon®-C Junior Cold and Flu Syrup should not affect your ability to drive or use machinery. However, if you think you are affected you should not drive or operate machinery until you feel better.

3. How to take Linctagon®-C Junior Cold and Flu Syrup

Do not share medicines with any other person.

Always take Linctagon®-C Junior Cold and Flu Syrup exactly as described in this leaflet or as your healthcare provider has instructed you. You should check with your doctor or pharmacist if you are unsure.

The usual dose for children 6 – 12 years old is:

Give one (1) medicine measure (5 ml) three times a day, after a meal.

The usual dose for children 2 – 6 years old is:

Give one (1) medicine measure twice per day, after a meal.

Give (4) four hours before or (2) two hours after taking other medications (see **Other medicines with Linctagon®-C Junior Cold and Flu Syrup**)

The recommended duration of use is one (1) week.

If you take more Linctagon®-C Junior Cold and Flu Syrup than you should

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

If you forget to take Linctagon®-C Junior Cold and Flu Syrup

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®-C Junior Cold and Flu Syrup

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®-C Junior Cold and Flu Syrup can have side effects

Not all side effects reported for Linctagon®-C Junior Cold and Flu Syrup are included in this leaflet. Should your general health worsen while taking this medicine, or if you experience any untoward effects while taking this medicine, please consult your healthcare provider for advice.

Like all medicines, this medicine can cause side effects, although not everybody will experience them.

If any of the following or other 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: skin rash and itching, runny nose and red eyes, fast heartbeat and difficulty breathing.

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

Frequency unknown:

- Diarrhoea, dry mouth, heartburn, indigestion, mouth irritation, nausea, stomach upset, vomiting.

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 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 Linctagon®-C Junior Cold and Flu Syrup.

5. How to store Linctagon®-C Junior Cold and Flu Syrup

- STORE ALL MEDICINES OUT OF REACH OF CHILDREN
- Store in a dry place at or below 25 °C.
- 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®-C Junior Cold and Flu Syrup contains

Active ingredients	Per 5 ml syrup	Per 15 ml syrup (max daily dosage)	% NRV* per 15 ml syrup (max daily dosage)
<i>Pelargonium sidoides</i> [dried root extract] from the roots of <i>Pelargonium sidoides</i> DC (1:8-10) Pelapower™ EMA 11-70. Extraction solvent ethanol 11 % w/w.	6,67 mg	20,01 mg	*
Vitamin A (vitamin A retinyl palmitate 250000 IU/ g)	333 IU (100 µg)	999 IU (300 µg)	33,34
Vitamin C (ascorbic acid)	267 mg	801 mg	800
MSM (methylsulfonylmethane)	134 mg	402 mg	*
Zinc (zinc gluconate)	1,67 mg	5,01 mg	45,45

Nutrient Reference Values for adults and children older than 4 years.

* NRV not established

The other ingredients are: cherry-berry flavour, glycerine, pelargonium in glycerine, potassium sorbate, RO water, sodium carboxymethylcellulose, sorbitol, sucralose, xylitol.

Linctagon®-C Junior Cold and Flu Syrup is sugar and alcohol free.

Linctagon®-C Junior Cold and Flu Syrup contains artificial sweeteners.

What Linctagon®-C Junior Cold and Flu Syrup looks like and contents of the pack

Linctagon®-C Junior Cold and Flu Syrup is a light, yellow-caramel liquid with a

cherry-berry aroma and flavour.

Linctagon®-C Junior Cold and Flu Syrup is packed into a 100 ml and 200 ml amber glass

container with a white plastic cap, in a unit carton that includes a patient information

leaflet.

Holder of Certificate of Registration

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This leaflet was last revised in

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Date of registration

To be allocated

Registration number

To be allocated

Professional Information

The Linctagon®-C Junior Cold and Flu Syrup Professional Information may be obtained from the Nativa website (www.nativa.co.za).