

PATIENT INFORMATION LEAFLET

Scheduling status:

[S0]

LINCTAGON®-C effervescent tablets

Pelargonium sidoides root extract, Vitamin A (Vitamin A retinyl palmitate), Vitamin C (Ascorbic acid), MSM (Methylsulfonylmethane), Zinc (Zinc lactate hydrate), Quercetin (Quercetin dehydrate).

Sugar free

Contains artificial sweeteners (sorbitol (500 mg/tablet), sodium saccharin (20 mg/tablet) and sodium cyclamate (30 mg/tablet)).

- 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 the entirety of this leaflet carefully because it contains important information for you.

Linctagon®-C effervescent tablets is available without a doctor's prescription. However, you still need to use Linctagon®-C effervescent tablets carefully to get the best results from it.

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

1. What Linctagon®-C effervescent tablets is and what it is used for

A combination effervescent tablet for the relief of symptoms associated with the common cold and flu such as congestion, sneezing, allergies, coughs, muscle aches and with antioxidant support. With added vitamin C.

2. What you need to know before you take Linctagon®-C effervescent tablets

Do not take Linctagon®-C effervescent tablets:

If you are hypersensitive (allergic) to any of the ingredients of Linctagon®-C effervescent tablets (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 effervescent tablets 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 effervescent tablets contains vitamin C, which can increase the risk of stone formation.
- Linctagon®-C effervescent tablets contains sorbitol. If you have been told that you have an intolerance to some sugars, you should not take Linctagon®-C effervescent tablets.
- 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 effervescent tablets

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 effervescent tablets 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 effervescent tablets contains vitamin A and using these together could result in an overdose of vitamin A.
- Diclofenac, as Linctagon®-C effervescent tablets may increase the effects and side effects of diclofenac.
- Tetracycline antibiotics as Linctagon®-C effervescent tablets 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 effervescent tablets or similar supplements.
- Warfarin as Linctagon®-C effervescent tablets 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 effervescent tablets with food and drink

You should take Linctagon®-C effervescent tablets after a meal with a glass of water.

There is no known interaction between the contents of Linctagon®-C effervescent tablets 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 effervescent tablets 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 effervescent tablets

Do not share medicines with any other person.

Always take Linctagon®-C effervescent tablets 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 and adults 12 years and older is:

Take one (1) effervescent tablet dissolved in a glass of water, three times per day, after a meal.

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

Take one (1) effervescent tablet dissolved in half a glass of water, two times per day, after a meal.

Take (4) four hours before or (2) two hours after taking other medications (see **Other medicines with Linctagon®-C effervescent tablets**)

The recommended duration of use is at least 5-7 days.

If you take more Linctagon®-C effervescent tablets than you should

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

If you forget to take Linctagon®-C effervescent tablets

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 effervescent tablets

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 effervescent tablets can have side effects

Not all side effects reported for Linctagon®-C effervescent tablets 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 and vomiting.

- Headache, tingling limbs.

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 effervescent tablets.

5. How to store Linctagon®-C effervescent tablets

- 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 effervescent tablets contains

Active ingredients	Per effervescent tablet	Per 3 effervescent tablets (max daily dosage)	% NRV# per 3 effervescent tablets (max daily dosage)
<i>Pelargonium Sidoides</i> DC Dry root extract (DER 4-25:1), extraction solvent ethanol 11% m/m. **Equivalent to 78,4 - 490 mg of dried root.	28 mg**	84 mg	*
Vitamin A (Vitamin A retinyl palmitate)	800 IU (242,42 µg)	2400 IU (727,27 µg)	80,81
Vitamin C (Ascorbic acid)	330 mg	990 mg	990
MSM (Methylsulfonylmethane)	500 mg	1500 mg	*
Zinc (zinc lactate hydrate)	5 mg	15 mg	136,36
Quercetin (Quercetin dehydrate)	80 mg	240 mg	*

Nutrient reference values for adults and children older than 4 years.

* NRV not established

The other ingredients are: benzoic sulfimide, citric acid, hydrated magnesium silicate, orange juice flavour (orange flavour effervescent), polyethylene glycol 6000, silicon dioxide, sodium bicarbonate, sodium carbonate, sodium cyclamate, sorbitol (spray dried), sunset yellow colourant (orange flavour effervescent), tangerine flavour (orange flavour effervescent), cherry flavour (cherry flavour effervescent) and carmoisine red colourant (cherry flavour effervescent).

Linctagon®-C effervescent tablets is sugar free.

Linctagon®-C effervescent tablets contains artificial sweeteners.

What Linctagon®-C effervescent tablets looks like and contents of the pack

Linctagon®-C effervescent tablets are available in different flavour variants.

Orange flavour: Round, disk shaped yellow to orange colour and orange flavoured effervescent tablet.

Cherry flavour: Round, disk shaped pink colour and cherry flavoured effervescent tablet.

Linctagon®-C effervescent tablets are packed in a white plastic tube container with a cap, containing 12 or 20 effervescent tablets, in a unit carton that includes a patient information leaflet.

Holder of Certificate of Registration

Nativa (Pty) Ltd

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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 Effervescent Professional Information may be obtained from the Nativa website (www.nativa.co.za).