



PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: Unscheduled.

Category D: Complementary medicine.

Discipline: D33.6 Other (Western Herbal Complimentary Medicine)

PROPRIETARY NAME, STRENGTH, AND PHARMACEUTICAL FORM

TEN HERBS DIGESTIVE LAXATIVE, 40 Tablets and 100 Tablets

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

- **TEN HERBS DIGESTIVE LAXATIVE** is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use **TEN HERBS DIGESTIVE LAXATIVE** carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share **TEN HERBS DIGESTIVE LAXATIVE** with any other person.
- Ask your pharmacist or healthcare practitioner if you need more information or advice.

WHAT TEN HERBS DIGESTIVE LAXATIVE CONTAINS

Each 320 mg of **TEN HERBS DIGESTIVE LAXATIVE** contains the following actives:

Bitter Bark (Cascara sagrada cort.)	Bark	256.3 mg
Bitter Aloe (Aloe ferox juice)	Juice	192 mg
Fennel fruits (Foeniculum vulgare)	Fruit	160.32 mg
Senna leaves (Cassia angustifolia)	Leaves	128 mg
Licorice root (Glycyrrhiza glabra)	Root	48 mg
Gentian root (Bitter root)	Root	48 mg
Dandelion root (Taraxacum officinale)	Root	48 mg
Buckthorn cort. (Rhamnus cathartica)		32 mg
Rhubarb root/rhizomes (Rheum rhabarbarum)	Root	32 mg
Horehound top (Marrubium vulgare)	Flowering tops	32 mg

Other ingredients:

Lactose,
Arabic gum,
Maltodextrin,
Vegetable magnesium stearate, Silicon dioxide,
Hydroxypropyl methyl cellulose,
Mono- and diglyceride acetylate.

Contains sugar: Lactose

No sugar added

WHAT TEN HERBS DIGESTIVE LAXATIVE IS USED FOR

TEN HERBS DIGESTIVE LAXATIVE combines the power of Ten Herbs to provide effective relief from constipation. Specially formulated to promote a healthy digestive function and avoid indigestion, constipation and digestive disorder

BEFORE YOU TAKE TEN HERBS DIGESTIVE LAXATIVE

Do not take **TEN HERBS DIGESTIVE LAXATIVE** if you are hypersensitive (allergic) to any of the ingredients.

This medicine has not been evaluated by SAHPRA for quality, safety, or intended use. This medicine is not intended to diagnose, treat, cure or prevent any disease.

PREGNANCY AND BREASTFEEDING

Safety during pregnancy and breastfeeding has not been established. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare provider for advice before taking this medicine.

TAKING OTHER MEDICINES WITH TEN HERBS DIGESTIVE LAXATIVE

Always tell your healthcare provider if you are taking any other medicine.

HOW TO TAKE TEN HERBS DIGESTIVE LAXATIVE

Do not share medicines prescribed for you with any other person. Always take **TEN HERBS DIGESTIVE LAXATIVE** exactly as described in this leaflet, or as your doctor, healthcare provider has instructed you. You should check with your doctor, pharmacist or healthcare provider if you are unsure.

Directions for use: Take 1-3 tablets, with plenty of water, at bedtime.

Stop taking **TEN HERBS DIGESTIVE LAXATIVE** at least two weeks before scheduled surgery.

IF YOU TAKE MORE TEN HERBS DIGESTIVE LAXATIVE THAN YOU SHOULD

In the event of over-dosage, consult your doctor, pharmacist. Should none of these be available, contact the nearest hospital or poison control center.

IF YOU FORGET TO TAKE TEN HERBS DIGESTIVE LAXATIVE

Do not take a double dose to make up for a missed dose.

POSSIBLE SIDE EFFECTS

TEN HERBS DIGESTIVE LAXATIVE may have side effects.

If any of the following happens, stop using **TEN HERBS DIGESTIVE LAXATIVE** and tell your doctor or go to the casualty department at your nearest hospital:

- swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in swallowing or breathing,
- rash or itching,
- fainting.

These are all very serious effects. If you have them, you may have had a serious reaction to **TEN HERBS DIGESTIVE LAXATIVE**. You may need urgent medical attention or hospitalisation.

Laxatives can decrease how much medicine your body absorbs. Decreasing how much medicine your body absorbs can decrease the effectiveness of your medication.

Should you have Crohn's disease, appendicitis, stomach ulcers, diabetes, hormone sensitive conditions, potassium deficiency, hypertension, kidney disease, high or low blood pressure, speak to your healthcare professional before using.

If you are taking lithium, corticosteroids, diuretics, blood thinning medication, birth control, antibiotics or blood pressure medication, it is not recommended to take **TEN HERBS DIGESTIVE LAXATIVE**. Please inform your healthcare professional prior to using this supplement as there may be interactions with medication.

Not all side effects reported for **TEN HERBS DIGESTIVE LAXATIVE** are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor, pharmacist or healthcare professional.

STORAGE AND DISPOSING OF TEN HERBS DIGESTIVE LAXATIVE

Store all medicines out of the reach of children.

Store in a cool, dark place, below 25 °C.

Protect from direct sunlight and heat.

Store in the original packaging.

Keep the bottle tightly closed.

Replace the protective cap after each use.

Do not use after the expiry date stated on the bottle/packaging.

Do not use **TEN HERBS DIGESTIVE LAXATIVE** if you notice visible signs of deterioration.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF TEN HERBS DIGESTIVE LAXATIVE

40 Tablets in PVDC/golden aluminium blister strips (20 tablets each) packed in a carton box.

OR

100 Tablets in a white PET securitainer with a green PE top-lock cap.

IDENTIFICATION OF TEN HERBS DIGESTIVE LAXATIVE

Smooth dark green tablets with an aromatic herbal taste.

REGISTRATION NUMBER

TBA.

NAME AND ADDRESS OF REGISTRATION HOLDER

Imported by:

ZK Health Care (Pty) Ltd

11 Milkwood Road

Bayview Heights

Somerset West 7130

Tel: 021 852 8811

Fax: 021 852 3855

Website: www.esisa.co.za

Applicant:

Inzpire Health (Pty) Ltd

Unit 6, Sunpark

178 Smit Street

Fairland

Randburg

2030

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

See information on the website above.

THIS LEAFLET WAS LAST REVISED ON

26th September 2021.



PASIËNTINLICHTINGSBLAADJIE

SKEDULERINGSSTATUS: Ongeskeduleer.

Kategorie D: Komplementêre Medisyne.

Dissipline: D33.6 Ander (Westerse kruie-komplementêre medisyne)

HANDELSNAAM, STERKTE, EN FARMASEUTIESE FORMAAT

TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING, 40 Tablette en 100 Tablette

LEES DIE HELE INLICHTINGSBLAADJIE NOUKEURIG DEUR, DIT BEVAT BELANGRIKE INLICHTING VIR JOU

- **TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING** is sonder 'n doktersvoorskrif beskikbaar en is 'n aanvullende (komplementêre) medisyne. Jy moet **TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING** egter nog steeds versigtig gebruik om die beste resultate te verkry.
- Hou hierdie vouiliet, dit mag dalk nodig wees dat jy dit weer lees.
- Moenie **TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING** met enige ander persoon deel nie.
- Raadpleeg jou apteker of gesondheidsorgpraktisyn indien jy meer inligting of advies benodig.

TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING BEVAT:

Elke 320 mg TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING bevat die volgende aktiewe:

Bitter Bark (Casara sagrada cort.)	Bas	256.3 mg
Bitter Aloe (Aloe ferax juliae)	Sap	192 mg
Fennel fruits (Foeniculum vulgare)	Vrugte	160.32 mg
Senna leaves (Cassia angustifolia)	Blare	128 mg
Liciorice root (Glycyrrhiza glabra)	Wortel	48 mg
Gentian root (Bitter root)	Wortel	48 mg
Dandelion root (Taraxacum officinale)	Wortel	48 mg
Buckthorn cort. (Rhamnus cathartica)		32 mg
Rhubarb root/rhizomes (Rheum rhabarbarum)	Wortel	32 mg
Horehound top (Marrubium vulgare)	Blom tops	32 mg

Die ander bestanddele is:

Laktose
Arabic gum,
Maltodextrin,
Groente magnesiumstearaat,
Silikonoksied,
Hydroxypropyl methyl cellulose,
Mono- and diglyceride acetylate.

Bevat suiker: Laktose

WAARVOOR TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING GEBRUIK WORD

TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING kombineer die krag van Tien Kruie om effektiewe verligting van hardwygheid te bied. Spesiaal geformuleer om 'n gesonde spysverteringsfunksie te bevorder en spysvertering, hardwygheid en spysverteringsversteuring te vermy

VOORDAT TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING GEBRUIK WORD

Moenie **TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING** gebruik indien jy hipersensief (allergies) is vir enige van die bestanddele nie.

Hierdie medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.

Hierdie medisyne is nie bedoel om enige siekte te diagnoseer, te behandel, te genees of te voorkom nie.

SWANGERSKAP EN BORSVOEDING

Veiligheid in swangerskap en borsvoeding is nie vasgestel nie. Indien jy swanger is of borsvoed, of vermoed dat jy dalk swanger mag wees of beplan om swanger te raak, raadpleeg jou dokter, apteker of ander gesondheidsorg werker vir advies voor gebruik van die middel.

AS JY ANDER MEDISYNE SAAM MET TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING NEEM

Stel altyd jou gesondheidsorgpraktisyn in kennis indien jy enige ander medisyne gebruik.

HOE OM TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie. Neem **TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING** altyd presies soos aanbeveel in die vouiliet, of soos voorgeskryf deur jou dokter of gesondheidsorg werker. Bevestig met jou dokter, apteker of gesondheidsorgpraktisyn indien jy onseker is.

Aanwysings vir gebruik: Neem 1-3 tablette, met baie water, voor slaaptyd.

Hou op om ten minste twee weke voor die geskeduleerde operasie

TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING te neem.

INDIEN JY MEER TEN HERBS TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING GEBRUIK HET AS WAT JY MOES

Indien oordosering vermoed word, raadpleeg onmiddellik jou dokter, apteker of die **TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING** klientediens kontak nommer. Indien geen een beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

INDIEN JY VERGEET HET OM TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING TE NEEM

Moenie 'n dubbele dosis neem om te vergoed vir die dosis wat oorgeslaan is nie.

MOONTLIKE NEWE-EFFEKTE

TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING kan newe-effekte veroorsaak. As een van die volgende gebeur, stop met die gebruik van **TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING** en vertel u dokter of gaan na die ongevalle -afdeling in u naaste hospitaal

- swelling van die hande, voete, enkels, gesig, lippe en mond of keel, wat kan veroorsaak sukkel om te sluk of asem te haal,
- uitslag of jeuk,
- flou word.

Dit is alles baie ernstige gevolge. As u dit het, het u moontlik 'n ernstige reaksie op Tien kruie spysverteringsstelsel gehad. U benodig moontlik dringend mediese aandag of hospitalisasie.

Lakseermiddels kan verminder hoeveel medisyne jou liggaam absorbeer. Verminder hoeveel medisyne jou liggaam absorbeer, kan die doeltreffendheid van jou medikasie verminder.

As u Crohn se siekte, blindedermonsteking, maagsere, diabetes, hormoongevoelige toestande, kaliumtekort, hipertensie, niersiekte, hoë en lae bloeddruk het, moet u met u gesondheidswerker praat voordat u dit gebruik. As u litium, kortikosteroïede, diuretika, bloedverdundende medisyne, geboortebeperking, antibiotika of bloeddrukmedikasie gebruik, word dit nie aanbeveel om **TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING** te gebruik nie. Stel u gesondheidswerker in kennis voordat u hierdie aanvulling gebruik, aangesien daar moontlik interaksies met medikasie kan wees.

Nie alle newe-effekte wat vir **TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING** gerapporteer is word in hierdie pamflet ingesluit nie. Raadpleeg u dokter, apteker of ander gesondheidswerker vir advies indien u algemene gesondheid versleg of as u enige ongewenste effekte ervaar. As u enige newe-effekte opmerk wat nie in hierdie pamflet genoem word nie, moet jy jou dokter, apteker of gesondheidswerker daarvan in kennis stel.

BERGING EN WEGDOEN VAN TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING

Bewaar alle medikasie buite bereik en sig van kinders.

Stoor in 'n koel, donker plek, onder 25 °C.

Beskerf die produk teen sonlig en direkte hitte.

Bewaar in die oorspronklike houer.

Hou die houer dig toe.

Moenie na die vervaldatum wat op die houer aangedui is gebruik nie.

Moenie **TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING** gebruik indien jy enige sigbare tekens van produk verandering opmerk nie.

Moenie van ongebruikte medisyne ontslae raak in dreine of rioolstelsels nie (bv. toilette).

AANBIEDING VAN TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING

40 tablette in PVDC/goue aluminium blisterstroke (20 tablette elk) verpak in 'n kartondoos.

OF

100 tablette in 'n witte PET-beveiligingshouer met 'n groen PE-sluitdop.

IDENTIFIKASIE VAN TEN HERBS LAKSEERMIDDEL VIR SPYSVERTERING

Gladde donkergroen tablette met 'n aromatiese kruie -smaak.

REGISTRASIONOMMER

Om aangekondig te word.

NAAM EN BESIGHEIDSADRES VAN DIE REGISTRASIESERTIFIKAATHOUER

Uitsluitlik ingevoer deur:

ZK Health Care (Pty) Ltd
11 Milkwood Road
Bayview Heights
Somerset West 7130
Tel: 021 852 8811
Fax: 021 852 3855
Website: www.esisa.co.za

Aansoeker:

Inzpire Health (Pty) Ltd
Unit 6, Sunpark
178 Smit Street
Fairland
Randburg
2030

TOEGANG TOT OOREENSTEMMENDE PROFESSIONELE INLICHTING

Sien inligting op bogenoemde webwerf.

HIERDIE VOUILIJET WAS LAAS HERSIEN OP

26 September 2021.