



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 COLON CLEANSE, 30 Tablets

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

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

WHAT TEN HERBS COLON CLEANSE CONTAINS Each 2 Tablets of TEN HERBS COLON CLEANSE contains the following actives:

Aloe Vera conc.	200:1	200 mg
Bitter Bark (Cascara sagrada cort.)	Bark	160 mg
Bitter Aloe (Aloe ferox juice)	Juice	120 mg
Fennel Fruit (Foeniculum vulgare)	Fruit	100 mg
Senna leaves (Cassia angustifolia)	Leaves	80 mg
Licorice root (Glycyrrhiza glabra)	Root	30 mg
Gentian radice root (Bitter root)	Root	30 mg
Dandelion radice root (Taraxacum officinale)	Root	20 mg
Buckthorn cort. (Rhamnus cathartica)	Bark	20 mg
Rhubarb root/rhizomes (Rheum rhubarbarum)	Root	20 mg
Horehound sommità top (Marrubium vulgare)	Flower tops	20 mg

Other ingredients top:

Dicalcium Phosphate
Microcrystalline Cellulose
Hydroxypropylcellulose
Silicon dioxide
Hydroxypropylmethylcellulose
Fatty acids
Microcrystalline Cellulose

WHAT TEN HERBS COLON CLEANSE IS USED FOR
TEN HERBS COLON CLEANSE is formulated from herbal ingredients to promote the regularity of digestive movements and a healthy digestive function. Aloe Vera gel has acute purifying action. Colon Cleanse combines the power of Ten Herbs to support regular digestive movements.

BEFORE YOU TAKE TEN HERBS COLON CLEANSE
Do not take **TEN HERBS Colon Cleanse** 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 COLON CLEANSE
Always tell your healthcare provider if you are taking any other medicine.

HOW TO TAKE TEN HERBS COLON CLEANSE

Do not share medicines prescribed for you with any other person. Always take **TEN HERBS Colon Cleanse** 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 1-2 tablets per day.

Stop taking **TEN HERBS Colon Cleanse** at least two weeks before scheduled surgery.

IF YOU TAKE MORE TEN HERBS COLON CLEANSE 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 COLON CLEANSE
Do not take a double dose to make up for a missed dose.

POSSIBLE SIDE EFFECTS

TEN HERBS COLON CLEANSE may have side effects.
If any of the following happens, stop using **TEN HERBS COLON CLEANSE** 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 COLON CLEANSE**. 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 COLON CLEANSE**. 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 COLON CLEANSE** 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 COLON CLEANSE

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 COLON CLEANSE** 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 COLON CLEANSE
30 Tablets in PVDC/golden aluminium blister strips (15 tablets each) packed in a carton box.

IDENTIFICATION OF TEN HERBS COLON CLEANSE
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.



PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSTATUS: Ongeskeduleer.

Kategorie D: Komplementêre Medisyne.

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

HANDELSNAAM, STERKTE, EN FARMASEUTIESE FORMAAT

TEN HERBS KOLON REINIGING, 30 Tablette

LEES DIE HELE INLIGTINGSBLADJIE NOUKEURIG DEUR, DIT BEVAT BELANGRIKE INLIGTING VIR JOU

• **TEN HERBS KOLON REINIGING** is sonder 'n doktersvoorskrif beskikbaar en is 'n aanvullende (komplementêre) medisyne. Jy moet **TEN HERBS KOLON REINIGING** egter nog steeds versigtig gebruik om die beste resultate te verkry.

• Hou hierdie voubiljet, dit mag dalk nodig wees dat jy dit weer lees.

• Moenie **TEN HERBS KOLON REINIGING** met enige ander persoon deel nie.

• Raadpleeg jou apteker of gesondheidsorgpraktisyn indien jy meer inligting of advies nodig.

WAT TEN HERBS KOLON REINIGING BEVAT

Elke twee TIEN KRUIE Kolon Reinig bevat die volgende aktiewe:

Aloe Vera conc.	200:1	200 mg
Bitter Bark (Cascara sagrada cort.)	Bark	160 mg
Bitter Aloe (Aloe ferox juice)	Juice	120 mg
Fennel Frutti (Foeniculum vulgare)	Fruit	100 mg
Senna leaves (Cassia angustifolia)	Leaves	80 mg
Licorice root (Glycyrrhiza glabra)	Root	30 mg
Gentian radice root (Bitter root)	Root	30 mg
Dandelion radice root (Taraxacum officinale)	Root	20 mg
Buckthorn cort. (Rhamnus cathartica)	Bark	20 mg
Rhubarb root/rhizomes (Rheum rhabarbarum)	Root	20 mg
Horehound sommita top (Marrubium vulgare)	Flower tops	20 mg

Die ander bestanddele is:

Dicalciumfosfaat

Mikrokristalliene sellulose

Hidroksipropielsellulose

Silikon-dioksied

Hidroksipropylmetielcellulose

Vetsure

Mikrokristalliene sellulose

WAARVOOR TEN HERBS KOLON REINIGING GEBRUIK WORD

TEN HERBS KOLON REINIGING word geformuleer van kruiebestanddele om die gereedheid van spysverteringsbewegings en 'n gesonde spysverteringsfunksie te bevorder. Aloe Vera gel het akute suiweringssakke. Kolon Cleanse kombineer die krag van Tien Krui om gereelde spysverteringsbewegings te ondersteun.

VOORDAT TEN HERBS KOLON REINIGING GEBRUIK WORD

Moenie **TEN HERBS KOLON REINIGING** gebruik indien jy hipersensitief (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 KOLON REINIGING NEEM

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

HOE OM TEN HERBS KOLON REINIGINGTE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie.

Neem **TEN HERBS KOLON REINIGING** altyd presies soos aanbeveel in die voubiljet, of soos voorgeskryf deur jou dokter of gesondheidsorg werker. Bevestig met jou dokter, apteker of gesondheidsorgpraktisyn indien jy onseker is.

Aanwysings vir gebruik: Neem 1-2 tablette, dagliks.

Hou op om ten minste twee weke voor die geskeduleerde operasie **TEN HERBS KOLON REINIGING** te neem.

INDIEN JY MEER TEN HERBS KOLON REINIGING GEBRUIK HET AS WAT JY MOES

Indien oordosering vermoed word, raadpleeg onmiddellik jou dokter, apteker of die **TEN HERBS KOLON REINIGING** kliëntediens kontak nommer. Indien geneesmiddel beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

INDIEN JY VERGEET HET OM TEN HERBS KOLON REINIGING TE NEEM

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

MOONTLIKE NEWE-EFFEKTE

TEN HERBS KOLON REINIGING kan newe-effekte veroorsaak.

As een van die volgende gebeur, stop met die gebruik van **TEN HERBS KOLON REINIGING** 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 spysverteringstelsel gehad. U benodig moontlik dringend mediese aandag of hospitalisasie.

Laksemiddels 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, blindedarmontsteking, maagsere, diabetes, hormoongewige toestande, kaliumtekort, hipertensie, niersiekte, hoë en lae bloeddruk het, moet u met u gesondheidswerker praat voordat u dit gebruik.

As u litium, kortikosteroïede, diuretika, bloedverdunnende medisyne, geboortebeporing, antibiotika of bloeddrukmedikasie gebruik, word dit nie aanbeveel om **TEN HERBS KOLON REINIGING** 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 KOLON REINIGING** 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 KOLON REINIGING

Bewaar alle medikasie buite bereik en sig van kinders.

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

Beskerm 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 KOLON REINIGING** 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 KOLON REINIGING

30 tablette in PVDC/goue aluminium blisterstroke (15 tablette elk) verpak in 'n kartondoos.

IDENTIFIKASIE VAN TEN HERBS KOLON REINIGING

Gladder donkergroen tablette met 'n aromatisiese kruie -smaak.

REGISTRASIENOMMER

Om aangekondig te word.

NAAM EN BESIGHEIDSDRES 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 INLIGTING

Sien inligting op bogenoemde webwerf.

HIERDIE VOUBILJET WAS LAAS HERSIEN OP

26 September 2021.