

**PATIENT INFORMATION LEAFLET**

**Information for the Patient about FLORA FORCE® SLIPPERY ELM Tablets**

**Western herbal medicine**

This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease.

**SCHEDULING STATUS:**

Not Scheduled.

**PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM:**

FLORA FORCE® SLIPPERY ELM tablets

Read all of this leaflet carefully because it contains important information for you. FLORA FORCE® SLIPPERY ELM tablets are available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use FLORA FORCE® SLIPPERY ELM tablets carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share FLORA FORCE® SLIPPERY ELM tablets with any other person.
- Ask your pharmacist if you need more information or advice.
- You must see a registered healthcare practitioner if your symptoms worsen or do not improve.

**WHAT FLORA FORCE® SLIPPERY ELM TABLETS CONTAIN:**

Each FLORA FORCE® SLIPPERY ELM tablet contains:

| ACTIVE INGREDIENT              | QUANTITY |
|--------------------------------|----------|
| <i>Ulmus rubra</i> bark powder | 500 mg   |

Inactive ingredients: Lactose, gum acacia and magnesium stearate.

FLORA FORCE® SLIPPERY ELM tablets are free from sugar.

**WHAT FLORA FORCE® SLIPPERY ELM TABLETS ARE USED FOR:**

FLORA FORCE® SLIPPERY ELM tablets aid with the relief of symptoms associated with indigestion.

**BEFORE YOU TAKE FLORA FORCE® SLIPPERY ELM TABLETS:**

Take special care with FLORA FORCE® SLIPPERY ELM tablets:  
Please discuss the use of FLORA FORCE® SLIPPERY ELM tablets with your pharmacist or registered healthcare practitioner if you take other medication (see "Taking other medicines with FLORA FORCE® SLIPPERY ELM tablets").

The use of FLORA FORCE® SLIPPERY ELM tablets in children and adolescents under 18 years of age is not recommended due to lack of adequate data (see "HOW TO TAKE FLORA FORCE® SLIPPERY ELM TABLETS").

**Taking FLORA FORCE® SLIPPERY ELM tablets with food and drink:**  
FLORA FORCE® SLIPPERY ELM tablets should be taken with or before meals with water.

**Pregnancy and breastfeeding:**

Safety of FLORA FORCE® SLIPPERY ELM tablets during pregnancy and breastfeeding has not been established. Avoid taking FLORA FORCE® SLIPPERY ELM tablets if you are pregnant or breastfeeding.

**If you are pregnant or breastfeeding your baby, please consult your pharmacist or other registered healthcare practitioner for advice before taking FLORA FORCE® SLIPPERY ELM tablets.**

**Driving and using machinery:**

No studies on the effect on the ability to drive and use machinery have been performed. It is unlikely that FLORA FORCE® SLIPPERY ELM tablets will impair your ability to drive or use machines. However, please exercise care when driving or operating machinery until you know how FLORA FORCE® SLIPPERY ELM tablets affects you.

**Important information about some of the ingredients of FLORA FORCE® SLIPPERY ELM tablets:**  
FLORA FORCE® SLIPPERY ELM tablets are sugar free.

**Taking other medicines with FLORA FORCE® SLIPPERY ELM tablets:**

**Always tell your pharmacist or registered healthcare practitioner if you are taking any other medicine (this includes complementary or traditional medicines).**

FLORA FORCE® SLIPPERY ELM tablets may decrease absorption of other medicine. The dose of other medications may need to be adjusted when taken in conjunction with FLORA FORCE® SLIPPERY ELM tablets (see "Take special care with FLORA FORCE® SLIPPERY ELM tablets").

**HOW TO TAKE FLORA FORCE® SLIPPERY ELM TABLETS:**

Do not share medicines prescribed to you with any other person.  
Always take FLORA FORCE® SLIPPERY ELM tablets exactly as directed. You should check with your pharmacist or registered healthcare practitioner if you are unsure.  
DO NOT EXCEED THE RECOMMENDED DAILY DOSAGE.

**Adults (18 years and older):**

Take 1-2 tablets 3 times daily with or before meals or as directed by your pharmacist or registered healthcare practitioner.

**Children (under 18 years of age):**

Not recommended for use (see "Take special care with FLORA FORCE® SLIPPERY ELM tablets").

FLORA FORCE® SLIPPERY ELM tablets may be taken for a period of up to 12 weeks followed by an interval of 1 week after which the next 12-week period can commence. However, should you experience any adverse effects or any of the side effects indicated below please consult your pharmacist or registered healthcare practitioner.

**If you take more FLORA FORCE® SLIPPERY ELM tablets than you should:**  
In the event of over dosage, consult your pharmacist or registered healthcare practitioner. If neither is available, contact the nearest hospital or poison control centre.

**If you forget to take FLORA FORCE® SLIPPERY ELM tablets:**  
Always take FLORA FORCE® SLIPPERY ELM tablets as directed. If you miss a dose, take it as soon as you remember. If you do not remember the missed dose till the next dose is due, skip the missed dose and go back to your regular dosing schedule of 1-2 tablets three times daily. Do not take a double dose to make up for forgotten individual doses.

**POSSIBLE SIDE-EFFECTS:**

There are no known side effects.

**Should your general health worsen or if you experience any untoward effects while taking FLORA FORCE® SLIPPERY ELM tablets, please consult your pharmacist or registered healthcare practitioner for advice.**

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

**STORING AND DISPOSING OF FLORA FORCE® SLIPPERY ELM TABLETS:**

Store at or below 25°C in a dry place.  
Protect from light / moisture.  
Do not take the capsules after the expiry date stated on the packaging material.  
Return all unused tablets to your pharmacist.  
Do not dispose of unused tablets in drains or sewerage systems (e.g. toilets).  
**STORE ALL MEDICINE OUT OF REACH OF CHILDREN.**

**PRESENTATION OF FLORA FORCE® SLIPPERY ELM TABLETS:**

30 tablets in a 75ml amber glass bottle or 90 tablets packed in a 125ml amber glass bottle with a seal and dark green cap in a box.

**IDENTIFICATION OF FLORA FORCE® SLIPPERY ELM TABLETS:**

12mm biconvex round caramel coloured herbal tablet.

**REGISTRATION NUMBER / REFERENCE NUMBER:**

To be allocated.

**NAME AND BUSINESS ADDRESS OF REGISTRATION HOLDER:**

Flora Force Heath Products (Pty) Ltd.  
Unit 3 Regent Park  
Bell Crescent  
Westlake  
Cape Town  
South Africa

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