

PATIENT INFORMATION LEAFLET

Information for the Patient about FLORA FORCE® SIBERIAN GINSENG Capsules

Complementary medicine.
Western herbal medicine.

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety and intended use.

SCHEDULING STATUS:

Not Scheduled.

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM:

FLORA FORCE® SIBERIAN GINSENG capsules.

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

- Keep this leaflet. You may need to read it again.
- Do not share FLORA FORCE® SIBERIAN GINSENG capsules 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® SIBERIAN GINSENG CAPSULES CONTAIN:

Each FLORA FORCE® SIBERIAN GINSENG capsule contains:

ACTIVE INGREDIENT	QUANTITY
<i>Eleutherococcus senticosus</i> root powder	400 mg

Inactive ingredients are vegetable capsules.

FLORA FORCE® SIBERIAN GINSENG capsules are free from sugar and lactose.

WHAT FLORA FORCE® SIBERIAN GINSENG CAPSULES ARE USED FOR:

FLORA FORCE® SIBERIAN GINSENG capsules are used as a tonic to improve mental and physical performance.

BEFORE YOU TAKE FLORA FORCE® SIBERIAN GINSENG CAPSULES:

Do NOT take FLORA FORCE® SIBERIAN GINSENG capsules:

- If you have a cardiovascular condition like high blood pressure (see "Take special care with FLORA FORCE® SIBERIAN GINSENG capsules").
- If you have a bleeding disorder (see "Take special care with FLORA FORCE® SIBERIAN GINSENG capsules").
- If you have diabetes (see "Take special care with FLORA FORCE® SIBERIAN GINSENG capsules").
- Surgery (see "Take special care with FLORA FORCE® SIBERIAN GINSENG capsules").
- Pregnancy and lactation (see "Pregnancy and breastfeeding").

Take special care with FLORA FORCE® SIBERIAN GINSENG capsules:

Please discuss the use of FLORA FORCE® SIBERIAN GINSENG capsules with your pharmacist or registered healthcare practitioner if you:

- Suffer from a cardiovascular condition like hypertension. You may have to arrange increased monitoring of your blood pressure when starting or stopping treatment with FLORA FORCE® SIBERIAN GINSENG (see "Do NOT take FLORA FORCE® SIBERIAN GINSENG capsules").
- Suffer from a bleeding disorder. You may have to arrange increased monitoring of your blood levels when starting or stopping treatment with FLORA FORCE® SIBERIAN GINSENG capsules (see "Do NOT take FLORA FORCE® SIBERIAN GINSENG capsules").
- Suffer from Diabetes. You may have to arrange increased monitoring of your blood sugar levels (see "Do NOT take FLORA FORCE® SIBERIAN GINSENG capsules").
- Are undergoing surgery, discontinue use at least 2 weeks prior to the procedure (see "Do NOT take FLORA FORCE® SIBERIAN GINSENG capsules").
- Take warfarin or other blood thinning medicines. You may have to arrange increased monitoring of your INR (International Normalised Ratio) levels when starting or stopping treatment with FLORA FORCE® SIBERIAN GINSENG capsules (see "Taking other medicines with FLORA FORCE® SIBERIAN GINSENG capsules").

The use of FLORA FORCE® SIBERIAN GINSENG capsules in children and adolescents under 18 years of age is not recommended due to lack of adequate data (see "HOW TO TAKE FLORA FORCE® SIBERIAN GINSENG CAPSULES").

Taking FLORA FORCE® SIBERIAN GINSENG capsules with food and drink:

FLORA FORCE® SIBERIAN GINSENG capsules should be taken after meals with water.

Pregnancy and breastfeeding:

Safety of FLORA FORCE® SIBERIAN GINSENG capsules during pregnancy and breastfeeding has not been established. Avoid taking FLORA FORCE® SIBERIAN GINSENG capsules if you are pregnant or breastfeeding.

If you are pregnant or breastfeeding your baby, please consult your pharmacist or registered healthcare practitioner for advice before taking FLORA FORCE® SIBERIAN GINSENG capsules.

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® SIBERIAN GINSENG capsules will impair your ability to drive or use machines. However, please exercise care when driving or operating machinery until you know how FLORA FORCE® SIBERIAN GINSENG capsules affects you.

Important information about some of the ingredients of FLORA FORCE® SIBERIAN GINSENG capsules:
FLORA FORCE® SIBERIAN GINSENG capsules are sugar free.

Taking other medicines with FLORA FORCE® SIBERIAN GINSENG capsules:

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

Please discuss the use of the following medicines in combination with FLORA FORCE® SIBERIAN GINSENG capsules with your pharmacist or registered healthcare practitioner:

- Digoxin for the treatment of various heart conditions.
- Lithium for the treatment of bipolar disorder.

The dose of the above medications may need to be adjusted when taken in conjunction with FLORA FORCE® SIBERIAN GINSENG capsules.

Also, discuss the use of the following medicines in combination with FLORA FORCE® SIBERIAN GINSENG capsules with your pharmacist or registered healthcare practitioner:

- Warfarin or other blood thinning or anti-platelet medicines. FLORA FORCE® SIBERIAN GINSENG capsules may potentially increase the effect of these medicines (see "Take special care with FLORA FORCE® SIBERIAN GINSENG capsules").
- Anti-diabetic medicines as FLORA FORCE® SIBERIAN GINSENG capsules may further lower blood sugar levels. Monitor your blood sugar levels regularly if you are using FLORA FORCE® SIBERIAN GINSENG capsules and anti-diabetic medicines in combination.

- Hypo- or hypertensive medication as FLORA FORCE® SIBERIAN GINSENG capsules may increase or decrease the effects of these medicines. Monitor your blood pressure regularly when taking FLORA FORCE® SIBERIAN GINSENG capsules and hypo- or hypertensive medicines in combination.

HOW TO TAKE FLORA FORCE® SIBERIAN GINSENG CAPSULES:

Do not share medicines prescribed to you with any other person.

Always take FLORA FORCE® SIBERIAN GINSENG capsules 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 capsules twice daily with 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® SIBERIAN GINSENG capsules").

FLORA FORCE® SIBERIAN GINSENG capsules may be taken for a period of up to 6 weeks followed by an interval of 2 week after which the next 6-week cycle 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® SIBERIAN GINSENG capsules 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® SIBERIAN GINSENG capsules:

Always take FLORA FORCE® SIBERIAN GINSENG capsules 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 capsules twice daily. Do not take a double dose to make up for forgotten individual doses.

POSSIBLE SIDE-EFFECTS:

FLORA FORCE® SIBERIAN GINSENG capsules may have side-effects.

Not all side-effects reported for FLORA FORCE® SIBERIAN GINSENG capsules are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking FLORA FORCE® SIBERIAN GINSENG capsules, please consult your pharmacist or registered healthcare practitioner for advice.

Serious side-effects that you (or a family member if you are unable to) should report to your pharmacist or registered healthcare practitioner immediately include:

- Rapid or irregular heartbeat, light-headedness, dizziness, fainting, shortness of breath, chest pain and headache.

Side-effects that you should report to your pharmacist or registered healthcare practitioner as soon as possible:

- Nervousness, anxiety, irritability and depression.

Side-effects that you should report to your pharmacist or registered healthcare practitioner if they continue or become bothersome include:

- Skin rash and itching.

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

STORING AND DISPOSING OF FLORA FORCE® SIBERIAN GINSENG capsules:

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 capsules to your pharmacist.

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

STORE ALL MEDICINE OUT OF REACH OF CHILDREN.

PRESENTATION OF FLORA FORCE® SIBERIAN GINSENG capsules:

60 Capsules packed into 125ml amber glass bottle with light green screw cap and safety seal insert, in a box.

IDENTIFICATION OF FLORA FORCE® SIBERIAN GINSENG capsules:

Clear size 0 all vegetable capsule containing light brown to green herbal powder.

REGISTRATION NUMBER / REFERENCE NUMBER:

To be allocated.

NAME AND BUSINESS ADDRESS OF REGISTRATION HOLDER:

Flora Force Health Products (Pty) Ltd.

Unit 3 Regent Park

Bell Crescent

Westlake

Cape Town

South Africa

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