

PATIENT INFORMATION LEAFLET

Information for the Patient about FLORA FORCE® CINNAMON 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® CINNAMON capsules.

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

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

Each FLORA FORCE® CINNAMON capsules contains:

ACTIVE INGREDIENT	QUANTITY
<i>Cinnamomum verum</i> bark powder	450 mg

Inactive ingredients are vegetable capsules.

FLORA FORCE® CINNAMON capsules are free from sugar and lactose.

WHAT FLORA FORCE® CINNAMON CAPSULES ARE USED FOR:

FLORA FORCE® CINNAMON capsules contain *Cinnamomum verum* which has been used in traditional Western Herbal medicine for the maintenance of healthy metabolism and digestion.

BEFORE YOU TAKE FLORA FORCE® CINNAMON CAPSULES:

Do NOT take FLORA FORCE® CINNAMON capsules:

- If you are allergic to any of the active or inactive ingredients in FLORA FORCE® CINNAMON capsules.
- If you have diabetes (see "Take special care with FLORA FORCE® CINNAMON capsules").
- If you are undergoing surgery (see "Take special care with FLORA FORCE® CINNAMON capsules").
- If you are pregnant and lactating (see "Pregnancy and breastfeeding").

Take special care with FLORA FORCE® CINNAMON capsules:

Please discuss the use of FLORA FORCE® CINNAMON capsules with your registered healthcare practitioner if you:

- Suffer from Diabetes. You may have to arrange increased monitoring of your blood sugar levels (see "Do NOT take FLORA FORCE® CINNAMON capsules").
- If you are undergoing surgery discontinue use at least 2 weeks prior to the procedure (see "Do NOT take FLORA FORCE® CINNAMON capsules").

The use of FLORA FORCE® CINNAMON 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® CINNAMON CAPSULES").

Taking FLORA FORCE® CINNAMON capsules with food and drink:

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

Pregnancy and breastfeeding:

Safety of FLORA FORCE® CINNAMON capsules during pregnancy and breastfeeding has not been established. Avoid taking FLORA FORCE® CINNAMON 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® CINNAMON 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® CINNAMON 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® CINNAMON capsules affects you.

Important information about some of the ingredients of FLORA FORCE® CINNAMON capsules:

FLORA FORCE® CINNAMON capsules are sugar free.

Taking other medicines with FLORA FORCE® CINNAMON capsules:

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

Discuss the use of the following medicines in combination with FLORA FORCE® CINNAMON capsules with your pharmacist or registered healthcare practitioner:

- Antidiabetic medicines as FLORA FORCE® CINNAMON may further lower blood sugar levels. Monitor your blood glucose / sugar levels regularly if you are using FLORA FORCE® CINNAMON capsules and antidiabetic medicines in combination.

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

HOW TO TAKE FLORA FORCE® CINNAMON CAPSULES:

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

Always take FLORA FORCE® CINNAMON 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 2 capsules 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® CINNAMON capsules").

FLORA FORCE® CINNAMON capsules 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 healthcare practitioner.

If you take more FLORA FORCE® CINNAMON 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® CINNAMON capsules:

Always take FLORA FORCE® CINNAMON 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 two capsules once daily. Do not take a double dose to make up for forgotten individual doses.

POSSIBLE SIDE-EFFECTS:

FLORA FORCE® CINNAMON capsules can have side-effects.

Not all side-effects reported for FLORA FORCE® CINNAMON capsules are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking FLORA FORCE® CINNAMON 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:

- An allergic reaction which may present with shortness of breath, difficulty breathing, wheezing, hives, or itching, swelling of the face, tongue or whole body.

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

- Gastrointestinal disturbances, such as:
 - Stomach discomfort, stomach pain, indigestion and diarrhoea.
 - Sensitive or irritated skin.
- 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® CINNAMON 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 THE REACH OF CHILDREN.

PRESENTATION OF FLORA FORCE® CINNAMON capsules:

60 capsules packed into 125ml amber glass bottle with screw cap and safety seal insert in a box.

IDENTIFICATION OF FLORA FORCE® CINNAMON capsules:

Clear size 0 all vegetable capsule containing yellow brown 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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