



ARNICA D6 TABLETS

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS Unscheduled

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

Arnica D6 (Tablets)

Read all of this leaflet carefully because it contains important information for you

Arnica D6 is available without a doctor's prescription for you to treat a mild illness. Nevertheless you still need to use Arnica D6 carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Arnica D6 with any other person.
- Ask your pharmacist or healthcare practitioner if you need more information or advice.
- You must see a healthcare practitioner if your symptoms worsen or do not improve within 4 days.

1. WHAT ARNICA D6 CONTAINS

The active ingredients in Arnica D6 are *Arnica montana* D6. The other ingredients are acacia gummi, crospovidone, lactose monohydrate, magnesium stearate, povidone, purified talc. Contains sugar (lactose 240 mg).

2. WHAT ARNICA D6 IS USED FOR

Arnica D6 is a homeopathic medicine to assist in the relief of of bruises, stiff, aching muscles, muscular sprains and strains.

3. BEFORE YOU TAKE ARNICA D6

Do not take Arnica D6

- If you are hypersensitive (allergic) or intolerant to any of the active ingredients or other ingredients in Arnica D6.
- Less than three days before an operation.

Take special care with Arnica D6:

- Please consult your healthcare practitioner if your symptoms are severe or persist for longer than the following time limits without improvement: muscular cramps and sprains should improve within 4 days, stiff aching muscles should improve within 1 week and bruises should show improvement within 10 days.
- If bruising is severe or if there is severe swelling, please consult your healthcare practitioner for advice.
- If you experience an allergic reaction after taking Arnica D6, discontinue use and consult your healthcare practitioner.
- If you want to substitute existing medical treatment, please consult your doctor or healthcare practitioner before doing so.

Taking Arnica D6 with food and drink

Except in emergencies, do not take Arnica D6 within half an hour of strong coffee, chocolate, camphor or aromatic substances as these may reduce the efficacy of the homeopathic components.

Pregnancy and breastfeeding

Homeopathic medicines have traditionally been used during pregnancy and breastfeeding. It is however recommended that if you are pregnant or breastfeeding, that you consult your healthcare practitioner for advice before taking any medicine.

Driving and using machinery

Arnica D6 does not interfere with your ability to drive or use machinery.

Important information about some of the ingredients

Arnica D6 contains lactose. Patients with the rare hereditary conditions of lactose or galactose intolerance should not take Arnica D6. Lactose may have an effect on the control of your blood sugar if you have diabetes mellitus.

Using other medicines with Arnica D6

Always tell your healthcare practitioner if you are taking other medicines. (This includes complementary or traditional medicines.) Arnica D6 is not known to interact with other medicines.

4. HOW TO TAKE ARNICA D6

Do not share medicines prescribed for you with any other person. Always check with your pharmacist or healthcare practitioner if you are unsure how to take this medicine. The tablets should be sucked or chewed so that they dissolve in the mouth. For small children, the tablets can be crushed and dissolved in a little water and given as a liquid. As absorption takes place through the mucous membrane of the mouth, it is desirable to hold the medicine in the mouth for a short time. The mouth should be free of other strong tastes (e.g. toothpaste, peppermint, etc.) when taking the medicine.

The usual dosage is:

Adults and children: Take 2 tablets three times daily.

When symptoms are severe, the dosage may be taken every one to two hourly until symptoms improve. Reduce the frequency of the dose to three times daily with improvement. Treatment may be continued for as long as necessary and may be stopped at any time when symptoms are no longer present.

If you take more Arnica D6 than you should

There are no known symptoms of overdose. If a side effect is experienced following an overdose, consult your healthcare practitioner or pharmacist. If neither is available, contact the nearest hospital.

If you forget to take a dose of Arnica D6

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

5. POSSIBLE SIDE EFFECTS

There are no known side effects for Arnica D6. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your healthcare practitioner or pharmacist for advice.

6. STORING AND DISPOSING OF ARNICA D6

Store at or below 25 °C in a cool, dry place protected from light and moisture. Keep the container tightly closed. Do not store in a bathroom. **Store all medicines out of the reach of children.** Return all un-used medicines to your pharmacist.

7. PRESENTATION OF ARNICA D6

Arnica D6 tablets are available as 150 tablets packed in a white HDPE securitainer with tamper-evident HDPE snap-on cap

8. IDENTIFICATION

Arnica D6 tablets are white, round, bi-convex tablets with a lactose taste.

9. REFERENCE NUMBER

U1227 (Act 101/1965)

10. NAME AND ADDRESS OF THE APPLICANT

CoMED Health (Pty) Ltd., 313 Kuit Street, Waltloo, Pretoria, 0184.
www.comedhealth.co.za (See also www.natura.co.za)
Tel: 012 813 9400

11. DATE OF PUBLICATION

January 2019

12. COMPLEMENTARY MEDICINE

Homeopathic medicine

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



ARNICA D6 TABLETTE PASIËNTINLIGTINGSBLAD

SKEDULERINGSSTATUS Ongeskeduleer

HANDELSNAAM, STERKTE EN DOSERINGSVORM
Arnica D6 (Tablette)

Lees hierdie inligtingsblad sorgvuldig deur want dit bevat belangrike inligting vir jou

Arnica D6 is beskikbaar sonder 'n doktersvoorskrif vir die verligting van geringe toestande. Tog moet Arnica D6 noukeurig gebruik word om die beste resultate daaruit te kry.

- Bewaar hierdie inligtingsblad. Dit mag nodig wees om dit weer te lees.
- Moet nie Arnica D6 met enige ander persoon deel nie.
- Vra jou apteaker of gesondheidspraktisyn as jy meer inligting of advies benodig.
- Jy moet 'n gesondheidspraktisyn sien as jou simptome vererger of nie binne 4 dae verbeter nie.

1. WAT ARNICA D6 BEVAT

Die aktiewe bestanddele in Arnica D6 is *Arnica montana* D6. Die ander bestanddele is akasiagom, krosповidoon, laktosemonohidraat, magnesiumstearaat, povidoon, gesuiwerde talk. Bevat suiker (laktose 240 mg).

2. WAARVOOR ARNICA D6 GEBRUIK WORD

Arnica D6 is 'n homeopatiese medisyne wat help om kneusplekke, stywe, seer spiere en verstuïtings te verlig.

3. VOORDAT JY ARNICA D6 GEBRUIK

Moet nie Arnica D6 neem

- Indien jy allergies of hipersensitief is teenoor enige van die aktiewe of ander bestanddele van Arnica D6 of dit nie kan verdra nie.
- Minder as drie dae voor 'n operasie.

Wees veral versigtig met Arnica D6:

- Raadpleeg asseblief jou gesondheidspraktisyn indien jou simptome ernstig is of nie binne die volgende tydperke verbeter nie: verstuïtings moet binne 4 dae verbeter, stywe, seer spiere moet binne 1 week verbeter en kneusplekke moet binne 10 dae verbeter.
- As die kneusplek ernstig is of daar oormatige swelling is, raadpleeg jou gesondheidspraktisyn vir advies.
- Stop die gebruik van Arnica D6 dadelik en raadpleeg jou gesondheidspraktisyn indien jy 'n allergiese reaksie ervaar nadat jy Arnica D6 geneem het.
- As jy bestaande mediese behandeling wil vervang, raadpleeg jou dokter of gesondheidspraktisyn voordat jy dit doen.

Gebruik van Arnica D6 saam met voedsel en vloeistowwe

Moet nie Arnica D6 binne 'n halfuur neem van sterk koffie, sjokolade, kamfer of aromatiesse stowwe nie, aangesien dit die effektiwiteit van die homeopatiese komponente kan verminder.

Swangerskap en borsvoeding

Homeopatiese medisyne is tradisioneel gebruik tydens swangerskap en borsvoeding. Dit word egter aanbeveel dat as jy swanger is of jou baba borsvoed, dat jy jou gesondheidspraktisyn raadpleeg vir advies voordat jy enige medisyne gebruik.

Die gebruik en bestuur van masjinerie

Die gebruik van Arnica D6 beïnvloed nie 'n mens se vermoë om masjinerie te bestuur en veilig te gebruik nie.

Belangrike inligting oor sommige van die bestanddele

Arnica D6 bevat laktose. Pasiënte met die seldsame oorerflike toestande van laktose of galaktose-onverdraagsaamheid moet nie Arnica D6 neem nie. Laktose kan 'n invloed hê op die beheer van jou bloedsuiker as jy diabetes mellitus het.

Gebruik van ander medisyne saam met Arnica D6

Vertel altyd jou gesondheidspraktisyn as jy ander medisyne gebruik. (Dit sluit komplementêre of tradisionele medisyne in.) Dit is nie bekend dat Arnica D6 met ander medisyne reageer nie.

4. HOE OM ARNICA D6 TE GEBRUIK

Moenie medisyne wat vir jou voorgeskryf is, met enige ander persoon deel nie. Raadpleeg altyd jou apteaker of gesondheidspraktisyn indien jy nie seker is hoe om hierdie medisyne te gebruik nie. Die tablette moet gesuig of gekou word sodat hulle in die mond oplos. Vir klein kinders kan die tablette fyngedruk word, in 'n bietjie water opgelos word en as 'n vloeistof gegee word. Aangesien absorpsie deur die slymvlies van die mond plaasvind, is dit wenslik om die medisyne vir 'n kort tydjie in die mond te hou. Die mond moet vry wees van ander sterk smake (bv. tandepasta, peperment, ens.) wanneer die medisyne geneem word.

Die gewone dosis is:

Volwassenes en kinders: Neem 2 tablette drie keer per dag.

Wanneer simptome ernstig is, kan die dosis elke een tot twee ure geneem word tot simptome verbeter. Verminder die frekwensie van die dosis tot twee keer per dag met verbetering. Behandeling kan voortgaan vir so lank as wat nodig is en kan op enige stadium gestop word wanneer simptome nie meer teenwoordig is nie.

Indien jy meer Arnica D6 gebruik as wat nodig is

Daar is geen aangemelde simptome van oordosering met Arnica D6 nie. Indien jy 'n nuwe-effek ervaar, raadpleeg jou gesondheidspraktisyn of apteaker. Indien hulle nie beskikbaar is nie, kontak die naaste hospitaal.

As jy vergeet om 'n dosis Arnica D6 te neem

Moet nie 'n dubbeldosis neem om vir 'n oorgeslaande dosis van Arnica D6 op te maak nie.

5. MOONTLIKE NUWE-EFFEKTE

Daar is geen nuwe-effekte vir Arnica D6 aangemeld nie. Indien jou algemene gesondheid versleg of indien jy enige nuwe-effekte ondervind wanneer jy hierdie medisyne gebruik, raadpleeg jou gesondheidspraktisyn of apteaker vir advies.

6. BERGING EN VERNIETIGING VAN ARNICA D6

Bewaar by of benede 25 °C in 'n koel, droë plek en beskerm teen lig en vog. Hou die houder dig gesluit. Moenie in 'n badkamer stoor nie. **Bewaar alle medisyne buite bereik van kinders.** Stuur alle ongebruikte medisyne aan jou apteaker terug.

7. AANBIEDING VAN ARNICA D6

Arnica D6 tablette is beskikbaar as 150 tablette in 'n wit HDPE veiligheidsouer met 'n wit aanknipdeksel en sekerheidseël.

8. IDENTIFIKASIE

Arnica D6 tablette is wit, ronde, bikonvekse tablette met 'n laktose smaak.

9. VERWYSINGSNOMMER

U1227 (Wet 101/1965)

10. NAAM EN ADRES VAN DIE APPLIKANT

CoMED Health (Pty) Ltd., Kuitstraat 313, Waltloo, Pretoria, 0184.
www.comedhealth.co.za (Sien ook www.natura.co.za), Tel: 012 813 9400.

11. DATUM VAN PUBLIKASIE

Januarie 2019

12. KOMPLEMENTÊRE MEDISYNE

Homeopatiese medisyne

Vrywaring: Hierdie ongeregisterde medikasie is nie deur SAHPRA geëvalueer vir sy kwaliteit, veiligheid of voorgestelde gebruik nie.