



CATARACT TABLETS

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS Unscheduled

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

Cataract (Tablets)

Read all of this leaflet carefully before you start taking Cataract

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

- Keep this leaflet. You may need to read it again.
- Do not share Cataract 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 are severe or if optical sensitivity to light does not improve within 7 days.

1. WHAT CATARACT CONTAINS

The active ingredients in Cataract are *Calcarea fluorica* D12, *Cataracta senilis* D60, *Euphrasia officinalis* D12, *Naphthalinum* D12, *Phosphorus* D30, *Senecio cineraria (Cineraria)* D6, *Silicea* D60, *Zincum phosphoricum* D60. The other ingredients are acacia gummi, crospovidone, lactose monohydrate, magnesium stearate, povidone and purified talc.

Contains sugar (lactose 240 mg).

2. WHAT CATARACT IS USED FOR

Cataract is homeopathically used to assist in the treatment of optical sensitivity to light and prediagnosed cataracts.

3. BEFORE YOU TAKE CATARACT

Do not take Cataract

- If you are hypersensitive (allergic) or intolerant to any of the active ingredients or other ingredients in Cataract.

Take special care with Cataract:

- Please consult your healthcare practitioner if your symptoms are severe or if your optical sensitivity to light persists for longer than 7 days without improvement.
- If you experience an allergic reaction after taking Cataract, 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 Cataract with food and drink

Do not take Cataract 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 recommended that if you are pregnant or breastfeeding, that you consult your healthcare practitioner for advice before taking any medicine.

Driving and using machinery

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

Important information about some of the ingredients

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

Using other medicines with Cataract

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

4. HOW TO TAKE CATARACT

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. 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: Take 2 tablets every second day for one month. Thereafter take 2 tablets twice weekly for long-term treatment.

If you take more Cataract than you should

There are no reported symptoms for an overdose of Cataract. If a side effect is experienced following an overdose, consult your healthcare practitioner or pharmacist.

If you forget to take a dose of Cataract

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

5. POSSIBLE SIDE EFFECTS

There are no reported side effects for Cataract. 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 CATARACT

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. **Keep all medicines out of the reach of children.** Return all un-used medicines to your pharmacist.

7. PRESENTATION OF CATARACT

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

8. IDENTIFICATION

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

9. REFERENCE NUMBER

U 1017 (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

March 2020

12. COMPLEMENTARY MEDICINE

Homeopathic medicine

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



CATARACT TABLETTE

PASIËNTINLIGTINGSBLAD

SKEDULERINGSSTATUS Ongeskeduleerd

HANDELSNAAM, STERKTE EN DOSERINGSVORM

Cataract (Tablette)

Lees hierdie inligtingsblad sorgvuldig deur voor jy Cataract neem

Cataract is beskikbaar sonder 'n doktersvoorskrif om geringe toestande te behandel. Cataract moet nogtans met sorg gebruik word om die beste resultate daaruit te kry.

- Bewaar hierdie inligtingsblad. Dit mag nodig wees om dit weer te lees.
- Moet nie Cataract met enige ander persoon deel nie.
- Vra jou apteker of gesondheidspraktisyn as jy meer inligting of advies benodig.
- Jy moet 'n gesondheidspraktisyn sien as jou simptome vererger of jou optiese sensitiviteit vir lig nie binne 7 dae verbeter nie.

1. WAT CATARACT BEVAT

Die aktiewe bestanddele in Cataract is *Calcarea fluorica* D12, *Cataracta senilis* D60, *Euphrasia officinalis* D12, *Naphthalinum* D12, *Phosphorus* D30, *Senecio cineraria (Cineraria)* D6, *Silicea* D60, *Zincum phosphoricum* D60. Die ander bestanddele is akasiagom, krosopovidoon, laktosemonohidraat, magnesiumstearaat, povidoon en gesuiwerde talk. Bevat suiker (laktose 240 mg).

2. WAARVOOR CATARACT GEBRUIK WORD

Cataract word homopatiese gebruik om te help met die behandeling van optiese sensitiviteit vir lig en vooraf gediagnoseerde katarakte.

3. VOORDAT JY CATARACT GEBRUIK

Moet nie Cataract neem

- Indien jy allergies of hipersensitief is teenoor enige van die aktiewe of ander bestanddele van Cataract of dit nie kan verdra nie.

Wees veral versigtig met Cataract:

- Raadpleeg asseblief jou gesondheidspraktisyn indien jou simptome ernstig is of jou optiese sensitiviteit vir lig nie binne 7 dae verbeter nie.
- Stop die gebruik van Cataract dadelik en raadpleeg jou gesondheidspraktisyn indien jy 'n allergiese reaksie ervaar nadat jy Cataract geneem het.
- As jy bestaande mediese behandeling wil vervang, raadpleeg jou dokter of gesondheidspraktisyn voordat jy dit doen.

Gebruik van Cataract saam met voedsel en vloeistowwe

Moet nie Cataract binne 'n halfuur na sterk koffie, sjokolade, kamfer of aromatisiese stowwe neem nie, aangesien dit die effektiwiteit van die homeopatisiese komponente kan verminder.

Swangerskap en borsvoeding

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

Die gebruik en bestuur van masjinerie

Die gebruik van Cataract beïnvloed nie die mens se vermoë om masjinerie te bestuur en veilig te gebruik nie.

Belangrike inligting oor sommige van die bestanddele

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

Gebruik van ander medisyne saam met Cataract

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

4. HOE OM CATARACT TE GEBRUIK

Moenie medisyne wat vir jou voorgeskryf is, met enige ander persoon deel nie. Raadpleeg altyd jou apteker 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. Aangesien absorpsie deur die slymvlies van die mond plaasvind, is dit wenslik om die medisyne vir 'n kort tyd 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 : Neem 2 tablette elke tweede dag vir 'n maand. Daarna neem 2 tablette twee keer per week vir langtermyn behandeling.

Indien jy meer Cataract gebruik as wat nodig is

Daar is geen aangemelde simptome van oordosering met Cataract nie. Indien jy 'n nuwe-effek ervaar na 'n oordosering, raadpleeg jou gesondheidspraktisyn of apteker.

As jy vergeet om 'n dosis Cataract te neem

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

5. MOONTLIKE NUWE-EFFEKTE

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

6. BERGING EN VERNIETIGING VAN CATARACT

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. **Hou alle medisyne buite die bereik van kinders.** Bring alle ongebruikte medisyne aan jou apteker terug.

7. AANBIEDING VAN CATARACT

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

8. IDENTIFIKASIE

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

9. VERWYSINGSNOMMER

U 1017 (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

Maart 2020

12. KOMPLEMENTÊRE MEDISYNE

Homeopatisiese medisyne

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