



MIXED ALLERGIN TABLETS

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS Unscheduled

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

Mixed Allergin (Tablets)

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

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

- Keep this leaflet. You may need to read it again.
- Do not share Mixed Allergin 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.

1. WHAT MIXED ALLERGIN CONTAINS

The active ingredients in Mixed Allergin are Allergin animals D200, Allergin cigarettes D200, Allergin dairy products D200, Allergin dust D200, Allergin foods D200, Allergin fruit D200, Allergin grains D200, Allergin grass D200, Allergin pollen D200, Allergin vegetables and legumes D200. The other ingredients are acacia gummi, crospovidone, lactose monohydrate, magnesium stearate, povidone, purified talc. Contains sugar (lactose 240 mg).

2. WHAT MIXED ALLERGIN IS USED FOR

Mixed Allergin is a homeopathic medicine which assists in the prophylaxis and relief of mild allergies and sensitivity to allergens.

3. BEFORE YOU TAKE MIXED ALLERGIN

Do not take Mixed Allergin

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

Take special care with Mixed Allergin:

- Please consult your healthcare practitioner if your symptoms are severe or persist.
- If you experience an allergic reaction after taking Mixed Allergin, 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 Mixed Allergin with food and drink

It is recommended that you do not take Mixed Allergin 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

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

Important information about some of the ingredients

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

Using other medicines with Mixed Allergin

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

4. HOW TO TAKE MIXED ALLERGIN

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 and children: Take 2 tablets three times weekly.

If you take more Mixed Allergin 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 you forget to take a dose of Mixed Allergin

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

5. POSSIBLE SIDE EFFECTS

There are no known side effects for Mixed Allergin. 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 MIXED ALLERGIN

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 MIXED ALLERGIN

Mixed Allergin tablets are available as 90 tablets packed in a white HDPE securitainer with tamper-evident snap-on cap.

8. IDENTIFICATION

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

9. REFERENCE NUMBER

To be provided.

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

November 2020

12. COMPLEMENTARY MEDICINE

Homeopathic medicine

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



MIXED ALLERGIN TABLETTE

PASIËNTINLIGTINGSBLAD

SKEDULERING STATUS Ongeskeduleerd

HANDELSNAAM, STERKTE EN DOSEINGSVORM
Mixed Allergin (Tablette)

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

Mixed Allergin is beskikbaar sonder 'n doktersvoorskrif vir die verligting van geringe toestande. Mixed Allergin moet nogtans met sorg gebruik word om die beste resultate daaruit te kry.

- Bewaar hierdie inligtingsblad veilig. Dit mag nodig wees om dit weer te lees.
- Moet nie Mixed Allergin met enige ander persoon deel nie.
- Vra jou apteker of gesondheidspraktisyn as jy meer inligting of advies benodig.
- Raadpleeg jou gesondheidspraktisyn indien jou simptome vererger of nie verbeter nie.

1. WAT MIXED ALLERGIN BEVAT

Die aktiewe bestanddele in Mixed Allergin is Allergin-diere D200, Allergin-sigarett D200, Allergin-suiwelprodukte D200, Allergin-stof D200, Allergin-voedsel D200, Allergin-vrugte D200, Allergin-grane, D200, Allergin-gras D200, Allergin-stuifmeel D200, Allergin-groente en peulgewasse D200. Die ander bestanddele is akasiagom, krosprovidoon, laktosemonohidraat, magnesiumstearaat, providoon, gesuiwerde talk. Bevat suiker (laktose 240 mg).

2. WAARVOOR MIXED ALLERGIN GEBRUIK WORD

Mixed Allergin is 'n homeopatiëse medisyne wat help met die profilakse en verligting van ligte allergieë of 'n sensitiviteit vir allergene.

3. VOORDAT JY MIXED ALLERGIN GEBRUIK

Moet nie Mixed Allergin neem

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

Wees veral versigtig met Mixed Allergin:

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

Gebruik van Mixed Allergin saam met voedsel en vloeistowwe

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

Swangerskap en borsvoeding

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

Die gebruik en bestuur van masjinerie

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

Belangrike inligting oor sommige van die bestanddele

Mixed Allergin bevat laktose. Pasiënte met die seldsame oorerflike toestande van laktose of

galaktose-onverdraagsaamheid moet nie Mixed Allergin neem nie. Laktose kan 'n invloed hê op die beheer van jou bloedsuiker as jy diabetes mellitus het.

Gebruik van ander medisyne saam met Mixed Allergin

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

4. HOE OM MIXED ALLERGIN 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 en kinders: Neem 2 tablette drie keer per week.

Indien jy meer Mixed Allergin gebruik as wat nodig is

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

As jy vergeet om 'n dosis Mixed Allergin te neem

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

5. MOONTLIKE NUWE-EFFEKTE

Daar is geen nuwe-effekte vir Mixed Allergin 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 MIXED ALLERGIN

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 bereik van kinders.**

7. AANBIEDING VAN MIXED ALLERGIN

Mixed Allergin tablette is beskikbaar as 90 tablette in 'n wit HDPE veiligheidsouer met 'n wit aanknipdeksel en sekerheidseël.

8. IDENTIFIKASIE

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

9. VERWYSINGSNOMMER

Om voorsien te word.

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

November 2020

12. KOMPLEMENTÊRE MEDSYNE

Homeopatiëse medisyne

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