NATURA

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RESCUE DROPS

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS Unscheduled

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM
Rescue (Drops)

Read all of this leaflet carefully because it contains important information for you
Rescue is available without a doctor's prescription for you to treat a mild illness. Nevertheless you still need to use Rescue carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Rescue with any other person.
- Ask your pharmacist or healthcare practitioner if you need more information or advice.
- You must see a healthcare practitioner if if your shock-induced symptoms are severe, worsen or do not improve within 24 hours.

1. WHAT RESCUE CONTAINS
The active ingredients in Rescue are *Ambra grisea* D6, *Banisteriopsis caapi* (Banjage) Spag D60, *Clematis vitalba* (Clematis) flower essence 0,04 mg, *Helianthemum nummularium* (Rock rose) flower essence 0,04 mg, *Impatiens glandulifera* (Impatiens) flower essence 0,04 mg, *Melissa officinalis* Spag D3, *Ornithogalum umbellatum* (Star of Bethlehem) flower essence 0,04 mg, *Prunus cerasifera* (Cherry plum) flower essence 0,04 mg. The other ingredients are brandy, ethanol and purified water.
Preservative: 36% Ethanol. Sugar free.

2. WHAT RESCUE IS USED FOR
Rescue is traditionally used to help relieve emotional shock, mild anxiety, fear, grief, tearfulness and sleeplessness due to worry.

3. BEFORE YOU TAKE RESCUE
Do not take Rescue

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

Take special care with Rescue:

- Please consult your healthcare practitioner if your symptoms are severe or persist for longer than the following time limits without improvement: shock-induced effects shoud be alleviated within 24 hours, sleeplessness and tearfulness should improve within three weeks and anxiety should show improvement within four weeks.
- If you experience an allergic reaction after taking Rescue, 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 Rescue with food and drink
Except in emergencies, do not take Rescue within half an hour of strong coffee, chocolate, camphor or aromatic substances as these may reduce the efficacy of the homoeopathic components.

Pregnancy and breastfeeding
If you are pregnant or breastfeeding your baby, please consult your healthcare practitioner for advice before taking this medicine.

Driving and using machinery
Rescue does not interfere with your ability to drive or use machinery.

Important information about some of the ingredients
Rescue contains ethanol. Patients with a sensitivity or intolerance to alcohol should not take Rescue.

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

4. HOW TO TAKE RESCUE
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 drops should be taken on the tongue or diluted in a little water. For infants, dilute in a little water and allow to stand for a short time to allow the alcohol to evaporate. The mouth should be free of other strong tastes (e.g. toothpaste, peppermint, etc.) when taking the medicine. To dispense the drops, twist off the screw cap breaking the seal with first use. Ensure the arrow on the top of the dropper insert is facing down towards your tongue or container with water to ensure a continuous flow of drops.

The usual dosage is:
Adults and children 4 years and older: Take 10 drops three times daily.
Infants and small children under 4 years: Take 5 drops three times daily.
At the onset of symptoms or when they are severe, the dosage may be taken more frequently, up to every 15 minutes for the first hour and then every hour until symptoms improve. It is seldom necessary to continue the acute dosage for longer than 24 hours. 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 Rescue 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 or poison control centre.

If you forget to take a dose of Rescue
Rescue may be taken as or when required – there is no requirement to maintain a strict dosing schedule.

5. POSSIBLE SIDE EFFECTS
There are no known side effects for Rescue. 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 RESCUE
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 RESCUE
Rescue drops are available as 25 ml liquid packed in an amber glass bottle with dropper insert and white HDPE tamper-evident screw-on cap.

8. IDENTIFICATION
Rescue drops is a clear, amber liquid with an brandy taste and aroma.

9. REFERENCE NUMBER
U1113 (Act 101/1965)

10. NAME AND ADDRESS OF THE APPLICANT
CoMED Health (Pty) Ltd., 313 Kuit Street, Waltloo, Pretoria, 0184. Tel: 012 813 9400.
www.comedhealth.co.za (See also www.natura.co.za)

11. DATE OF PUBLICATION
December 2017

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

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RESCUE DRUPPELS
PASIËNTINLIGTINGSBLAD

SKEDULERINGSTATUS Ongeskeduleerd

HANDELSNAAM, STERKTE EN DOSERINGSVORM
Rescue (Druppels)

Lees hierdie inligtingsblad sorgvuldig deur want dit bevat belangrike inligting vir jou
Rescue is beskikbaar sonder 'n doktersvoorskrif vir die verligting van geringe toestande. Rescue 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 Rescue 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 van skok vererger of nie binne 24 uur verbeter nie.

1. WAT RESCUE BEVAT
Die aktiewe bestanddele in Rescue is *Ambra grisea* D6, *Banisteriopsis caapi* (Banjage) Spag D60, *Clematis vitalba* (Clematis) blomessens 0,04 mg, *Helianthemum nummularium* (Rock rose) blomessens 0,04 mg, *Impatiens glandulifera* (Impatiens) blomessens 0,04 mg, *Melissa officinalis* Spag D3, *Ornithogalum umbellatum* (Star of Bethlehem) blomessens 0,04 mg, *Prunus cerasifera* (Cherry plum) blomessens 0,04 mg. Die ander bestanddele is brandewyn, etanol en gesuiwerde water.
Preserveermiddel: 36% Etanol. Suikervry.

2. WAARVOOR RESCUE GEBRUIK WORD
Rescue word tradisioneel gebruik om emosionele skok, ligte angs, vrees, hartseer, tranerigheid en slapeloosheid weens bekommernis te verlig.

3. VOORDAT JY RESCUE GEBRUIK
Moet nie Rescue neem

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

Wees veral versigtig met Rescue:

- Raadpleeg asseblief jou gesondheidspraktisyn indien jou simptome ernstig is of nie binne die volgende tydperke verbeter nie: die effekte van skok moet binne 24 uur verbeter, slapeloosheid en tranerigheid moet binne drie weke verbeter en angs moet binne vier weke verbeter.
- Stop die gebruik van Rescue dadelik en raadpleeg jou gesondheidspraktisyn indien jy 'n allergiese reaksie ervaar nadat jy Rescue geneem het.
- As jy bestaande mediese behandeling wil vervang, raadpleeg jou dokter of gesondheidspraktisyn voordat jy dit doen.

Gebruik van Rescue saam met voedsel en vloeistowwe
Behalwe in noodgevalle, moet nie Rescue binne 'n halfuur van sterk koffie, sjokolade, kamfer of aromatiese stowwe neem nie, aangesien dit die effektiwiteit van die homeopatiese komponente kan verminder..

Swangerskap en borsvoeding
Homeopatiese medisyne en blomessense 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 Rescue beïnvloed nie 'n mens se vermoë om masjinerie te bestuur en veilig te gebruik nie.

Belangrike inligting oor sommige van die bestanddele
Rescue bevat etanol. Pasiënte met 'n sensitiwiteit of onverdraagsaamheid teenoor alkohol moet nie Rescue neem nie.

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

4. HOE OM RESCUE 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 druppels moet op die tong geneem word of in 'n bietjie water verdun word. Vir babas, verdun in 'n bietjie water en laat staan vir 'n kort tyd om die alkohol te laat verdamp. Die mond moet vry wees van ander sterk smake (bv. tandepasta, peperment, ens.) wanneer die medisyne geneem word. Om die druppels te gebruik, skroef die skroefproppie af en breek die sekerheidseel. Maak seker dat die pyltjie op die bokant van die drupper af wys na die tong of die houer met bietjie water om `n deurlopende vloei van die druppels te verseker.

Die gewone dosis is:

Volwassenes en kinders 4 jaar en ouer:	Neem 10 druppels drie keer per dag.
Babas en klein kinders onder 4 jaar:	Neem 5 druppels drie keer per dag.

By die aanvang van simptome of wanneer hulle ernstig is, kan die dosis tot elke 15 minute vir die eerste uur en dan elke uur geneem word tot simptome verbeter. Dit is selde nodig om die akute dosis vir langer as 24 uur te gebruik. 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 Rescue gebruik as wat nodig is
Daar is geen aangemelde simptome van oordosering met Rescue nie. Indien jy 'n newe-effek ervaar na oordosering, raadpleeg jou gesondheidspraktisyn of apteker. Indien hulle nie beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

As jy vergeet om 'n dosis Rescue te neem
Rescue kan geneem word as of wanneer nodig - daar is geen vereiste om 'n streng doseringskedule te handhaaf nie.

5. MOONTLIKE NEWE-EFFEKTE
Daar is geen newe-effekte vir Rescue aangemeld nie. Indien jou algemene gesondheid versleg of indien jy enige newe effekte ondervind wanneer jy hierdie medisyne gebruik, raadpleeg jou gesondheidspraktisyn of apteker vir advies.

6. BERGING EN VERNIETIGING VAN RESCUE
Bewaar by of benede 25 °C in 'n koel, droë plek en beskerm teen lig en vog. Hou die houer dig gesluit. Moenie in 'n badkamer stoor nie. **Hou alle medisyne buite bereik van kinders**. Bring alle ongebruikte medisyne aan jou apteker terug.

7. AANBIEDING VAN RESCUE
Rescue druppels is beskikbaar as 25 ml vloeistof wat in 'n amber glasbottel met drupper inleg en wit HDPE skroef proppie met 'n sekerheid seel verpak is.

8. IDENTIFIKASIE
Rescue druppels is 'n helder, amber vloeistof met 'n brandewyn smaak en aroma.

9. VERWYSINGSNOMMER
U1113 (Wet 101/1965)

10. NAAM EN ADRES VAN DIE APPLIKANT
CoMED Health (Pty) Ltd. 313 Kuitstraat, Waltloo, Pretoria, 0184. Tel: 012 813 9400.
www.comedhealth.co.za (Sien ook www.natura.co.za)

11. DATUM VAN PUBLIKASIE
Desember 2017

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