



Mom & Baby

EZIN COUGH SYRUP

PATIENT INFORMATION LEAFLET



SCHEDULING STATUS Not scheduled

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

Ezin Cough Syrup

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

Ezin Cough Syrup is available without a doctor's prescription for the relief of minor conditions. Nevertheless you still need to use Ezin Cough Syrup carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Ezin Cough Syrup 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 EZIN COUGH SYRUP CONTAINS

The active ingredients in Ezin Cough Syrup are *Antimonium tartaricum* 5CH, *Bryonia cretica* 5CH, *Cephaelis acuminata* (Ipecacuanha) 5CH, *Coccus cacti* 5CH, *Corallium rubrum* 5CH, *Cuprum metallicum* 7CH, *Drosera rotundifolia* 5CH, *Ferrum phosphoricum* 5CH, *Rumex crispus* 5CH, *Sambucus nigra* 5CH, *Spongia tosta* 5CH, *Sticta pulmonaria* 5CH.

The other ingredients are ethanol, glycerol and purified water.

Contains 28% Alcohol and 50% Glycerol. Sugar free.

2. WHAT EZIN COUGH SYRUP IS USED FOR

Ezin Cough Syrup is used homoeopathically to help relieve mild cough.

3. BEFORE YOU TAKE EZIN COUGH SYRUP

Do not take Ezin Cough Syrup

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

Take special care with Ezin Cough Syrup:

- If you experience an allergic reaction after taking Ezin Cough Syrup, 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 Ezin Cough Syrup with food and drink

Ezin Cough Syrup should not be taken within 15 minutes of food, strong coffee, chocolate, camphor or aromatic substances as these may reduce the efficacy of the homoeopathic components.

Pregnancy and breastfeeding

Homoeopathic medicines have traditionally been safely 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

Ezin Cough Syrup does not interfere with your ability to drive or use machinery.

Important information about some of the ingredients

If you are unsure of any of the ingredients in Ezin Cough Syrup, ask your pharmacist or healthcare practitioner for information.

Using other medicines with Ezin Cough Syrup

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

4. HOW TO TAKE EZIN COUGH SYRUP

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.

Shake the bottle before use. For babies, dilute the syrup in a little water. The mouth should be free of other strong tastes (e.g. toothpaste, peppermint, etc.) when taking the medicine. 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 normal dosage is:

Babies: 6-10 drops every 15 minutes for 5-6 doses. Thereafter 6-10 drops 3 times daily and at bedtime.
Children & adults: 1 medicine measure (5 ml) every 15 minutes for 5-6 doses. Thereafter, 1 medicine measure (5 ml) three times daily and at bedtime.

Reduce the frequency of dosing 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 Ezin Cough Syrup 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 Ezin Cough Syrup

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

5. POSSIBLE SIDE EFFECTS

There are no known side effects for Ezin Cough Syrup. 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 EZIN COUGH SYRUP

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 EZIN COUGH SYRUP

Ezin Cough Syrup is available as 50 ml in an amber glass bottle with a dropper insert and a tamper-evident, screw-on cap.

8. IDENTIFICATION

Ezin Cough Syrup is clear, colourless, slightly viscous liquid with a slight alcohol aroma and a sweet taste.

9. REFERENCE NUMBER

U507 (Act 101/1965)

10. NAME AND ADDRESS OF THE APPLICANT

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

11. DATE OF PUBLICATION

June 2018

12. COMPLEMENTARY MEDICINE

Homoeopathic medicine

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



Mamma & Baba

EZIN COUGH HOESSTROOP

PASIËNT INLIGTINGSBLAD



SKEDULERING STATUS Nie geskeduleer nie.

HANDELSNAAM, STERKTE EN DOSEERVORM
Ezin Cough Syrup (Stroop)

Lees hierdie blaadjie sorgvuldig deur want dit bevat belangrike inligting vir jou
Ezin Cough Hoesstroop is beskikbaar sonder 'n dokter se voorskrif vir die verligting van geringe toestande. Tog moet Ezin Cough Hoesstroop noukeurig gebruik word om die beste resultate daaruit te kry.

- Hou hierdie blaadjie veilig in geval jy dit in die toekoms weer moet lees.
- Moet nie Ezin Cough Hoesstroop met enige ander persoon deel nie.
- Vra jou apteker of gesondheidsorgpraktisyn as jy meer inligting of advies benodig.
- Jy moet 'n gesondheidsorgpraktisyn sien as jou simptome vererger of nie verbeter binne 4 dae nie.

1. WAT EZIN COUGH HOESSTROOP BEVAT

Die aktiewe bestanddele in Ezin Cough Hoesstroop is *Antimonium tartaricum* 5CH, *Bryonia cretica* 5CH, *Cephaelis acuminata* (Ipecacuanha) 5CH, *Coccus cacti* 5CH, *Corallium rubrum* 5CH, *Cuprum metallicum* 7CH, *Drosera rotundifolia* 5CH, *Ferrum phosphoricum* 5CH, *Rumex crispus* 5CH, *Sambucus nigra* 5CH, *Spongia tosta* 5CH, *Sticta pulmonaria* 5CH. Die ander bestanddele is etanol, gliserol en gesuiwerde water.
Bevat 28% Alkohool en 50% gliserol. Suiker vry.

2. WAARVOOR EZIN COUGH HOESSTROOP GEBRUIK WORD

Ezin Cough Hoesstroop word homeopatiese gebruik om 'n ligte hoest te verlig.

3. VOORDAT JY EZIN COUGH HOESSTROOP GEBRUIK

Moet nie Ezin Cough Hoesstroop neem as

- Jy hipersensitief (allergies) of onverdraagsaam is teenoor enige van die aktiewe bestanddele of ander bestanddele in Ezin Cough Hoesstroop nie.

Wees veral versigtig met Ezin Cough Hoesstroop:

- Indien jy 'n allergiese reaksie ervaar nadat jy Ezin Cough Hoesstroop geneem het, stop dadelik die gebruik daarvan en raadpleeg jou gesondheidsorgpraktisyn.
- As jy bestaande mediese behandeling wil vervang, raadpleeg jou dokter of gesondheidsorgpraktisyn voordat jy dit doen.

Gebruik van Ezin Cough Hoesstroop saam met voedsel en vloeistowwe

Moet nie Ezin Cough Hoesstroop binne 15 minute neem van 'n ete, sterk koffie, sjokolade, kamfer of aromatiese stowwe nie, aangesien dit die effektiwiteit van die homeopatiese komponente kan verminder.

Swangerskap en borsvoeding

Homeopatiese medisyne is tradisioneel veilig 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 Ezin Cough Hoesstroop beïnvloed nie die mens se vermoë om masjinerie te bestuur en veilig te gebruik nie.

Belangrike inligting oor sommige van die bestanddele

As jy onseker is van die bestanddele in Ezin Cough Hoesstroop, vra jou apteker of gesondheidsorgpraktisyn vir inligting.

Gebruik van ander medisyne saam met Ezin Cough Hoesstroop

Vertel altyd jou gesondheidsorgpraktisyn as jy ander medisyne gebruik. (Dit sluit komplementêre of tradisionele

medisyne in.) Dit is nie bekend dat Ezin Cough Hoesstroop met ander medisyne reageer nie.

4. HOE OM EZIN COUGH HOESSTROOP TE GEBRUIK

Moenie medisyne wat vir jou voorgeskryf is, met enige ander persoon deel nie. Raadpleeg altyd jou apteker of gesondheidsorgpraktisyn indien jy nie seker is hoe om hierdie medisyne te gebruik nie.

Skud die bottel voor gebruik. Vir babas, verdun die stroop in 'n bietjie water. Die mond moet vry wees van ander sterk smake (bv. tandepasta, pepperment, ens.) wanneer die medisyne geneem 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 gewone dosis is:

Babas: 6-10 druppels elke 15 minute vir 5-6 dosisse. Daarna, 6-10 druppels 3 maal per dag en met slapenstyd.

Kinders & volwassenes: 1 medisyne maat (5 ml) elke 15 minute vir 5-6 dosisse. Daarna, 1 medisyne maat (5 ml) 3 maal per dag en met slapenstyd.

Verminder die frekwensie van die dosering 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 Ezin Cough Hoesstroop gebruik as wat nodig is

Daar is geen bekende simptome van oordosis nie. Indien jy 'n nuwe-effek ervaar, raadpleeg jou gesondheidsorgpraktisyn of apteker. Indien hulle nie beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

As jy vergeet om 'n dosis Ezin Cough Hoesstroop te neem

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

5. MOONTLIKE NUWE-EFFEKTE

Daar is geen nuwe-effekte bekend vir Ezin Cough Hoesstroop nie. Indien jou algemene gesondheid versleg of indien jy enige nuwe-effekte ondervind wanneer jy hierdie medisyne gebruik, raadpleeg jou gesondheidsorgpraktisyn of apteker vir advies.

6. BERGING EN VERNIETIGING VAN EZIN COUGH HOESSTROOP

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

7. VOORLEGGING VAN EZIN COUGH HOESSTROOP

Ezin Cough Hoesstroop is beskikbaar as 50 ml vloeistof in 'n amber glasbottel met 'n drupper inleg en 'n wit skroefpropie met 'n versekerheidsel.

8. IDENTIFIKASIE

Ezin Cough Hoesstroop is 'n helder, kleurlose, effens viskose vloeistof met 'n effense alkohol aroma en 'n soet smaak.

9. VERWYSINGSNOMMER

U507 (Wet 101/1965)

10. NAAM EN ADRES VAN DIE APPLIKANT

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

11. DATUM VAN PUBLIKASIE

Junie 2018

12. KOMPLEMENTÊRE MEDISYNE

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