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THUJA TABLETS

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS Unscheduled

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM
Thuja Tablets (Tablets)

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

- Keep this leaflet. You may need to read it again.
- Do not share Thuja Tablets 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 weeks.

1. WHAT THUJA TABLETS CONTAINS
The active ingredients in Thuja Tablets are *Antimonium crudum* D400, *Causticum* D400, *Rhus toxicodendron* D400, *Thuja occidentalis* D400. The other ingredients are acacia gum, crospovidone, lactose monohydrate, magnesium stearate, povidone, purified talc. Contains sugar (lactose 240 mg).

2. WHAT THUJA TABLETS IS USED FOR
Thuja Tablets is a homoeopathic medicine used to assist in the relief of warts, corns, skin blotches, skin thickening and minor localized fungal infections.

3. BEFORE YOU TAKE THUJA TABLETS
Do not take Thuja Tablets

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

Take special care with Thuja Tablets:

- Please consult your healthcare practitioner if your symptoms are severe or persist without improvement for longer than 4 weeks.
- If you experience an allergic reaction after taking Thuja Tablets, 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 Thuja Tablets with food and drink
Except in emergencies, do not take Thuja Tablets 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
Homoeopathic 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
Thuja Tablets does not interfere with your ability to drive or use machinery.

Important information about some of the ingredients
Thuja Tablets contains lactose. Patients with the rare hereditary conditions of lactose or galactose intolerance should not take Thuja Tablets. Lactose may have an effect on the control of your blood sugar if you have diabetes mellitus.

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

4. HOW TO TAKE THUJA TABLETS
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:
Dissolve 2 tablets in mouth once daily for long term treatment of approximately 3 months.

If you take more Thuja Tablets 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 Thuja Tablets
Do not take a double dose to make up for a missed dose.

5. POSSIBLE SIDE EFFECTS
There are no known side effects for Thuja Tablets. 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 THUJA TABLETS
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 unused medicines to your pharmacist.

7. PRESENTATION OF THUJA TABLETS
Thuja Tablets are available as 150 tablets packed in a white HDPE securitainer with tamper-evident snap-on cap.

8. IDENTIFICATION
Thuja Tablets are white, round, bi-convex tablets with a lactose taste.

9. REFERENCE NUMBER
U1140 (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
Homoeopathic medicine
Disclaimer: This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

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THUJA TABLETS

PASIËNTINLIGTINGSBLAD

SKEDULERINGSTATUS Ongeskeduleerd

HANDELSNAAM, STERKTE EN DOSERINGSVORM
Thuja Tablets (Tablette)

Lees hierdie inligtingsblad sorgvuldig deur want dit bevat belangrike inligting vir jou
Thuja Tablets is beskikbaar sonder 'n doktersvoorskrif vir die verligting van geringe toestande. Tog moet Thuja Tablets noukeurig gebruik word om die beste resultate daaruit te kry.

- Bewaar hierdie inligtingsblad. Dit mag nodig wees om die weer te lees.
- Moet nie Thuja Tablets 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 nie verbeter na 4 weke nie.

1. WAT THUJA TABLETS BEVAT
Die aktiewe bestanddele in Thuja Tablets is *Antimonium crudum* D400, *Causticum* D400, *Rhus toxicodendron* D400, *Thuja occidentalis* D400. Die ander bestanddele is akasiagom, krospovidoon, laktosemonohidraat, magnesiumstearaat, povidoon, gesuiwerde talkpoeier. Bevat suiker (laktose 240 mg).

2. WAARVOOR THUJA TABLETS GEBRUIK WORD
Thuja Tablets is 'n homeopaties medisyne om te help met die verligting van vratte, eelte, velvlekke, velverdikking en geringe gelokaliseerde swaminfeksies.

3. VOORDAT JY THUJA TABLETS GEBRUIK
Moet nie Thuja Tablets neem as

- Jy hipersensitief (allergies) of onverdraagsaam is teenoor enige van die aktiewe bestanddele of ander bestanddele in Thuja Tablets nie.

Wees veral versigtig met Thuja Tablets:

- Raadpleeg asseblief jou gesondheidspraktisyn indien jou simptome ernstig is of voortduur vir langer as 4 weke sonder verbetering.
- Stop die gebruik van Thuja Tablets dadelik en raadpleeg jou gesondheidspraktisyn indien jy 'n allergiese reaksie ervaar nadat jy Thuja Tablets geneem het.
- As jy bestaande mediese behandeling wil vervang, raadpleeg jou dokter of gesondheidspraktisyn voordat jy dit doen.

Gebruik van Thuja Tablets saam met voedsel en vloeistowwe
Moet nie Thuja Tablets binne 'n halfuur neem van 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 gebruik tydes swangerskap en borsvoeding. Dit word egter aanbeveel dat as jy swanger is of jou baba borsvoed, jy jou gesondheidspraktisyn raadpleeg vir advies voordat jy enige medisyne gebruik.

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

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

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

4. HOE OM THUJA TABLETS 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 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:
Los 2 tablette in die mond op een keer per dag vir lang termyn behandeling van ongeveer 3 maande.

Indien jy meer Thuja Tablets gebruik as wat nodig is
Daar is geen aangemelde simptome van oordosering met Thuja Tablets nie. Indien jy 'n newe-effek ervaar na oordosering, raadpleeg jou gesondheidspraktisyn of apteker.

As jy vergeet om 'n dosis Thuja Tablets te neem
Moet nie 'n dubbeldosis neem om vir 'n oorgeslaande dosis van Thuja Tablets op te maak nie.

5. MOONTLIKE NEWE-EFFEKTE
Daar is geen newe-effekte vir Thuja Tablets 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 THUJA TABLETS
Stoor 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. **Bewaar alle medisyne buite bereik van kinders**. Stuur alle ongebruikte medisyne aan jou apteker terug.

7. AANBIEDING VAN THUJA TABLETS
Thuja Tablets tablette is beskikbaar as 150 tablette in `n wit HDPE veiligheidshouer met `n wit aanknipdeksel en sekerheidseël.

8. IDENTIFIKASIE
Thuja Tablets tablette is wit, ronde, bi-konvekse tablette met 'n laktose smaak.

9. VERWYSINGSNOMMER
U1140 (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 ongeregistreerde medisyne is nie deur SAHPRA vir sy kwaliteit, veiligheid of voorgestelde gebruik geëvalueer nie.