



FERRUM PHOS TISSUE SALT TABLETS

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS Unscheduled

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

Ferrum Phos Tissue Salt (Tablets)

Read all of this leaflet carefully before you start taking Ferrum Phos Tissue Salt

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

- Keep this leaflet. You may need to read it again.
- Do not share Ferrum Phos Tissue Salt 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 FERRUM PHOS TISSUE SALT CONTAINS

The active ingredient in Ferrum Phos Tissue Salt is *Ferrum phosphoricum* D6. The other ingredients are acacia gum, copovidone, crospovidone, lactose monohydrate, magnesium stearate, povidone. Contains sugar (lactose 240 mg per tablet).

2. WHAT FERRUM PHOS TISSUE SALT IS USED FOR

Ferrum Phos is a biochemic tissue salt which is traditionally known as the first aid tissue salt to be used at the onset of inflammation where there is pain, heat, swelling and redness. It is traditionally recommended at the onset of a cold, sore throat, inflamed gums, earache, mild fever and a throbbing headache. Ferrum Phos Tissue Salt is traditionally used to enhance the oxygen carrying capacity of the blood and to support treatment of an iron deficiency with dark circles under the eyes. It is also traditionally used to restore tone to weak or relaxed muscular tissue throughout the body and to support the body in recovering from blood loss such as nose bleeds and heavy menstruation.

3. BEFORE YOU TAKE FERRUM PHOS TISSUE SALT

Do not take Ferrum Phos Tissue Salt

- If you are hypersensitive (allergic) or intolerant to the active or any of the other ingredients in Ferrum Phos Tissue Salt.

Take special care with Ferrum Phos Tissue Salt:

- If you experience an allergic reaction after taking Ferrum Phos Tissue Salt, 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 Ferrum Phos Tissue Salt with food and drink

Do not take Ferrum Phos Tissue Salt within half an hour of strong coffee, chocolate, camphor or aromatic substances.

Pregnancy and breastfeeding

Biochemic tissue salts 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

Ferrum Phos Tissue Salt does not interfere with your ability to drive or use machinery.

Important information about some of the ingredients

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

Using other medicines with Ferrum Phos Tissue Salt

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

4. HOW TO TAKE FERRUM PHOS TISSUE SALT

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, preferably under the tongue, for a short time. For small children, the tablets can be dissolved in a little water and given as a liquid. 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 : 1 tablet 3 times daily. In acute conditions, 1 tablet may be taken every 15 - 30 minutes.

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 Ferrum Phos Tissue Salt than you should

There are no reported symptoms from an overdose of Ferrum Phos Tissue Salt. If a side effect is experienced following an overdose, consult your healthcare practitioner or pharmacist.

If you forget to take a dose of Ferrum Phos Tissue Salt

Do not take a double dose to make up for a missed dose of Ferrum Phos Tissue Salt.

5. POSSIBLE SIDE EFFECTS

There are no reported side effects for Ferrum Phos Tissue Salt. 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 FERRUM PHOS TISSUE SALT

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 FERRUM PHOS TISSUE SALT

Ferrum Phos Tissue Salt tablets are available as 125 tablets packed in a purple glass bottle with tamper-evident screw-on cap.

8. IDENTIFICATION

Ferrum Phos Tissue Salt tablets are round, white, bi-convex tablets with a lactose taste.

9. REFERENCE NUMBER

U1388 (Act 101/1965)

10. NAME AND ADDRESS OF THE APPLICANT

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

11. DATE OF PUBLICATION

October 2023

12. COMPLEMENTARY MEDICINE

A 34 Other (Homoeopathic medicine)

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



FERRUM PHOS TISSUE SALT TABLETTE

PASIËNTINLIGTINGSBLAD

SKEDULERINGSSTATUS Ongeskeduleerd

HANDELSNAAM, STERKTE EN DOSERINGSVORM

Ferrum Phos Tissue Salt (Tablette)

Lees hierdie inligtingsblad sorgvuldig deur voor jy Ferrum Phos Tissue Salt neem

Ferrum Phos Tissue Salt is beskikbaar sonder 'n doktersvoorskrif. Ferrum Phos Tissue Salt 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 Ferrum Phos Tissue Salt 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 nie.

1. WAT FERRUM PHOS TISSUE SALT BEVAT

Die aktiewe bestanddeel in Ferrum Phos Tissue Salt is *Ferrum phosphoricum* D6. Die ander bestanddele is akasiagom, kopovidoon, krosopovidoon, laktosemonohidraat, magnesiumstearaat, povidoon. Bevat suiker (laktose 240 mg per tablet).

2. WAARVOOR FERRUM PHOS TISSUE SALT GEBRUIK WORD

Ferrum Phos is 'n biochemiese weefselout wat tradisioneel bekend staan as die noodhulpweefselout om te gebruik met die aanvang van inflammasie waar daar pyn, hitte, swelling en rooiheid is. Dit word tradisioneel aanbeveel by die aanvang van verkoue, seer keel, ontsteekte tandvleis, oorpy, ligte koors en kloppende hoofpyn. Ferrum Phos Tissue Salt word tradisioneel gebruik om die suurstofdravermoe van die bloed te verbeter en om die behandeling van 'n ystertekort met donker kringe onder die oë te ondersteun. Dit word ook tradisioneel gebruik om die tonus van swak of ontspande spierweefsel in die liggaam te herstel en om die liggaam te ondersteun om van die verlies van bloed soos in neusbloeding en swaar menstruasie te herstel.

3. VOORDAT JY FERRUM PHOS TISSUE SALT GEBRUIK

Moet nie Ferrum Phos Tissue Salt neem

- Indien jy allergies of hipersensitief is teenoor die aktiewe of ander bestanddele van Ferrum Phos Tissue Salt of dit nie kan verdra nie.

Wees veral versigtig met Ferrum Phos Tissue Salt:

- Stop die gebruik van Ferrum Phos Tissue Salt dadelik en raadpleeg jou gesondheidspraktisyn indien jy 'n allergiese reaksie ervaar nadat jy Ferrum Phos Tissue Salt geneem het.
- As jy bestaande mediese behandeling wil vervang, raadpleeg jou dokter of gesondheidspraktisyn voordat jy dit doen.

Gebruik van Ferrum Phos Tissue Salt saam met voedsel en vloeistowwe

Moet nie Ferrum Phos Tissue Salt binne 'n halfuur na sterk kofie, sjokolade, kamfer of aromatiese stowwe neem nie.

Swangerskap en borsvoeding

Biochemiese weefseloute 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 Ferrum Phos Tissue Salt beïnvloed nie 'n mens se vermoë om te bestuur of masjinerie veilig te gebruik nie.

Belangrike inligting oor sommige van die bestanddele

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

Gebruik van ander medisyne saam met Ferrum Phos Tissue Salt

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

4. HOE OM FERRUM PHOS TISSUE SALT 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 dit 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, verkieslik onder die tong. Vir klein kinders, kan die tablette ook in 'n bietjie water opgelos word en as 'n vloeistof geneem word. 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: 1 tablet 3 keer per dag. In akute toestande kan 1 tablet elke 15 - 30 minute geneem word. 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 Ferrum Phos Tissue Salt gebruik as wat nodig is

Daar is geen aangemelde newe-effekte van oordosering met Ferrum Phos Tissue Salt nie. Indien jy 'n newe-effek ervaar na 'n oordosering, raadpleeg jou gesondheidspraktisyn of apteker.

As jy vergeet om 'n dosis Ferrum Phos Tissue Salt te neem

Moet nie 'n dubbeldosis neem om vir 'n oorgeslaande dosis van Ferrum Phos Tissue Salt op te maak nie.

5. MOONTLIKE NEWE-EFFEKTE

Daar is geen newe-effekte vir Ferrum Phos Tissue Salt 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 FERRUM PHOS TISSUE SALT

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

7. AANBIEDING VAN FERRUM PHOS TISSUE SALT

Ferrum Phos Tissue Salt tablette is beskikbaar as 125 tablette in 'n pers glasbottel met 'n wit skroefprop en sekerheidseël.

8. IDENTIFIKASIE

Ferrum Phos Tissue Salt tablette is ronde, wit bikonvekse tablette met 'n laktose smak.

9. VERWYSINGSNOMMER

U1388 (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

Oktober 2023

12. KOMPLEMENTÊRE MEDISYNE

A 34 Ander (Homeopatiese medisyne)

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