



COMBIN FATIGUE & EXHAUSTION TISSUE SALT TABLETS

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS Unscheduled

PROPRIETARY NAME, STRENGTH & PHARMACEUTICAL FORM

Combin Fatigue & Exhaustion Tissue Salt (Tablets)

Read all of this leaflet carefully before you start taking Combin Fatigue & Exhaustion Tissue Salt

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

- Keep this leaflet. You may need to read it again.
- Do not share Combin Fatigue & Exhaustion 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 COMBIN FATIGUE & EXHAUSTION TISSUE SALT CONTAINS

The active ingredient in Combin Fatigue & Exhaustion Tissue Salt is *Calcium phosphoricum D6*, *Ferrum phosphoricum D6*, *Kalium phosphoricum D6*, *Magnesium phosphoricum D6*, *Natrium muraticum D6*, *Natrium sulphuricum D6*. The other ingredients are acacia gum, copovidone, crospovidone, lactose monohydrate, magnesium stearate, povidone. Contains sugar (lactose 240 mg per tablet).

2. WHAT COMBIN FATIGUE & EXHAUSTION TISSUE SALT IS USED FOR

Combin Fatigue & Exhaustion Tissue Salt is a combination of the vital tissue salts which are traditionally used to help support nervous system functioning to help relieve mental, emotional and physical fatigue and exhaustion.

3. BEFORE YOU TAKE COMBIN FATIGUE & EXHAUSTION TISSUE SALT

Do not take Combin Fatigue & Exhaustion Tissue Salt

- If you are hypersensitive (allergic) or intolerant to the active or any of the other ingredients in Combin Fatigue & Exhaustion Tissue Salt.

Take special care with Combin Fatigue & Exhaustion Tissue Salt:

- If you experience an allergic reaction after taking Combin Fatigue & Exhaustion Tissue Salt, discontinue use and consult your healthcare practitioner.
- If you have any implants or foreign objects in your body, you should use Combin Fatigue & Exhaustion Tissue Salt with care as it may start to push these objects out of the body.
- If you want to substitute existing medical treatment, please consult your doctor or healthcare practitioner before doing so.

Taking Combin Fatigue & Exhaustion Tissue Salt with food and drink

Do not take Combin Fatigue & Exhaustion 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

Combin Fatigue & Exhaustion Tissue Salt does not interfere with your ability to drive or use machinery.

Important information about some of the ingredients

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

Using other medicines with Combin Fatigue & Exhaustion Tissue Salt

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

4. HOW TO TAKE COMBIN FATIGUE & EXHAUSTION 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 Combin Fatigue & Exhaustion Tissue Salt than you should

There are no reported symptoms for an overdose of Combin Fatigue & Exhaustion 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 Combin Fatigue & Exhaustion Tissue Salt

Do not take a double dose to make up for a missed dose of Combin Fatigue & Exhaustion Tissue Salt.

5. POSSIBLE SIDE EFFECTS

There are no reported side effects for Combin Fatigue & Exhaustion 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 COMBIN FATIGUE & EXHAUSTION 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 COMBIN FATIGUE & EXHAUSTION TISSUE SALT

Combin Fatigue & Exhaustion Tissue Salt tablets are available as 125 tablets packed in a purple glass bottle with tamper-evident screw-on cap.

8. IDENTIFICATION

Combin Fatigue & Exhaustion Tissue Salt tablets are round, white, bi-convex tablets with a lactose taste.

9. REFERENCE NUMBER

To be confirmed.

10. NAME AND ADDRESS OF THE APPLICANT

CoMED Health (Pty) Ltd., 313 Kuit Street, Waltham, Pretoria, 0184.

www.comedhealth.co.za (See also www.natura.co.za)

Tel: 012 813 9400

11. DATE OF PUBLICATION

December 2023

12. COMPLEMENTARY MEDICINE

A 34 Other (Homoeopathic medicine)

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



COMBIN FATIGUE & EXHAUSTION TISSUE SALT TABLETTE PASIËNTINLIGTINGSBLAD

SKEDULERINGSSTATUS Ongeskeduleerd

HANDELSNAAM, STERKTE EN DOSERINGSVORM
Combin Fatigue & Exhaustion Tissue Salt (Tablette)

Lees hierdie inligtingsblad sorgvuldig deur voor jy Combin Fatigue & Exhaustion Tissue Salt neem
Combin Fatigue & Exhaustion Tissue Salt is beskikbaar sonder 'n doktersvoorskrif. Combin Fatigue & Exhaustion 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 Combin Fatigue & Exhaustion 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 COMBIN FATIGUE & EXHAUSTION TISSUE SALT BEVAT

Die aktiewe bestanddeel in Combin Fatigue & Exhaustion Tissue Salt is *Calcium phosphoricum D6, Ferrum phosphoricum D6, Kalium phosphoricum D6, Magnesium phosphoricum D6, Natrium muriaticum D6, Natrium sulphuricum D6*. Die ander bestanddele is akasiagom, kopovidoon, krosopovidoon, laktosemonohidraat, magnesiumstearaat, povidoon. Bevat suiker (laktose 240 mg per tablet).

2. WAARVOOR COMBIN FATIGUE & EXHAUSTION TISSUE SALT GEBRUIK WORD

Combin Fatigue & Exhaustion Tissue Salt is 'n kombinasie van die noodsaaklike weefseloute wat tradisioneel gebruik word om die funksionering van die senuweestelsel te help ondersteun om geestelike, emosionele en fisiese moegheid en uitputting te verlig.

3. VOORDAT JY COMBIN FATIGUE & EXHAUSTION TISSUE SALT GEBRUIK

Moet nie Combin Fatigue & Exhaustion Tissue Salt neem

- Indien jy allergies of hipersensitief is teenoor die aktiewe of ander bestanddele van Combin Fatigue & Exhaustion Tissue Salt of dit nie kan verdra nie.

Wees veral versigtig met Combin Fatigue & Exhaustion Tissue Salt:

- Stop die gebruik van Combin Fatigue & Exhaustion Tissue Salt dadelik en raadpleeg jou gesondheidspraktisyn indien jy 'n allergiese reaksie ervaar nadat jy Combin Fatigue & Exhaustion Tissue Salt geneem het.
- As jy enige inplantings of vreemde voorwerpe in jou liggaam het, moet jy Combin Fatigue & Exhaustion-weefseloute met sorg gebruik aangesien dit hierdie voorwerpe uit die liggaam kan begin druk.
- As jy bestaande mediese behandeling wil vervang, raadpleeg jou dokter of gesondheidspraktisyn voordat jy dit doen.

Gebruik van Combin Fatigue & Exhaustion Tissue Salt saam met voedsel en vloeistowwe

Moet nie Combin Fatigue & Exhaustion Tissue Salt binne 'n halfuur na sterk koffie, sjokolade, kamfer of aromatisiese 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 Combin Fatigue & Exhaustion Tissue Salt beïnvloed nie 'n mens se vermoë om te bestuur of om masjinerie veilig te gebruik nie.

Belangrike inligting oor sommige van die bestanddele

Combin Fatigue & Exhaustion Tissue Salt bevat laktose. Pasiënte met die seldsame oorerflike toestande van laktose of galaktose-onverdraagsaamheid moet nie Combin Fatigue & Exhaustion 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 Combin Fatigue & Exhaustion Tissue Salt

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

4. HOE OM COMBIN FATIGUE & EXHAUSTION 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 Combin Fatigue & Exhaustion Tissue Salt gebruik as wat nodig is

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

As jy vergeet om 'n dosis Combin Fatigue & Exhaustion Tissue Salt te neem

Moet nie 'n dubbeldosis neem om vir 'n oorgeslaande dosis van Combin Fatigue & Exhaustion Tissue Salt op te maak nie.

5. MOONTLIKE NEWE-EFFEKTE

Daar is geen newe-effekte vir Combin Fatigue & Exhaustion 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 COMBIN FATIGUE & EXHAUSTION TISSUE SALT

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. **Bewaar alle medisyne buite bereik van kinders.** Bring alle ongebruikte medisyne aan jou apteker terug.

7. AANBIEDING VAN COMBIN FATIGUE & EXHAUSTION TISSUE SALT

Combin Fatigue & Exhaustion Tissue Salt tablette is beskikbaar as 125 tablette in 'n wit glasbottel met 'n wit skroefprop en sekerheidsdeël.

8. IDENTIFIKASIE

Combin Fatigue & Exhaustion Tissue Salt tablette is ronde, wit 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

Desember 2023

12. KOMPLEMENTÊRE MEDISYNE

A 34 34r (Homeopatiese medisyne)

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