

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

IMMUNADUE CAPSULES

Hypoxis rooperi T. Moore (African Wild Potato), *Sutherlandia frutescens* (L.) R.Br., *Uncaria tomentosa* (Willd. ex Schult.) DC. (Cat's claw), *Medicago sativa* L. (Alfalfa), *Hordeum vulgare* L. (Barley), *Aloe ferox* Mill, *Vaccinium myrtillus* L. (Bilberry, Fruit).

Sugar free

Complementary Medicine

D 33.6 Western herbal medicine

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

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

IMMUNADUE CAPSULES is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use IMMUNADUE CAPSULES carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share IMMUNADUE CAPSULES with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

What is in this leaflet

1. What IMMUNADUE CAPSULES is and what it is used for
2. What you need to know before you take IMMUNADUE CAPSULES
3. How to use IMMUNADUE CAPSULES
4. Possible side effects
5. How to store IMMUNADUE CAPSULES
6. Contents of the pack and other information

1. What IMMUNADUE CAPSULES is and what it is used for

IMMUNADUE CAPSULES is a Complementary medicine that helps to support the immune system functions and improves general well-being.

2. What you need to know before you take IMMUNADUE CAPSULES

Do not take IMMUNADUE CAPSULES

- if you are hypersensitive (allergic) to any of the ingredients of IMMUNADUE CAPSULES (listed in section 6).

Warnings and precautions

Special care should be taken with IMMUNADUE CAPSULES:

- if you are pregnant or breastfeeding as safety has not been established for this multiple substance product.

Do not exceed the stated recommended daily dose.

If symptoms worsen, consult a relevant health care provider.

Other medicines and IMMUNADUE CAPSULES

Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

ANTICOAGULANT OR ANTIPLATELET MEDICINE: Concomitant use may increase the risk of bleeding if used with anticoagulant or antiplatelet medicine.

WARFARIN: Alfalfa contains a large amount of vitamin K. This could theoretically interfere with the activity of warfarin. Aloe latex has stimulant laxative effects. In some people aloe latex can cause diarrhea. Diarrhea can increase the effects of warfarin, increase international normalized ratio (INR), and increase the risk of bleeding. If you are taking warfarin, do not take excessive amounts of aloe ferox.

ANTIDIABETES MEDICINES: Concomitant use with antidiabetic medicines might increase the risk of hypoglycemia.

IMMUNOSUPPRESSANT MEDICINES: Cat's claw might interfere with immunosuppressive therapy. Research shows cat's claw has been shown to have immunostimulating activity. This could thus interfere with the activity of immunosuppressant medications. Alfalfa might decrease the efficacy of immunosuppressive therapy.

DIGOXIN: Overuse of aloe latex can increase the risk of adverse effects from cardiac glycoside drugs, such as digoxin, due to potassium depletion. Overuse of aloe, along with cardiac glycoside drugs, can increase the risk of toxicity.

IMMUNADUE CAPSULES with food and drink

IMMUNADUE CAPSULES is not influenced by taking it with food and drink.

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before using this medicine.

Safety in pregnancy and when breastfeeding has not been established for IMMUNADUE CAPSULES.

The effect of this medicine on fertility is not known.

Driving and using machines

It is not always possible to predict to what extent IMMUNADUE CAPSULES may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which IMMUNADUE CAPSULES affects them.

3. How to use IMMUNADUE CAPSULES

Do not share medicines prescribed for you with any other person.

Always use IMMUNADUE CAPSULES exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Adults: Take one (1) capsule three (3) times per day.

Children older than 6 months: ½ to 1 capsule daily.

You may open and mix the content of IMMUNADUE CAPSULES with porridge or yogurt.

To be taken before meals with water. Take the last capsule before 5 pm OR just before bedtime.

If you take more IMMUNADUE CAPSULES than you should

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

In overdose, the onset of side effects can be sudden and/or be more severe. If this happens, stop using IMMUNADUE CAPSULES and tell your doctor immediately or go to the casualty department at your nearest hospital.

If you forget to take IMMUNADUE CAPSULES

Do not take a double dose to make up for forgotten individual doses.

4. Possible side effects

IMMUNADUE CAPSULES can have side effects.

Not all side effects reported for IMMUNADUE CAPSULES are included in this leaflet. Should your general health worsen or if you experience any untoward effects while using IMMUNADUE CAPSULES, please consult your health care provider for advice.

Tell your doctor if you notice any of the following:

- abdominal discomfort,

- cramps,
- diarrhoea,
- flatulence,
- anxiety,
- nausea,
- vomiting,
- dark-coloured stool.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via the “**6.04 Adverse Drug Reaction Reporting Form**”, found online under SAHPRA’s publications: <https://www.sahpra.org.za/Publications/Index/8> . By reporting side effects, you can help provide more information on the safety of IMMUNADUE CAPSULES.

5. How to store IMMUNADUE CAPSULES

Store all medicines out of reach of children.

Store at or below 25 °C in an airtight container, protected from light.

Do not use after the expiry date stated on the container.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What IMMUNADUE CAPSULES contains

The active substances are:

<i>Hypoxis rooperi</i> T.Moore (African Wild Potato)	200 mg
<i>Sutherlandia frutescens</i> (L.) R.Br.	80 mg
<i>Uncaria tomentosa</i> (Willd. ex Schult.) DC. (Cat’s claw) [root powder]	80 mg
<i>Medicago sativa</i> L. (Alfalfa) [herb top]	40 mg
<i>Hordeum vulgare</i> L. (Barley)	20 mg
<i>Aloe ferox</i> Mill.	10 mg
<i>Vaccinium myrtillus</i> L. (Bilberry, Fruit) *Dried Fruit Equivalent	2,2 mg*

The other ingredients are magnesium stearate, colloidal silicon dioxide, and size 0 white capsule shell.

What IMMUNADUE CAPSULES looks like and contents of the pack

IMMUNADUE CAPSULES come in white gelatine capsules with “IMMUNADUE” printed in blue ink filled with a fine brown powder.

IMMUNADUE CAPSULES (100) is packed in white plastic bottle with purple screw-on cap containing 100 capsules.

IMMUNADUE CAPSULES (50) is packed in white plastic bottle with blue screw-on cap containing 50 capsules.

Holder of Certificate of Registration

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This leaflet was last revised in

To be allocated.

Registration number

To be allocated.

Access to the corresponding Professional Information

www.immunadue.co.za