

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

S0

HOT TODDY™ FAST RECOVERY capsules, hard

Ascorbic acid (vitamin C), *Olea europaea* L. (olive leaf), *Rosa canina* L. (rose hip), propolis, *Pinus pinaster* Aiton (pine bark extract), niacin (vitamin B₃), calcium D-pantothenate (vitamin B₅), glutathione, pyridoxine (vitamin B₆), riboflavin (vitamin B₂), thiamine (vitamin B₁), cyanocobalamin (vitamin B₁₂).
Sugar free.

COMPLEMENTARY MEDICINE: COMBINATION PRODUCT

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.

HOT TODDY™ FAST RECOVERY is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use HOT TODDY™ FAST RECOVERY carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your healthcare provider or pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve after 10 days.

What is in this leaflet

1. What HOT TODDY™ FAST RECOVERY is and what it is used for.
2. What you need to know before you take HOT TODDY™ FAST RECOVERY.
3. How to take HOT TODDY™ FAST RECOVERY.
4. Possible side effects.
5. How to store HOT TODDY™ FAST RECOVERY.
6. Contents of the pack and other information.

1. What HOT TODDY™ FAST RECOVERY is and what it is used for

HOT TODDY™ FAST RECOVERY may assist in shortening the duration of a cold and flu.

2. What you need to know before you take HOT TODDY™ FAST RECOVERY

Do not take HOT TODDY™ FAST RECOVERY:

- if you are hypersensitive (allergic) to ascorbic acid (vitamin C), *Olea europaea* L. (olive leaf), *Rosa canina* L. (rose hip), propolis, *Pinus pinaster* Aiton (pine bark extract), niacin (vitamin B₃), calcium D-pantothenate (vitamin B₅), glutathione, pyridoxine (vitamin B₆), riboflavin (vitamin B₂), thiamine (vitamin B₁), cyanocobalamin (vitamin B₁₂) or any of the other ingredients of HOT TODDY™ FAST RECOVERY (see **What HOT TODDY™ FAST RECOVERY contains**).

Warnings and precautions

Take special care with HOT TODDY™ FAST RECOVERY:

- if you are allergic to bees, bee products, poplar trees or balsam of Peru;
- if you have a stomach ulcer;
- if you have a bleeding disorder;
- if you are having any surgical procedure done. You should stop taking HOT TODDY™ FAST RECOVERY two weeks before an operation;
- if you are diabetic and you are taking medicines to control your blood sugar levels;
- if you have low blood pressure;
- if you have kidney problems or disease;
- if you have heart problems or disease.

Children and adolescents

Do not give HOT TODDY™ FAST RECOVERY to children under the age of 10 years, it is unlikely to be safe.

Other medicines and HOT TODDY™ FAST RECOVERY

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

Tell your doctor or pharmacist if you are currently using:

- anticoagulant medicines (used to prevent your blood from clotting) or herbal supplements with blood thinning effects;
- antidiabetic medicine (used to treat high blood sugar);
- medicines to lower your blood pressure;
- diuretic medicines ('water pill' used to lower blood pressure or get rid of excess fluid in your body).

HOT TODDY™ FAST RECOVERY with food and drink

See section 3 (**How to take HOT TODDY™ FAST RECOVERY**).

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 healthcare provider for advice before taking this medicine. Safety and efficacy of HOT TODDY™ FAST RECOVERY during pregnancy and breastfeeding have not been established. Do not use this medicine if you are pregnant or breastfeeding your baby.

Driving and using machines

HOT TODDY™ FAST RECOVERY can cause side effects, such as unusual tiredness. Do not drive a vehicle, operate machinery, or do anything else that requires your attention until you know how HOT TODDY™ FAST RECOVERY affects you.

3. How to take HOT TODDY™ FAST RECOVERY

Do not share your medicines with any other person.

Always take HOT TODDY™ FAST RECOVERY 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.

The usual dose is:

Adults: 2 capsules taken once daily until the symptoms subside.

Children from 10 years: 2 capsules taken once daily until the symptoms subside.

If you have the impression that the effect of HOT TODDY™ FAST RECOVERY is too strong or too weak, tell your doctor or pharmacist.

Do not exceed the recommended dosage.

HOT TODDY™ FAST RECOVERY can be taken with or without food.

If you take more HOT TODDY™ FAST RECOVERY than you should

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

Take this leaflet and the rest of the remaining HOT TODDY™ FAST RECOVERY with you so the doctor will know what you have taken.

If you forget to take HOT TODDY™ FAST RECOVERY

- Take the missed dose as soon as you remember.
- Do not take a double dose to make up for the forgotten individual doses.

4. Possible side effects

HOT TODDY™ FAST RECOVERY can have side effects.

Not all side effects reported for HOT TODDY™ FAST RECOVERY are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking HOT TODDY™ FAST RECOVERY, please consult your healthcare provider for advice.

If any of the following happens, stop taking HOT TODDY™ FAST RECOVERY and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of your hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing;
- rash or itching;
- fainting.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to HOT TODDY™ FAST RECOVERY. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Side effects occurring frequently:

- difficulty falling and staying asleep (insomnia);
- headaches;
- redness of your skin;
- stomach discomfort;
- nausea (feeling sick)
- vomiting (being sick);
- indigestion;
- diarrhoea (runny, loose stool).

Side effects occurring less frequently:

- unusual tiredness.

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 HOT TODDY™ FAST RECOVERY.

5. How to store HOT TODDY™ FAST RECOVERY

- Store all medicines out of reach of children.
- Store at or below 25 °C.
- Store in the original container.
- Keep the container tightly closed.
- Protect from moisture.
- Do not store in a bathroom.
- 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 and sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What HOT TODDY™ FAST RECOVERY contains

Each capsule contains:

The active substances are:

Ascorbic acid (Vitamin C)	150 mg
Propolis	15 mg
<i>Olea europaea</i> L. (Olive leaf)	10 mg
[leaf, 4:1 extract providing 40 mg dried herb equivalent]	
<i>Rosa canina</i> L. (Rose hip)	10 mg
[flower, 2:1 extract providing 20 mg dried herb equivalent]	
<i>Pinus pinaster</i> Aiton (Pine bark extract)	10 mg
Niacin (Vitamin B ₃)	9 mg
Calcium D-pantothenate (Vitamin B ₅)	3,3 mg
Glutathione	1 mg
Pyridoxine (Vitamin B ₆)	1 mg
Riboflavin (Vitamin B ₂)	0,8 mg
Thiamine (Vitamin B ₁)	0,78 mg
Cyanocobalamin (Vitamin B ₁₂)	0,5 µg

The other ingredients are gelatine (bovine) (E441), silicon dioxide (E551), magnesium stearate (E572) and maize starch.

Sugar free.

What HOT TODDY™ FAST RECOVERY looks like and contents of the pack

Hard capsules with an orange cap and yellow body containing beige powder with speckles.

HOT TODDY™ FAST RECOVERY is packed in a white PVC securitainer with a 0,5 g silica gel desiccant.

Pack size: 20 capsules.

Holder of Certificate of Registration

Brunel Laboratoria (Pty) Ltd

1 Van Tonder Street

Sunderland Ridge

Centurion

0157

info@brunel.co.za

This leaflet was last revised in

Will be allocated by SAHPRA upon registration.

Registration number

Will be allocated by SAHPRA upon registration.

Access to the corresponding Professional Information

The Professional Information for HOT TODDY™ FAST RECOVERY is available on

<https://www.brunel.co.za/hot-toddy-2/> or can be requested from the contact details above.

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PASIËNTINLIGTINGSBLAD

SKEDULERINGSSTATUS

S0

HOT TODDY™ FAST RECOVERY harde kapsules

Askorbiensuur (vitamien C), *Olea europaea* L. (olienhout), *Rosa canina* L. (roosbottel), propolis, *Pinus pinaster* Aiton (dennebas ekstrak), niasien (vitamien B₃), kalsium-D-pantotenaat (vitamien B₅), glutatioon, piridoksien (vitamien B₆), riboflaviën (vitamien B₂), tiamien (vitamien B₁), sianokobalamien (vitamien B₁₂).
Suikervry.

KOMPLEMENTÊRE MEDISYNE: KOMBINASIEPRODUK

Hierdie ongeregistreerde medisyne is nie deur die SAHPRA geëvalueer vir sy gehalte, veiligheid of beoogde gebruik nie.

Lees hierdie hele inligtingsblad noukeurig deur want dit bevat inligting wat belangrik is vir jou.

HOT TODDY™ FAST RECOVERY is beskikbaar sonder 'n dokter se voorskrif, vir jou om jou gesondheid te onderhou. Nietemin, moet jy HOT TODDY™ FAST RECOVERY versigtig gebruik om die beste resultate daaruit te kry.

- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weer lees.
- Vra gerus jou gesondheidsorgverskaffer of apteker indien jy verdere inligting of advies nodig het.
- Jy moet 'n dokter sien as jou simptome vererger of nie verbeter na 10 dae.

Wat is in hierdie inligtingsblad

1. Wat HOT TODDY™ FAST RECOVERY is, en waarvoor dit gebruik word.
2. Wat jy moet weet voordat jy HOT TODDY™ FAST RECOVERY neem.
3. Hoe om HOT TODDY™ FAST RECOVERY te neem.
4. Moontlike nuwe-effekte.
5. Hoe om HOT TODDY™ FAST RECOVERY te bêre.
6. Inhoud van die verpakking en ander inligting.

1. Wat HOT TODDY™ FAST RECOVERY is, en waarvoor dit gebruik word

HOT TODDY™ FAST RECOVERY mag help om die duur van verkoue en griep te verkort.

2. Wat jy moet weet voordat jy HOT TODDY™ FAST RECOVERY neem

Moet nie HOT TODDY™ FAST RECOVERY neem:

- indien jy hipersensitief (allergies) is vir askorbiensuur (vitamien C), *Olea europaea* L. (olienhout), *Rosa canina* L. (roosbottel), propolis, *Pinus pinaster* Aiton (dennebas ekstrak), niasien (vitamien B₃), kalsium-D-pantotenaat (vitamien B₅), glutatioon, piridoksien (vitamien B₆), riboflaviën (vitamien B₂), tiamien (vitamien B₁), sianokobalamien (vitamien B₁₂) of vir enige van die ander bestanddele van HOT TODDY™ FAST RECOVERY (sien **Wat HOT TODDY™ FAST RECOVERY bevat**).

Waarskuwings en voorsorgmaatreëls

Wees versigtig met HOT TODDY™ FAST RECOVERY:

- indien jy allergies is vir bye, produkte wat afkomstig is van bye, populierbome of perubalsem;
- indien jy 'n maagseer het;
- indien jy 'n bloedingsteuring het;
- indien jy enige chirurgiese prosedure moet ondergaan. Jy moet twee weke voor 'n operasie ophou om HOT TODDY™ FAST RECOVERY te gebruik;
- indien jy 'n diabeet is en medisyne neem om jou bloedsuikervlakke te beheer;
- indien jy lae bloeddruk het;
- indien jy nierprobleme het of aan 'n niersiekte ly;
- indien jy hartprobleme het of aan 'n hartsiekte ly.

Kinders en adolessente

Moet nie HOT TODDY™ FAST RECOVERY vir kinders jonger as 10 jaar gee nie, want dit is waarskynlik nie veilig vir hulle nie.

Ander medisyne en HOT TODDY™ FAST RECOVERY

Sê altyd vir jou gesondheidsorgverskaffer indien jy enige ander medisyne neem. (Dit sluit alle komplementêre of tradisionele medisyne in.)

Sê vir jou dokter of apteker indien jy tans die volgende gebruik:

- teenstolmiddels (gebruik om te keer dat jou bloed klonte vorm) of kruieaanvullings met bloedverduunnende effekte;

- antidiabetiese medisyne (gebruik om hoë bloedsuiker te behandel);
- medisyne wat jou bloeddruk verlaag;
- diuretiese medisyne ('waterpil' wat gebruik word om bloeddruk te verlaag of ontslae te raak van 'n oormaat vog in jou liggaam).

HOT TODDY™ FAST RECOVERY met eet- en drinkgoed

Sien afdeling 3 (**Hoe om HOT TODDY™ FAST RECOVERY te neem**).

Swangerskap, borsvoeding en vrugbaarheid

Indien jy swanger is of jou baba borsvoed, dink dat jy swanger mag wees of beplan om swanger te raak, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer voordat jy die medisyne neem.

Die veiligheid en effektiwiteit van HOT TODDY™ FAST RECOVERY tydens swangerskap en borsvoeding is nie vasgestel nie. Moet nie hierdie medisyne gebruik as jy swanger is of jou baba borsvoed nie.

Bestuur en die gebruik van masjiene

HOT TODDY™ FAST RECOVERY kan nuwe-effekte veroorsaak, soos ongewone moegheid. Moet nie 'n voertuig bestuur, masjinerie hanteer of enigiets anders doen wat jou aandag vereis totdat jy weet hoe HOT TODDY™ FAST RECOVERY jou affekteer nie.

3. Hoe om HOT TODDY™ FAST RECOVERY te neem

Moet nie jou medisyne met enige ander persoon deel nie.

Neem HOT TODDY™ FAST RECOVERY altyd presies soos aangedui in hierdie inligtingsblad, of soos jou dokter of apteker vir jou verduidelik het. Vra gerus vir jou dokter of apteker indien jy onseker is.

Die gewone dosis is:

Volwassenes: Neem 2 kapsules een keer per dag totdat die simptome verminder.

Kinders vanaf 10 jaar: Neem 2 kapsules een keer per dag totdat die simptome verminder.

Indien jy die indruk kry dat die uitwerking van HOT TODDY™ FAST RECOVERY te sterk of te swak is, bespreek dit met jou dokter of apteker.

Moet nie die aanbevole dosis oorskry nie.

HOT TODDY™ FAST RECOVERY kan met of sonder kos geneem word.

As jy meer HOT TODDY™ FAST RECOVERY neem as wat jy moet

In die geval van oordosering, raadpleeg jou dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

Neem hierdie inligtingsblad en die oorblywende HOT TODDY™ FAST RECOVERY saam met jou sodat die dokter kan sien wat jy geneem het.

As jy vergeet om HOT TODDY™ FAST RECOVERY te neem

- Neem die dosis wat jy oorgeslaan het sodra jy onthou.
- Moet nie 'n dubbele dosis neem om vir die vergete individuele dosis op te maak nie.

4. Moontlike nuwe-effekte

HOT TODDY™ FAST RECOVERY kan nuwe-effekte hê.

Nie alle nuwe-effekte wat vir HOT TODDY™ FAST RECOVERY gerapporteer is, word in hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid verswak of indien jy enige ongunstige effekte ondervind terwyl jy HOT TODDY™ FAST RECOVERY neem, raadpleeg asseblief jou gesondheidsorgverskaffer.

Indien enige van die volgende gebeur, hou op om HOT TODDY™ FAST RECOVERY te neem en sê dadelik vir jou dokter, of gaan na die ongevalle-afdeling van jou naaste hospitaal:

- swelling van jou hande, voete, enkels, gesig, lippe, mond of keel, wat probleme kan veroorsaak met sluk en asemhaling;
- uitslag of gejeuk;
- floute.

Hierdie is baie ernstige nuwe-effekte. Indien jy enige daarvan ondervind, mag jy 'n ernstige allergiese reaksie op HOT TODDY™ FAST RECOVERY gehad het. Jy mag dringende mediese bystand of hospitalisasie benodig.

Sê vir jou dokter indien jy enige van die volgende opmerk:

Nuwe-effekte wat gereeld voorkom:

- sukkel om aan die slaap te raak en om aan die slaap te bly (slapeloosheid);
- hoofpyn;
- rooiheid van die vel;
- maagongemak;
- naarheid;
- braking;

- slegte spysvertering;
- diarree (los, loperige stoelgang).

Nuwe-effekte wat minder gereeld voorkom:

- ongewone moegheid.

Indien jy enige nuwe-effekte opmerk wat nie in hierdie inligtingsblad genoem word nie, sê asseblief vir jou dokter of apteker daarvan.

Aanmelding van nuwe-effekte

Indien jy nuwe-effekte ondervind, bespreek dit met jou dokter of apteker. Jy kan ook nuwe-effekte aan SAHPRA rapporteer via die **"6.04 Adverse Drug Reaction Reporting Form"**, wat aanlyn by SAHPRA se publikasies beskikbaar is: <http://www.sahpra.org.za/Publications/Index/8>. Deur nuwe-effekte te rapporteer kan jy help om meer inligting rakende die veiligheid van HOT TODDY™ FAST RECOVERY te verskaf.

5. Hoe om HOT TODDY™ FAST RECOVERY te bêre

- Bêre alle medisyne buite die bereik van kinders.
- Bêre teen of onder 25 °C.
- Bêre in die oorspronklike houer.
- Hou die houer dig toe.
- Beskerm teen vog.
- Moet nie in 'n badkamer bêre nie.
- Moet nie gebruik na die vervaldatum soos aangedui op die houer nie.
- Neem alle ongebruikte medisyne terug na jou apteker.
- Moet nie ongebruikte medisyne in dreine en rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die verpakking en ander inligting

Wat HOT TODDY™ FAST RECOVERY bevat

Elke kapsule bevat:

Die aktiewe bestanddele is:

Askorbiensuur (Vitamien C)	150 mg
Propolis	15 mg
<i>Olea europaea</i> L. (Olienhout)	10 mg
[blaar, 4:1 ekstrak lewer 40 mg gedroogde kruie ekwivalent]	
<i>Rosa canina</i> L. (Roosbottel)	10 mg
[blom, 2:1 ekstrak lewer 20 mg gedroogde kruie ekwivalent]	
<i>Pinus pinaster</i> Aiton (Dennebas ekstrak)	10 mg
Niasien (Vitamien B ₃)	9 mg
Kalsium-D-pantotenaat (Vitamien B ₅)	3,3 mg
Glutatioon	1 mg
Piridoksien (Vitamien B ₆)	1 mg
Riboflaviën (Vitamien B ₂)	0,8 mg
Tiamien (Vitamien B ₁)	0,78 mg
Sianokobalamien (Vitamien B ₁₂)	0,5 µg

Die ander bestanddele is gelatien (bees) (E441), silikondioksied (E551), magnesiumstearaat (E572) en mieliestysel. Suikervry.

Hoe HOT TODDY™ FAST RECOVERY lyk en inhoud van die verpakking

Harde kapsules met 'n oranje doppie en geel romp, bevattende beige poeier met spikkels.

HOT TODDY™ FAST RECOVERY word verpak in 'n PVC-sekureitshouer met 'n 0,5 g silikajeluitdroogmiddel.

Verpakkingsgrootte: 20 kapsules.

Houer van die Registrasiesertifikaat

Brunel Laboratoria (Edms) Bpk

Van Tonderstraat 1

Sunderland Ridge

Centurion

0157

info@brunel.co.za

Hierdie inligtingsblad is hersien in

Sal met registrasie deur SAHPRA toegeken word.

Registrasienommer

Sal met registrasie deur SAHPRA toegeken word.

Toegang tot die ooreenstemmende Professionele Inligtingsblad

Die Professionele Inligtingsblad vir HOT TODDY™ FAST RECOVERY is beskikbaar by <https://www.brunel.co.za/hot-toddy-2/> of dit kan aangevra word deur die kontakbesonderhede hier bo te gebruik

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