

## PROFESSIONAL INFORMATION FOR HOT TODDY™ FAST RECOVERY

### SCHEDULING STATUS:

S0

### PROPRIETARY NAME AND DOSAGE FORM:

**HOT TODDY™ FAST RECOVERY** capsules

### COMPOSITION:

#### *Active Ingredients:*

Each capsule contains:

Vitamin C .....	150 mg
<i>Olea europea</i> L. (Olive leaf extract equivalent to) .....	40 mg
<i>Rosa rugosa</i> Thunb. (Rose hip extract equivalent to) .....	20 mg
Propolis extract .....	15 mg
<i>Pinus spp.</i> (Pine bark extract) .....	10 mg
Vitamin B <sub>3</sub> .....	9 mg
Calcium D-pantothenate .....	3.3 mg
Glutathione .....	1 mg
Vitamin B <sub>6</sub> .....	1 mg
Vitamin B <sub>2</sub> .....	0.8 mg
Vitamin B <sub>1</sub> .....	0.7 mg
Vitamin B <sub>12</sub> .....	0.5 mcg
<i>Sugar free</i>	

#### *Inactive Ingredients:*

Magnesium stearate, maize starch, silicon dioxide.

### CATEGORY AND CLASS:

D 33.7 Combination Product.

### PHARMACOLOGICAL ACTION:

Vitamin C contributes to the normal function of the immune system and acts as an antioxidant for the maintenance of good health.

Propolis is known to assist in treating the common cold and improving the immune response. The exact mechanism of action is not known.

*Olea europea* L. (Olive leaf extract) is a source of antioxidants.

*Pinus spp.* (Pine bark extract) has been traditionally used for upper and lower respiratory tract infections, common cold, cough and nasal congestion. The exact mechanism of action is not known.

*Rosa rugosa* Thunb. (Rose hip extract) is a supplementary source of vitamin C and traditionally used to assist in preventing cold and flu.

Vitamins B<sub>1</sub>, B<sub>2</sub>, B<sub>3</sub>, B<sub>6</sub>, B<sub>12</sub> and Calcium D-pantothenate is included as factors in the maintenance of good health.

Glutathione is a tripeptide made from amino acids glycine, cysteine and glutamic acid and it is involved in and supports the immune system function.

### INDICATIONS:

**HOT TODDY™ FAST RECOVERY** might assist in shortening the duration of the common cold and flu.

### CONTRAINDICATIONS:

Allergies or sensitivity to any of the ingredients of **HOT TODDY™ FAST RECOVERY** capsules (see "COMPOSITION").

## **WARNINGS AND SPECIAL PRECAUTIONS:**

### **Warnings:**

If symptoms persist or worsen, consult a healthcare professional.

### **Special precautions:**

Consult your healthcare practitioner prior to use if you are taking any diuretics (see “**INTERACTIONS**”).

Consult your healthcare practitioner prior to use if you are pregnant or lactating (see “**HUMAN REPRODUCTION**”).

Consult your healthcare practitioner prior to use if you have a kidney disorder.

Consult your healthcare practitioner prior to use if you are allergic to bee products, poplar tree products or balsam of Peru.

Consult your healthcare practitioner prior to use if you are on anticoagulants or suffer from a bleeding disorder (see “**INTERACTIONS**”). Consult your healthcare practitioner prior to use if you are going in for planned surgery within 2 weeks of use.

### **Effects on ability to drive and use machines:**

Due to the nature of the product, **HOT TODDY™ FAST RECOVERY** might affect your ability to drive or use machines.

Do not drive or use machines until you know how **HOT TODDY™ FAST RECOVERY** might affect you.

## **INTERACTIONS:**

### **Anticoagulants:**

**HOT TODDY™ FAST RECOVERY** might inhibit platelet aggregation and can increase the risk of bleeding in some people on anticoagulant treatment such as aspirin, clopidogrel, dalteparin, enoxaparin, heparin, and warfarin (see “**WARNINGS AND SPECIAL PRECAUTIONS**”).

### **Diuretics:**

Consult your healthcare practitioner prior to use if you are taking any diuretics (see “**WARNINGS AND SPECIAL PRECAUTIONS**”).

## **HUMAN REPRODUCTION:**

Safety has not been established for use during pregnancy and lactation. Do not use **HOT TODDY™ FAST RECOVERY** capsules if you are pregnant or lactating (see “**WARNINGS AND SPECIAL PRECAUTIONS**”).

## **DOSAGE AND DIRECTIONS FOR USE:**

### **Dosage:**

Adults and children over 10 years: 2 capsules daily.

### **Directions for use:**

Take 2 capsules daily with a glass of water until symptoms subside.

## **SIDE EFFECTS:**

### **Side Effect Profile:**

#### **Immune system disorders:**

*Frequency unknown:* Hypersensitivity, such as allergic reactions can occur to some of the ingredients (see “**CONTRAINDICATIONS**” and “**WARNINGS AND SPECIAL PRECAUTIONS**”).

#### **Nervous system disorders:**

*Frequency unknown:* Fatigue

#### **Gastrointestinal disorders:**

*Frequency unknown:* Abdominal cramps, constipation, diarrhoea, flatulence, nausea, heartburn, acid reflux, water brash.

**KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT:****Symptoms of Overdosage:**

Symptoms of an overdosage are not known but can include severe nausea, vomiting, diarrhoea and abdominal pain. In the event of an overdose, consult your doctor or pharmacist. If neither is available, contact your nearest hospital or poison control centre.

**Treatment of Overdosage:**

Treatment should be symptomatic and supportive.

**IDENTIFICATION:**

Orange and yellow gelatine capsules filled with light brown powder with a characteristic propolis odour.

**PRESENTATION:**

20 orange and yellow capsules packed inside a white pvc securitainer.

**STORAGE INSTRUCTIONS:**

Store at or below 25 °C in a cool, dry place, protected from light.

Keep tightly closed.

KEEP OUT OF REACH OF CHILDREN.

**REGISTRATION NUMBER/REFERENCE NUMBER:**

To be allocated upon registration.

**NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION:**

Brunel Laboratoria (Pty) Ltd

1 Van Tonder Street

Sunderland Ridge

Centurion

0157

info@brunel.co.za

www.brunel.co.za

**DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION:**

To be allocated upon registration.

**DATE OF REGISTRATION:**

To be allocated upon registration.

**COMPLEMENTARY MEDICINE:**

Complementary Medicine: Combination Product – Western Herbal Medicine.

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