

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

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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 overdosage, 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

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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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