

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

S0

BRUNEL BASICS IMMUNE BOOSTER capsules, vegetarian

L-Ascorbic acid (vitamin C), *Echinacea purpurea*, pyridoxine (vitamin B₆), zinc oxide, D-alpha-tocopherol (vitamin E), selenium glycinate.
Sugar free.

COMPLEMENTARY MEDICINE: D33.7 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.

BRUNEL BASICS IMMUNE BOOSTER is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to take BRUNEL BASICS IMMUNE BOOSTER carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.

What is in this leaflet

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

1. What BRUNEL BASICS IMMUNE BOOSTER is and what it is used for

BRUNEL BASICS IMMUNE BOOSTER is a supplement that helps your immune system to work better. It contains a combination of vitamins, minerals, and Echinacea to help improve and maintain your overall health.

2. What you need to know before you take BRUNEL BASICS IMMUNE BOOSTER

Do not take BRUNEL BASICS IMMUNE BOOSTER:

- if you are hypersensitive (allergic) to Echinacea or any of the other ingredients of BRUNEL BASICS IMMUNE BOOSTER (see **What BRUNEL BASICS IMMUNE BOOSTER contains**);
- if you are under the age of 18, as BRUNEL BASICS IMMUNE BOOSTER contains selenium, which should not be taken by children;
- if you suffer from a condition of your kidneys called hyperoxaluria.

Warnings and precautions

Take special care with BRUNEL BASICS IMMUNE BOOSTER:

- if you suffer from a progressive systemic disease such as tuberculosis, collagenosis, multiple sclerosis, HIV/AIDS, or any autoimmune conditions.
- Contact your healthcare professional if your condition worsens or if you develop a fever.

Children and adolescents

BRUNEL BASICS IMMUNE BOOSTER should not be given to children under the age of 18 years.

Other medicines and BRUNEL BASICS IMMUNE BOOSTER

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

- Iron supplements: Vitamin C in BRUNEL BASICS IMMUNE BOOSTER can increase the amount of iron that your body absorbs.
- Aspirin may interfere with the way your body absorbs vitamin C from BRUNEL BASICS IMMUNE BOOSTER.

- Antacids (usually taken for heartburn) should not be taken at the same time as vitamin C as this can have a negative effect on your kidneys.
- Medications that contain amygdalin should not be taken at the same time as BRUNEL BASICS IMMUNE BOOSTER.

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 BRUNEL BASICS IMMUNE BOOSTER.

BRUNEL BASICS IMMUNE BOOSTER should not be used during pregnancy and breastfeeding, because it contains Echinacea. There is not enough information to prove that Echinacea is safe during pregnancy and breastfeeding.

Driving and using machines

Safety and efficacy when driving or operating machinery have not been established. Do not drive a vehicle, operate machinery, or do anything else that requires your attention until you know how BRUNEL BASICS IMMUNE BOOSTER affects you.

3. How to take BRUNEL BASICS IMMUNE BOOSTER

Do not share medicines with any other person.

Always take BRUNEL BASICS IMMUNE BOOSTER 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: Take 1 to 2 capsules daily.

If you have the impression that the effect of BRUNEL BASICS IMMUNE BOOSTER is too strong or too weak, tell your doctor or pharmacist.

Do not exceed the recommended dosage.

BRUNEL BASICS IMMUNE BOOSTER can be taken with or without food.

If you take more BRUNEL BASICS IMMUNE BOOSTER 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 BRUNEL BASICS IMMUNE BOOSTER with you so the doctor will know what you have taken.

4. Possible side effects

BRUNEL BASICS IMMUNE BOOSTER can have side effects.

Not all side effects reported for BRUNEL BASICS IMMUNE BOOSTER are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking BRUNEL BASICS IMMUNE BOOSTER, please consult your healthcare provider for advice.

If any of the following happens, stop taking BRUNEL BASICS IMMUNE BOOSTER 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 BRUNEL BASICS IMMUNE BOOSTER. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- chest pain;
- angina;
- changes in the way your heart beats, for example, if you notice it beating faster;
- difficulty breathing.

These are all serious side effects. You may need urgent medical attention.

Tell your doctor if you notice any of the following:

Side effects occurring less frequently:

- nausea;
- vomiting;
- stomach cramps;
- flushing (your skin may turn red);
- allergic reactions.

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 Reactions Reporting Form**”, found online **under SAHPRA’s publications**: <http://www.sahpra.org.za/Publications/Index/8>.

By reporting side effects, you can help provide more information on the safety of BRUNEL BASICS IMMUNE BOOSTER.

5. How to store BRUNEL BASICS IMMUNE BOOSTER

- Store all medicines out of reach of children.
- Store at or below 25 °C in a cool, dry place, protected from light.
- Do not store in a bathroom due to high humidity.
- Do not use after the expiry date printed on the label.
- Store in the original packaging.
- 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 BRUNEL BASICS IMMUNE BOOSTER contains

Each capsule contains:

The active substances are:

| | |
|---------------------------------------------------------------|---------|
| L-Ascorbic acid (Vitamin C) | 500 mg |
| <i>Echinacea purpurea</i> | 62,5 mg |
| [root, 4:1 extract providing 250 mg of dried herb equivalent] | |
| Pyridoxine (Vitamin B ₆) | 25 mg |
| Zinc oxide | 12,5 mg |
| providing Zinc (elemental) | 10 mg |
| D-alpha-tocopherol (Vitamin E) | 1 mg |
| Selenium glycinate | 0,5 mg |
| providing Selenium (elemental) | 10 µg |
| providing Glycine | 19 µg |

The other ingredients are magnesium stearate (E572), silicon dioxide (E551) and starch amyral.

What BRUNEL BASICS IMMUNE BOOSTER looks like and contents of the pack

Beige powder in a clear, size 00 vegetarian capsule.

90 capsules per black plastic container.

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 corresponding Professional Information

The Professional Information for BRUNEL BASICS IMMUNE BOOSTER is available on <https://www.brunel.co.za/professional-information/> or can be requested from the contact details above.

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PASIËNTINLIGTINGSBLAD

SKEDULERINGSSTATUS

S0

BRUNEL BASICS IMMUNE BOOSTER kapsules, vegetaries

L-Askorbiensuur (vitamien C), *Echinacea purpurea*,
piridoksien (vitamien B₆), sinkoksied, D-alfa-tokoferol (vitamien E), seleniumglisinaat.
Suikervry.

KOMPLEMENTÊRE MEDISYNE: D33.7 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.

BRUNEL BASICS IMMUNE BOOSTER is beskikbaar sonder 'n dokter se voorskrif, vir jou om jou gesondheid te onderhou. Nietemin, moet jy BRUNEL BASICS IMMUNE BOOSTER 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.

Wat is in hierdie inligtingsblad

1. Wat BRUNEL BASICS IMMUNE BOOSTER is, en waarvoor dit gebruik word.
2. Wat jy moet weet voordat jy BRUNEL BASICS IMMUNE BOOSTER neem.
3. Hoe om BRUNEL BASICS IMMUNE BOOSTER te neem.
4. Moontlike neue-effekte.
5. Hoe om BRUNEL BASICS IMMUNE BOOSTER te bêre.
6. Inhoud van die verpakking en ander inligting.

1. Wat BRUNEL BASICS IMMUNE BOOSTER is, en waarvoor dit gebruik word

BRUNEL BASICS IMMUNE BOOSTER is 'n aanvulling wat jou immuunstelsel help om beter te werk. Dit bevat 'n kombinasie van vitamieë, minerale en *Echinacea* om jou algemene gesondheid te verbeter en te ondersteun.

2. Wat jy moet weet voordat jy BRUNEL BASICS IMMUNE BOOSTER neem

Moet nie BRUNEL BASICS IMMUNE BOOSTER neem:

- indien jy hipersensitief (allergies) is vir *Echinacea* of vir enige van die ander bestanddele van BRUNEL BASICS IMMUNE BOOSTER nie (sien **Wat BRUNEL BASICS IMMUNE BOOSTER bevat**);
- indien jy onder die ouderdom van 18 jaar is. BRUNEL BASICS IMMUNE BOOSTER bevat selenium wat nie geskik is vir kinders nie;
- indien jy aan 'n niersiekte ly wat hiperoksalurie genoem word.

Waarskuwings en voorsorgmaatreëls

Wees versigtig met BRUNEL BASICS IMMUNE BOOSTER:

- indien jy aan 'n progressiewe sistemiese siekte ly soos tuberkulose, kollagenose, veelvoudige sklerose, MIV/VIGS, of enige auto-immuun versteurings.
- Kontak jou dokter indien jou toestand vererger of indien jy koors ontwikkel.

Kinders en adolessente

BRUNEL BASICS IMMUNE BOOSTER moet nie vir kinders onder die ouderdom van 18 jaar gegee word nie.

Ander medisyne en BRUNEL BASICS IMMUNE BOOSTER

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

- Ysteraanvullings: Vitamien C in BRUNEL BASICS IMMUNE BOOSTER kan die hoeveelheid yster wat jou liggaam absorbeer, verhoog.

- Aspirien kan inmeng met die manier waarop jou liggaam vitamien C van BRUNEL BASICS IMMUNE BOOSTER absorbeer.
- Teensuurmiddels (gewoonlik geneem vir sooibrand) moet nie gelyktydig met vitamien C geneem word nie, aangesien dit 'n negatiewe uitwerking op jou niere kan hê.
- Medikasie wat amigdalien bevat moet nie gelyktydig saam met BRUNEL BASICS IMMUNE BOOSTER geneem word nie.

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 BRUNEL BASICS IMMUNE BOOSTER neem.

BRUNEL BASICS IMMUNE BOOSTER moet nie tydens swangerskap en borsvoeding gebruik word nie, want dit bevat Echinacea. Daar is nie genoeg inligting om te bewys dat Echinacea veilig is tydens swangerskap en borsvoeding nie.

Bestuur en die gebruik van masjiene

Dit is nie vasgestel of BRUNEL BASICS IMMUNE BOOSTER veilig en doeltreffend is tydens bestuur en die gebruik van masjiene nie. Moet nie 'n voertuig bestuur, masjiene hanteer, of enigiets anders doen wat jou aandag vereis totdat jy weet hoe BRUNEL BASICS IMMUNE BOOSTER jou affekteer nie.

3. Hoe om BRUNEL BASICS IMMUNE BOOSTER te neem

Moet nie jou medisyne met enige ander persoon deel nie.

Neem BRUNEL BASICS IMMUNE BOOSTER altyd presies soos aangedui in hierdie inligtingsblad, of soos jou dokter of apteker vir jou verduidelik het. Vra gerus jou dokter of apteker indien jy onseker is, Die gewone dosis is:

Volwassenes: Neem 1 tot 2 kapsules daagliks.

Indien jy die indruk kry dat die uitwerking van BRUNEL BASICS IMMUNE BOOSTER te sterk of te swak is, bespreek dit met jou dokter of apteker.

Moet nie die aanbevole dosis oorskry nie.

BRUNEL BASICS IMMUNE BOOSTER kan met of sonder kos geneem word.

As jy meer BRUNEL BASICS IMMUNE BOOSTER 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 BRUNEL BASICS IMMUNE BOOSTER saam met jou sodat die dokter kan sien wat jy geneem het.

4. Moontlike nuwe-effekte

BRUNEL BASICS IMMUNE BOOSTER kan nuwe-effekte hê.

Nie alle nuwe-effekte wat vir BRUNEL BASICS IMMUNE BOOSTER gerapporteer is, word in hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid verswak of jy enige ongunstige effekte ondervind terwyl jy BRUNEL BASICS IMMUNE BOOSTER neem, raadpleeg asseblief jou gesondheidsorgverskaffer.

Indien enige van die volgende gebeur, hou op om BRUNEL BASICS IMMUNE BOOSTER te neem en sê dadelik vir jou dokter, of gaan na die ongevalle-afdeling by 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 BRUNEL BASICS IMMUNE BOOSTER gehad het. Dringende mediese bystand of hospitalisasie mag nodig wees.

Vertel jou dokter onmiddellik of gaan na die ongevalle-afdeling in jou naaste hospitaal as jy een van die volgende opmerk:

- borspyn;
- angina;
- veranderinge in die manier waarop jou hart klop, byvoorbeeld as jy voel dat dit vinniger klop;
- asemhalingsprobleme.

Hierdie is almal ernstige nuwe-effekte. Jy kan dalk dringende mediese bystand benodig.

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

Nuwe-effekte wat minder gereeld voorkom:

- naarheid;
- braking;
- maagkrampe;
- rooiheid van die vel;
- allergiese reaksies.

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 Reactions 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 BRUNEL BASICS IMMUNE BOOSTER te verskaf.

5. Hoe om BRUNEL BASICS IMMUNE BOOSTER te bêre

- Bêre alle medisyne buite die bereik van kinders.
- Bêre teen of onder 25 °C in 'n koel, droë plek, en beskerm teen lig.
- Moet nie in die badkamer bêre nie.
- Moet nie gebruik word na die vervaldatum soos aangedui op die etiket nie.
- Bêre in die oorspronklike verpakking.
- Neem alle ongebruikte medisyne terug na jou apteker.
- Moet nie ongebruikte medisyne in dreine en rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die pak en ander inligting

Wat BRUNEL BASICS IMMUNE BOOSTER bevat

Elke kapsule bevat:

Die aktiewe bestanddele is:

| | |
|---------------------------------------------------------------|---------|
| L-Askorbiensuur (Vitamien C) | 500 mg |
| <i>Echinacea purpurea</i> | 62,5 mg |
| [wortel, 4:1 ekstrak lewer 250 mg gedroogde kruie ekwivalent] | |
| Piridoksien (Vitamien B ₆) | 25 mg |
| Sinkoksied | 12,5 mg |
| lewer Sink (elementaal) | 10 mg |
| D-alfa-tokoferol (Vitamien E) | 1 mg |
| Seleniumglisinaat..... | 0,5 mg |
| lewer Selenium (elementaal) | 10 µg |
| lewer Glisien | 19 µg |

Die ander bestanddele is magnesiumstearaat (E572), silikondioksied (E551) en stysel amiraal.

Hoe BRUNEL BASICS IMMUNE BOOSTER lyk en inhoud van die verpakking

Roomkleurige poeier in 'n deursigtige, grootte 00 vegetariese kapsule.

90 kapsules in 'n swart plastiekhouer.

Houer van die registrasiesertifikaat

Brunel Laboratoria (Edms) Bpk

Van Tonderstraat 1

Sunderland Ridge

Centurion

0157

info@brunel.co.za

Hierdie inligtingsblad is laas hersien in

Sal met registrasie deur SAHPRA toegeken word.

Registrasienuommer

Sal met registrasie deur SAHPRA toegeken word.

Toegang tot die ooreenstemmende Professionele Inligtingsblad

Die Professionele Inligtingsblad vir BRUNEL BASICS IMMUNE BOOSTER is beskikbaar by

<https://www.brunel.co.za/professional-information/> of dit kan aangevra word deur die kontakbesonderhede hier bo te gebruik.

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