

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

Category D: Complementary medicine.

Discipline: Discipline Specific

33.7 Combination Product

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

CITRICIDAL PLUS, 100 Capsules

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS

IMPORTANT INFORMATION FOR YOU

- **CITRICIDAL PLUS** is available without a doctor's prescription.
- Nevertheless, you still need to use **CITRICIDAL PLUS** carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share **CITRICIDAL PLUS** with any other person.
- Ask your pharmacist or healthcare professional if you need more information or advice.

WHAT IS IN THIS LEAFLET

- What **CITRICIDAL PLUS** is and what it is used for.
- What you need to know before you take **CITRICIDAL PLUS**.
- How to take **CITRICIDAL PLUS**.
- Possible side effects.
- How to store **CITRICIDAL PLUS**.
- Contents of the pack and other information.

WHAT CITRICIDAL PLUS CONTAINS

Each one (1) capsule of **CITRICIDAL PLUS** contains the following actives:

Citricidal® standardized extract of Grapefruit	375 mg
(Citrus paradisi) [Seed and Pulp Extract]	
Artemisia annua (Chinese wormwood)	375 mg
Berberine HCL (Berberis aristata)	75 mg

Inactive ingredients: Hydroxypropyl methylcellulose and magnesium stearate.

This product is suitable for Vegetarians and non-GMO. (Sugar Free)

WHAT CITRICIDAL PLUS IS AND WHAT IT IS USED FOR

CITRICIDAL PLUS contributes to the microbial balance in the body organs and tissues, supports a healthy immune system and aids in digestion.

BEFORE YOU TAKE CITRICIDAL PLUS

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. Do not take **CITRICIDAL PLUS** if you are hypersensitive (allergic) to any of the ingredients. If you have allergies, be sure to check with your healthcare professional before taking this supplement. Wormwood that contains thujone. Thujone can cause seizures, kidney failure, vomiting, and other serious side effects. **Allergy to ragweed and related plants:** Wormwood may cause an allergic reaction in people who are sensitive to the Asteraceae/Compositae family. Members of this family include ragweed, chrysanthemums, marigolds, daisies. Avoid use if you have this allergy.

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

PREGNANCY AND BREASTFEEDING

Safety during pregnancy and breastfeeding has not been established. 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 practitioner for advice before taking this supplement.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent **CITRICIDAL PLUS** may interfere with the daily activities of a patient. Patients should ensure that they do not engage in activities relating to requiring mental alertness, judgement and/or sound co-ordination and vision e.g. driving, riding, flying, sailing, operating machines/equipment, until they are aware of the measure to which **CITRICIDAL PLUS** may affect you.

TAKING OTHER MEDICINES WITH CITRICIDAL PLUS

Complementary medicine products contain ingredients which may interact with some medication. If you are taking any chronic medication, do not use this product without consulting your medical practitioner

HOW TO TAKE CITRICIDAL PLUS

Do not share medicines prescribed for you with any other person. Always take **CITRICIDAL PLUS** exactly as described in this leaflet, or as your doctor, healthcare provider has instructed you. You should check with your doctor, pharmacist or healthcare provider if you are unsure.

Directions for use:

Adults: Take two (2) capsules, one to two times daily or as directed by your healthcare practitioner.

Do not take more than the recommended dose.

IF YOU TAKE MORE CITRICIDAL PLUS THAN YOU SHOULD

In the event of overdosage, consult your doctor, pharmacist. Should none of these be available, contact the nearest hospital or poison control centre.



IF YOU FORGET TO TAKE CITRICIDAL PLUS

Do not take a double dose to make up for a missed dose.

POSSIBLE SIDE EFFECTS

CITRICIDAL PLUS may have side effects.

Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: heart muscle disorder (cardiomyopathy), Hormone sensitive cancers and conditions, Irregular heartbeat, Postmenopausal adults, A rare inherited blood condition called porphyria, Kidney disorders, Seizure disorders, including epilepsy, High bilirubin levels in the blood. If you are taking the following medication, please consult with your healthcare practitioner before taking: Artemether (Artenam, Paluther), Buspirone (BuSpar), Carbamazepine (Tegretol), Carvedilol (Coreg), Estrogen, high blood pressure (Calcium channel blockers), Quinidine, Sedative medications (Benzodiazepines), Methadone (Dolophine), Medications used for lowering cholesterol (Statins), Caffeine, Warfarin (Coumadin), Medications used to prevent seizures (Anticonvulsants), Sedative medications (CNS depressants). If any of the following happens, stop using **CITRICIDAL PLUS** and tell your doctor or go to the casualty department at your nearest hospital:

- Allergic reactions— rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing.

These are all very serious effects. If you have them, you may have had a serious reaction to **CITRICIDAL PLUS**. You may need urgent medical attention or hospitalisation.

Side effects that usually do not require medical attention (report to your healthcare professional if they continue):

- nausea/vomiting, constipation, loss of appetite, mental/mood changes, unusual tiredness.

Not all side effects and interactions reported for **CITRICIDAL PLUS** are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor, pharmacist or healthcare professional.

REPORTING OF SIDE EFFECTS

If you experience side effects, talk to your doctor, pharmacist or other healthcare professional. You can also report side effects to SAHPRA via "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 **CITRICIDAL PLUS**.

STORAGE AND DISPOSING OF CITRICIDAL PLUS

Store all medicines out of the reach of children.

Store in a cool, dark place, below 25 °C.

Protect from direct sunlight and heat.

Store in the original packaging.

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

Do not use **CITRICIDAL PLUS** if you notice visible signs of deterioration.

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

PRESENTATION OF CITRICIDAL PLUS

A white 250 ml HDPE bottle with a white cap, induction seal, tamper shrink seal, wadding and silica gel sachet.

IDENTIFICATION OF CITRICIDAL PLUS

Capsule.

REGISTRATION NUMBER –

To be allocated by SAHPRA upon registration.

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

Scan QR code.

THIS LEAFLET WAS LAST REVISED ON

19 November 2024

NAME AND ADDRESS OF REGISTRATION HOLDER

Distributed by:

Amipro Advanced Development Products (Pty) Ltd
Unit 3, Eastgate Business Park, 1 South Road, Eastgate Extension,
Sandton, 2146
Tel: 011-802-8101



PASIËNT INLIGTINGSBLAD

SKEDULERINGSSTATUS S0

Kategorie D: Komplementêre medisyne.

Dissipline: Dissipline Spesifiek

33.7 Kombinasie produk

HANDELSNAAM EN DOSEERVORM,

CITRICIDAL PLUS, 100 kapsules

LEES HIERDIE INLIGTINGSBLAD NOUKEURING, WANT DIT BEVAT

BELANGRIKE INLIGTING VIR U

- **CITRICIDAL PLUS** is beskikbaar sonder doktersvoorskrif.
- U moet steeds **CITRICIDAL PLUS** versigtig gebruik om die beste resultate daaruit te kry.
- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
- Moenie **CITRICIDAL PLUS** met enige ander persoon deel nie.
- Vra jou apteker of gesondheidsorgpraktisyn of jy meer inligting of advies benodig.

WAT IS IN HIERDIE INLIGTINGSBLAD

- Wat **CITRICIDAL PLUS** is en waarvoor dit gebruik word.
- Wat jy moet weet voordat jy **CITRICIDAL PLUS** neem.
- Hoe om **CITRICIDAL PLUS** te neem.
- Moontlike nuwe-effekte.
- Hoe om **CITRICIDAL PLUS** te bêre.
- Inhoud van die pak en ander inligting

WAT CITRICIDAL PLUS BEVAT

Elke een (1) kapsule **CITRICIDAL PLUS** bevat die volgende aktiewe:

Sitrododende* gestandaardiseerde uittreksel van pomelo (Citrus paraisii) [Saad- en pulpekstrak]	375 mg
Artemesia annua (Chinese als)	375 mg
Berberien HCL (Berberis aristata)	75 mg

Onaktiewe bestanddele: Hydroxypropyl methylcellulose en magnesium steeraat.

Hierdie produk is geskik vir vegetariërs en nie-GMO. (Suikervry)

WAT IS CITRICIDAL PLUS KAPSULES EN WAARVOOR WORD DIT GEBRUIK
CITRICIDAL PLUS dra by tot die mikrobiële balans in die liggaamsorgane en weefsels, ondersteun 'n gesonde immuunstelsel en help met vertering.

VOORDAT JY CITRICIDAL PLUS NEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **CITRICIDAL PLUS** neem as jy hipersensitief (allergies) is vir enige van die bestanddele nie. As jy allergieë het, maak seker dat jy met jou gesondheidsorgpraktisyn gaan voordat jy hierdie aanvulling neem. Artemesia annua wat thujone bevat. Thujone kan aanvalle, nierversaking, braking en ander ernstige nuwe-effekte veroorsaak. **Allergie vir ragweed en verwante plante:** Alsem kan 'n allergiese reaksie veroorsaak by mense wat sensitief is vir die Asteraceae/Compositae-familie. Lede van hierdie familie sluit in ragweed, krisante, gousblomme, madeliefies. Vermoeg bykry as jy hierdie allergie het.

Hierdie medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.

SWANGERSKAP EN BORSVOEDING

Veiligheid tydens swangerskap en borsvoeding is nie vasgestel, raadpleeg u gesondheidsorgpraktisyn voor gebruik. As u swanger is of borsvoed, dink dat u swanger is of beplan om 'n baba te hê, raadpleeg u gesondheidsorgpraktisyn voordat u hierdie aanvulling neem.

BESTUUR EN GEBRUIK VAN MASIËNE

Dit is nie altyd moontlik om te voorspel in watter mate **CITRICIDAL PLUS** die daaglikse aktiwiteite van 'n pasiënt kan belemmer nie. Pasiënte moet seker maak dat hulle nie betrokke raak by aktiwiteite wat verband hou met die vereiste van verstandelike waaksaamheid, oordeel en/of gesonde koördinasie en visie nie, byvoorbeeld bestuur, ry, vlieg, seil, bedryfsmasjiene/toerusting, totdat hulle bewus is van die mate waartoe **CITRICIDAL PLUS** jou beïnvloed.

NEM VAN ANDER MEDISYNE SAAM MET CITRICIDAL PLUS

Komplementêre medisyne produkte bevat bestanddele wat met sommige medisyne 'n interaksie kan hê. As jy enige chroniese medisyne gebruik, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie.

HOE OM CITRICIDAL PLUS TE NEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **CITRICIDAL PLUS** presies soos beskryf in hierdie inligtingsblad, of soos u dokter, gesondheidsorgpraktisyn voorgeskryf het. Raadpleeg jou dokter, apteker of gesondheidsorgpraktisyn as jy onseker is.

Aanwysings vir gebruik:

Volwassenes: Neem twee (2) kapsules, een tot twee keer per dag of soos voorgeskryf deur jou gesondheidspraktisyn.

Moenie meer as die aanbevole dosis neem nie.

AS JY MEER CITRICIDAL PLUS NEM AS WAT JY MOET

In die geval van oordosering, raadpleeg u dokter of apteker. Indien nie een hiervan beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

AS JY VERGEET OM CITRICIDAL PLUS TE NEM

Moenie 'n dubbele dosis neem om op te maak vir 'n dosis wat oorgeslaan is nie.

MOONTLIKE NUWE-EFFEKTE

CITRICIDAL PLUS kan nuwe-effekte hê.

Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: hartspierversterking (kardiomyopatie), Hormoon sensitiewe kankers en toestande, Onreëlmatige hartklop, Postmenopousale vasowassenes, 'n Seldsame oorerflike bloedtoestand genaamd porfirie, nierafwykings, Beslagleggingsversterkings, insluitend epilepsie, Hoë bilirubiënvakke in die bloed. As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidspraktisyn voordat jy neem: Artemether (Arteman, Paluther), Busiprone (BuSpar), Carbamazepine (Tegretol), Carvedilol (Coreg), Estrogeen, hoë bloeddruk (Kalsiumkanaalblokkers), Quinidine, Kalmerende medisyne (Benzodiasepiene), Metadon (Dolophine), medisyne wat gebruik word vir die verlaging van cholesterol (Statene), Kafelen, Warfarin (Coumadin), medisyne wat gebruik word om aanvalle te voorkom (Antikonvulsante), Kalmerende medisyne (SSS-depressante). As enige van die volgende gebeur, hou op om **CITRICIDAL PLUS** te gebruik en vertel jou dokter of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- Allergiese reaksies- uitslag, jeuk / swelling (veral van die gesig / tong / keel), erge duiseligheid, probleme met asemhaling;

Dit is alles baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op **CITRICIDAL PLUS** gehad. Jy mag dalk dringende mediese hulp of hospitalisasie nodig hê.

Neuwe-effekte wat gewoonlik nie mediese hulp benodig nie (rapporteur aan u gesondheidsorgpraktisyn as dit voortduur):

- naarheid / braking, hardlywigheid, verlies aan eetlus, geestelike / gemoedsveranderinge, ongewone moegheid.

Nie alle nuwe-effekte en interaksies wat vir **CITRICIDAL PLUS** gerapporteer word, is by hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid vererger of as jy enige nadelige effekte ervaar tydens die gebruik van hierdie medisyne, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgpraktisyn vir raad. As jy enige nuwe-effekte sien wat nie in hierdie inligtingsblad genoem word nie, stel asseblief jou dokter, apteker of gesondheidsorgpraktisyn in kennis.

AANMELDING VAN NUWE-EFFEKTE

As jy nuwe-effekte ervaar, praat met jou dokter, apteker of ander gesondheidsorgpraktisyn. U kan ook nuwe-effekte aan SAHPRA rapporteer via "6.04 Adverse Drug Reaction Reporting Form", wat aantly gevind word onder SAHPRA se publikasies:

<https://www.sahpra.org.za/Publications/Index/8>. Deur nuwe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van **CITRICIDAL PLUS**.

HOE OM CITRICIDAL PLUS TE BÊRE

Bêre alle medisyne buite bereik van kinders.

Bêre in 'n koel, donker plek, onder 25 °C.

Beskerm teen direkte sonlig en hitte.

Bêre in die oorspronklike verpakking.

Moet nie gebruik word na die vervaldatum wat op die bottel aangedui word nie.

Moenie **CITRICIDAL PLUS** gebruik as u sigbare tekens van agteruitgang opmerk nie.

Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

AANBIEDING VAN CITRICIDAL PLUS

'n Wit 250 ml HDPE-bottel met 'n wit dop, induksiesêel, peuterkrimpseël, spons en silikagelsakkie.

IDENTIFIKASIE VAN CITRICIDAL PLUS

Kapsule.

REGISTRASIONOMMER

Om deur SAHPRA toegeken te word by registrasie.

TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING

Skandeer QR-kode.

HIERDIE INLIGTINGSBLAD IS LAAS HERSIEN OP

19 November 2024

NAAM EN ADRES VAN REGISTRASIEHOUER

Versprei deur:

Amipro Advanced Development Products (Pty) Ltd
Unit 3, Eastgate Business Park, 1 South Road, Eastgate Extension,
Sandton, 2146

Tel: 011-802-8101

