

## PATIENT INFORMATION LEAFLET

### SCHEDULING STATUS: S0

Category D: Complementary medicine.

Discipline: Discipline Specific

33.6 Western Herbal Medicine

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

### CITRICIDAL LIQUID®, 30 ml Liquid

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS

IMPORTANT INFORMATION FOR YOU

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

#### WHAT IS IN THIS LEAFLET

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

#### WHAT CITRICIDAL LIQUID® CONTAINS

Each one (1) drop of **CITRICIDAL LIQUID®** contains the following actives:

Citricidal® standardized extract of Grapefruit 25 mg  
(Citrus parasis) [Seed Extract]

Inactive Ingredients: Citric acid, glycerine, lactic acid

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

#### WHAT CITRICIDAL LIQUID® IS AND WHAT IT IS USED FOR

**CITRICIDAL LIQUID®** contributes to the microbial balance in the body organs and tissues and supports a healthy immune system. Citricidal Liquid® also provides antioxidants that protects cells against oxidative damage caused by free radicals.

#### BEFORE YOU TAKE CITRICIDAL LIQUID®

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. Do not take **CITRICIDAL LIQUID®** 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.

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 LIQUID®** 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 LIQUID®** may affect you.

#### TAKE OTHER MEDICINES WITH CITRICIDAL LIQUID®

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 LIQUID®

Do not share medicines prescribed for you with any other person. Always take **CITRICIDAL LIQUID®** 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:** Mix 1 to 5 drops in a glass of water or juice, one to three times daily or as directed by your healthcare practitioner.

**Do not take more than the recommended dose.**

#### IF YOU TAKE MORE CITRICIDAL LIQUID® THAN YOU SHOULD

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



#### IF YOU FORGET TO TAKE CITRICIDAL LIQUID®

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

#### POSSIBLE SIDE EFFECTS

**CITRICIDAL LIQUID®** 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 LIQUID®** 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 LIQUID®**. You may need urgent medical attention or hospitalisation.

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

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

Not all side effects and interactions reported for **CITRICIDAL LIQUID®** 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 LIQUID®**.

#### STORAGE AND DISPOSING OF CITRICIDAL LIQUID®

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 LIQUID®** if you notice visible signs of deterioration.

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

#### PRESENTATION OF CITRICIDAL LIQUID®

A 30 ml HDPE bottle with LDPE dropper and lid.

#### IDENTIFICATION OF CITRICIDAL LIQUID®

Liquid.

#### 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

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# PASIËNT INLIGTINGSBLAD

SKEDULERINGSSTATUS S0

Kategorie D: Komplementêre medisyne.

Dissipline: Dissipline Spesifiek

33.6 Westerse Kruie Medisyne

HANDELSNAAM EN DOSEERVORM,

## CITRICIDAL LIQUID® , 30 ml Vloeistof

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT

BELANGRIKE INLIGTING VIR U

- **CITRICIDAL LIQUID®** is beskikbaar sonder doktersvoorskrif.
- U moet steeds **CITRICIDAL LIQUID®** versigtig gebruik om die beste resultate daaruit te kry.
- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
- Moenie **CITRICIDAL LIQUID®** 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 LIQUID®** is en waarvoor dit gebruik word.
- Wat jy moet weet voordat jy **CITRICIDAL LIQUID®** neem.
- Hoe om **CITRICIDAL LIQUID®** te neem.
- Moontlike nuwe-effekte.
- Hoe om **CITRICIDAL LIQUID®** te bère.
- Inhoud van die pak en ander inligting

WAT CITRICIDAL LIQUID® BEVAT

Elke een (1) druppel **CITRICIDAL LIQUID®** bevat die volgende aktiewe:

Sitrodoedende\* gestandaardiseerde uittreksel van 25 mg  
pomoelo (Citrus parasisi) [Saad ekstrak]

**Aktiewe bestanddele:** Sitroensuur, glierien, melksuur

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

WAT IS CITRICIDAL LIQUID® EN WAARVOOR WORD DIT GEBRUIK

**CITRICIDAL LIQUID®** dra by tot die mikrobiële balans in die liggaamsorgane en weefsels en ondersteun 'n gesonde immuunstelsel. Sitrodoedende Vloeistof\* verskaf ook antoksidante wat selle beskerm teen oksidatiewe skade wat deur vrye radikale veroorsaak word.

VOORDAT JY CITRICIDAL LIQUID® NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **CITRICIDAL LIQUID®** 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. **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 MASHIENE

Dit is nie altyd moontlik om te voorspel in watter mate **CITRICIDAL LIQUID®** 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, bedryfsmasjien/toerusting, totdat hulle bewus is van die mate waartoe **CITRICIDAL LIQUID®** jou beïnvloed.

NEEM VAN ANDER MEDISYNE SAAM MET CITRICIDAL LIQUID®

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 LIQUID® TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **CITRICIDAL LIQUID®** 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:** Meng 1 tot 5 druppels in 'n glas water of sap, een tot drie keer per dag of soos voorgeskryf deur jou gesondheidsorgpraktisyn.

**Moenie meer as die aanbevole dosis neem nie.**

AS JY MEER CITRICIDAL LIQUID® NEEM 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 LIQUID® TE NEEM

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

MOONTLIKE NUWE-EFFEKTE

**CITRICIDAL LIQUID®** kan nuwe-effekte hê.

Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: hartspierversteuring (kardiomyopatie), Hormoon sensitiewe kankers en toestande, Onreëmatige hartklop, Postmenopousale volwassenes, 'n Seldsame oorerflik bloedtoestand genaamd porfirie, Nierafwykings, Beslagleggingsversteurings, insluitend epilepsie, Hoë bilirubiënvakke in die bloed. As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidsorgpraktisyn voordat jy neem: Artemether (Arteman, Paluther), Busiprone (BuSpar), Carbamazepine (Tegretol), Carvedilol (Coreg), Estrogeen, hoë bloeddruk (Kalsiumkanaalblokkers), Quinidine, Kalmerende medisyne (Bensodiasiepiene), Metadon (Dolophine), medisyne wat gebruik word vir die verlag van cholesterol (Statiene), Kafieën, Warfarin (Coumadin), medisyne wat gebruik word om aanvalle te voorkom (Antikonvulsante), Kalmerende medisyne (SSS-depressante). As enige van die volgende gevee, hou op om **CITRICIDAL LIQUID®** 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 LIQUID®** gehad. Jy mag dalk dringende mediese hulp of hospitalisasie nodig hê.

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

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

Nie alle nuwe-effekte en interaksies wat vir **CITRICIDAL LIQUID®** 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 aamlyn 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 LIQUID®**.

**HOE OM CITRICIDAL LIQUID® TE BERE**

Bère alle medisyne buite bereik van kinders.

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

Beskerm teen direkte sonlig en hitte.

Bère in die oorspronklike verpakking.

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

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

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

**AANBIEDING VAN CITRICIDAL LIQUID®**

'n 30 ml HDPE-bottel met LDPE-drupper en deksel.

**IDENTIFIKASIE VAN CITRICIDAL LIQUID®**

Vloeistof.

**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:

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