PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0.
Category D: Complementary medicine.
Discipline: Discipline Specific
33.7 Combination Product

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

LICORICE PLUS®, 60 Tablets

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

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

WHAT IS IN THIS LEAFLET

WHAT LICORICE PLUS® CONTAINS

Each one (1) tablet of LICORICE PLUS® contains the following actives:

Licorice (Glycyrrhiza glabra) [Root 15:1 Extract standardized to 25 % (75 mg) glycyrrhizic acid]	300 mg
Chinese Yam (Dioscorea oppositifolia) [Root 4:1 extract]	62,5 mg
Rehmannia (Rehmannia glutinosa) [Root 4:1 extract]	62,5 mg
Ashwagandha (Withania somnifera) [Root 15:1 Extract (containing withanolides)]	50 mg

Inactive Ingredients: : Coating (hydroxypropylmethylcellulose, hydroxypropylcellulose, and medium-chain triglycerides), croscarmellose sodium, dicalcium phosphate microcrystalline cellulose, silicon dioxide and stearic acid (vegetable). **This product is non-GMO, gluten-free, dairy free (Sugar free)**

WHAT LICORICE PLUS® IS AND WHAT IT IS USED FOR

LICORICE PLUS® features a blend of traditional herbs, including Licorice, Ashwagandha, and a unique herbal extract blend Rehmannia and Chinese Yam, formulated to support overall well-being and help the body adapt to stress.

BEFORE YOU TAKE LICORICE PLUS®

If you are taking any chronic medication, do not use this product without consulting your healthcare practitioner. Do not take **LICORICE 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. **SURGERY**: Stop taking **LICORICE PLUS®** 2 weeks before scheduled surgergy.
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, do not take if you are pregnant or breastfeeding. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult with your healthcare professional before taking this supplement.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent **LICORICE 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 **LICORICE PLUS®** may affect you.

TAKING OTHER MEDICINES WITH LICORICE 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 healthcare practitioner.

HOW TO TAKE LICORICE PLUS®

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

Directions for use:
Adults: Take one (1) tablet daily or as directed by your healthcare practitioner.
Do no take more than the recommended dose.

IF YOU TAKE MORE LICORICE 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 LICORICE PLUS®

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

POSSIBLE SIDE EFFECTS

LICORICE PLUS® may have side effects.
Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: Heart conditions, Hormone-sensitive conditions such as breast cancer, uterine cancer, ovarian cancer, endometriosis, or uterine fibroids, High blood pressure, A muscle condition caused by nerve problems (hypertonia), Low potassium levels in the blood (hypokalemia), Kidney disease, S deficiency, diabetes, "Auto-immune diseases" such as multiple sclerosis (MS), lupus systemic lupus erythematosus, SLE), rheumatoid arthritis (RA), Liver disease, Thyroid disorders

If you are taking the following medication, please consult with your healthcare practitioner before taking: Digoxin (Lanoxin), Oestrogens, Water pills (Loop diuretics), Antihypertensive drugs, Anti-inflammatories (Corticosteroids), Warfarin (Coumadin), Medications moved by pumps in cells (P-glycoprotein substrates), Diabetes (Antidiabetes drugs), Sedative medications (Benzodiazepines), Sedative medications (CNS depressants), Thyroid hormone, Hepatotoxic drugs. If any of the following happens, stop using **LICORICE 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 **LICORICE 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, diarrhea, and vomiting.

Not all side effects and interactions reported for **LICORICE 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 **LICORICE PLUS®.**

STORAGE AND DISPOSING OF LICORICE 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 **LICORICE PLUS®** if you notice visible signs of deterioration.
Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF LICORICE PLUS®

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

IDENTIFICATION OF LICORICE PLUS®

Brown Speckled coated oval Tablet.

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

SKEDULERINGSTATUS: S0
Kategorie D: Komplementêre medisyne.
Dissipline: Dissipline Spesifiek
33.7 Kombinasie produk

HANDELSNAAM EN DOSEERVORM**,**

LICORICE PLUS®, 60 Tablette

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT BELANGRIKE INLIGTING VIR U

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

WATTER LICORICE PLUS® BEVAT

Elke een (1) tablet LICORICE PLUS® bevat die volgende aktiewe:

Drop (Glycyrrhiza glabra) [Wortel 15: 1 Uittreksel gestandaardiseer tot 25% (75 mg) glycyrrhisien suur]	300 mg
Chinese Yam (Dioscorea oppositifolia) [Wortel 4:1 uittreksel]	62,5 mg
Rehmannia (Rehmannia glutinosa) [Wortel 4:1 uittreksel]	62,5 mg
Ashwagandha (Withania somnifera) [Wortel 15:1 Uittreksel (bevat withanolides)]	50 mg

Onaktiewe bestanddele: Laag (hidroksipropylmetelsellulose, hidroksipropylsellulose en mediumketting trigliseriede), croscarmellose-natrium, dikalsiumfosfaat mikrokristallyne sellulose, silikondioksied en steariensuur (groente).
Hierdie produk is nie-GGO, glutenvry, suiwelvry (suikervry)

WAT IS LICORICE PLUS® KAPSULES EN WAARVOOR WORD DIT GEBRUIK

LICORICE PLUS® beskik oor 'n mengsel van tradisionele kruie, insluitend Drop, Ashwagandha, en 'n unieke kruie-uittrekselmengsel Rehmannia en Chinese Yam, geformuleer om algehele welstand te ondersteun en die liggaam te help aanpas by stres.

VOORDAT JY LICORICE PLUS® NEEM

Wees versigtig as jy magnesium saam met spierverslappers neem, aangesien dit die risiko van newe-effekte van spierverslappers kan verhoog. As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **LICORICE 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.
CHIRURGIE: Hou op om **LICORICE PLUS®** 2 weke voor geskeduleerde operasie te 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 nie, moenie neem as jy swanger is of borsvoed nie. 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 MASJIENE

Dit is nie altyd moontlik om te voorspel in watter mate **LICORICE 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 **LICORICE PLUS®** jou beïnvloed.

NEEM VAN ANDER MEDISYNE SAAM MET LICORICE 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 LICORICE PLUS® TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **LICORICE 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:
Volwasse: Neem een (1) tablet daagliks of soos voorskryf deur jou gesondheidsorgpraktisyn
Moenie meer as die aanbevole dosis neem nie.

AS JY MEER LICORICE PLUS® 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 LICORICE PLUS® TE NEEM

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

MOONTLIKE NEWE-EFFEKTE

LICORICE PLUS® kan newe-effekte hê.
Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: Suikersiekte, Harttoestande, Hormoonsensitiewe toestande soos borskanker, baarmoederkanker, eierstokkanker, endometriose of baarmoederfibroïede, Hoë bloeddruk, 'n Spiertoestand wat veroorsaak word deur senuweeprobleme (hipertonie), Lae kaliumvlakke in die bloed (hipokalemie), Niersiekte, S-tekort, diabetes, "Outo-immuun siektes" soos veelvuldige sklerose (MS), lupus sistemiese lupus erythematosus, SLE), rumatoïede artritis (RA), lewersiekte, skildklierafwykings

As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidspraktisyn voordat jy neem: Digoksien (Lanoxin), Estrogeen, Waterpille (Loop diuretika), Antihipertensiewe middels, Anti-inflammatoriese middels (Kortikosteroïede), Warfarin (Coumadin), Medikasie beweeg deur pompe in selle (P-glikoproteïensubstrate), Diabetes (Antidiabetes middels), Kalmerende medikasie (Bensodiasepiene), Kalmerende medikasie (SSS-depressante), Skildklierhormoon, Hepatotoksiese middels. As enige van die volgende gebeur, hou op om **LICORICE 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 **LICORICE PLUS®** gehad. Jy mag dalk dringende mediese hulp of hospitalisasie nodig hê.
Newe-effekte wat gewoonlik nie mediese hulp benodig nie (rapporteer aan u gesondheidsorgpraktisyn as dit voortduur):

- Naarheid, diarree en braking.

Nie alle newe-effekte en interaksies wat vir **LICORICE 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 newe-effekte sien wat nie in hierdie inligtingsblad genoem word nie, stel asseblief jou dokter, apteker of gesondheidsorgpraktisyn in kennis.

AANMELDING VAN NEWE-EFFEKTE

As jy newe-effekte ervaar, praat met jou dokter, apteker of ander gesondheidsorgpraktisyn. U kan ook newe-effekte aan SAHPRA rapporteer via "6.04 Adverse Drug Reaction Reporting Form", wat aanlyn gevind word onder SAHPRA se publikasies:
https://www.sahpra.org.za/Publications/Index/8. Deur newe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van **LICORICE PLUS®.**

HOE OM LICORICE PLUS® TE BERÊ

Hou buite bereik van kinders.
Hou dig toegemaak op 'n koel, droë 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 **LICORICE PLUS®** gebruik as u sigbare tekens van agteruitgang opmerk nie.
Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

AANBIEDING VAN LICORICE PLUS®

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

IDENTIFIKASIE VAN LICORICE PLUS®

Donkergroen Sagtegel/Bruin Vulsel, langwerpig.

REGISTRATION NOMMER

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

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