

**PATIENT INFORMATION LEAFLET
EFFERFLU C IMMUNE BOOSTER**

Echinacea purpurea 50,0 mg

Zinc lactate trihydrate 22,71 mg

The other ingredients are:

Acesulfame potassium, citric acid anhydrous, orange flavour, polysorbate 20, red beet powder, simethicone emulsion 30 %, sodium carbonate anhydrous, sodium hydrogen carbonate, and sorbitol.

EFFERFLU C IMMUNE BOOSTER contains the sweeteners acesulfame potassium (non-nutritive) and sorbitol (sugar alcohol).

2. WHAT EFFERFLU C IMMUNE BOOSTER IS USED FOR:

EFFERFLU C IMMUNE BOOSTER assists in providing support in boosting the immune system, assisting the body in fighting infections such as the cold and flu, and promoting physical well-being.

3. BEFORE YOU TAKE EFFERFLU C IMMUNE BOOSTER:

Do not take EFFERFLU C IMMUNE BOOSTER:

- if you are hypersensitive (allergic) to vitamin C, echinacea purpurea, zinc lactate trihydrate or any of the other ingredients of **EFFERFLU C IMMUNE BOOSTER** (see **WHAT EFFERFLU C IMMUNE BOOSTER CONTAINS**).
- if you have kidney problems or kidney stones
- if you have a hereditary disease associated with an excess of iron in the body
- if you have stomach ulcers
- if you have tuberculosis (TB)

**PATIENT INFORMATION LEAFLET
EFFERFLU C IMMUNE BOOSTER**

- if you have multiple sclerosis (MS)
- if you have any inherited blood disorders
- If you have leukaemia
- If you have HIV/AIDS
- If you have an autoimmune disease
- If you have collagen disease

Take special care with EFFERFLU C IMMUNE BOOSTER:

If your general health worsens while taking **EFFERFLU C IMMUNE BOOSTER**, please consult your healthcare practitioner.

Pregnancy and Breastfeeding:

The safety of **EFFERFLU C IMMUNE BOOSTER** has not been established in pregnancy and breastfeeding.

If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking **EFFERFLU C IMMUNE BOOSTER**.

Driving and using machinery:

EFFERFLU C IMMUNE BOOSTER is not expected to interfere with your ability to drive or use machines, however you should exercise caution before performing these tasks until you know how **EFFERFLU C IMMUNE BOOSTER** affects you.

**PATIENT INFORMATION LEAFLET
EFFERFLU C IMMUNE BOOSTER**

Important information about some of the ingredients of EFFERFLU C IMMUNE BOOSTER:

EFFERFLU C IMMUNE BOOSTER contains the sweetener sorbitol. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking **EFFERFLU C IMMUNE BOOSTER**.

Taking other medicines with EFFERFLU C IMMUNE BOOSTER:

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

Simultaneous use of **EFFERFLU C IMMUNE BOOSTER** will have a decreased effectiveness of the following medicines:

- Basiliximab, azathioprine, cyclosporine, daclizumab, muromonab, mycophenolic acid, mycophenolate mofetil, sirolimus and tacrolimus (immunosuppressants used to prevent organ rejection after transplantation or to treat autoimmune diseases)
- Corticosteroids (anti-inflammatories to reduce inflammation and suppress the immune system to treat many conditions)
- Tetracycline, and fluoroquinolone (antibiotics used to treat bacterial infections)
- Indinavir (antiretroviral used to treat HIV/AIDS)

4. HOW TO TAKE EFFERFLU C IMMUNE BOOSTER:

Do not share medicines prescribed for you with any other person.

**PATIENT INFORMATION LEAFLET
EFFERFLU C IMMUNE BOOSTER**

The usual dose is one tablet daily dissolved in half to one glass of water or as directed by your healthcare practitioner. It is recommended that **EFFERFLU C IMMUNE BOOSTER** be dissolved in cold water for a more pleasant taste. Drink **EFFERFLU C IMMUNE BOOSTER** mixture immediately after dissolving in water.

If you take more EFFERFLU C 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 control centre.

If you forget to take a dose of EFFERFLU C IMMUNE BOOSTER:

Do not take a double dose to make up for a forgotten individual dose.

5. POSSIBLE SIDE EFFECTS:

EFFERFLU C IMMUNE BOOSTER can have side effects.

Not all side effects reported for **EFFERFLU C IMMUNE BOOSTER** are included in this leaflet. Should your general health worsen, or if you experience any untoward effects while taking **EFFERFLU C IMMUNE BOOSTER**, please consult your doctor, pharmacist or other healthcare professional for advice.

If any of the following happens, stop taking **EFFERFLU C IMMUNE BOOSTER** and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of the hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing

**PATIENT INFORMATION LEAFLET
EFFERFLU C IMMUNE BOOSTER**

- rash or itching

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to **EFFERFLU C IMMUNE BOOSTER**. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

- stomach problems such as nausea, vomiting, diarrhoea and stomach ache
- dizziness, drowsiness and headache
- metallic taste in the mouth

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

6. STORING AND DISPOSING OF EFFERFLU C IMMUNE BOOSTER:

- Store at or below 25 °C in a cool, dry place.
- Protect from light and moisture.
- Do not store in a bathroom.
- Store your tablets in the pack that they came in and keep the tube tightly closed.
- Do not use after the expiry date stated on the carton.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).
- **KEEP ALL MEDICINES OUT OF THE REACH AND SIGHT OF CHILDREN**