

Applicant name
Apdocs' Flem-Go suspension
Multiple substances

SHAKE THE BOTTLE WELL BEFORE USE.

Keep in original package.

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

Return all unused medicine to your pharmacist.

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

6. Contents of the pack and other information

What APDOCS' FLEM-GO® contain

Each 5 ml contains:

Citrus limon (L.) (Lemon) 1,585 g
[fruit peel]

Zingiber officinale Roscoe (Ginger) 0,97 g
[root]

Curcuma longa L. (Turmeric) 0,425 g
[root]

Contains Sugar: Sucrose 262,5 mg

Preservative: Benzoic Acid: 0,05 % *m/v*

Contains Alcohol (Ethanol): 0,102 % *v/v*

Other ingredients: benzoic acid, ethanol, glycerin, purified water and sucrose.

What APDOCS' FLEM-GO® looks like and contents of the pack

APDOCS' FLEM-GO® is a bright yellow suspension in a 220ml/100ml brown plastic bottle with a white snap-on cap.

Holder of Certificate of Registration

Apdoc Properties

Hotline: +27 77 425 6806

This leaflet was last revised in

April 2025.

Registration number

To be allocated.

Access to the corresponding Professional Information

For more information: www.apdochealth.com

Name and address of the manufacturer

Apdoc Properties

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A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.

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3. How to take APDOCS' FLEM-GO®

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

Always take APDOCS' FLEM-GO® exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

ADULTS (12 years and older): 10 ml three times a day after meals.

CHILDREN (6 – 11 years): 5 ml three times a day after meals.

If you take more APDOCS' FLEM-GO® than you should

In the event of an overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you forget to take APDOCS' FLEM-GO®

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

4. Possible side effects

APDOCS' FLEM-GO® can have side effects.

Not all side effects reported for APDOCS' FLEM-GO® are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking APDOCS' FLEM-GO®, please consult your health care provider for advice.

Tell your doctor if you notice any of the following frequent side effects:

- abdominal discomfort or stomach pains,
- burping,
- constipation,
- dyspepsia,
- diarrhoea,
- discomfort in the upper stomach region,
- heartburn,
- reflux,
- nausea (feeling sick),
- vomiting.

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 or nurse . You can also report side effects to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website. By reporting side effects, you can help provide more information on the safety of APDOCS' FLEM-GO®.

5. How to store APDOCS' FLEM-GO®

Store all medicines out of reach of children.

Store at or below 25 °C, in a cool and dry place.

Protect from light.

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Warnings and precautions

Take special care with APDOCS' FLEM-GO®:

A relevant health care provider should be consulted prior to use if you are:

- pregnant;
- taking any medicines including other complementary medicines.

Other medicines and APDOCS' FLEM-GO®

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

Ginger

WARFARIN: Ginger might increase the risk of bleeding with warfarin, monitor INRs closely when taking large amounts of ginger.

Turmeric

METHOTREXATE: Theoretically, turmeric might have additive effects when used with hepatotoxic (liver damage) medicines such as methotrexate.

TAMOXIFEN: Theoretically, turmeric might reduce the levels and clinical effects of tamoxifen.

WARFARIN: Turmeric might increase the risk of bleeding with warfarin.

APDOCS' FLEM-GO® with food and drink

APDOCS' FLEM-GO® is not influenced by taking it with food and drink.

Pregnancy and breastfeeding

The safety of APDOCS' FLEM-GO® in 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 health care provider for advice before taking this medicine.

Driving and using machines

APDOCS' FLEM-GO® should not affect your ability to drive or operate machines. It is not always possible to predict to what extent APDOCS' FLEM-GO® may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which APDOCS' FLEM-GO® affects them.

APDOCS' FLEM-GO® contains sucrose and alcohol.

If you have been told that you have an intolerance to some sugars, you should not take APDOCS' FLEM-GO®.

This medicine contains alcohol (ethanol).

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PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

APDOCS' FLEM-GO® Suspension 220ML/100ML

Lemon, ginger and turmeric

Contains Sugar: Sucrose 262,5 mg

Preservative: Benzoic Acid: 0,05 % *m/v*

Contains Alcohol (Ethanol): 0,102 % *v/v*

Complementary Medicine

D33.6 Western Herbal medicines

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

APDOCS' FLEM-GO® is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use APDOCS' FLEM-GO® carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share APDOCS' FLEM-GO® with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve after 7 days.

What is in this leaflet

1. What APDOCS' FLEM-GO® is and what it is used for
2. What you need to know before you take APDOCS' FLEM-GO®
3. How to take APDOCS' FLEM-GO®
4. Possible side effects
5. How to store APDOCS' FLEM-GO®
6. Contents of the pack and other information

1. What APDOCS' FLEM-GO® is and what it is used for

APDOCS' FLEM-GO® is a complementary medicine that contains a mixture of western herbal medicines that may assist in clearing mucus from the chest associated with cold & flu symptoms.

2. What you need to know before you take APDOCS' FLEM-GO®

Do not take APDOCS' FLEM-GO®:

- if you are hypersensitive (allergic) to any of the ingredients of APDOCS' FLEM-GO® (listed in section 6),

Do not give to children younger than 6 years of age.

Igama lomfakisicelo
I-suspension ye-APDOCS' F'lem-Go
Izinto eziningi

5. Indlela yokugcina i-APDOCS' F'LEM-GO®
Gcina yonke imithi lapho izingane zingafinyeleli khona.
Gcina ku-25 °C noma ngaphansi, endaweni epholile neyomile.
Vikela ekukhanyeni.
NYAKAZISA IBHODELELA KAHLE NGAPHAMBI KOKULISEBENZISA.
Gcina kuphakheji yangempela.
Ungasebenzisi ngemva kosuku lokuphelelwa yisikhathi olushivo esitsheni.
Buyisela yonke imithi engasetshenziswanga kusokhemisi wakho.
Ungawulahi umuthi ongasetshenzisiwe emiseleni noma kumapayipi endle (isb. izindlu zangasese).

6. Okuqukethwe iphakethe nolunye ulwazi
Yini equkethwe yi-APDOCS' F'LEM-GO®
I-5 ml ngayinye iqukethe:
I-Citrus limon (L.) (Ilamula) 1,585 g
[ikhasi lezithelo]
I-Zingiber officinale I-Roscoe (Ijinja) 0,97 g
[impande]
I-Curcuma longa L. (i-Turmeric) 0,425 g
[impande]
Iqukethe ushukela: I-Sucrose 262,5 mg
I-Preservative: I-Benzoiic Acid: 0,05 % m/v
Iqukethe Utshwala (i-Ethanol): 0,102 % v/v

Ezinye izithako: i-benzoic acid, i-ethanol, i-glycerin, amanzi ahlanzekile kanye ne-sucrose.

Ibukeka kanjani i-APDOCS' F'LEM-GO® kanye nokuqukethwe iphakethe
I-APDOCS' F'LEM-GO® iyi-suspension ephuzi ngokugamile ebhodleni lepalatisiki elinsundu elingu-100ml/200ml elinesivalo esimhlophe.

Umnikazi Wesitifiketi Sokubhaliswa
Izakhiwo ze-APdoc
Inombolo yocingo: +27 77 425 6806

Leli pheshana ligcine ukubuyekwezwa ngo
Ephreli 2025.
Inombolo yokubhalisa
Izokwabelwa.

Ukufinyelela Ulwazi Lochwepheshe oluhambisanayo
Ukuze uthole ulwazi olwengeziwe: www.apdochealth.com

Igama nekheli lomkhqizi
Izakhiwo ze-APdoc
Ukudla okunhlobonhlobo kuyindlela ephumelela kakhulu nephephile yokuthola ukudla okunomsoco, impilo, ukwakheka komzimba kanye nokusebenza kwengqondo nokusebenza komzimba.

Hlanza Ipheshana Lolwazi Lwesiguli Oluhlongozwayo
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Ikhasi 4 lika-4

Igama lomfakisicelo
I-suspension ye-APDOCS' F'lem-Go
Izinto eziningi

3. Uyiphuza kanjani i-APDOCS' F'LEM-GO®
Ungabelani ngemithi oyinqunyelwe nanoma yimuphi omunye umuntu.

Njalo thatha i-APDOCS' F'LEM-GO® njengoba kuchazwe kuleli pheshana noma njengoba udokotela wakho noma usokhemisi ekutshela. Hlola nodokotela wakho noma usokhemisi uma ungenaso isiqiniseko.

ABADALA (abaneminyaka eyi-12 nangaphezulu): 10 ml kathathu ngosuku ngemuva kokudla.
IZINGANE (iminyaka engu-6 – 11): 5 ml kathathu ngosuku ngemva kokudla.

Uma uthatha i-APDOCS' F'LEM-GO® ngaphezu kwalokhu okufanele uyithathe
Uma kwenzeka weqisa izidakamizwa, thintana nodokotela wakho noma nosokhemisi. Uma kungekho, thintana nesibhedlela esiseduze noma isikhungo sobuthi.

Uma ukhohlwa ukuthatha i-APDOCS' F'LEM-GO®
Ungathathi umthamo ophindwe kabili ukuze wakhe imithamo engathathwanga.

4. Imiphumela emibi engaba khona
I-APDOCS' F'LEM-GO® ingaba nemiphumela engemihle.
Akuyona yonke imiphumela emibi ebikiwe ye-APDOCS' F'LEM-GO® efakiwe kuleli pheshana. Uma impilo yakho jikelele iba yimbi kakhulu noma uba nanoma yimiphi imiphumela emibi ngenkathi uthatha i-APDOCS' F'LEM-GO®, sicela uthintane nomhlinzeki wakho wokunakekelwa kwezempilo ukuze uthole iseluleko.

Tshela udokotela wakho uma ubona nanoma yimiphi imiphumela emibi elandelayo evamile:

- ubuhlungu besisu,
- ukuthodla,
- ukusongelana,
- i-dyspepsia,
- isifo sohudo,
- ukungakhululeki endaweni engenhlá yesisu,
- isilungulela,
- i-reflux,
- isicanucanu (uzizwa ugula),
- ukuhlanza.

Uma ubona nanoma yimiphi imiphumela emibi engashiwongo kuleli pheshana, sicela wazise udokotela wakho noma usokhemisi.

Ukubikwa kwemiphumela engemihle
Uma uthola imiphumela engemihle, khuluma nodokotela wakho noma usokhemisi noma unesi. Ungakwazi futhi ukubika imiphumela engemihle kwa-SAHpra nge-Med Safety APP (Medsafety X SAHPRA) kanye neplathifomu ye-eReporting (who-umc.org) etholakala kuwebhusayithi ye-SAHpra. Ngokubika imiphumela engemihle, ungasiza ekunikezeni ulwazi olwengeziwe ngokuphepha kwe-APDOCS' F'LEM-GO®.

Hlanza Ipheshana Lolwazi Lwesiguli Oluhlongozwayo
Ephreli 2025

Ikhasi 3 lika-4

Igama lomfakisicelo
I-suspension ye-APDOCS' F'lem-Go
Izinto eziningi

Izixwayiso nezinyathelo zokuqapha
Nakekela ngokukhethekile ngeAPDOCS' F'LEM-GO®:
Umhlinzeki wokunakekelwa kwezempilo kufanele athintwe ngaphambi kokuyisebenzisa uma:
• ukhulelwe;
• ukuphuza noma yimiphi imithi kuhlanganisa neminye imithi ehambisanayo.

Eminye imithi kanye ne-APDOCS' F'LEM-GO®
Njalo tshela uchwepheshe wakho wezempilo uma uthatha nanoma yimiphi eminye imithi. (Lokhu kuhlanganisa imithi ehambisanayo noma yesintu.)

Ujinja
I-WARFARIN: Ujinja ungase uyuse ingozi yokopha nge-warfarin, uqaphe amazinga e-INR eduze lapho uthatha ijinja eningi.

I-Turmeric
I-METHOTREXATE: Ngokweyithori, i-turmeric ingase ibe nemiphumela eyengeziwe uma isetshenziswa nemithi ye-hepatotoxic (ukumalala kwesibindi) efana ne-methotrexate.

I-TAMOXIFEN: Ngokweyithori, i-turmeric ingase yehlise amazinga nemiphumela okusebenza kwe-tamoxifen.

I-WARFARIN: I-Turmeric ingase yandise ingozi yokopha nge-warfarin.

I-APDOCS' F'LEM-GO® nokudla nesiphuzo
I-APDOCS' F'LEM-GO ayithonywa ukuyithatha kanye nokudla nesiphuzo.

Ukukhulelwa nokuncelisa
Ukuphepha kwe-APDOCS' F'LEM-GO® kwabakhulelwe nabancelisayo akukasungulwa.

Uma ukhulelwe noma uncelisa, ucabanga ukuthi ukhulelwe noma uhlala ukuba nomtswana, sicela uthintane nodokotela wakho, usokhemisi noma omunye umhlinzeki wezempilo ukuze uthole iseluleko ngaphambi kokuthatha lo muthi.

Ukushayela nokusebenzisa imishini
I-APDOCS' F'LEM-GO® akufanele iphazamise ikhono lakho lokushayela noma ukusebenzisa imishini. Akukho ukubonisa ukuthi i-APDOCS' F'LEM-GO® ingase iphazamise kangakanani imisebenzi yansuku zonke yesiguli. Iziguli kufanele ziqinisekise ukuthi azizibandakanyi kule misebenzi engenhlá kuze kube yilapho sezizaphela isilinganiso i-APDOCS' F'LEM-GO® iziphazamisa kanjani.

I-APDOCS' F'LEM-GO® iqukethe i-sucrose notshwala.

Uma utshelwe ukuthi awubabekezeleli abanye ushukela, akufanele uthathe i-APDOCS' F'LEM-GO®.

Lo muthi uqukethe utshwala (i-ethanol).
Hlanza Ipheshana Lolwazi Lwesiguli Oluhlongozwayo
Ephreli 2025

Ikhasi 2 lika-4

Igama lomfakisicelo
I-suspension ye-APDOCS' F'lem-Go
Izinto eziningi

IPHEPHA LOLWAZI LWESIGULI
ISIMO SOKUHELELA: **SO**
I-suspension ye-APDOCS' F'LEM-GO® 220ML/100ML
Ulamula, ijinja kanye ne-turmeric
Iqukethe ushukela: I-Sucrose 262,5 mg
I-Preservative: I-Benzoiic Acid: 0,05 % m/v
Iqukethe Utshwala (i-Ethanol): 0,102 % v/v

Imithi Yokulekelela
D33.6 Imithi ye-Western Herbal
Lo muthi ongabhalisiwe awuzange uhlolwe yi-SAHpra ngekhwalithi yawo, ukuphepha noma ukusetshenziswa okuhlosiwe.

Funda lonke leli pheshana ngokucophelela ngoba iqukethe ulwazi olubalulekile lwakho
I-APDOCS' F'LEM-GO® iyatholakala ngaphandle kwencwadi kadokotela, ukuze ulondolze mpilo yakho. Noma kunjalo, usadinga ukusebenzisa i-APDOCS' F'LEM-GO® ngokucophelela ukuze uthole imiphumela engcono kakhulu kuyo.
• Gcina leli pheshana, Ungase udinge ukuyifunda futhi.
• Ungabelani nge-APDOCS' F'LEM-GO® nanoma yimuphi omunye umuntu.
• Buza umhlinzeki wakho wezempilo noma usokhemisi uma udinga ulwazi olwengeziwe noma iseluleko.
• Kufanele ubone udokotela uma izimpawu zakho ziba zimbi kakhulu noma zingabi ngcono ngemva kwezinsuku eziyi-7.

Kuyini okukuleli pheshana
1. Iyini i-APDOCS' F'LEM-GO® nokuthi isetshenziselwa ini
2. Odinga ukukwazi ngaphambi kokuthi uthathe i-APDOCS' F'LEM-GO®
3. Uyiphuza kanjani i-APDOCS' F'LEM-GO®
4. Imiphumela emibi engaba khona
5. Indlela yokugcina i-APDOCS' F'LEM-GO®
6. Okuqukethwe iphakethe nolunye ulwazi

1. Iyini i-APDOCS' F'LEM-GO® nokuthi isetshenziselwa ini
I-APDOCS' F'LEM-GO® yimuthi ehambisanayo oqukethe ingxube yemithi yesintu yamakhambi aseNtshonalanga engase isize ekukhipheni amafinyila esifubeni ahambisana nezimpawu zomkhuhlane kanye nomkhuhlane.
2. Odinga ukukwazi ngaphambi kokuthi uthathe i-APDOCS' F'LEM-GO®
Ungayithathi i-APDOCS' F'LEM-GO®:
• uma ungezwani (isihlungu) nanoma yiziphi izithako ze-APDOCS' F'LEM-GO® (ezisohlwini lwesigaba 6),

Ungaziniki izingane ezingaphansi kweminyaka engu-6 ubudala.
Hlanza Ipheshana Lolwazi Lwesiguli Oluhlongozwayo
Ephreli 2025

Ikhasi 1 lika-4