

Applicant name
Apdoc's Herbal Cough for Adults suspension
Multiple substances
Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information
What APDOCS' HERBAL COUGH FOR ADULTS® contain
Each 5 ml contains:

<i>Pelargonium Sidaoides</i> DC (African geranium) [root powder]	2,48 g
<i>Mentha x piperita</i> L. (Peppermint) [leaves]	0,5 g

Contains Sugar: Sucrose 262,50 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' HERBAL COUGH FOR ADULTS® looks like and contents of the pack

APDOCS' HERBAL COUGH FOR ADULTS® is a dark brown suspension in a 220ml/100ml brown, round 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

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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Always take APDOCS' HERBAL COUGH FOR ADULTS® 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' HERBAL COUGH FOR ADULTS® 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' HERBAL COUGH FOR ADULTS®
Do not take a double dose to make up for forgotten individual doses.

4. Possible side effects

APDOCS' HERBAL COUGH FOR ADULTS® can have side effects.
Not all side effects reported for APDOCS' HERBAL COUGH FOR ADULTS® are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking APDOCS' HERBAL COUGH FOR ADULTS®, 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,
- anal burning,
- belching (burping),
- diarrhoea,
- dry mouth,
- heartburn,
- 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' HERBAL COUGH FOR ADULTS®.

5. How to store APDOCS' HERBAL COUGH FOR ADULTS®

Store all medicines out of reach of children.

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

Protect from light.

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.

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- if you are hypersensitive (allergic) to any of the ingredients of APDOCS' HERBAL COUGH FOR ADULTS® (listed in section 6),

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

Warnings and precautions

Take special care with APDOCS' HERBAL COUGH FOR ADULTS®:

A relevant health care provider should be consulted prior to use if you are pregnant or breastfeeding.

Other medicines and APDOCS' HERBAL COUGH FOR ADULTS®

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

Pelargonium sidaoides

IMMUNOSUPPRESSANT: Theoretically, *Pelargonium sidaoides* might decrease the effectiveness of immunosuppressant therapy.

APDOCS' HERBAL COUGH FOR ADULTS® with food and drink

APDOCS' HERBAL COUGH FOR ADULTS® is not influenced by taking it with food and drink.

Pregnancy and breastfeeding

The safety of APDOCS' HERBAL COUGH FOR ADULTS® 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' HERBAL COUGH FOR ADULTS® should not affect your ability to drive or operate machines. It is not always possible to predict to what extent APDOCS' HERBAL COUGH FOR ADULTS® 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' HERBAL COUGH FOR ADULTS® affects them.

APDOCS' HERBAL COUGH FOR ADULTS® contains sucrose and alcohol.

If you have been told that you have an intolerance to some sugars, you should not take APDOCS' HERBAL COUGH FOR ADULTS®.

This medicine contains alcohol (ethanol).

3. How to take APDOCS' HERBAL COUGH FOR ADULTS®

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

Applicant name
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Multiple substances

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

APDOCS' HERBAL COUGH FOR ADULTS® Suspension 220ML/100ML

African geranium and peppermint
Contains Sugar: Sucrose 262,50 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' HERBAL COUGH FOR ADULTS® is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use APDOCS' HERBAL COUGH FOR ADULTS® carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share APDOCS' HERBAL COUGH FOR ADULTS® 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' HERBAL COUGH FOR ADULTS® is and what it is used for
2. What you need to know before you take APDOCS' HERBAL COUGH FOR ADULTS®
3. How to take APDOCS' HERBAL COUGH FOR ADULTS®
4. Possible side effects
5. How to store APDOCS' HERBAL COUGH FOR ADULTS®
6. Contents of the pack and other information

1. What APDOCS' HERBAL COUGH FOR ADULTS® is and what it is used for

APDOCS' HERBAL COUGH FOR ADULTS® is a complementary medicine that contains a mixture of western herbal medicines that assists to ease a cough caused by colds and flu.

2. What you need to know before you take APDOCS' HERBAL COUGH FOR ADULTS®

Do not take APDOCS' HERBAL COUGH FOR ADULTS®:

Igama lomfakisicelo
I-suspension ye-APDOCS 'Herbal Cough for Adults
Izinto eziningi)
Vikela ekukhanyeni.
NYAKAZISA IBHODLELA KAHLE NGAPHAMBI KOKULISEBENZISA.
Gcina kuphakheji yangempela.
Ungasebenzisi ngemva kosuku lokuphelelwa yisikhathi olushwo
esitsheni.
Buyisela yonke imithi engasetshenziswanga kusokhemisi wakho.
Ungawulahlhi umuthi engasetshenziswawe emiseleni noma kumapayipi
endle (isb. izindlu zangasese).

6. Okuqukethwe iphakethe nolunye ulwazi
Iqukethe ini i-APDOCS' HERBAL COUGH FOR ADULTS®
I-5 ml ngayinye iqukethe:
I-Pelargonium Sidosides DC (i-African geranium) 2,48 g
[impushana yezimpande]
I-Mentha x piperita L. (i-Peppermint) 0,5 g
[amaqabunga]

Iqukethe ushukela: I-Sucrose 262,50 mg
I-Preservative: i-Benzic 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' HERBAL COUGH FOR ADULTS® kanye
nokuqukethwe iphakethe
I-APDOCS' HERBAL COUGH FOR ADULTS® iyi-suspension ensundu
ngokumnyama ebhodleni lepulastiki elinsundu elingu-100ml/200ml elinesivalo
esimthophe.
Umnikazi Wesitifiketi Sokubhaliswa
Izakhiwo ze-APDOCS
Inombolo yocingo: +27 77 425 6806

Leli pheshana ligcine ukubuyekzwa ngo
Ephreli 2025.

Inombolo yokubhalisa
Izokwabelwa.

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

Igama nekheli lomkhqizi
Izakhiwo ze-APDOCS

Ukudla okunhlobonhlobo kuyindlela ephumelela kakhulu nephephile yokuthola
ukudla okunomsoco, impilo, ukwakheka komzimba kanye nokusebenza
kwengqondo nokusebenza komzimba.

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Ikhasi 4 lika-4

Igama lomfakisicelo
I-suspension ye-APDOCS 'Herbal Cough for Adults
Izinto eziningi)
Njalo thatha i-APDOCS' HERBAL COUGH FOR ADULTS® njengoba kuchazwe
kuleli pheshana noma njengoba udokotela wakho noma usokhemisi ekutshelile.
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' HERBAL COUGH FOR ADULTS® ngaphezu kwalokhu
okufanele uyithathe
Uma kwenzeka weqisa izidakamizwa, thintana nodokotela wakho noma
nosokhemisi. Uma bengekho, thintana nesibhedlela esiseduze noma isikhungo
sobuthi.

Uma ukhohlwa ukuthatha i-APDOCS' HERBAL COUGH FOR ADULTS®
Ungathathi umthamo ophindwe kabili ukuze wakhe imithamo engathathwanga.

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

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

- ubuhlungu besisu,
- ukushisa kwesinqe ,
- ukubhoda,
- isifo sohudo,
- ukoma komlomo,
- isilungulela,
- isicancucani (uzizwa ugula),
- ukuhlanza.

Uma ubona noma 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 kwebhusayithi ye-SAHpra. Ngokubika imiphumela
engemihle, ungasiza ekunikezeni ulwazi olwengeziwe ngokuphepha kwe-APDOCS'
HERBAL COUGH FOR ADULTS®.

5. Indlela yokugcina i-APDOCS' HERBAL COUGH FOR ADULTS®
Gcina yonke imithi lapho izingane zingafinyeleli khona.
Gcina ku-25 °C noma ngaphansi, endaweni epholile neyomile.

Hlanza Ipheshana Lolwazi Lwesiguli Oluhlongozwayo
Ephreli 2025

Ikhasi 3 lika-4

Igama lomfakisicelo
I-suspension ye-APDOCS 'Herbal Cough for Adults
Izinto eziningi)
• uma ungezwani (isihlungu) nanoma yiziphi izithako ze-APDOCS' HERBAL
COUGH FOR ADULTS® (ezisohlini lwesigaba 6),

Ungaziniki izingane ezingaphansi kweminyaka engu-6 ubudala.

Izixwayiso nezinyathelo zokuqapha
Nakekela ngokukhethekile nge-APDOCS' HERBAL COUGH FOR ADULTS®:
Umhlinzeki wokunakelwa kwezempilo kufanele athintwe ngaphambi
kokuyisebenzisa uma ukhulelwe noma uncelisa.

Eminye imithi kanye ne-APDOCS' HERBAL COUGH FOR ADULTS®
Njalo tshela uchwepheshe wakho wezempilo uma uthatha noma yimiphi eminye
imithi. (Lokhu kuhlanguisa imithi ehambisanayo noma yesintu.)

I-Pelargonium sidosides
i-IMMUNOSUPPRESSANT: Ngokwethiyori, i-Pelargonium sidosides ingase yehlise
ukusebenza kwe-immunosuppressant therapy.

I-APDOCS' HERBAL COUGH FOR ADULTS® ngokudla neziphuzo
I-APDOCS' HERBAL COUGH FOR ADULTS® ayithonywa ukuyithatha kanye
nokudla nesiphuzo.

Ukukhulelwa nokuncelisa
Ukuphepha kwe-APDOCS' HERBAL COUGH FOR ADULTS® kwabakhulelwe
nabancelisayo akukasungulwa.

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

Ukushayela nokusebenzisa imishini
I-APDOCS' HERBAL COUGH FOR ADULTS® akufanele iphazamise ikhono lakho
lokushayela noma ukusebenzisa imishini. Akukho okubonisa ukuthi i-APDOCS'
HERBAL COUGH FOR ADULTS® ingase iphazamise kangakanani imisebenzi
yansuku zonke yesiguli. Iziguli kufanele ziqinisekise ukuthi azizibandakanyi kule
misebenzi engenhlaka kube kube yilapho sezigaphela ukuthi i-APDOCS' HERBAL
COUGH FOR ADULTS® iziphazamisa kanjani.

I-APDOCS HERBAL COUGH FOR ADULTS® iqukethe i-sucrose kanye
notshwala.

Uma uthelwe ukuthi awubabezezeleli abanye oshukela, akufanele uthathe i-
APDOCS' HERBAL COUGH FOR ADULTS®.

Lo muthi uqukethe utshwala (i-ethanol).

3. Uyithatha kanjani i-APDOCS' HERBAL COUGH FOR ADULTS®
Ungabelani ngemithi oyingquyeliwe nanoma yimuphi omunye umuntu.

Hlanza Ipheshana Lolwazi Lwesiguli Oluhlongozwayo
Ephreli 2025

Ikhasi 2 lika-4

Igama lomfakisicelo
I-suspension ye-APDOCS 'Herbal Cough for Adults
Izinto eziningi)

IPHEPHA LOLWAZI LWESIGULI

ISIMO SOKUHELELA: SO

I-suspension ye-APDOCS' HERBAL COUGH FOR ADULTS® **220ML/100ML**
I-African geranium kanye ne-peppermint
Iqukethe ushukela: I-Sucrose 262,50 mg
I-Preservative: I-Benzic 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
olubalekile lwakho
I-APDOCS' HERBAL COUGH FOR ADULTS® iyatholakala ngaphandle
kwenzwadi kadokotela, ukuze ulondoloze impilo yakho. Noma kunjalo, usadanga
ukusebenzisa i-APDOCS' HERBAL COUGH FOR ADULTS® ngokucophelela ukuze
uthole imiphumela engcono kakhulu kuyo.
• Gcina leli pheshana. Ungase udinge ukulifunda futhi.
• Ungabelani nge-APDOCS' HERBAL COUGH FOR ADULTS® 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' HERBAL COUGH FOR ADULTS® nokuthi isetshenziselwa ini
2. Odinga ukukwazi ngaphambi kokuthi uthathe i-APDOCS' HERBAL COUGH FOR
ADULTS®
3. Uyithatha kanjani i-APDOCS' HERBAL COUGH FOR ADULTS®
4. Imiphumela emibi engaba khona
5. Indlela yokugcina i-APDOCS' HERBAL COUGH FOR ADULTS®
6. Okuqukethwe iphakethe nolunye ulwazi

1. Iyini i-APDOCS' HERBAL COUGH FOR ADULTS® nokuthi
isetshenziselwa ini
I-APDOCS' HERBAL COUGH FOR ADULTS® lwumuthi ohambisanayo oqukethe
ingrube yemithi yesintu yamakhambi aseNtshonalanga esiza ekudambiseni
ukukhwelela okubangelwa umkhuhlane nomkhuhlane.

2. Odinga ukukwazi ngaphambi kokuthi uthathe i-APDOCS' HERBAL
COUGH FOR ADULTS®
Ungayithathi i-APDOCS' HERBAL COUGH FOR ADULTS®:
Hlanza Ipheshana Lolwazi Lwesiguli Oluhlongozwayo
Ephreli 2025

Ikhasi 1 lika-4