

Applicant name
Apdocs' Herbal Cough for Kids 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 KIDS® contain

Each 5 ml contains:

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

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 KIDS® looks like and contents of the pack

APDOCS' HERBAL COUGH FOR KIDS® is a bright red 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

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 KIDS® 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.

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

If you take more APDOCS' HERBAL COUGH FOR KIDS® 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 KIDS®

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

4. Possible side effects

APDOCS' HERBAL COUGH FOR KIDS® can have side effects.

Not all side effects reported for APDOCS' HERBAL COUGH FOR KIDS® are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking APDOCS' HERBAL COUGH FOR KIDS®, 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 KIDS®.

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

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 KIDS® (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 KIDS®:

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

Other medicines and APDOCS' HERBAL COUGH FOR KIDS®

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 KIDS® with food and drink

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

Pregnancy and breastfeeding

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

APDOCS' HERBAL COUGH FOR KIDS® 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 KIDS®.

This medicine contains alcohol (ethanol).

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

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

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Multiple substances

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: **S0**

APDOCS' HERBAL COUGH FOR KIDS® Suspension **220ML/100ML**

Peppermint and African geranium
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 KIDS® is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use APDOCS' HERBAL COUGH FOR KIDS® 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 KIDS® 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 KIDS® is and what it is used for
2. What you need to know before you take APDOCS' HERBAL COUGH FOR KIDS®
3. How to take APDOCS' HERBAL COUGH FOR KIDS®
4. Possible side effects
5. How to store APDOCS' HERBAL COUGH FOR KIDS®
6. Contents of the pack and other information

1. What APDOCS' HERBAL COUGH FOR KIDS® is and what it is used for
APDOCS' HERBAL COUGH FOR KIDS® is a complementary medicine that contains a mixture of western herbal medicines that assist to ease a cough caused by colds and flu.

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

Do not take APDOCS' HERBAL COUGH FOR KIDS®:

Igama lomfakisicelo I-suspension ye-APDOCS' Herbal Cough for Kids (izinto eziningi)									
NYAKAZISA IBHODLELA KAHLE NGAPHAMBI KOKULISEBENZISA. Gcina kuphakheji yangempela. Ungasebenzisi ngemva kosuku lokuphelelwa yisikhathi olushiwo esitsheni. Buyisela yonke imithi engasentshenziwanga kusokhemisi wakho. Ungawulahlali umuthi ongasentshenziwase emiseneni noma kumapayipi endle (isb. izindlu zangasese).									
6. Okuqukethwe iphakethe nolunye ulwazi Yini equkethwe i-APDOCS' HERBAL COUGH FOR KIDS® I-5 ml ngayinye iqukethe: <table><tr><td>I-Mentha x piperita L. (i-Peppermint)</td><td>2,48 g</td></tr><tr><td>[amaqabunga]</td><td></td></tr><tr><td>I-Pelargonium Sidaoides DC (i-African geranium)</td><td>0,5 g</td></tr><tr><td>[impushana yezimpande]</td><td></td></tr></table>		I-Mentha x piperita L. (i-Peppermint)	2,48 g	[amaqabunga]		I-Pelargonium Sidaoides DC (i-African geranium)	0,5 g	[impushana yezimpande]	
I-Mentha x piperita L. (i-Peppermint)	2,48 g								
[amaqabunga]									
I-Pelargonium Sidaoides DC (i-African geranium)	0,5 g								
[impushana yezimpande]									
Iqukethe ushukela: i-Sucrose 262,50 mg I-Preservative: i-Benzoinic 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 KIDS® kanye nokuqukethwe iphakethe I-APDOCS' HERBAL COUGH FOR KIDS® iyi-suspension ebomvu ngokugqamile ebhodleleni lepulasitiki elinsundu elingu-100ml/200ml elinesivalo esimhlophe.									
Umnikazi Westifiketi 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 nekhehli lomkhqizi Izakhiwo ze-APdoc									
Ukudla okunhobonhobo kuyindlela ephumelela kakhulu nephephile yokuthola ukudla okunomsoco, impilo, ukwakheka komzimba kanye nokusebenza kwengqondo nokusebenza komzimba.									
Hlanza Iphešana Lolwazi Lwesiguli Oluhlongozwayo Ephreli 2025	Ikhasi 4 lika-4								

Igama lomfakisicelo I-suspension ye-APDOCS' Herbal Cough for Kids (izinto eziningi)	
Njalo thatha i-APDOCS' HERBAL COUGH FOR KIDS® njengoba kuchazwe kuleli pheshana noma njengoba udokotela wakho noma usokhemisi ekutshelile. Hlola nodokotela wakho noma usokhemisi uma ungenaso isiqiniseko.	
IZINGANE (iminyaka engu-6 – 11): 5 ml kathathu ngosuku ngemva kokudla.	
Uma uthatha i-APDOCS' HERBAL COUGH FOR KIDS® ngaphezu kwalokhu okufanele uyithathe Uma kwenzeka wejisa izidakamizwa, thintana nodokotela wakho noma usokhemisi. Uma bengekho, thintana nesibhedlela esiseduze noma isikhungo sobuthi.	
Uma ukhohlwa ukuthatha i-APDOCS' HERBAL COUGH FOR KIDS® Ungathathi umthamo ophindwe kabili ukuze wakhe imithamo engathathwanga eyeqiwe .	
4. Imiphumela emibi engaba khona I-APDOCS' HERBAL COUGH FOR KIDS® ingaba nemiphumela engemihle. Akuyona yonke imiphumela emibi ebikiwe ye-APDOCS' HERBAL COUGH FOR KIDS® efakiwe kuleli pheshana. Uma impilo yakho jikelele iba yimbi kakhulu noma uba nanoma yimiphi imiphumela emibi ngenkathi uthatha i-APDOCS' HERBAL COUGH FOR KIDS®, sicela uthintane nomhlinzeki wakho wokunakekelwa 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, • isicanucanu (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 kuwebhusayithi ye-SAHPRa. Ngokubika imiphumela engemihle, ungasiza ekunikezeni ulwazi olwengeziwe ngokuphepha kwe-APDOCS' HERBAL COUGH FOR KIDS®.	
5. Indlela yokugcina i-APDOCS' HERBAL COUGH FOR KIDS® Gcina yonke imithi lapho izingane zingafinyeleli khona. Gcina ku-25 °C noma ngaphansi, endaweni epholile neyomile. Vikela ekukhanyeni.	
Hlanza Iphešana Lolwazi Lwesiguli Oluhlongozwayo Ephreli 2025	Ikhasi 3 lika-4

Igama lomfakisicelo I-suspension ye-APDOCS' Herbal Cough for Kids (izinto eziningi)	
Ungayithathi i-APDOCS' HERBAL COUGH FOR KIDS®: • uma ungezwani (isihlungu) nanoma yiziphi izithako ze-APDOCS' APDOCS' HERBAL COUGH FOR KIDS®: (ezisohlwini lwesigaba 6),	
Ungaziniki izingane ezingaphansi kweminyaka engu-6 ubudala.	
Izixwayiso nezinyathelo zokuqapha Nakekela ngokukhethekile nge-APDOCS' HERBAL COUGH FOR KIDS®: Umlhinzeki wokunakekelwa kwezempilo kufanele ahtintwe ngaphambi kokuyisebenzisa uma ukhulelwe noma uncelisa.	
Eminye imithi kanye ne-APDOCS' HERBAL COUGH FOR KIDS® Njalo tshela uchwepheshe wakho wezempilo uma uthatha noma yimiphi eminye imithi. (Lokhu kuhlanganisa imithi ehambisanayo noma yesintu.)	
I-Pelargonium sidaoides I-IMMUNOSUPPRESSANT: Ngokwehthoriyo, I-Pelargonium sidaoides ingase yehlise ukusebenza kwe-immunosuppressant therapy.	
I-APDOCS' HERBAL COUGH FOR KIDS® nokudla neziphuzo I-APDOCS' HERBAL COUGH FOR KIDS® ayithonywa ukuyithatha kanye nokudla nesiphuzo.	
Ukukhulelwa nokuncelisa Ukuphepha kwe-APDOCS' HERBAL COUGH FOR KIDS® kwabakhulelwe nabancellsayo akukasungulwa.	
Uma ukhulelwe noma uncelisa, ucabanga ukuthi ukhulelwe noma uhlela ukuba nomntwana, sicela uthintane nodokotela wakho, usokhemisi noma omunye umhlinzeki wezempilo ukuze uthole iseluleko ngaphambi kokuthatha lo muthi.	
Ukushayela nokusebenzisa imishini I-APDOCS' HERBAL COUGH FOR KIDS® akufanele iphazamise ikhono lakho lokushayela noma ukusebenzisa imishini. Akukho okubonisa ukuthi i-APDOCS' HERBAL COUGH FOR KIDS® ingase iphazamise kangakanani imisebenzi yansuku zonke yesiguli. Iziguli kufanele ziqinisekise ukuthi azizibandakanyi kule misebenzi engenhla kuze kube yilapho seziqaphela ukuthi i-APDOCS' HERBAL COUGH FOR KIDS® iziphazamisa kanjani.	
I-APDOCS' HERBAL COUGH FOR KIDS® iqukethe i-sucrose notshwala. Uma uthelwe ukuthi awubabekezzeleli abanye ushukela, akufanele uthathe i-APDOCS' HERBAL COUGH FOR KIDS®.	
Lo muthi iqukethe utshwala (i-ethanol).	
3. Uyithatha kanjani i-APDOCS' HERBAL COUGH FOR KIDS® Ungabelani ngemithi oyingqunyelwe nanoma yimuphi omunye umuntu.	
Hlanza Iphešana Lolwazi Lwesiguli Oluhlongozwayo Ephreli 2025	Ikhasi 2 lika-4

Igama lomfakisicelo I-suspension ye-APDOCS' Herbal Cough for Kids (izinto eziningi)	
IPHEPHA LOLWAZI LWESIGULI	
ISIMO SOKUHELELA: SO	
I-suspension ye-APDOCS' HERBAL COUGH FOR KIDS® 220ML/100ML I-Peppermint kanye ne-African geranium Iqukethe ushukela: i-Sucrose 262,50 mg I-Preservative: i-Benzoinic Acid: 0,05 % m/v Iqukethe Utshwala (i-Ethanol): 0,102 % v/v	
Imithi Yokulekela D33.6 Imithi ye-Western Herbal Lo muthi ongabhalisiwe awuzange uhlolwe yi-SAHPRa ngekwalithi yawo, ukuphepha noma ukusentshenziwasa okuhlosiwe.	
Funda lonke leli pheshana ngokucophelela ngoba liqukethe ulwazi olubalulekile lwakho I-APDOCS' HERBAL COUGH FOR KIDS® iyatholakala ngaphandle kwencwadi kadokotela, ukuze ulondoloze impilo yakho. Noma kunjalo, usadinga ukusebenzisa i-APDOCS' HERBAL COUGH FOR KIDS® ngokucophelela ukuze uthole imiphumela engcono kakhulu kuyo. • Gcina leli pheshana. Ungase udinge ukulifunda futhi. • Ungabelani nge-APDOCS' HERBAL COUGH FOR KIDS® 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 KIDS® nokuthi isetshenziselwa ini 2. Odinga ukukwazi ngaphambi kokuthi uthathe i-APDOCS' HERBAL COUGH FOR KIDS® 3. Uyithatha kanjani i-APDOCS' HERBAL COUGH FOR KIDS® 4. Imiphumela emibi engaba khona 5. Indlela yokugcina i-APDOCS' HERBAL COUGH FOR KIDS® 6. Okuqukethwe iphakethe nolunye ulwazi	
1. Iyini i-APDOCS' HERBAL COUGH FOR KIDS® nokuthi isetshenziselwa ini I-APDOCS' HERBAL COUGH FOR KIDS® iwumuthi ohambisanayo oqukethe ingxube yemithi yesintu yamakhambi aseNtshonalanga esiza ekudambiseni ukukhwehlela okubangelwa umkhuhlane nomkhuhlane.	
2. Odinga ukukwazi ngaphambi kokuthi uthathe i-APDOCS' HERBAL COUGH FOR KIDS®	
Hlanza Iphešana Lolwazi Lwesiguli Oluhlongozwayo Ephreli 2025	Ikhasi 1 lika-4