



# Sidroga™ Digestive tea for babies and children

## PATIENT INFORMATION LEAFLET

Read all of this leaflet carefully because it contains important information for you.

Sidroga Digestive tea for babies and children is available without a doctor's prescription, to help calm and relieve colic. Nevertheless you still need to use Sidroga Digestive tea for babies and children carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

## Sidroga™ Digestive tea for babies and children

*Matricariae flos* (chamomile blossoms)  
*Melissae folium* (lemon balm leaves)  
*Menthae piperitae folium* (peppermint leaves)  
*Foeniculi dulcis fructus* (sweet fennel)  
*Tiliae flos* (lime blossoms)  
*Verbenae odoratae folium* (lemon verbena leaves)

Western Herbal Medicine. D32.2 Other

**What Sidroga Digestive tea for babies and children contains**

Each 1,3 g herbal tea bag contains *Matricariae flos* 40 % (0,52 g), *Melissae folium* 10 % (0,13 g), *Menthae piperitae folium* 10 % (0,13 g), *Foeniculi dulcis fructus* 10 % (0,13 g), *Tiliae flos* 10 % (0,13 g) and *Verbenae odoratae folium* 20 % (0,26 g).

**What Sidroga Digestive tea for babies and children is used for**

Sidroga Digestive tea for babies and children is a herbal tea which helps to calm and to relieve colic. Sidroga Digestive tea for babies and children contains the plant parts chamomile blossoms, lemon balm leaves, peppermint leaves, sweet fennel, lime blossoms and lemon verbena leaves which have been dried and finely blended. These plant parts have calming and anti-flatulent properties, which help to prevent and provide relief from excessive gas (wind) in the digestive tract (flatulence).

**Before you use Sidroga Digestive tea for babies and children**

- Do not use Sidroga Digestive tea for babies and children if your baby or child is hypersensitive (allergic) to any of the ingredients.
- For children under the age of two years, Sidroga Digestive tea for babies and children should only be used when prescribed by a doctor.
- Sidroga Digestive tea for babies and children should only be used to help calm and relieve colic.

**Before taking Sidroga Digestive tea for babies and children, tell your doctor or pharmacist if your child:**

- suffers from other medical conditions especially conditions of the digestive system
- has allergies (foodstuffs or medicines) or
- is taking other medicine (including self-bought medicines).

**Consult your doctor if the gastric irritation and discomfort continues.**

### Pregnancy and breastfeeding

Insufficient investigations are available for the use of Sidroga Digestive tea for babies and children during pregnancy and breastfeeding. The use of Sidroga Digestive tea for babies and children during pregnancy and breastfeeding is therefore not recommended. If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other health care professional for advice.

**Using Sidroga Digestive tea for babies and children with other medicines**

There are no known interactions with other medicines. Please consult your doctor, pharmacist or other healthcare professional, for advice.

**How to take Sidroga Digestive tea for babies and children**  
Always take Sidroga Digestive tea for babies and children exactly as your doctor or pharmacist has instructed you. You should check with your doctor or pharmacist if you are unsure.

**Babies from 1 to 12 months:** One bottle of freshly prepared tea one to three times daily.

**Toddlers and children from 12 months:** One cup of freshly prepared tea three to four times daily, preferably between meals.

**Preparation:** To make one cup of tea, place one tea bag into a cup and fill the cup with 100 to 200 ml boiling water. Keep it covered to allow the tea bag to infuse for 5 to 10 minutes. Stir occasionally. Subsequently remove the tea bag and lightly squeeze out the excess water over the cup. Use only one tea bag per bottle/cup and sweeten only after removing the tea bag from the cup. Both natural and artificial sugar can be used to sweeten the tea. **Bottle-fed babies:** Pour the cup of tea into the baby bottle and allow it to cool before giving it to your baby. During feeding, hold the bottle and do not allow your baby to fall asleep with the bottle to protect against tooth decay. Keep to the dosage given on the package insert or as prescribed by your doctor.

**Should your child still have stomach complaints, you should see your doctor to determine the cause thereof.**

### Possible side effects

There are no known side effects. If you suspect that the use of Sidroga Digestive tea for babies and children has resulted in an unwanted side effect, you should tell your doctor or pharmacist.

**Storing and disposing of Sidroga Digestive tea for babies and children**

Store in the original packaging at room temperature (15–25 °C). Protect from light and moisture. Do not use after the expiry date stated on the packaging.

**Keep out of reach of children.**

**Presentation of Sidroga Digestive tea for babies and children**

Each box contains 20 double chamber tea bags, enclosed in a flavour protective foil sachet.

**Identification of Sidroga Digestive tea for babies and children**

Each tea bag is supplied with a tea bag string and tag, with Sidroga embossed on the tag.

## PACKAGE INSERT

### Scheduling status

Not scheduled

### Proprietary name and dosage form

Sidroga™ Digestive tea for babies and children (Tea Bags)

### Composition

Each 1,3 g herbal tea bag contains *Matricariae flos* 40 % (0,52 g), *Melissae folium* 10 % (0,13 g), *Menthae piperitae folium* 10 % (0,13 g), *Foeniculi dulcis fructus* 10 % (0,13 g), *Verbenae odoratae folium* 20 % (0,26 g) and *Tiliae flos* 10 % (0,13 g).

### Pharmacological classification

Western Herbal Medicine. D 32.2 Other

### Pharmacological action

Sidroga digestive tea for babies and children contains finely blended dried plant parts which have calming and anti-flatulent properties.

### Indications

Sidroga digestive tea for babies and children is a herbal tea which helps to calm and to relieve colic.

### Contraindications

Hypersensitivity to any of the ingredients of Sidroga digestive tea for babies and children.

### Warnings and special precautions

**If gastric irritation and discomfort continues, a doctor should be consulted.**

Special care should be taken if there are any pre-existing medical conditions, especially of the digestive system.

Sidroga digestive tea for babies and children should only be used to help calm and relieve colic.

### Interactions

There are no known interactions with other medicines

### Pregnancy and lactation

Insufficient investigations are available for the use of Sidroga digestive tea for babies and children during pregnancy and lactation. The use of Sidroga digestive tea for babies and children during pregnancy and lactation is therefore not recommended.

### Dosage and directions for use

Babies from 1 to 12 months: One bottle of freshly prepared tea one to three times daily

Toddlers and children from 12 months: One cup of freshly prepared tea three to four times daily, preferably between meals

### Preparation:

To make one cup of tea, place one tea bag into a cup and fill the cup with 100 to 200 ml boiling water. Keep it covered to allow the tea bag to infuse for 5 to 10 minutes. Stir occasionally. Subsequently remove the tea bag and lightly squeeze out the excess water over the cup. Use only one tea bag per bottle/cup and sweeten only after removing the tea bag from the cup. Both natural and artificial sugar can be used to sweeten the tea.

**Bottle-fed babies:** Pour the cup of tea into the baby bottle and allow it to cool before giving it to the baby. During feeding, hold the bottle and do not allow the baby to fall asleep with the bottle to protect against tooth decay.

### Side effects

There are no known side effects associated with the use of Sidroga digestive tea for babies and children.

**Known symptoms of overdosage and particulars of its treatment**

Treatment should be symptomatic and supportive.

### Identification

Each tea bag is supplied with a tea bag string and a tag, with Sidroga embossed on the tag.

### Presentation

Each box contains 20 double chamber tea bags, enclosed in a flavour protective foil sachet.

### Storage Instructions

Store in the original packaging at room temperature (15–25 °C).

Protect from light and moisture.

Keep out of reach of children.

### Name and address of applicant

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**Manufacturer**  
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This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease.

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<sup>1</sup> Company registration number: 2008/008787/07