



Sidroga™ Organic good night tea for babies

PATIENT INFORMATION LEAFLET

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

Sidroga Organic good night tea for babies is available without a doctor's prescription, to help soothe, calm and relieve irritability for a restful sleep. Nevertheless you still need to use Sidroga Organic good night tea for babies 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 the symptoms worsen or do not improve.

Sidroga™ Organic good night tea for babies

Anisi fructus (anise)

Melissae folium (lemon balm leaves)

Menthae piperitae folium (peppermint leaves)

Passiflorae herba (passion flower herb)

Lavandulae flos (lavender blossoms)

Western Herbal Medicine. D 32.2 Other.

What Sidroga Organic good night tea for babies contains

Each 1,5 g tea bag contains *Anisi fructus* 41–51 % (0,615–0,765 g), *Melissae folium* 37–47 % (0,555–0,704 g), *Menthae piperitae folium* 5–9 % (0,075–0,135 g), *Passiflorae herba* 1–5 % (0,015–0,075 g) and *Lavandulae flos* 1–4 % (0,015–0,06 g).

No added sugar or flavouring.

What Sidroga Organic good night tea for babies is used for

Sidroga Organic good night tea for babies is a herbal tea which helps to soothe and calm babies for a restful sleep. Sidroga Organic good night tea for babies contains the plant parts anise, lemon balm leaves, peppermint leaves, passion flower herb and lavender blossoms, which have been dried and finely blended. These plant parts have soothing and calming properties which help to alleviate restlessness for a restful sleep.

Before you use Sidroga Organic good night tea for babies

- Do not use Sidroga Organic good night tea for babies if your baby is hypersensitive (allergic) to any of the ingredients.
- Sidroga Organic good night tea for babies should only be used to help soothe and calm, and to alleviate restlessness and sleeplessness in babies.

Before taking Sidroga Organic good night tea for babies, tell your doctor or pharmacist if your child:

- suffers from any medical condition
- has allergies or
- is taking other medicine (including self-bought medicines).

You should consult a doctor if your child's restlessness and inability to sleep persists, to clarify the cause thereof.

Pregnancy and breastfeeding

Insufficient investigations are available for the use of Sidroga Organic good night tea for babies during pregnancy and lactation. The use of Sidroga Organic good night tea for babies during pregnancy and lactation 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 Organic good night tea for babies with other medicines

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

How to take Sidroga Organic good night tea for babies

Always take Sidroga Organic good night tea for babies exactly as your doctor or pharmacist has instructed you. You should check with your doctor or pharmacist if you are unsure.

Babies from 4–12 months: One bottle of freshly prepared tea one to two times daily, 30 minutes before sleep time.

Preparation: To make one cup of tea, place one tea bag into a cup and fill the cup with 150 ml boiling water. Keep it covered to allow the tea bag to infuse for 5 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. To protect against dental caries, it is recommended that no sugar is added. 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. If you have the impression that the effect of Sidroga Organic good night tea for babies is too strong or too weak, talk to your doctor or pharmacist.

You should consult a doctor if your child's restlessness and inability to sleep persists, to clarify the cause thereof.

Possible side effects

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

Storing and disposing of Sidroga Organic good night tea for babies

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 Organic good night tea for babies

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

Identification of Sidroga Organic good night tea for babies

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

PACKAGE INSERT

Proprietary name and dosage form

Sidroga™ Organic good night tea for babies

Composition

Each 1,5 g tea bag contains: *Anisi fructus* 41–51 % (0,615–0,765 g), *Melissae folium* 37–47 % (0,555–0,704 g), *Menthae piperitae folium* 5–9 % (0,075–0,135 g), *Passiflorae herba* 1–5 % (0,015–0,075 g) and *Lavandulae flos* 1–4 % (0,015–0,06 g).

No added sugar or flavouring.

Pharmacological classification

Western Herbal Medicine. D 32.2 Other.

Pharmacological action

Sidroga Organic good night tea for babies contains the plant parts anise, lemon balm leaves, peppermint leaves, passion flower herb and lavender blossoms. These plant parts have soothing and calming properties which help to alleviate restlessness for a restful sleep.

Indications

Sidroga Organic good night tea for babies is a herbal tea which helps to soothe and calm babies for a restful sleep.

Contra-indications

Hypersensitivity to any of the ingredients of Sidroga Organic good night tea for babies.

Warnings and special precautions

Sidroga Organic good night tea for babies should be used only to help soothe and calm, and to alleviate restlessness and sleeplessness in babies.

Persistent restless and irritability in a baby should be investigated to determine the cause thereof.

Interactions

There are no known interactions with other medicines.

Pregnancy and lactation

The use of Sidroga Organic good night tea for babies during pregnancy and lactation is not recommended.

Dosage and directions for use

Babies from 4–12 months: One bottle of freshly prepared tea one to two times daily, 30 minutes before sleep time.

Preparation:

Steep one tea bag in a cup with 150 ml boiling water. Use only one tea bag per bottle. Pour the cup of tea into the baby bottle and allow it to cool.

Side effects

There are no known side effects.

Known symptoms of over dosage and particulars of its treatments

Treatment is supportive and symptomatic.

Identification

Each tea bag is supplied with a tea bag string and 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

Sidroga Gesellschaft für Gesundheitsprodukte mbH, Germany

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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¹ Company registration number: 2008/008787/07

SIDROGA

Made in Germany