

PATIENT INFORMATION LEAFLET: AIRBORNE® EFFERVESCENT TABLETS**Complementary Medicine (Combination product).**

This unregistered medicine has not been evaluated by the South African Health Products Regulatory Authority for its quality, safety or intended use.

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

AIRBORNE EFFERVESCENT TABLETS is a nutritional supplement with immune system supporting properties and is available without a doctor's prescription. Nevertheless, you still need to use AIRBORNE EFFERVESCENT TABLETS carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share AIRBORNE EFFERVESCENT TABLETS with any other person.
- Ask your pharmacist if you need more information or advice.

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM**AIRBORNE® EFFERVESCENT TABLETS****WHAT AIRBORNE EFFERVESCENT TABLETS CONTAIN**

Each effervescent tablet contains:	
Vitamin A (retinol acetate)	1,50 mg (5000 IU)
Vitamin C (ascorbic acid)	1000,00 mg
Vitamin E (DL- α -tocopherol acetate)	20,00 mg
Magnesium (as magnesium sulphate)	40,00 mg
Selenium (as selenium amino acid chelate)	15,00 μ g
Zinc (as zinc sulphate)	8,00 mg
Potassium (as potassium chloride)	75,00 mg
Sodium (as sodium hydrogen carbonate)	230,00 mg
Honey suckle flower extract (<i>Lonicera japonica</i>)	10,00 mg
Forsythia Vahl Flower extract (<i>Forsythia suspense</i> [Thunb.] Vahl.)	10,00 mg
Schisandra fruit extract (<i>Schisandra chinensis</i>)	10,00 mg
Ginger root extract (<i>Zingiber officinale</i>)	10,00 mg
Isatis root extract (<i>Radix isatidis</i>)	10,00 mg
<i>Echinacea purpurea</i> extract (<i>Echinacea purpurea</i> [L] Moench)	10,00 mg
L-glutamine	50,00 mg
L-lysine monohydrochloride	50,00 mg

AIRBORNE EFFERVESCENT TABLETS are SUGAR FREE.

AIRBORNE EFFERVESCENT TABLETS contain sweetener (Acesulfame K: 0,05 g/tablet).

AIRBORNE EFFERVESCENT TABLETS are suitable for VEGETARIANS and VEGANS.

Other ingredients are:

Flavouring agent: Orange flavour

Colourant: Beta carotene

Others: Citric acid anhydrous, polyethylene glycol, mannitol.

WHAT AIRBORNE EFFERVESCENT TABLETS ARE USED FOR

AIRBORNE EFFERVESCENT TABLETS is a nutritional supplement with immune system supporting properties. AIRBORNE EFFERVESCENT TABLETS contain vitamins, minerals and herbal extracts which provide your immune system with the nutritional support it needs. A healthy immune system is vital in keeping your body healthy and free from illness and infection. Each vitamin, mineral and herb plays a vital role and has a particular function in the body, ensuring that your body functions optimally, keeping it healthy and strong.

BEFORE YOU TAKE AIRBORNE EFFERVESCENT TABLETS

Do not take AIRBORNE EFFERVESCENT TABLETS:

- If you are hypersensitive (allergic) to any of the ingredients in AIRBORNE EFFERVESCENT TABLETS.
- If you are pregnant or planning to become pregnant (see **Pregnancy and breastfeeding**).
- If you are on a sodium restricted diet.

AIRBORNE EFFERVESCENT TABLETS should not be given to children under the age of 12 years.

Consult your doctor, pharmacist or other healthcare professional if you have any queries.

Take special care with AIRBORNE EFFERVESCENT TABLETS:

- If you have a chronic disease or you are currently taking any chronic medication. Check with your doctor or pharmacist if it is safe to take AIRBORNE EFFERVESCENT TABLETS. You should always consult your doctor before taking any supplements.
- Do not exceed the recommended dose.
- Nutritional supplements should not replace a balanced diet.

Use in children:

AIRBORNE EFFERVESCENT TABLETS should not be given to children under the age of 12 years (see **Do not take AIRBORNE EFFERVESCENT TABLETS**).

Pregnancy and breastfeeding:

If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking AIRBORNE EFFERVESCENT TABLETS.

If you are pregnant or are planning to become pregnant, you should avoid supplements containing a daily dose of more than 5 000 IU vitamin A. Even though AIRBORNE EFFERVESCENT TABLETS do not contain more than 5 000 IU vitamin A (per dose), your total daily intake of vitamin A may be exceeded if AIRBORNE EFFERVESCENT TABLETS are taken together with a diet high in vitamin A (see **Do not take AIRBORNE EFFERVESCENT TABLETS**).

Using other medicines with AIRBORNE EFFERVESCENT TABLETS:

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

If you are currently taking any chronic medication. Check with your doctor or pharmacist if it is safe to take AIRBORNE EFFERVESCENT TABLETS. You should always consult your doctor before taking any supplements.

HOW TO TAKE AIRBORNE EFFERVESCENT TABLETS

Always take AIRBORNE EFFERVESCENT TABLETS exactly as your doctor or pharmacist has instructed you. You should check with your doctor or pharmacist if you are unsure.

Before taking AIRBORNE EFFERVESCENT TABLETS, dissolve the effervescent tablet in half a glass of water. Then drink the entire content of the glass.

Adults and children older than 12 years:

One (1) effervescent tablet once daily.

If you take more AIRBORNE EFFERVESCENT TABLETS than you should:

In the event of overdose, stop taking AIRBORNE EFFERVESCENT TABLETS and consult your doctor or pharmacist immediately. If neither is available, contact the nearest hospital or poison control centre.

If you forget to take AIRBORNE EFFERVESCENT TABLETS:

If you forget to take a dose, take it as soon as you remember it then go back to your regular dosing schedule.

Do not take a double dose to make up for a missed dose. If you have any further questions on the use of

AIRBORNE EFFERVESCENT TABLETS ask your doctor or pharmacist. If you seem to always have trouble remembering when to use/take your medicines, ask your pharmacist for some helpful hints.

POSSIBLE SIDE EFFECTS

AIRBORNE EFFERVESCENT TABLETS can have side effects.

If any of the following should happen, stop taking AIRBORNE EFFERVESCENT TABLETS and tell your doctor immediately: Itching or rash, difficulty breathing, swelling of the face, lips, tongue or throat.

These are all very serious side effects. If you experience any of these you may have had an allergic reaction to AIRBORNE EFFERVESCENT TABLETS.

Tell your doctor if you experience any of the following: Upset stomach / stomach pain, nausea, vomiting, diarrhoea or constipation, headache, heartburn, red, dry peeling skin, fatigue (feeling tired), black stools.

Not all side effects reported for AIRBORNE EFFERVESCENT TABLETS are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking AIRBORNE EFFERVESCENT TABLETS, please consult your doctor, pharmacist or other healthcare professional for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

STORING AND DISPOSING OF AIRBORNE EFFERVESCENT TABLETS

Store in the original packaging in a cool, dry place below 25 °C. Protect from light.

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

KEEP OUT OF REACH OF CHILDREN.

PRESENTATION OF AIRBORNE EFFERVESCENT TABLETS

10 effervescent tablets contained in a polyethylene tube.

AIRBORNE EFFERVESCENT TABLETS are available in packs of 10's and 30's.

IDENTIFICATION OF AIRBORNE EFFERVESCENT TABLETS

Round, flat, orange tablet with mosaic surface 25 mm in diameter.

NAME AND ADDRESS OF APPLICANT

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Gauteng, South Africa

®- AIRBORNE is a registered trademark of Actor Pharma (Pty) Ltd.

¹ Company registration number: 2008/008787/07

AIR/PIL/04/06.2019