



PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: Unscheduled.
Category D: Complementary medicine.
Discipline: D33.6 Other (Western Herbal Complimentary Medicine)

PROPRIETARY NAME, STRENGTH, AND PHARMACEUTICAL FORM

TEN HERBS PLUS, 30 Naturcaps

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

- **TEN HERBS PLUS** is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use **TEN HERBS PLUS** carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share **TEN HERBS PLUS** with any other person.
- Ask your pharmacist or healthcare practitioner if you need more information or advice.

WHAT TEN HERBS PLUS CONTAINS:

Each 1 capsule of **TEN HERBS PLUS** contains the following actives:

FOS (Fructooligosaccharides)		100 mg
Bitter Bark (Cascara sagrada cort.)	Bark	213.6 mg
Aloe Vera succo (Aloe ferrea)	Juice	160 mg
Fennel semi (Foeniculum vulgare)	Seeds	133.6 mg
Senna folgie (Cassia angustifolia)	Leaves	106.64 mg
Licorice root (Glycyrrhiza glabra)	Root	40 mg
Gentian radice root (Bitter root)	Root	40 mg
Dandelion radice root (Taraxacum officinale)	Root	26.64 mg
Buckthorn cort. (Rhamnus cathartica)	Bark	26.64 mg
Rhubarb root/rhizomes (Rheum rhabarbarum)	Root	26.64 mg
Horehound sommita top (Marrubium vulgare)	Flower tops	26.64 mg

Other ingredients:

Pullulan
Microcrystalline Cellulose
Magnesium salts of fatty acid
Silicon dioxide
Potassium Chloride E508
Carrageenan, E407
Chlorophyll copper complex, E141

IF YOU FORGET TO TAKE TEN HERBS PLUS

Do not take a double dose to make up for a missed dose.

WHAT TEN HERBS PLUS IS USED FOR

TEN HERBS PLUS is formulated from herbal ingredients to promote the regularity of digestive movements and a healthy digestive function with added FOS. Aloe Vera gel has acute purifying action and combines the power of Ten Herbs to support regular digestive movements.

BEFORE YOU TAKE TEN HERBS PLUS

Do not take **TEN HERBS PLUS** if you are hypersensitive (allergic) to any of the ingredients.

This medicine has not been evaluated by SAHPRA for quality, safety, or intended use. This medicine is not intended to diagnose, treat, cure or prevent any disease.

PREGNANCY AND BREASTFEEDING

Safety during 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 healthcare provider for advice before taking this medicine.

TAKING OTHER MEDICINES WITH TEN HERBS PLUS

Always tell your healthcare provider if you are taking any other medicine.

HOW TO TAKE TEN HERBS PLUS

Do not share medicines prescribed for you with any other person. Always take **TEN HERBS PLUS** exactly as described in this leaflet, or as your doctor, healthcare provider has instructed you. You should check with your doctor, pharmacist or healthcare provider if you are unsure.

Directions for use: Take 1-2 capsules per day, at least 30 minutes before meals.

Stop taking **TEN HERBS PLUS** at least two weeks before scheduled surgery.

IF YOU TAKE MORE TEN HERBS PLUS THAN YOU SHOULD

In the event of over-dosage, consult your doctor, pharmacist. Should none of these be available, contact the nearest hospital or poison control center.

IF YOU FORGET TO TAKE TEN HERBS PLUS

Do not take a double dose to make up for a missed dose.

POSSIBLE SIDE EFFECTS

TEN HERBS PLUS may have side effects.

If any of the following happens, stop using **TEN HERBS PLUS** and tell your doctor or go to the casualty department at your nearest hospital:

- swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in swallowing or breathing,
- rash or itching,
- fainting.

These are all very serious effects. If you have them, you may have had a serious reaction to **TEN HERBS PLUS**. You may need urgent medical attention or hospitalisation.

Laxatives can decrease how much medicine your body absorbs. Decreasing how much medicine your body absorbs can decrease the effectiveness of your medication.

Should you have Crohn's disease, appendicitis, stomach ulcers, diabetes, hormone sensitive conditions, potassium deficiency, hypertension, kidney disease, high or low blood pressure, speak to your healthcare professional before using.

If you are taking lithium, corticosteroids, diuretics, blood thinning medication, birth control, antibiotics or blood pressure medication, it is not recommended to take **TEN HERBS PLUS**. Please inform your healthcare professional prior to using this supplement as there may be interactions with medication.

Not all side effects reported for **TEN HERBS PLUS** are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, 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, pharmacist or healthcare professional.

STORAGE AND DISPOSING OF TEN HERBS PLUS

Store all medicines out of the reach of children.

Store in a cool, dark place, below 25 °C.

Protect from direct sunlight and heat.

Store in the original packaging.

Keep the bottle tightly closed.

Replace the protective cap after each use.

Do not use after the expiry date stated on the bottle/package.

Do not use **TEN HERBS PLUS** if you notice visible signs of deterioration.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF TEN HERBS PLUS

30 capsule in PVDC/golden aluminium blister strips (15 capsules each) packed in a carton box.

IDENTIFICATION OF TEN HERBS PLUS

Green capsules.

REGISTRATION NUMBER

TBA.

NAME AND ADDRESS OF REGISTRATION HOLDER

Imported by:

ZK Health Care (Pty) Ltd
11 Milkwood Road
Bayview Heights
Somerset West 7130
Tel: 021 852 8811
Fax: 021 852 3855
Website: www.esisa.co.za

Applicant:

Inspire Health (Pty) Ltd
Unit 6, Sunpark
178 Smit Street
Fairland
Randburg
2030

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

See information on the website above.

THIS LEAFLET WAS LAST REVISED ON

26th September 2021.



PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSTATUS: Ongeskuleer.

Kategorie D: Komplementêre Medisyne.

Displiene: D33.6 Ander (Westerse krui-komplementêre medisyne)

HANDELSNAAM, STERKTE, EN FARMASEUTIESE FORMAAT

TEN HERBS PLUS, 30 Kapsules

LEES DIE HELE INLIGTINGSBLAADJIE NOUKEURIG DEUR, DIT BEVAT BELANGRIKE INLIGTING VIR JOU

- **TEN HERBS PLUS** is sonder 'n doktersvoorskrif beskikbaar en is 'n aanvullende (komplementêre) medisyne. Jy moet **TEN HERBS PLUS** egter nog steeds versigtig gebruik om die beste resultate te verkry.
- Hou hierdie vouiljet, dit mag dalk nodig wees dat jy dit weer lees.
- Moenie **TEN HERBS PLUS** met enige ander persoon deel nie.
- Raadpleeg jou apteker of gesondheidsorgpraktisyn indien jy meer inligting of advies benodig.

TEN HERBS PLUS BEVAT:

Elke 1 kapsule TEN HERBS PLUS bevat die volgende aktiewe:

FOS (Fructooligosaccharides)		100 mg
Bitter Bark (Cascara sagrada cort.)	Bas	213.6 mg
Aloe Vera succo (Aloe ferox)	Sap	160 mg
Fennel semi (Foeniculum vulgare)	Seeds	133.6 mg
Senna folgie (Cassia angustifolia)	Leaves	106.64 mg
Licorice root (Glycyrrhiza glabra)	Wortel	40 mg
Gentian radice root (Bitter root)	Wortel	40 mg
Dandelion radice root (Taraxacum officinale)	Wortel	26.64 mg
Buckthorn cort. (Rhamnus cathartica)	Bas	26.64 mg
Rhubarb root/rhizomes (Rheum rhubarbarum)	Wortel	26.64 mg
Horehound sommita top (Marrubium vulgare)	Blome	26.64 mg

Die ander bestanddele is:

Pullulan
Mikrokristalliene sellulose
Magnesiumsoute van vetsuur
Siliusiumdioksied
Kaliumchloried E508
Carrageenan, E407
Chlorofil koperkompleks, E141

WAARVOOR TEN HERBS PLUS GEBRUIK WORD

TEN HERBS PLUS is saamgestel uit kruibestanddele om die gereeldheid van spysverteringsbewegings en 'n gesonde spysverteringsfunksie te bevorder met bykomende FOS.

Aloe Vera -gel het 'n akute suikerwerende werking en kombineer die krag van tien krui om gereelde spysverteringsbewegings te ondersteun.

VOORDAT TEN HERBS PLUS GEBRUIK WORD

Moenie **TEN HERBS PLUS** gebruik indien jy hipersensitief (allergies) is vir enige van die bestanddele nie.

Hierdie medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie. Hierdie medisyne is nie bedoel om enige siekte te diagnoseer, te behandel, te genees of te voorkom nie.

SWANGERSKAP EN BORSVOEDING

Veiligheid in swangerskap en borsvoeding is nie vasgestel nie. Indien jy swanger is of borsvoed, of vermoed dat jy dalk swanger mag wees of beplan om swanger te raak, raadpleeg jou dokter, apteker of ander gesondheidsorg werker vir advies voor gebruik van die middel.

AS JY ANDER MEDISYNE SAAM MET TEN HERBS PLUS NEEM

Stel altyd jou gesondheidsorgpraktisyn in kennis indien jy enige ander medisyne gebruik.

HOE OM TEN HERBS PLUS TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie. Neem **TEN HERBS PLUS** altyd presies soos aanbevel in die vouiljet, of soos voorgeskryf deur jou dokter of gesondheidsorg werker. Bevestig met jou dokter, apteker of gesondheidsorgpraktisyn indien jy onseker is.

Aanwysings vir gebruik: Neem 1-2 kapsules per dag, minstens 30 minute voor etes.

Hou op om ten minste twee weke voor die geskeduleerde operasie **TEN HERBS PLUS** te neem.

INDIEN JY MEER TEN HERBS PLUS GEBRUIK HET AS WAT JY MOES

Indien oordosering vermoed word, raadpleeg onmiddellik jou dokter, apteker of die **TEN HERBS PLUS** kliëntediens kontak nommer. Indien geneen beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

INDIEN JY VERGEET HET OM TEN HERBS PLUS TE NEEM

Moenie 'n dubbele dosis neem om te vergoed vir die dosis wat oorgeslaan is nie.

MOONTLIKE NEWE-EFFEKTE

TEN HERBS PLUS kan newe-effekte veroorsaak.

As een van die volgende gebeur, stop met die gebruik van **TEN HERBS PLUS** en vertel u dokter of gaan na die ongevalle -afdeling in u naaste hospitaal

- swelling van die hande, voete, enkels, gesig, lippe en mond of keel, wat kan veroorsaak sukkel om te sluk of asem te haal,
- uitslag of jeuk,
- flou word.

Dit is alles baie ernstige gevolge. As u dit het, het u moontlik 'n ernstige reaksie op Tien krui spysverteringsstelsel gehad. U benodig moontlik dringend mediese aandag of hospitalisasie.

Lakseermiddels kan verminder hoeveel medisyne jou liggaam absorbeer. Verminder hoeveel medisyne jou liggaam absorbeer, kan die doeltreffendheid van jou medikasie verminder.

As u Crohn se siekte, blindedermonsteking, maagsere, diabetes, hormoongevoelige toestande, kaliumtekort, hipertensie, niersiekte, hoë en lae bloeddruk het, moet u met u gesondheidswerker praat voordat u dit gebruik.

As u litium, kortikosteroïede, diuretika, bloedverdunnende medisyne, geboortebeperking, antibiotika of bloeddrukmedikasie gebruik, word dit nie aanbeveel om **TEN HERBS PLUS** te gebruik nie. Stel u gesondheidswerker in kennis voordat u hierdie aanvulling gebruik, aangesien daar moontlik interaksies met medikasie kan wees.

Nie alle newe-effekte wat vir **TEN HERBS PLUS** gerapporteer is word in hierdie pamflet ingesluit nie. Raadpleeg u dokter, apteker of ander gesondheidswerker vir advies indien u algemene gesondheid versleg of as u enige ongewenste effekte ervaar. As u enige newe-effekte opmerk wat nie in hierdie pamflet genoem word nie, moet jy jou dokter, apteker of gesondheidswerker daarvan in kennis stel.

BERGING EN WEGDOEN VAN TEN HERBS PLUS

Bewaar alle medikasie buite bereik en sig van kinders.

Stoor in 'n koel, donker plek, onder 25 °C.

Beskerm die produk teen sonlig en direkte hitte.

Bewaar in die oorspronklike houder.

Hou die houder dig toe.

Moenie na die vervaldatum wat op die houder aangedui is gebruik nie.

Moenie **TEN HERBS PLUS** gebruik indien jy enige sigbare tekens van produk verandering opmerk nie.

Moenie van ongebruikte medisyne ontslae raak in dreine of rioolstelsels nie (bv. toilette).

AANBIEDING VAN TEN HERBS PLUS

30 kapsules in PVDC/goue aluminium blisterstroke (15 kapsules elk) verpak in 'n kartondoos.

IDENTIFIKASIE VAN TEN HERBS PLUS

Groen kapsules.

REGISTRASIENOMMER

Om aangekondig te word.

Uitsluitlik ingevoer deur:

ZK Health Care (Pty) Ltd
11 Milkwood Road
Bayview Heights
Somerset West 7130
Tel: 021 852 8811
Fax: 021 852 3855
Website: www.esisa.co.za

Aansoeker:

Inspire Health (Pty) Ltd
Unit 6, Sunpark
178 Smit Street
Fairland
Randburg
2030

TOEGANG TOT OOREENSTEMMENDE PROFESSIONELE INLIGTING

Sien inligting op bogenoemde webwerf.

HIERDIE VOUILJET WAS LAAS HERSIEN OP

26 September 2021.