

PATIENT INFORMATION LEAFLET: SFERA QUERCETIN COMPLEX

SCHEDULING STATUS **SO**

PRODUCT NAME, STRENGTH AND PHARMACEUTICAL FORM

Sfera Quercetin Complex. Each capsule contains 300 mg *Sophorae japonica* (Quercetin) [flower], 50 mg Bromelain (80GUD/g), 100 mg *Citrus aurantium* (Citrus Bioflavonoids) [fruit], 50 mg *Urtica dioica* (nettle) [leaf extract]. Capsules. Sugar free.

COMPLEMENTARY MEDICINE: WESTERN HERBAL MEDICINE/HEALTH SUPPLEMENT

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 **Sfera Quercetin Complex** is available without a doctor's prescription, for you to use to treat a mild illness. Nevertheless you still need to use **Sfera Quercetin Complex** carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share **Sfera Quercetin Complex** with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

What is in this leaflet

1. What **Sfera Quercetin Complex** is and what it is used for
2. What you need to know before you use **Sfera Quercetin Complex**
3. How to use **Sfera Quercetin Complex**
4. Possible side effects
5. How to store **Sfera Quercetin Complex**
6. Contents of the pack and other information

1. WHAT Sfera Quercetin Complex IS AND WHAT IT IS USED FOR

Sfera Quercetin Complex is a Western Herbal Medicine which assists with the relief of inflammation, osteoarthritis and improves joint health. **Sfera Quercetin Complex** is a source of antioxidants.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE Sfera Quercetin Complex

Do not take Sfera Quercetin Complex:

- if you are hypersensitive (allergic) to any of the ingredients of **Sfera Quercetin Complex**.
- if you have stomach ulcers, active bleeding, a history of bleeding or taking medications that thin the blood.
- if you are pregnant, or think you may be pregnant, or breastfeeding.

Warnings and precautions:

Consult your doctor prior to use, especially if you have a medical condition or are taking prescription medication.

For use beyond 12 weeks, consult a registered health care provider.

Children and adolescents: Not suitable for children

Other medicines and Sfera Quercetin Complex:

Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines). Consult your doctor, pharmacist or health care provider if you are taking anticoagulant/antiplatelet medicines.

Sfera Quercetin Complex with food and drink:

Take **Sfera Quercetin Complex** at least one hour before or two hours after a meal with water.

Pregnancy and breastfeeding

Do not use during pregnancy or breastfeeding.

Driving and using machinery:

It is not always possible to predict to what extent **Sfera Quercetin Complex** 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 **Sfera Quercetin Complex** affects them.

3. HOW TO TAKE Sfera Quercetin Complex

Do not share medicines you are taking with any other person.

Always take **Sfera Quercetin Complex** exactly as described in this leaflet or as your doctor, pharmacist or health care provider told you. Check with your doctor, pharmacist or health care provider if you are not sure.

The usual dose is: Take one (1) to three (3) capsules per day on an empty stomach,

at least one hour before or two hours after a meal, or as directed by your health care provider. Swallow the capsule whole with a sufficient quantity of liquid (e.g. one glass of water).

If you take more Sfera Quercetin Complex than you should:

In the event of overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you missed a dose of Sfera Quercetin Complex:

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

4. POSSIBLE SIDE EFFECTS

Sfera Quercetin Complex can have side effects. The most common side-effects of **Sfera Quercetin Complex** are gastro-intestinal disturbances such as diarrhoea and nausea.

Should your general health worsen or if you experience any untoward effects while taking **Sfera Quercetin Complex**, please consult your health care provider for advice.

If any of the following happens, stop taking **Sfera Quercetin Complex** and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Swelling of your hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing.
- Rash or itching.
- Fainting.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to **Sfera Quercetin Complex**. You may need urgent medical attention or hospitalisation. 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. You can also report side effects to SAHPRA via the "**6.04 Adverse Drug Reaction Reporting Form**", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of **Sfera Quercetin Complex**.

5. HOW TO STORE Sfera Quercetin Complex.

- Store all medicines out of reach of children.
- Store at or below 25 °C.
- Protect from moisture.
- Keep in the original container until ready for use.
- Do not store in a bathroom.
- Do not use after the expiry date stated on the bottle.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Sfera Quercetin Complex contains

- The active substances are: Each capsule contains 300 mg *Sophorae japonica* (Quercetin) [flower], 50 mg Bromelain (80GUD/g), 100 mg *Citrus aurantium* (Citrus Bioflavonoids) [fruit], 50 mg *Urtica dioica* (nettle) [leaf extract].
- The other ingredient is: A clear vegetarian capsule.

What Sfera Quercetin Complex looks like and contents of the pack

Sfera Quercetin Complex are clear size "0" capsules filled with a light-yellow powder.

Sfera Quercetin Complex: 60 capsules are packed into an amber glass bottle, with a golden plastic childproof lid with plastic seal liner, desiccant sachet and outer protective tamperproof shrink sleeve on the cap.

Sfera Quercetin Complex: 180 capsules are packed into an amber glass bottle, with a golden plastic childproof lid with plastic seal liner, desiccant sachet and outer protective tamperproof shrink sleeve on the cap.

Holder of Certificate of Registration

Sfera Bio Nutrition (Pty) Ltd.
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Pretoria, 0181
Telephone: 012 751 7117
Website: www.sfera-nutrition.co.za

This leaflet was last revised in

May 2021.

Access to the corresponding Professional Information

Detailed information on this medicinal product is available from pharmacist@sfera-nutrition.co.za or www.sfera-nutrition.co.za



PASIENT INLIGTINGSBLAD: SFERA QUERCETIN COMPLEX

SKEDULERING STATUS SO

PRODUKNAAM, STERKTE EN DOSEERVORM

Sfera Quercetin Complex. Elke kapsule bevat 300 mg *Sophorae japonica* (Quercetin) [blom], 50 mg Bromelain (80GUD/g), 100 mg *Citrus aurantium* (Sitrus Bioflavonoïede) [vrug], 50 mg *Urtica dioica* (brandnetel) [blaar ekstrak]. Kapsules.

KOMPLIMENTÊRE MEDISYNE: WESTERSE KRUIE MEDISYNE/GESONDHEID AANVULLING

Hierdie ongeregistreerde medisyne is nog nie geëvalueer deur die SAHPRA vir die kwaliteit, veiligheid of vir die voorgenome gebruik nie.

Lees die hele blaadjie noukeurig deur omdat dit belangrike inligting vir u bevat.

Sfera Quercetin Complex is beskikbaar sonder 'n dokter se voorskrif, vir u om te gebruik om 'n minder ernstige siekte te behandel. Nogtans behoort u **Sfera Quercetin Complex** met versigtigheid te gebruik om die beste resultate daaruit te verkry.

- Hou hierdie blaadjie. U mag dit weer wil lees.
- Moenie **Sfera Quercetin Complex** deel met enige ander persoon nie.
- Vra u gesondheidsorgverskaffer of apteker indien u meer inligting of advies benodig.

Wat is in hierdie blaadjie

1. Wat is **Sfera Quercetin Complex** en waarvoor word dit gebruik
2. Wat u moet weet voordat u **Sfera Quercetin Complex** gebruik
3. Hoe om **Sfera Quercetin Complex** te gebruik
4. Moontlike nuwe-effekte
5. Hoe om **Sfera Quercetin Complex** te berg
6. Inhoud van die verpakking en ander inligting

1. WAT IS Sfera Quercetin Complex EN WAARVOOR WORD DIT GEBRUIK

Sfera Quercetin Complex is 'n Westerse Krui Medisyne wat help met die verligting van inflammasie, osteoartritis en verbeter gewrig gesondheid. **Sfera Quercetin Complex** 'n bron van antioksidante.

2. WAT U MOET WEET VOORDAT U Sfera Quercetin Complex GEBRUIK

Moenie Sfera Quercetin Complex neem nie:

- Indien u hipersensitief (allergies) is vir enige van die bestanddele van **Sfera Quercetin Complex**
- Indien u maagsere, aktiewe bloeding, 'n geskiedenis van bloeding het of u bloed- verdunner medisyne gebruik.
- Indien u swanger is of dink u moontlik kan swanger wees of u baba borsvoed.

Waarskuwings en spesiale voorsorgmaatreëls:

Raadpleeg u dokter voordat u **Sfera Quercetin Complex** begin gebruik, veral as u 'n mediese toestand het of voorskryfmedisyne gebruik.

Raadpleeg 'n gesondheidsorgverskaffer vir gebruik langer as 12 weke.

Kinders en adolessente: Nie geskik vir kinders nie.

Ander medisyne en Sfera Quercetin Complex:

Vertel altyd u gesondheidsorgverskaffer as u enige ander medisyne neem. (Dit sluit alle komplementêre of tradisionele medisyne in). Raadpleeg u dokter, apteker of gesondheidsorgverskaffer as u antistofmiddels/teen-plaatjie middels gebruik.

Sfera Quercetin Complex saam met voedsel en vloeistowwe:

Neem **Sfera Quercetin Complex** een uur voor of twee ure na 'n maaltyd met water.

Swangerskap en borsvoeding:

Moenie gedurende swangerskap of borsvoeding gebruik nie.

Bestuur en gebruik van masjinerie:

Dit is nie altyd moontlik om te voorspel in watter mate **Sfera Quercetin Complex** die daaglikse aktiwiteite van 'n pasiënt kan beïnvloed nie. Pasiënte moet toesien dat hulle nie aan bogenoemde aktiwiteite deelneem nie totdat hulle bewus is van die mate waarin **Sfera Quercetin Complex** hulle beïnvloed.

3. HOE OM Sfera Quercetin Complex TE GEBRUIK

Moenie medisyne wat u neem met enige ander persoon deel nie.

Neem altyd **Sfera Quercetin Complex** presies soos voorgeskryf in hierdie pamflet of soos u dokter, apteker of gesondheidsorgverskaffer vir u gesê het. Raadpleeg u dokter, apteker of gesondheidsorgverskaffer as u nie seker is nie.

Die gewone dosis is: Neem een (1) tot drie (3) kapsules per dag op 'n leë maag, een uur voor of twee ure na 'n maaltyd, of soos aangedui deur u gesondheidsorgverskaffer. Sluk die kapsule heel in met 'n voldoende hoeveelheid vloeistof (bv. een glas water).

Indien u meer Sfera Quercetin Complex neem as wat u behoort te neem:

In die geval van 'n oordosis, raadpleeg u dokter of apteker. Indien nie een beskikbaar is nie, kontak die naaste hospitaal of gif hulp sentrum.

Indien u vergeet om 'n dosis Sfera Quercetin Complex te neem:

Moenie 'n dubbele dosis neem om die vergete enkel dosis in te haal nie.

4. MOONTLIKE NUWE EFFEKTE

Sfera Quercetin Complex kan nuwe effekte hê. Die mees algemene nuwe-effekte van **Sfera Quercetin Complex** is gastro-intestinale versterings soos diarree en naarheid. Raadpleeg u gesondheidsorgverskaffer vir advies indien u algemene gesondheid vererger of as u enige ongewenste effekte ervaar wanneer u **Sfera Quercetin Complex** neem.

As enige van die volgende gebeur, moet u ophou om **Sfera Quercetin Complex** te neem en u dokter onmiddellik inlig of na die ongevallige-afdeling in u naaste hospitaal gaan:

- Swelling van die hande, voete, enkels, gesig, lippe, mond of keel, wat probleme met sluk of asemhaling kan veroorsaak.
- Uitslag of jeuk.
- Floute ervaar.

Dit is alles baie ernstige nuwe-effekte. As u dit het, kan u 'n ernstige reaksie op **Sfera Quercetin Complex** hê. U mag dringend mediese hulp of hospitalisasie benodig. Stel u dokter of apteker in kennis as u nuwe-effekte opmerk wat nie in hierdie pamflet genoem word nie.

Rapportering van nuwe-effekte

As u nuwe-effekte kry, moet u met u dokter of apteker praat. U kan ook nuwe-effekte aan SAHPRA rapporteer via die "6.04 Adverse Drug Reaction Reporting Form", aanlyn onder SAHPRA se publikasies: <https://www.sahpra.org.za/Publications/index/8>. Deur nuwe-effekte aan te meld, kan u help om meer inligting oor die veiligheid van **Sfera Quercetin Complex** voorsien.

5. HOE OM Sfera Quercetin Complex TE BERG

- Hou alle medisyne buite bereik van kinders.
- Berg by of benede 25 °C.
- Beskerm teen vog.
- Berg in die oorspronklike houder totdat gereed vir gebruik.
- Moenie in 'n badkamer berg nie.
- Moenie gebruik na die vervaldatum soos op die bottel aangedui nie.
- Neem alle ongebruikte medisyne terug na u apteker toe.
- Moenie ongebruikte medisyne in dreine of rioelstelsels (bv. toilette) weggooi nie.

6. INHOUD VAN DIE VERPAKKING EN ANDER INLIGTING

Wat Sfera Quercetin Complex bevat

- Die aktiewe bestanddele is: Elke kapsule bevat 300 mg *Sophorae japonica* (Quercetin) [blom], 50 mg Bromelain (80GUD/g), 100 mg *Citrus aurantium* (Sitrus Bioflavonoïede) [vrug], 50 mg *Urtica dioica* (brandnetel) [blaar ekstrak].
- Die ander bestanddeel is: 'n Deursigtige vegetariese kapsule.

Hoe Sfera Quercetin Complex lyk en die inhoud van die verpakking

Sfera Quercetin Complex kapsules is deursigtige grootte "0" kapsules gevul met 'n liggeel poeier.

Sfera Quercetin Complex: 60 kapsules word verpak in 'n amber glasbottel, met 'n goudkleurige peuter bestande deksel met 'n druk-seël voering, silika gel sakkie en 'n beskermende sellofaan krimp-omhulsel om die deksel.

Sfera Quercetin Complex: 180 kapsules word verpak in 'n amber glasbottel, met 'n goudkleurige peuter bestande deksel met 'n druk-seël voering, silika gel sakkie en 'n beskermende sellofaan krimp-omhulsel om die deksel.

Houer van Registrasiesertifikaat

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Hierdie pamflet is laas hersien in

Mei 2021.

Toegang tot die ooreenstemmende professionele inligting

Gedetailleerde inligting oor hierdie medisyne is beskikbaar by pharmacist@sfera-nutrition.co.za of www.sfera-nutrition.co.za