

## Patient Information Leaflet

### Scheduling status

Schedule 0

### Proprietary name, strength and pharmaceutical form

## Gripp-Heel® Tablets

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

Gripp-Heel® is available without a doctor's prescription, for you to treat a mild illness. Nevertheless you still need to use Gripp-Heel® carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Gripp-Heel® with any other person.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

### 1. What Gripp-Heel® contains

1 tablet cont.:

The active substances are:

Aconitum napellus D4 0120 mg; Bryonia cretica D4 60 mg, Lachesis mutus D12 60 mg; Eupatorium perfoliatum D3 30 mg, Phosphorus D5 30 mg.

The other ingredient is: Magnesium stearate.

1 tablet contains approx. 300 mg lactose.

### 2. What Gripp-Heel® is used for

Pharmacological classification: D. 33.2. Homeopathy.

Discipline of the medicine: Homeopathy

This medicine is prepared in accordance with homeopathic principles and is proposed for use in influenza and influenzal infections and for the stimulation of the endogenic defence system in other feverish infectious diseases.

### 3. Before you take Gripp-Heel®

Do not take Gripp-Heel®:

- if you are hypersensitive (allergic) to the active substances or any of the other ingredients of Gripp-Heel®.

### Pregnancy and Breastfeeding

If you are pregnant or breastfeeding your baby while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice.

### Important information about some of the ingredients of Gripp-Heel®:

This preparation contains natural lactose. Although the quantity of lactose present is probably not sufficient to cause discomfort, a health professional should be consulted in strong cases of lactose intolerance. A temporary aggravation of the existing symptoms is possible after taking a homeopathic preparation.

### Taking other medicines with Gripp-Heel®:

If you are taking other medicines on a regular basis, including complementary or traditional medicines, the use of Gripp-Heel® with these medicines may cause undesirable interactions. Please consult your doctor, pharmacist or other healthcare professional for advice.

#### **4. How to take Gripp-Heel®**

Do not share medicines prescribed for you with any other person.

Always take Gripp-Heel® exactly as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure.

The usual dose is:

Adults and children over 3 years of age: Dissolve 1 tablet in the mouth 3-5 times daily. In acute disorders, 1 tablet every 15 minutes for 8 doses.

Infants: Half the adult dose. Crush the tablet and administer it dissolved in a little water or milk. It is recommended not to eat or drink 15 minutes before or after taking the medication.

#### **If you take more Gripp-Heel® than you should:**

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

#### **If you forget to take Gripp-Heel®:**

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

#### **5. Possible side effects**

Gripp-Heel® can have side effects.

None known.

Not all side effects reported for Gripp-Heel® are included in this leaflet. Should your general health worsen 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 or pharmacist.

#### **6. Storing and disposing of Gripp-Heel®**

Keep all medicines out of the reach and sight of children.

- Store in a cool (below 25 °C) dry place.

#### **7. Presentation of Gripp-Heel®**

Containers of 50 tablets.

#### **8. Identification of Gripp-Heel®**

White to yellow/white tablets.

#### **9. Application number**

D540598 (Act 101/1965).

#### **10. Name and business address of the holder of the certificate of registration**

ModHomCo (Pty) Ltd

96 Amsterdam Street, Clubview, 0157 Centurion

#### **11. Date of publication**

July 2018

**This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.**