

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

NUTRIPURE KIDS IMMUNE PLUS gummies

Vitamin C, Elderberry and Propolis, gummies

Contains sugar: Glucose syrup (1,09 g); Sucrose (0,92 g)

Complementary Medicine – Discipline specific

D 33.7 Combination products

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use. Health Supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

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

NUTRIPURE KIDS IMMUNE PLUS is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use **NUTRIPURE KIDS IMMUNE PLUS** carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share **NUTRIPURE KIDS IMMUNE PLUS** 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 **NUTRIPURE KIDS IMMUNE PLUS** is and what it is used for
2. What you need to know before you give **NUTRIPURE KIDS IMMUNE PLUS** to your child
3. How to give **NUTRIPURE KIDS IMMUNE PLUS** to your child
4. Possible side effects
5. How to store **NUTRIPURE KIDS IMMUNE PLUS**
6. Contents of the pack and other information

1. What NUTRIPURE KIDS IMMUNE PLUS is and what it is used for

NUTRIPURE KIDS IMMUNE PLUS is a complementary medicine that contains vitamin C, which:

- contributes to the normal function of the immune system;
- helps the body release energy from food; and
- helps reduce tiredness and fatigue.

Propolis and elderberry are traditionally used to support immune health.

2. What you need to know before you give NUTRIPURE KIDS IMMUNE PLUS to your child

Do not give NUTRIPURE KIDS IMMUNE PLUS:

- to children who are allergic to any of the ingredients of **NUTRIPURE KIDS IMMUNE PLUS** (listed in section 6).

- to children who are allergic to bee products, pollen or honey.
- to children younger than 3 years of age.

Warnings and precautions

Take special care with NUTRIPURE KIDS IMMUNE PLUS:

- Do not give more than the recommended daily dose unless advised by a healthcare provider.
- For use by children only under adult supervision.
- The safety of long-term oral use of propolis in children has not been established. Increased oestrogen levels have been reported in children after prolonged oral use of propolis.
- Talk to a healthcare provider before giving **NUTRIPURE KIDS IMMUNE PLUS** if the child:
 - has an autoimmune disease; or
 - is pregnant or breastfeeding.
- If symptoms worsen, consult a healthcare provider.

Each gummy contains approximately 1.09 g glucose syrup and 0.92 g sucrose. This should be taken into consideration in children with diabetes or those following a sugar-controlled diet.

Health supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

Other medicines and NUTRIPURE KIDS IMMUNE PLUS

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

No interaction studies have been performed with **NUTRIPURE KIDS IMMUNE PLUS**.

Talk to a healthcare provider before giving **NUTRIPURE KIDS IMMUNE PLUS** if the child is taking medicines that suppress the immune system (immunosuppressants).

Pregnancy and breastfeeding

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 health care provider for advice before taking this medicine.

Driving and using machines

NUTRIPURE KIDS IMMUNE PLUS is not expected to affect your ability to drive or use machines. It is not always possible to predict to what extent **NUTRIPURE KIDS IMMUNE PLUS** 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 **NUTRIPURE KIDS IMMUNE PLUS** affects them.

3. How to give NUTRIPURE KIDS IMMUNE PLUS to your child

Always give **NUTRIPURE KIDS IMMUNE PLUS** to your child exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

Children 3 years and older:

- Give one gummy once daily.
- Use only under adult supervision.
- Do not give more than the recommended daily dose unless advised by a healthcare provider.

How to give NUTRIPURE KIDS IMMUNE PLUS

- Give by mouth.
- Make sure the child chews the gummy thoroughly before swallowing.

If too much NUTRIPURE KIDS IMMUNE PLUS is given

If more **NUTRIPURE KIDS IMMUNE PLUS** has been given than recommended, stop giving **NUTRIPURE KIDS IMMUNE PLUS** and contact your health care provider, pharmacist or the nearest hospital immediately.

There is limited information available about giving too much **NUTRIPURE KIDS IMMUNE PLUS**.

Treatment will be based on the child's symptoms.

If you forget to give your child NUTRIPURE KIDS IMMUNE PLUS

Do not give a double dose to make up for a forgotten dose.

4. Possible side effects

NUTRIPURE KIDS IMMUNE PLUS is generally well tolerated when used as directed.

NUTRIPURE KIDS IMMUNE PLUS can have side effects.

Not all side effects reported for **NUTRIPURE KIDS IMMUNE PLUS** are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking **NUTRIPURE KIDS IMMUNE PLUS**, please consult your doctor, pharmacist or other health care provider for advice.

If any of the following happens, stop giving **NUTRIPURE KIDS IMMUNE PLUS** to your child and tell your doctor immediately or go to the casualty department at your nearest hospital:

- signs of an allergic reaction such as rash, itching, swelling of the face, lips, tongue or throat, or difficulty breathing.

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

Tell your doctor if you notice any of the following:

- stomach-related symptoms such as nausea, stomach discomfort or diarrhoea;
and
- headache.

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 or nurse. You can also report side effects to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website. By reporting side effects, you can help provide more information on the safety of **NUTRIPURE KIDS IMMUNE PLUS**.

5. How to store NUTRIPURE KIDS IMMUNE PLUS

Store all medicines out of reach of children.

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

Keep the bottle tightly closed.

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

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 NUTRIPURE KIDS IMMUNE PLUS contains

Each gummy contains:

L-Ascorbic Acid (Vitamin C)	40 mg
<i>Sambucus nigra</i> L. (Elderberry)	25 mg
[fruit, 30:1 extract]	
<i>Apis mellifera</i> L. (Propolis)	3,25 mg
[beehive, extract standardized to flavonoids 5 %]	

Other ingredients: Water, Fruit juice concentrate, Gelling agent (Pectin), Acid (Citric acid), Acidity regulator (Sodium citrate), Flavouring, Colour (Anthocyanins), Coconut oil, Glazing agent (Carnauba wax).

What NUTRIPURE KIDS IMMUNE PLUS looks like and contents of the pack

NUTRIPURE KIDS IMMUNE PLUS is a red, bear-shaped gummy, red berries flavour. **NUTRIPURE KIDS IMMUNE PLUS** is supplied in a clear 400 ml bottle PET (120's) with light green CRC cap and silver induction liner.

Holder of Certificate of Registration

MDI Healthcare cc
NUTRIPURE KIDS IMMUNE PLUS
Discipline Specific Product – Combination Products (gummies)

MDI Healthcare cc

P.O. Box 35259, Menlo Park

Pretoria

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This leaflet was last revised in

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Registration number

To be allocated.

Access to the corresponding Professional Information

For more information: scan QR code.