

## PATIENT INFORMATION LEAFLET

### Complementary Medicine: Discipline-Specific Traditional

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

### SCHEDULING STATUS

**S0**

### ColdEeze Honey Cough Syrup

Ivy leaf, thyme and marshmallow root.

Preserved with:	Potassium sorbate	0.1 % (m/v)
	Sodium benzoate	0.1 % (m/v)
Contains sugar:	Honey 2000.00 mg / 5 ml.	

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

**COLDEEZ HONEY COUGH SYRUP** is available without a doctor's prescription. Nevertheless you still need to use **COLDEEZ HONEY COUGH SYRUP** carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share **COLDEEZ HONEY COUGH SYRUP** with any other person.
- Ask your pharmacist if you need more information or advice.

### What is in this leaflet

1. What COLDEEZ HONEY COUGH SYRUP is and what it is used for.
2. What you need to know before you take COLDEEZ HONEY COUGH SYRUP.
3. How to use COLDEEZ HONEY COUGH SYRUP.
4. Possible side effects.
5. How to store COLDEEZ HONEY COUGH SYRUP.
6. Contents of the pack and other information.

#### 1. What COLDEEZ HONEY COUGH SYRUP is and what it is used for

Coldeez Cough Syrup contains a soothing herbal formula with Honey to assist with: Coughs associated with upper airway infections. May assist with symptomatic relief of coughs during chronic inflammatory disorders. Aids in the loosening of phlegm in the bronchial airways.

#### 2. What you need to know before you take COLDEEZ HONEY COUGH SYRUP.

**Do not use COLDEEZ HONEY COUGH SYRUP:**

- if you are hypersensitive (allergic) to the active substances or to plants of the *Araliaceae* family or any of the other ingredients of COLDEEZ HONEY COUGH SYRUP (listed in section 6).
- Children under 2 years of age because of the risk of aggravation of respiratory symptoms.

**Warnings and precautions:**

Special care should be taken with COLDEEZ HONEY COUGH SYRUP. If you are taking any prescribed medication, please check with your healthcare provider before taking this medicine.

- Persistent or recurrent cough in children between 2-4 years of age requires medical diagnosis before treatment.
- When dyspnoea (difficult breathing), fever or purulent sputum occurs, a doctor, qualified health care practitioner or a pharmacist should be consulted.
- Concomitant use with opiate antitussives such as codeine or dextromethorphan is not recommended without medical advice.
- Caution is recommended in patients with gastritis or gastric ulcer.
- If the symptoms worsen during the use of the medicinal product, a doctor or a qualified health care practitioner should be consulted.

**Other medicines and ColdEez Honey Cough Syrup**

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

**Pregnancy, breastfeeding and fertility**

Use during pregnancy and breastfeeding is not recommended as 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 health care provider for advice before using this medicine.

**Driving and using machines**

It is not always possible to predict to what COLDEEZ HONEY COUGH SYRUP 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 COLDEEZ HONEY COUGH SYRUP affects them.

### **Important information about some of the ingredients of ColdEez Honey Cough Syrup**

ColdEez Honey Cough Syrup contains honey which may have an effect on the control of your blood sugar if you have diabetes mellitus.

### **3. How to take COLDEEZ HONEY COUGH SYRUP**

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

Always take COLDEEZ HONEY COUGH SYRUP exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor if you are not sure.

The usual dose is:

*Children 2 to 3 years of age:*  
2.5 ml three times daily

*Children 4 to 11 years of age:*  
5 ml three times daily.

*Adults and children 12 years and older:*  
10 ml three times daily.

Not recommended for children under the age of 2 years.

Consult your doctor or healthcare practitioner if symptoms persist for longer than 14 days.

Route of administration:

Oral

### **If you take more COLDEEZ HONEY COUGH SYRUP than you should**

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

### **If you forget to take COLDEEZ HONEY COUGH SYRUP**

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

### **4. Possible side effects**

**COLDEEZ HONEY COUGH SYRUP** can have side effects.

Not all side effects reported for **COLDEEZ HONEY COUGH SYRUP** are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while using this medicine, please consult your doctor, pharmacist or other healthcare provider for advice.

**If any of the following happens, stop using COLDEEZ HONEY COUGH SYRUP and tell your doctor immediately 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 side effects. If you have them, you may have had a serious reaction to COLDEEZ HONEY COUGH SYRUP. You may need urgent medical attention.

Tell your doctor if you notice any of the following:

Frequency not known side effects:

- Hypersensitivity reactions
- Urticaria (skin reaction that causes itchy welts)
- Skin rash
- Dyspnoea (difficulty in breathing)
- Nausea
- Vomiting
- Diarrhoea

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, 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](http://who-umc.org)) found on SAHPRA website. By reporting side effects, you can help provide more information on the safety of ColdEez Honey Cough Syrup.

## **5. How to store COLDEEZ HONEY COUGH SYRUP**

- Store all medicines out of reach of children.
- Store at or below 25 °C, in a dry place.
- Store in the original package / container.

- Keep the container tightly closed.
- Protect from light and moisture
- Do not store in a bathroom
- Do not use after the expiry date stated on the label.
- 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 COLDEEZ HONEY COUGH SYRUP contains**

Active ingredients per 5 ml:

<i>Hedera Helix</i> (Ivy leaf) extract	35.00 mg
<i>Thymus Vulgaris</i> and /or <i>Thymus Zygis</i> 10:1 (Thyme leaf) extract	2.50 mg
<i>Althea officinalis</i> (Marshmallow) root extract (10:1)	27.00 mg

Other ingredients are citric acid monohydrate, glycerol, honey, honey flavour, potassium sorbate, sodium benzoate and xanthan gum.

### **What COLDEEZ HONEY COUGH SYRUP looks like and contents of pack**

A light to medium brown honey flavoured syrup in a 150 ml amber glass bottle with a white screw-on lid.

### **Holder of certificate of registration**

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### **This leaflet was last revised in**

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### **Registration numbers**

To be allocated.

