PATIENT INFORMATION LEAFLET

SCHEDULING STATUS S0

COLDEEZ® COUGH SYRUP
Ivy leaf, Thyme leaf, Marshmallow root
Contains sugar: Honey, 1 g per 2,5 ml dose and 2 g per 5 ml dose.
Contains preservatives: Potassium sorbate 0,1 % & Sodium benzoate 0,1 %

Complementary Medicine
D33.6 Discipline-Specific, Western Herbal
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
COLDEEZ COUGH SYRUP is available without a doctor's prescription for you to support your health. Nevertheless, you still need to use COLDEEZ COUGH SYRUP carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share COLDEEZ COUGH SYRUP with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.
- Consult your healthcare provider if symptoms persist for longer than one week or worsen during the use of the product.
- For children between 3- 4 years of age who suffer from a persistent or recurrent cough, please consult your healthcare provider for a medical diagnosis and advice before using this product.

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

1. What COLDEEZ COUGH SYRUP is and what it is used for
COLDEEZ COUGH SYRUP can be used by adults and children aged 3 years and older.
COLDEEZ COUGH SYRUP contains added honey and consists of a combination of herbal ingredients that helps to relieve a cough. It loosens and thins phlegm in the airway, making it easier to clear from the lungs, and helps to alleviate the feeling of chest congestion.

2. What you need to know before you take COLDEEZ COUGH SYRUP
Do not take COLDEEZ COUGH SYRUP:
- If you are hypersensitive (allergic) to any of the ingredients in COLDEEZ COUGH SYRUP (listed in section 6) or other plants of the Ginseng, Mallow, or Mint families.
- If you have an intolerance to fructose or any other rare genetic disorder that affects how your body absorbs glucose and galactose.

Do not give COLDEEZ COUGH SYRUP to children under 3 years of age.

Warnings and special precautions
Special care should be taken with COLDEEZ COUGH SYRUP.
- For children between 3- 4 years of age who suffer from a persistent or recurrent cough, please consult your healthcare provider for a medical diagnosis and advice before using this product.
- Consult a healthcare provider if you experience dyspnoea (shortness of breath), fever or purulent sputum (yellow or green with a thick, opaque consistency).
- Use with caution if you suffer from gastritis or have a gastric ulcer.
- Consult a healthcare provider if symptoms persist for longer than one week or worsen during the use of the product.
- Use during pregnancy and lactation is not recommended. Safety has not been established.
- Use with caution if you have diabetes mellitus. COLDEEZ COUGH SYRUP contains 1 g of honey per 2,5 ml dose and 2 g of honey per 5 ml dose, which may affect how well your body manages blood sugar (glucose) levels.
- Concomitant use with cough suppressants is not recommended. Consult a healthcare provider for medical advice.
- Consult a healthcare provider before use if you have been informed or if you suspect that you have an intolerance to some sugars. COLDEEZ COUGH SYRUP should not be taken in some instances (see **Do not take COLDEEZ COUGH SYRUP**).

Children and adolescents
Do not give COLDEEZ COUGH SYRUP to children under the age of 3 years.

Other medicine and COLDEEZ COUGH SYRUP
Always tell your healthcare provider if you are taking any other medicine (this includes all complementary or traditional medicines).

COLDEEZ COUGH SYRUP contains *Althea officinalis L.* (Marshmallow) root extract, which may delay the absorption of other medications taken at the same time. As a precautionary measure, the product should not be taken 30-60 minutes before or after taking other medications.

COLDEEZ COUGH SYRUP with food and drink and alcohol
No known interactions.

Pregnancy and breastfeeding and fertility
Use during pregnancy and lactation is not recommended.
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 COLDEEZ COUGH SYRUP.

Driving and use of machinery
It is not always possible to predict to what extent COLDEEZ 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 extent to which COLDEEZ COUGH SYRUP affects them.

COLDEEZ COUGH SYRUP contains honey, glycerol, sodium benzoate, potassium sorbate, honey flavour, xanthan gum, citric acid monohydrate, and purified water.

COLDEEZ COUGH SYRUP contains 1 g of honey per 2,5 ml dose and 2 g of honey per 5 ml dose.
- It may affect how well the body manages blood sugar (glucose).
- Should not be used if you have a fructose intolerance or other rare genetic disorder that affects how your body absorbs glucose and galactose (see **Do not take COLDEEZ COUGH SYRUP**) as it may provoke digestive side effects.

3. How to take COLDEEZ COUGH SYRUP
Do not share medicines prescribed for you with any other person.
Always use COLDEEZ COUGH SYRUP exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you. Check with your doctor, pharmacist or nurse if you are not sure.

COLDEEZ COUGH SYRUP should be taken orally. Shake the bottle well before use.

The usual dose is:
Children 3 - 11 years: 2,5 ml three times a day.
Adults and children 12 years and older: 5 ml three times a day.

Do not take other medications 30-60 minutes before or after taking this product.

If you take more COLDEEZ COUGH SYRUP than you should
You may experience sudden onset or increased severity of the side effects.
You may experience nausea, vomiting, diarrhoea, and agitation.
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 COUGH SYRUP
If you forget to take a dose of COLDEEZ COUGH SYRUP, take it as soon as you remember. However, if it is almost time for your next dose, skip the dose you have missed.
Do not take a double dose to make up for forgotten individual doses.

4. Possible side effects
COLDEEZ COUGH SYRUP can have side effects.
Not all side effects reported for COLDEEZ COUGH SYRUP are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking COLDEEZ COUGH SYRUP, please consult your healthcare provider for advice.

If any of the following happen, stop taking COLDEEZ 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
- shortness of breath
- rash or itching
- fainting

These are all very serious side effects. If you have them, you may have had a serious reaction to COLDEEZ COUGH SYRUP. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:
Side effects of which the frequency is not known
- nausea
- vomiting
- diarrhoea (loose stools)

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 the SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who umc.org) found on the SAHPRA website.
By reporting side effects, you can help provide more information on the safety of COLDEEZ COUGH SYRUP.

5. How to store COLDEEZ COUGH SYRUP
- Store all medicines out of reach of children.
- Store in a cool, dry place at or below 25 °C.
- Protect from light.
- Do not use after the expiry date stated on the packaging.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of this pack and other information
What COLDEEZ COUGH SYRUP contains
The active substances:

Each 2,5 ml contains	
Hedera helix (English ivy) [leaf, dry extract 5,5:1 providing 48,13 mg dried herb equivalent]	8,75 mg
Thymus Vulgaris (Thyme) [leaf, 1:10 liquid extract providing 1,25 mg dried herb equivalent]	12,50 mg
Althea officinalis L. (Marshmallow) [root, 10:1 extract providing 135 mg dried herb equivalent]	13,50 mg

Each 5 ml contains	
Hedera helix (English ivy) [leaf, dry extract 5,5:1 providing 96,25 mg dried herb equivalent]	17,50 mg
Thymus Vulgaris (Thyme) [leaf, 1:10 liquid extract providing 2,50 mg dried herb equivalent]	25,00 mg
Althea officinalis L. (Marshmallow) [root, 10:1 extract providing 270 mg dried herb equivalent]	27,00 mg

The other ingredients are:
Honey, glycerol, sodium benzoate, potassium sorbate, honey flavour, xanthan gum, citric acid monohydrate, purified water.

What COLDEEZ COUGH SYRUP looks like and contents of the pack
A light brown, opaque, slightly viscous and sweet-tasting honey-flavoured syrup in an amber glass bottle, with white tamper-proof cap and measuring cup, which is placed in an outer carton.
Each bottle contains 150 ml COLDEEZ COUGH SYRUP.

Prospective Holder of Certificate of Registration
Talo Consumer Solutions (Pty) Ltd
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This leaflet was last revised in
January 2026

Registration number
To be allocated

Access to the corresponding Professional Information
Can be obtained by scanning the QR code below.
Email: info@tcsbrands.co.za
Telephone: 012 010 0815

PASIËNTINLIGTINGSVOUBILJET

SKEDULERING STATUS S0

COLDEEZ® COUGH SYRUP
Klimopblaar, Tiemieblaar, "Marshmallow"-wortel
Bevat suiker: Heuning, 1 g per 2,5 ml dosis en 2 g per 5 ml dosis.
Bevat preserveermiddels: Kaliumsorbaat 0,1 % en Natriumbensoaat 0,1 %

Komplementêre Medisyne
D33.6 Dissipline-Spesifiek, Westerse Kruie
Hierdie ongeregistreerde medisyne is nie deur die SAHPRA vir sy kwaliteit, veiligheid of beoogde gebruik geëvalueer nie.

Lees die hele voubiljet noukeurig deur, want dit bevat belangrike inligting vir jou
COLDEEZ COUGH SYRUP is beskikbaar sonder 'n dokter se voorskrif vir jou om jou gesondheid te ondersteun. Nietemin moet jy COLDEEZ COUGH SYRUP steeds versigtig gebruik om die beste resultate daaruit te kry.
- Bewaar hierdie pamflet. Jy sal dit dalk weer moet lees.
- Moenie COLDEEZ COUGH SYRUP met enige ander persoon deel nie.
- Vra jou gesondheidsorgverskaffer of apteker as jy meer inligting of advies benodig.
- Raadpleeg jou gesondheidsorgverskaffer indien simptome langer as een week voortduur of vererger tydens die gebruik van die produk.
- Vir kinders tussen 3-4 jaar oud wat aan 'n aanhoudende of terugkerende hoes ly, raadpleeg asseblief jou gesondheidsorgverskaffer vir 'n mediese diagnose en advies voordat jy hierdie produk gebruik.

Wat is in hierdie voubiljet
1. Wat COLDEEZ COUGH SYRUP is en waarvoor dit gebruik word
2. Wat jy moet weet voordat jy COLDEEZ COUGH SYRUP neem
3. Hoe om COLDEEZ COUGH SYRUP te neem
4. Moontlike newe-effekte
5. Hoe om COLDEEZ COUGH SYRUP te stoor
6. Inhoud van die pakkie en ander inligting

1. Wat COLDEEZ COUGH SYRUP is en waarvoor dit gebruik word.
COLDEEZ COUGH SYRUP kan deur volwassenes en kinders van 3 jaar en ouer gebruik word.
COLDEEZ COUGH SYRUP bevat bygevoegde heuning en bestaan uit 'n kombinasie van kruiebestanddele wat help om 'n hoes te verlig. Dit verdun en maak slym in die lugweg los, wat dit makliker maak om uit die longe te verwyder, en help om die gevoel van kongestie in die bors te verlig.

2. Wat jy moet weet voordat jy COLDEEZ COUGH SYRUP neem
Moenie COLDEEZ COUGH SYRUP neem:
- As jy hipersensitief (allergies) is vir enige van die bestanddele in COLDEEZ COUGH SYRUP (gelys in afdeling 6) of ander plante van die Ginseng-, Mallow- of Mintfamilies nie.
- As jy 'n intoleransie vir fruktose, of enige ander seldsame genetiese afwyking het wat beïnvloed hoe jou liggaam glukose en galaktose absorbeer nie.

Moenie COLDEEZ COUGH SYRUP aan kinders onder 3 jaar gee nie.

Waarskuwings en spesiale voorsorgmaatreëls
Spesiale sorg moet geneem word met COLDEEZ COUGH SYRUP.
- Vir kinders tussen 3-4 jaar oud wat aan 'n aanhoudende of terugkerende hoes ly, raadpleeg asseblief jou gesondheidsorgverskaffer vir 'n mediese diagnose en advies, voordat jy hierdie produk gebruik.
- Raadpleeg 'n gesondheidsorgverskaffer as jy dispnee (kortasem), koors of purulente sputum (geel of groen met 'n dik, ondeursigtige samestelling) ervaar.
- Gebruik met omsigtigheid as jy aan gastritis ly of 'n maagsweer het.
- Raadpleeg 'n gesondheidsorgverskaffer as simptome langer as een week voortduur of vererger tydens die gebruik van die produk.
- Gebruik tydens swangerskap en laktasie word nie aanbeveel nie. Veiligheid is nog nie vasgestel nie.
- Gebruik met omsigtigheid as jy diabetes mellitus het. COLDEEZ COUGH SYRUP bevat 1 g heuning per 2,5 ml dosis en 2 g heuning per 5 ml dosis, wat kan beïnvloed hoe goed jou liggaam bloedsuiker (glukose) vlakke beheer.
- Gelyktydige gebruik saam met hoesonderdrukkers word nie aanbeveel nie. Raadpleeg 'n gesondheidsorgverskaffer vir mediese advies.
- Raadpleeg 'n gesondheidsorgverskaffer vir advies as jy ingelig is of as jy vermoed dat jy 'n intoleransie vir sommige suikers het. COLDEEZ COUGH SYRUP moet in sommige gevalle nie geneem word nie (sien **Moenie COLDEEZ COUGH SYRUP neem**).

Kinders en adolessente
Moenie COLDEEZ COUGH SYRUP aan kinders onder die ouderdom van 3 jaar gee nie.

Ander medisyne en COLDEEZ COUGH SYRUP
Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medisyne gebruik (dit sluit alle komplementêre of tradisionele medisyne in).

COLDEEZ COUGH SYRUP bevat *Althea officinalis L.* ("Marshmallow")-wortelekstrak, wat die absorpsie van ander medikasie wat gelyktydig geneem word, kan vertraag. As 'n voorsorgmaatreël moet die produk nie 30-60 minute voor of na die inname van ander medikasie geneem word nie.

COLDEEZ COUGH SYRUP met kos en drank en alkohol
Geen interaksies bekend.

Swangerskap en borsvoeding en vrugbaarheid
Gebruik tydens swangerskap en laktasie word nie aanbeveel nie.
As jy swanger is of borsvoed, dink jy is dalk swanger of beplan om 'n baba te hê, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat jy COLDEEZ COUGH SYRUP gebruik.

Bestuur en gebruik van masjiene
Dit is nie altyd moontlik om te voorspel tot watter mate COLDEEZ COUGH SYRUP met die daaglikse aktiwiteite van 'n pasiënt kan inmeng nie. Pasiënte moet verseker dat hulle nie by bogenoemde aktiwiteite betrokke raak, totdat hulle bewus is van die mate waartoe COLDEEZ COUGH SYRUP hulle affekteer nie.

COLDEEZ COUGH SYRUP bevat heuning, gliserol, natriumbensoaat, kaliumsorbaat, heuninggeur, xantaangom, sitroensuurmonohidraat en gesuiwerde water.

COLDEEZ COUGH SYRUP bevat 1 g heuning per 2,5 ml dosis en 2 g heuning per 5 ml dosis.
- Dit kan beïnvloed hoe goed die liggaam bloedsuiker (glukose) beheer.
- Moet nie gebruik word as jy 'n fruktose-intoleransie of ander seldsame genetiese afwyking het wat beïnvloed hoe jou liggaam glukose en galaktose absorbeer nie (sien **Moenie COLDEEZ COUGH SYRUP neem**), aangesien dit spysvertering newe-effekte kan veroorsaak.

3. Hoe om COLDEEZ COUGH SYRUP te neem
Moenie medisyne wat vir jou voorgeskryf is met enige ander persoon deel nie.
Gebruik COLDEEZ COUGH SYRUP altyd presies soos beskryf in hierdie voubiljet of soos jou dokter, apteker of verpleegster jou vertel het. Bevestig met jou dokter, apteker of verpleegster as jy nie seker is nie.

COLDEEZ COUGH SYRUP moet mondeliks geneem word. Skud die bottel goed voor gebruik.

Die normale dosis is:
Kinders 3 - 11 jaar: 2,5 ml drie keer per dag.
Volwassenes en kinders van 12 jaar en ouer: 5 ml drie keer per dag.

Moenie ander medikasie 30-60 minute voor of na die inname van hierdie produk neem nie.

As jy meer COLDEEZ COUGH SYRUP neem as wat jy moet
Jy kan skielike aanvang of verhoogde erns van die newe-effekte ervaar. Jy kan naarheid, braking, diarree en agitasie ervaar.
In die geval van oordosis, raadpleeg jou dokter of apteker. Indien nie een beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

As jy vergeet om COLDEEZ COUGH SYRUP te neem
Indien jy vergeet om 'n dosis COLDEEZ COUGH SYRUP te neem, neem dit sodra jy dit onthou. As dit egter amper tyd is vir jou volgende dosis, slaan die dosis wat jy gemis het oor.
Moenie 'n dubbele dosis neem om vergete individuele dosisse in te haal nie.

4. Moontlike newe-effekte
COLDEEZ COUGH SYRUP kan newe-effekte hê.
Nie alle newe-effekte wat vir COLDEEZ COUGH SYRUP gerapporteer is, is in hierdie voubiljet ingesluit nie. As jou algemene gesondheid versleg of as jy enige nadelige effekte ervaar terwyl jy COLDEEZ COUGH SYRUP neem, raadpleeg asseblief jou gesondheidsorgverskaffer vir advies.

Indien enige van die volgende gebeur, hou op om COLDEEZ COUGH SYRUP te gebruik en vertel jou dokter dadelik of gaan na die ongevalle-afdeling by jou naaste hospitaal:
- swelling van die hande, voete, enkels, gesig, lippe en mond of keel wat probleme kan veroorsaak met sluk of asemhaling
- kortasemigheid
- uitslag of jeuk
- floute

Hierdie is alles baie ernstige newe-effekte. As jy dit het, het jy dalk 'n ernstige reaksie op COLDEEZ COUGH SYRUP gehad. Jy benodig dalk dringende mediese aandag of hospitalisasie.

Vertel jou dokter as jy enige van die volgende opmerk:
<u>Newe-effekte waarvan die frekwensie nie bekend is nie</u>
- naarheid
- braking
- diarree (los stoelgang)

Indien jy enige newe-effekte opmerk wat nie in hierdie voubiljet genoem word nie, stel asseblief jou dokter of apteker in kennis.

Rapportering van newe-effekte
As jy newe-effekte ervaar, praat met jou dokter, apteker of verpleegster. Jy kan ook newe-effekte aan die SAHPRA rapporteer via die Med Safety APP (Medsafety X SAHPRA) en eReporting-platform (who umc.org) wat op die SAHPRA-webwerf gevind kan word.
Deur newe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van COLDEEZ COUGH SYRUP te verskaf.

5. Hoe om COLDEEZ COUGH SYRUP te stoor
- Berg alle medisyne buite bereik van kinders.
- Berg in 'n koel, droë plek teen of benede 25°C.
- Beskerm teen lig.
- Moet nie na die vervaldatum soos aangedui op die verpakking gebruik nie.
- Gee alle ongebruikte medisyne terug aan jou apteker.
- Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die pakkie en ander inligting
Wat COLDEEZ COUGH SYRUP bevat
Die aktiewe bestanddele:

Elke 2,5 ml bevat	
Hedera helix (Klimop)	8,75 mg
[blaar,droë ekstrak 5,5:1 wat 48,13 mg gedroogde kruie-ekwivalent verskaf]	
Thymus Vulgaris (Tiemie)	12,50 mg
[blaar, 1:10 vloeistof ekstrak wat 1,25 mg gedroogde kruie-ekwivalent verskaf]	
Althea officinalis L. (Marshmallow)	13,50 mg
[wortel, 10:1 ekstrak wat 135 mg gedroogde kruie-ekwivalent verskaf]	
Elke 5 ml bevat	
Hedera helix (Klimop)	17,50 mg
[blaar,droë ekstrak 5,5:1 wat 96,25 mg gedroogde kruie-ekwivalent verskaf]	
Thymus Vulgaris (Tiemie)	25,00 mg
[blaar, 1:10 vloeistof ekstrak wat 2,50 mg gedroogde kruie-ekwivalent verskaf]	
Althea officinalis L. (Marshmallow)	27,00 mg
[wortel, 10:1 ekstrak wat 270 mg gedroogde kruie-ekwivalent verskaf]	

Die ander bestanddele is:
Heuning, gliserol, natriumbensoaat, kaliumsorbaat, heuninggeur, xantaangom, sitroensuurmonohidraat, gesuiwerde water.

Hoe COLDEEZ COUGH SYRUP lyk en die inhoud van die pakkie
'n Ligbruin, ondeursigtige, effens viskose en soet heuninggegeurde stroop in 'n amberkleurige glasbottel, met 'n wit seëlvaste doppie en maatbeker, wat in 'n buitenste karton geplaas word.
Elke bottel bevat 150 ml COLDEEZ COUGH SYRUP.

Aspirant Houer van Registrasiesertifikaat
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Hierdie voubiljet is laas hersien in
Januarie 2026

Registrasie nommer
Moet toegeken word.

Toegang tot die ooreenstemmende professionele inligting
Kan verkry word deur die QR-kode hieronder te skandeer.
E-pos: info@tcsbrands.co.za
Telefoon: 012 010 0815

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