

**PROFESSIONAL INFORMATION**

**Complementary Medicine: Combination Product**

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

**SCHEDULING STATUS: S0**

**1. NAME OF THE MEDICINE**

LOCAL HEALTH IMMUNE COMPLEX vegecapsules

**2. QUALITATIVE AND QUANTITATIVE COMPOSITION**

Each vegecapsule contains:

<i>Echinacea purpurea</i> L. (Echinacea) [herb, as 80 mg of a 50:1 extract]	4000 mg
<i>Sambucus nigra</i> L. (Elderberry) [fruit, as 130 mg of a 10:1 extract]	1300 mg
Ascorbic Acid (Vitamin C)	100 mg
Zinc (as Zinc Oxide)	15 mg

**Sugar free**

For full list of excipients, see section 6.1.

**3. PHARMACEUTICAL FORM**

Vegecapsules.

Size 0, white vegecapsules.

**4. CLINICAL PARTICULARS**

**4.1 Therapeutic indications**

LOCAL HEALTH IMMUNE COMPLEX contains a combination of Echinacea, Elderberry, vitamin C and zinc, which provides support for the immune system during colds and flus.

**4.2 Posology and method of administration**

Adults and children 15 years and older: One vegecapsule daily.

**4.3 Contraindications**

- Hypersensitivity to any of the active substances or to any of the excipients listed in section 6.1.

**4.4 Special warnings and precautions for use**

- Patients with a progressive systemic disease such as tuberculosis, collagenosis, multiple sclerosis, AIDS and/or HIV infections.
- Patients with an autoimmune disorder.
- Patients taking medications to suppress the immune system.

**4.5 Interaction with other medicines and other forms of interaction**

- Consult a healthcare practitioner prior to use if you are taking any other medicine (including complementary or traditional medicines).
- Echinacea has immunostimulant activity which may interfere with immunosuppressant therapy.

**4.6 Fertility, pregnancy and lactation**

Safety during pregnancy and lactation has not been established.

**4.7 Effects on ability to drive and use machines**

No studies on the effects on the ability to drive or use of machinery have been performed. Patients should exercise caution before driving or using machinery until they are reasonably certain that LOCAL HEALTH IMMUNE COMPLEX does not adversely affect their performance.

**4.8 Undesirable effects**

**Gastrointestinal disorders**

Frequent: gastrointestinal upset, diarrhoea, abdominal pain, nausea, vomiting, heartburn, constipation.

**Dermatological disorders**

Frequent: rash.

**Reporting of suspected adverse reactions**

Reporting suspected adverse reactions after authorization of the medicine is important. It allows continued monitoring of the benefit/risk balance of the medicine. Healthcare providers are asked to report any suspected adverse reactions to SAHPRA via the "6.04 Adverse Drug Reactions Reporting Form", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>.

**4.9 Overdose**

In the event of an overdose, undesirable effects as listed in 4.8 can be precipitated or be of increased severity.

Treatment of overdose is symptomatic and supportive.

**5. PHARMACOLOGICAL PROPERTIES**

**Category and class:** D 33.7 Combination Product.

**5.1 Pharmacodynamic properties**

LOCAL HEALTH IMMUNE COMPLEX contains a combination of Echinacea, Elderberry, vitamin C and zinc, which provides support for the immune system during colds and flus.

**5.2 Pharmacokinetic properties**

Pharmacokinetic studies have not been conducted on LOCAL HEALTH IMMUNE COMPLEX.

**6. PHARMACEUTICAL PARTICULARS**

**6.1 List of excipients**

Maize starch  
Magnesium stearate

**6.2 Incompatibilities**

Not applicable

**6.3 Shelf Life**

24 months

**6.4 Special precautions for storage**

Store at or below 25 °C.

Store in the original package in order to protect from moisture.

**6.5 Nature and contents of container**

White plastic container with white plastic lid, containing a silica gel sachet and foam wadding.

Pack size: 60 vegecapsules.

**6.6 Special precautions for disposal**

No special requirements.

**7. HOLDER OF CERTIFICATE OF REGISTRATION**

Manufactured for CJ Distribution

23 Stag Road, Glen Austin, Johannesburg, South Africa

careline@cjdsa.com

010 589 2729

www.localhealth.com

**8. REGISTRATION NUMBER**

Will be allocated by SAHPRA upon registration.

**9. DATE OF FIRST AUTHORISATION**

Will be allocated by SAHPRA upon registration.

**PATIENT INFORMATION LEAFLET  
SCHEDULING STATUS**

SO

**LOCAL HEALTH IMMUNE COMPLEX (vegecapsules)**

Each vegecapsule contains:

<i>Echinacea purpurea</i> L. (Echinacea) [herb, as 80 mg of a 50:1 extract]	4000 mg
<i>Sambucus nigra</i> L. (Elderberry) [fruit, as 130 mg of a 10:1 extract]	1300 mg
Ascorbic Acid (Vitamin C)	100 mg
Zinc (as Zinc Oxide)	15 mg

Sugar free

**Complementary Medicine: Combination Product**

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

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

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

- Keep this leaflet. You may need to read it again.
- Do not share LOCAL HEALTH IMMUNE COMPLEX with any other person.
- Ask your healthcare practitioner or pharmacist if you need more information or advice.

**What is in this leaflet**

1. What LOCAL HEALTH IMMUNE COMPLEX is and what it is used for.
2. What you need to know before you use LOCAL HEALTH IMMUNE COMPLEX.
3. How to use LOCAL HEALTH IMMUNE COMPLEX.
4. Possible side effects.
5. How to store LOCAL HEALTH IMMUNE COMPLEX.
6. Contents of the pack and other information.

**1. What LOCAL HEALTH IMMUNE COMPLEX is and what it is used for**

LOCAL HEALTH IMMUNE COMPLEX contains a combination of Echinacea, Elderberry, vitamin C and zinc, which provides support for the immune system during colds and flus.

**2. What you need to know before you use LOCAL HEALTH IMMUNE COMPLEX**

**Do not use LOCAL HEALTH IMMUNE COMPLEX:**

- If you are hypersensitive (allergic) to any of the ingredients listed in section 6.

**Warnings and precautions**

Consult with a healthcare practitioner prior to using LOCAL HEALTH IMMUNE COMPLEX, especially if you have a medical condition.

Consult a healthcare practitioner prior to use:

- If you have a progressive systemic disease such as tuberculosis, collagenosis, multiple sclerosis, AIDS and/ or HIV infection.
- If you have an autoimmune disorder.
- If you are taking medications to suppress the immune system.

Consult a healthcare practitioner if symptoms persist or worsen while you are using LOCAL HEALTH IMMUNE COMPLEX.

**Children and adolescents**

LOCAL HEALTH IMMUNE COMPLEX is not recommended for individuals below the age of 15 years.

**Other medicines and LOCAL HEALTH IMMUNE COMPLEX**

Always tell your healthcare practitioner if you are taking any other medicine (this includes complementary or traditional medicines). Not all possible interactions with other medicines may be included in this leaflet. Consult with a healthcare practitioner prior to use if you are taking any other medication. LOCAL HEALTH IMMUNE COMPLEX may interact with the following medication: immunosuppressant medications.

**Pregnancy, breastfeeding and fertility**

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 practitioner for advice before using LOCAL HEALTH IMMUNE COMPLEX.

**Driving and using machinery**

No studies on the effects on the ability to drive or use of machinery have been performed. Patients should exercise caution before driving or using machinery until they are reasonably certain that LOCAL HEALTH IMMUNE COMPLEX does not adversely affect their performance.

**3. How to use LOCAL HEALTH IMMUNE COMPLEX**

Do not share medicines prescribed to you with any other person. Do not exceed the daily recommended dosage. Always use LOCAL HEALTH IMMUNE COMPLEX exactly as described in this leaflet or as your healthcare practitioner has instructed. Check with your healthcare practitioner if you are not sure.

Adults and children 15 years and older

Take one vegecapsule daily, or as recommended by your healthcare practitioner.

Consult a healthcare practitioner if symptoms persist or worsen while you are using LOCAL HEALTH IMMUNE COMPLEX.

**4. Possible side effects**

LOCAL HEALTH IMMUNE COMPLEX can have side effects. Not all side effects reported for LOCAL HEALTH IMMUNE COMPLEX are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking LOCAL HEALTH IMMUNE COMPLEX, please consult your doctor, pharmacist or other healthcare practitioner for advice. If any of the following happens, stop using LOCAL HEALTH IMMUNE COMPLEX and tell your doctor or pharmacist 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 very serious side effects. If you have them, you may have had a serious reaction to LOCAL HEALTH IMMUNE COMPLEX. You may need urgent medical attention or hospitalisation.

**Frequent:** gastrointestinal upset, diarrhoea, abdominal pain, nausea, vomiting, heartburn, constipation, rash.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

**Reporting of side effects**

If you experience side effects, inform your doctor or pharmacist. You can also report side effects to SAHPRA via the "6.04 Adverse Drug Reactions Reporting Form", found online under SAHPRA's publications: <http://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of LOCAL HEALTH IMMUNE COMPLEX.

**5. How to store LOCAL HEALTH IMMUNE COMPLEX**

- Protect from moisture and store at or below 25 °C.
- KEEP OUT OF REACH OF CHILDREN.
- Store in the original container and keep the container tightly sealed.
- Do not use after the expiry date stated on the label.
- Return all unused LOCAL HEALTH IMMUNE COMPLEX to your pharmacist.
- Do not dispose of unused LOCAL HEALTH IMMUNE COMPLEX in drains or sewerage systems (e.g. toilets).

**6. Contents of the pack and other information**

**What LOCAL HEALTH IMMUNE COMPLEX contains**

Each vegecapsule contains:

<i>Echinacea purpurea</i> L. (Echinacea) [herb, as 80 mg of a 50:1 extract]	4000 mg
<i>Sambucus nigra</i> L. (Elderberry) [fruit, as 130 mg of a 10:1 extract]	1300 mg
Ascorbic Acid (Vitamin C)	100 mg
Zinc (as Zinc Oxide)	15 mg

Other ingredients: maize starch, magnesium stearate.

Sugar free

**Presentation and identification of LOCAL HEALTH IMMUNE COMPLEX**

White vegecapsules packed into a white plastic container with a white plastic lid, containing a silica gel sachet and foam wadding.

Pack size: 60 vegecapsules.

**Holder of Certificate of Registration**

Manufactured for: CJ Distribution, 23 Stag Road, Glen Austin, Johannesburg, South Africa, 1685  
Careline: 010 589 2729; [careline@cjdasa.com](mailto:careline@cjdasa.com); [www.localhealth.co.za](http://www.localhealth.co.za)

**This pamphlet was last revised in**

Will be allocated by SAHPRA upon registration.

**Registration number**

Will be allocated by SAHPRA upon registration.

LCH.1 8/22

**PASIËNTINLIGTINGSBLAD  
SKEDULERINGSSTATUS**

SO

**LOCAL HEALTH IMMUNE COMPLEX (vegekapsules)**

Elke vegekapsule bevat:

<i>Echinacea purpurea</i> L. (Echinacea) [kruie, as 80 mg van 'n 50:1 ekstrak]	4000 mg
<i>Sambucus nigra</i> L. (Vierbessie) [vrug, as 130 mg van 'n 10:1 ekstrak]	1300 mg
Askorbienuur (Vitamien C)	100 mg
Sink (as Sinkoksied)	15 mg

Suikervry

**Komplementêre Medisyne: Kombinasieprodukt**

Hierdie ongeregistreerde medisyne is nie deur SAHPRA vir gehalte, veiligheid of beoogde gebruik geëvalueer nie.

**Lees hierdie inligtingsblad noukeurig deur want dit bevat inligting wat belangrik is vir u.**

LOCAL HEALTH IMMUNE COMPLEX is beskikbaar sonder 'n dokter se voorskrif, om u gesondheid te handhaaf. Nietemin moet LOCAL HEALTH IMMUNE COMPLEX versigtig gebruik word ten einde die beste resultate te verkry.

- Hou hierdie inligtingsblad. Dit kan nodig wees dat u dit weer lees.
- Moenie LOCAL HEALTH IMMUNE COMPLEX met enige ander persoon deel nie.
- Vra u gesondheidsorgpraktisyn of apteker indien u meer inligting of advies nodig het.

**Wat is in hierdie inligtingsblad**

1. Wat LOCAL HEALTH IMMUNE COMPLEX is en waarvoor dit gebruik word.
2. Wat u moet weet voordat u LOCAL HEALTH IMMUNE COMPLEX gebruik.
3. Hoe om LOCAL HEALTH IMMUNE COMPLEX te gebruik.
4. Moontlike nuwe-effekte.
5. Hoe om LOCAL HEALTH IMMUNE COMPLEX te bêre.
6. Inhoud van die verpakking en ander inligting.

**1. Wat LOCAL HEALTH IMMUNE COMPLEX is en waarvoor dit gebruik word**

LOCAL HEALTH IMMUNE COMPLEX bevat 'n kombinasie van Echinacea, Vierbessie, vitamien C en sink, om die immuunstelsel te ondersteun tydens verkoue en griep.

**2. Wat u moet weet voordat u LOCAL HEALTH IMMUNE COMPLEX gebruik**

**Moet nie LOCAL HEALTH IMMUNE COMPLEX neem nie:**

- Indien u hipersensitief (allergies) is vir enige van die bestanddele gelys in afdeling 6.

**Waarskuwings en voorsorgmaatreëls**

Raadpleeg 'n gesondheidsorgpraktisyn voordat u LOCAL HEALTH IMMUNE COMPLEX gebruik, veral as u 'n mediese toestand het.

Raadpleeg 'n gesondheidsorgpraktisyn voor gebruik:

- Indien u 'n progressiewe sistemiese siekte het, soos tuberkulose, kollagenose, veelvuldige sklerose, VIGS en/ of MIV-infeksie.
- Indien u 'n outo-immuun siekte het.
- Indien u medikasie gebruik om die immuunstelsel te onderdruk.

Raadpleeg 'n gesondheidsorgpraktisyn indien simptome voortduur of vererger terwyl u LOCAL HEALTH IMMUNE COMPLEX gebruik.

**Kinders en adolessente**

LOCAL HEALTH IMMUNE COMPLEX word nie aanbeveel vir individue onder die ouderdom van 15 jaar nie.

**Die neem van LOCAL HEALTH IMMUNE COMPLEX en ander medisyne**

Lig altyd u gesondheidsorgpraktisyn in indien u enige ander medisyne neem (dit sluit aanvullende of tradisionele medisyne in). Nie alle moontlike interaksies met ander medisyne word in hierdie pamflet ingesluit nie. Raadpleeg 'n gesondheidsorgpraktisyn voor gebruik indien u enige ander medikasie gebruik. LOCAL HEALTH IMMUNE COMPLEX kan interaksie hê met die volgende medikasie: immuunonderdrukkers.

**Swangerskap, borsvoeding en vrugbaarheid**

Indien u swanger is of borsvoed, vermoed dat u swanger is of beplan om 'n baba te hê, raadpleeg u dokter, apteker of ander gesondheidsorgpraktisyn vir advies voordat u LOCAL HEALTH IMMUNE COMPLEX gebruik.

**Bestuur en die gebruik van masjinerie**

Geen studies is uitgevoer oor die effekte op die vermoë om te bestuur of die gebruik van masjinerie nie. Pasiënte moet versigtig wees voordat hulle bestuur of gebruik van masjinerie gebruik, totdat hulle redelik seker is dat LOCAL HEALTH IMMUNE COMPLEX nie hul werkverrigting nadelig beïnvloed nie.

**3. Hoe om LOCAL HEALTH IMMUNE COMPLEX te gebruik**

Moenie medisyne wat aan u voorgeskryf is met enige ander persoon deel nie. Moenie die aanbeveelde daaglikse dosis oorskry nie. Gebruik LOCAL HEALTH IMMUNE COMPLEX presies soos aanbeveel in hierdie inligtingsblad, of soos aanbeveel deur u gesondheidsorgpraktisyn. Raadpleeg u gesondheidsorgpraktisyn indien u nie seker is nie.

Volwassenes en kinders 15 jaar en ouer

Neem een vegekapsule daaglik, of soos aanbeveel deur u gesondheidsorgpraktisyn.

Raadpleeg 'n gesondheidsorgpraktisyn indien simptome voortduur of vererger terwyl u LOCAL HEALTH IMMUNE COMPLEX gebruik.

**4. Moontlike nuwe-effekte**

LOCAL HEALTH IMMUNE COMPLEX kan nuwe-effekte hê. Nie alle nuwe-effekte vir LOCAL HEALTH IMMUNE COMPLEX is ingesluit in hierdie inligtingsblad nie. Indien u algemene gesondheid vererger, of as u enige ongewenste reaksies ervaar tydens die gebruik van LOCAL HEALTH IMMUNE COMPLEX, raadpleeg u dokter, apteker of ander gesondheidsorgpraktisyn vir advies. As een van die volgende gebeur, hou op met die gebruik van LOCAL HEALTH IMMUNE COMPLEX en raadpleeg u dokter of apteker onmiddellik, of gaan na die ongevalle afdeling van u naaste hospitaal: swelling van u hande, voete, enkels, gesig, lippe en mond of keel, wat dit moeilik kan maak om te sluk of asem te haal, veluitslag, gejuuk, of floutes. Hierdie is baie ernstige nuwe-effekte. Indien u dit het, mag u 'n ernstige allergiese reaksie teen LOCAL HEALTH IMMUNE COMPLEX gehad het. U mag dringende mediese bystand of hospitalisasie nodig hê.

**Dikwels:** gastrointestinale ongemak, diarree, buikpyn, naarheid, braking, sooibrand, hardlywigheid, veluitslag.

Lig asseblief u dokter of apteker in indien u enige nuwe-effekte opmerk wat nie in hierdie inligtingstuk genoem word nie.

**Rapportering van nuwe-effekte**

Praat met u dokter of apteker as u nuwe-effekte ervaar. U kan ook nuwe-effekte by SAHPRA aanmeld via die "6.04 Adverse Drug Reactions Reporting Form", wat aanlyn gevind kan word onder SAHPRA se publikasies: <http://www.sahpra.org.za/Publications/Index/8>. Deur nuwe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van LOCAL HEALTH IMMUNE COMPLEX.

**5. Hoe om LOCAL HEALTH IMMUNE COMPLEX te bêre**

- Beskerm teen vog en bêre by of onder 25 °C.
- HOU BUITE BEREIK VAN KINDERS.
- Stoor in die oorspronklike verpakking en hou die houder dig verseël.
- Moenie gebruik na die vervaldatum op die etiket nie.
- Neem alle ongebruikte LOCAL HEALTH IMMUNE COMPLEX na u apteker terug.
- Moenie ongebruikte LOCAL HEALTH IMMUNE COMPLEX in afvoertyppe of rioolsisteme (bv. toilette) weggooi nie.

**6. Inhoud van die verpakking en ander inligting**

**Wat LOCAL HEALTH IMMUNE COMPLEX bevat**

Elke vegekapsule bevat:

<i>Echinacea purpurea</i> L. (Echinacea) [kruie, as 80 mg van 'n 50:1 ekstrak]	4000 mg
<i>Sambucus nigra</i> L. (Vierbessie) [vrug, as 130 mg van 'n 10:1 ekstrak]	1300 mg
Askorbienuur (Vitamien C)	100 mg
Sink (as Sinkoksied)	15 mg

Ander bestanddele: meliëstysel, magnesiumstearaat.

Suikervry

**Aanbieding en identifikasie van LOCAL HEALTH IMMUNE COMPLEX**

Wit vegekapsules verpak in 'n wit plastiekhouer met 'n wit plastiek deksel, wat 'n silika gel sakkie en spons bevat.

Verpakkingsgrootte: 60 vegekapsules.

**Houer van Registrasiesertifikaat**

Vervaardig vir: CJ Distribution, 23 Stag Road, Glen Austin, Johannesburg, Suid Afrika, 1685

Sorglyn: 010 589 2729; [careline@cjdasa.com](mailto:careline@cjdasa.com); [www.localhealth.co.za](http://www.localhealth.co.za)

**Hierdie pamflet is laas hersien in**

Sal met registrasie deur SAHPRA toegeken word.

**Registrasiënommer**

Sal met registrasie deur SAHPRA toegeken word.