KEEP IN A SAFE PLACE

PATIENT INFORMATION LEAFLET

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LERUMO CAPSULES & DROPS (TINCTURE)

Read all of this leaflet carefully because it contains important information. **LERUMO** capsules & drops are available without a doctor's prescription. Nevertheless, you still need to use **LERUMO** capsules & drops carefully to get the best results.

Keep this leaflet. You may need to read it again. Do not share **LERUMO** capsules & drops with any other person. Ask your Doctor if you need more information or advice. You must see a doctor if your symptoms worsen or do not improve.

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety and intended use. This medicine is not intended to diagnose, treat, cure or prevent any disease.

Scheduling status: S0

Western Herbal Medicine. Category: D. Phar. Class D33.7 Combination Product.

1. WHAT LERUMO CAPSULES & DROPS CONTAIN?

DROPS (TINCTURE) COMPOSITION

Each dosage (10 drops / 0.5 ml) contains:		% NRV
Actives:		
Sutherlandia frutescens (L.) R.Br.	12.5 mg	*
Allium sativum L.	2.0 mg	*
Moringa oleifera Lam.	2.0 mg	*
Rhodiola rosea L.	2.0 mg	*
Arctium lappa L.	2.0 mg	*
Selenium (as Sodium selenite)	16.0 mcg	29.1%
Inactives:		
Ethanol and purified water.		
Alcohol content	48.29 % (m/v)	

NRV not established. NRV for individual from 37 months and older.

CAPSULE COMPOSITION

Each dose (1 capsule) contains:	
Actives:	
Moringa Oleferia 2:1 extract (Moringa leaf powder)	100.0 mg
Rhodiola Rosea 10:1 extract (Roseroot powder)	7.5 mg
Allium sativum 4:1 extract (Garlic powder)	20.0 mg
Arctium lappa 4:1 extract (Burdock powder)	40.0 mg
Sutherlandia frutescens (Cancer bush)	47.5 mg
Selenium (AAC 2%)	0.9 mg
Inactives:	

Starch, Magnesium stearate, Colloidal silicon dioxide, white gelatine capsule shell.

2. WHAT LERUMO CAPSULES & DROPS ARE USED FOR

LERUMO capsules & drops are supplements that assist in supporting the function of the immune system and improving general well-being.

3. BEFORE YOU USE LERUMO CAPSULES & DROPS

Do not take **LERUMO** capsules & drops if you are hypersensitive (allergic) to any of the ingredients. Do not exceed the recommended dosage. Consult your medical practitioner if you are taking other medication, pregnant or breastfeeding. Supplements should not be used as a substitute for a varied, balanced diet and a healthy lifestyle.

Pregnancy and breast feeding: The safety of this in pregnancy and lactation has not been established. If you are pregnant or breast-feeding your baby, please consult your doctor, pharmacist or other health care professionals for advice before taking this medicine.

Using other medicines with LERUMO capsules & drops: Always tell your health care professional if you are taking any other medicine (this includes complementary or traditional medicines), as sometimes different medicines taken together may cause undesirable effects, make sure you have disclosed all your current medicines and medication to your healthcare professional.

4. HOW TO USE LERUMO CAPSULES

From 12 years and older: General maintenance: Take 3 capsules daily in split dosages of 1 capsule morning, 1 capsule noon & 1 capsule evening.

During illness: Take 9 capsules daily in split dosages, 3 capsules morning, 3 capsules noon & 3 capsules evening. (Capsule to be taken 20 minute before meals).

Children 2-11 years old: Use the Lerumo Lamadi Drops (Tincture) as indicated below.

HOW TO USE LERUMO DROPS

From 12 years and older: General maintenance: 10 drops under the tongue 3 x daily.

During illness: 10 drops under the tongue every hour. (Drops can be taken before, during or after meals if under the tongue. If taken with a glass of water or juice, 20 minutes before a meal).

Children 2-11 years old: 5 drops in a glass of water or juice, **not under the tongue**.

WHY LERUMO DROPS? Fast acting absorption. Works within 1-4 minutes. Body absorbs 98% of the ingredients. Little to no digesting needed.

5. OVERDOSE

There are no known symptoms of overdose available. Treatment of overdose is symptomatic and supportive. In the event overdosage, consult your doctor or pharmacist.

6. POSSIBLE SIDE EFFECTS

Possible side effects may include dizziness, allergic reactions, insomnia, anxiety, dry mouth, heartburn, nausea, vomiting, diarrhoea, increased blood pressure, chest pain and mild constipation. Should adverse effects occur, please discontinue use and consult your doctor.

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

7. STORING AND DISPOSING OF LERUMO CAPSULES & DROPS

Store at or below 25°C and away from direct sunlight. KEEP OUT OF REACH OF CHILDREN.

Do not use after the expiry date stated on the label. Return all unused medication to the pharmacist.

8. PRESENTATION OF LERUMO CAPSULES AND DROPS

Capsules: White plastic bottle and red screw-cap containing 90 or 20 capsules.

Drops: Glass amber bottle with white screw cap containing 50ml liquid.

9. IDENTIFICATION OF LERUMO CAPSULES & DROPS

Capsules: White gelatine capsules with "**LERUMO**" printed in red.

Drops: Light amber liquid with distinctive garlic smell.

10. REGISTRATION NUMBER. To be allocated.

11. NAME AND ADDRESS OF REGISTRATION HOLDER

Source Herbal SA (Pty) Ltd
Zambezi Country Estate – Stand 1144 – Pretoria – 0182
Tel: 012 756 2340

12. DATE OF PUBLICATION

To be allocated.

Manufactured for SOURCE HERBAL
THE WAY NATURE INTENDED

HOU IN 'N VEILIGE PLEK

PASIËNTINLIGTINGSBLAADJIE

LERUMO KAPSULES & DRUPPELS (TINKTUUR)

HOU IN 'N VEILIGE PLEK

Lees hierdie pamflet sorgvuldig deur, want dit bevat belangrike inligting. **LERUMO** kapsules & druppels is beskikbaar sonder 'n voorskrif. Nietemin, moet u nogsteeds **LERUMO** kapsules & druppels sorgvuldig gebruik om die beste resultate daaruit te verkry.

Hou hierdie pamflet. Dit mag dalk nodig wees om dit weer te lees. Moenie u **LERUMO** kapsules & druppels met 'n ander persoon deel nie. Vra u apteker as u meer inligting of advies benodig. Besoek u dokter indien u simptome verander of nie verbeter nie.

Hierdie ongeregistreerde medisyne is nie deur die SAHPRA geëvalueer vir sy gehalte, veiligheid en beoogde gebruik nie. Hierdie medisyne is nie bedoel om enige siekte te diagnoseer, behandel, genees of voorkom nie.

Status skedulering: S0

Westerse Kruie Medisyne. Kategorie: D. Farm. Klas D33.7 Kombinasie Produk.

1. WAT BEVAT LERUMO KAPSULES & DRUPPELS?

DRUPPELS (tinktuur) SAMESTELLING

Elke dosis (10 druppels) 0.5 ml bied:		% VVW
Aktiewe:		
Sutherlandia frutescens (L.) R.Br.	12.5 mg	*
Allium sativum L.	2.0 mg	*
Moringa oleifera Lam.	2.0 mg	*
Rhodiola rosea L.	2.0 mg	*
Arctium lappa L.	2.0 mg	*
Selenium (as Natrium seleniet)	16.0 mcg	29.1%
Onaktiewe:		
Etanol en gesuiwerde water.		
Alkohol inhoud	48.29 % (m/v)	

VVW is nie bevestig nie. VVW vir persone van 37 maande en ouer.

KAPSULE SAMESTELLING

Elke dosis (1 kapsule) bied:	
Aktiewe:	
Moringa Oleferia 2:1 uittreksel (Moringablaar poeier)	100.0 mg
Rhodiola Rosea 10:1 uittreksel (Rhodiolawortel poeier)	7.5 mg
Allium sativum 4:1 uittreksel (Knoffelpoeier)	20.0 mg
Arctium lappa 4:1 uittreksel (Klitpoeier)	40.0 mg
Sutherlandia frutescens (Kankerbos)	47.5 mg
Selenium (AAC 2%)	0.9 mg

Onaktiewe:

Magnesiumstearaat, kolloïdale silikondioksied, grootte 0 wit gelatienkapsule dop.

2. WAARVOOR WORD LERUMO KAPSULES EN DRUPPELS GEBRUIK?

LERUMO kapsules en druppels is 'n aanvulling wat help met die ondersteuning van normale immuunstelsel funksionering en die verbetering van algemene welsyn.

3. VOORDAT JY LERUMO KAPSULES EN DRUPPELS GEBRUIK

Moenie **LERUMO** kapsules en/of druppels neem as u hipersensitief (allergies) is vir enige van die bestanddele nie. Moet nie meer as die aanbevole dosis neem nie. Raadpleeg u dokter as u ander medikasie neem, swanger is of borsvoed. Aanvullings moet nie gebruik word as 'n plaasvervanger vir 'n gevarieerde, gebalanseerde dieet en 'n gesonde leefstyl nie.

Swangerskap en borsvoeding: Die veiligheid van gebruik tydens swangerskap en borsvoeding is nog nie vasgestel nie. As u swanger is, of u baba borsvoed, raadpleeg u dokter, apteker, of ander gesondheidsorg praktisyne vir advies voordat u hierdie medisyne neem.

Die gebruik van ander medisyne met LERUMO kapsules & druppels: Lig altyd u gesondheidsorg praktisyn in as u ander medisyne (dit sluit in komplimentêre of tradisionele medisyne) neem, omdat die gebruik van verskillende medisyne saam soms ongewenste effekte kan veroorsaak, maak seker dat u al u huidige medisyne en medikasie bekend gemaak het aan u gesondheidsorg praktisyn.

4. HOE OM LERUMO KAPSULES TE GEBRUIK

Vanaf 12 jaar en ouer: Algemene instandhouding: Neem 3 kapsules per dag, verkieslik in verdeelde dosisse van 1 kapsule in die oggend, 1 kapsule in die middag & 1 kapsule in die aand.

Tydens siekte: Neem 9 kapsules daagliks in verdeelde dosisse, 3 kapsules in die oggend, 3 kapsules in die middag & 3 kapsules in die aand. (Kapsules moet 20 minute voor etes geneem word).

Kinders 2-11 jaar oud: Gebruik Lerumo Lamadi Drupples (Tinktuur) soos hieronder verwys word.

HOE OM LERUMO DRUPPELS TE GEBRUIK

Vanaf 12 jaar en ouer: Algemene instandhouding: 10 druppels onder die tong 3 x daagliks.

Tydens siekte: 10 druppels onder die tong elke uur. (Druppels kan voor, tydens of na etes geneem word as dit onder die tong geneem word. As dit saam met 'n glas water of sap geneem word, moet dit 20 minute voor 'n maaltyd geneem word).

Kinders 2-11 jaar oud: 5 druppels in 'n glas water of sap, **nie onder die tong nie.**

WAAROM LERUMO DRUPPLES? Vir vinnige werkende opname. Werk binne 1-4 minute. Die liggaam absorbeer 98% van die bestanddele. Min tot geen vertering nodig.

5. OORDOSERING

Simptome van oordosering is nie bekend nie. Behandeling van oordosering is simptomaties en ondersteunend. In 'n geval van oordosering, raadpleeg u dokter of apteker. Alternatief, besoek die naaste hospitaal of Gif Beheer Sentrum.

6. MOONTLIKE NEWE-EFFEKTE

Moontlike newe-effekte kan duiseligheid, allergiese reaksies, slapeloosheid, angs, droë mond, sooibrand, naarheid, braking, diarree, verhoogde bloeddruk, borspyn en ligte hardlywigheid insluit. Indien nadelige gevolge voorkom, staak asseblief die gebruik en raadpleeg u dokter.

Nie alle newe-effekte wat vir hierdie medisyne geld is ingesluit in hierdie pamflet nie. Indien u algemene gesondheid versleg of as u enige ongewenste effekte ervaar terwyl u hierdie medisyne gebruik, raadpleeg u dokter, apteker of ander professionele gesondheidsorg praktisyn.

7. BERGING EN VERNIETIGING VAN LERUMO KAPSULES & DRUPPELS

Stoor teen of benede 25°C en weg van direkte sonlig af. HOU BUITE BEREIK VAN KINDERS. Moenie gebruik na die vervaldatum wat op die etiket aangedui is nie. Neem alle ongebruikte medisyne terug na u apteker toe.

8. AANBIEDING VAN LERUMO KAPSULES EN DRUPPELS

Kapsules: Wit plastiekbottel en rooi skroefprop met 'n inhoud van 90 of 20 kapsules.
Druppels: Bruin glasbottel en wit skroefprop met 50ml vloeistof inhoud.

9. IDENTIFIKASIE VAN LERUMO KAPSULES & DRUPPELS

Kapsules: Wit gelatienkapsules met rooi bewoording wat "**LERUMO**" lees.
Druppels: Lig oranje vloeistof met 'n kenmerklike knoffel reuk.

10. REGISTRASIENOMMER Sal toegeken word.

11. NAAM EN ADRES VAN REGISTRASIEHOUER

SourceHerbal SA (Edms) Bpk
Zambezi Country Estate - Erf 1144 - Pretoria - 0182
Tel: 012 756 2340

12. DATUM VAN PUBLIKASIE

Sal toegeken word.

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