

PHYTO NOVA

African Ginger Tablets

SCHEDULING STATUS

S0

PROPRIETARY NAME (and dosage form)

Phyto Nova African Ginger (tablets)

COMPOSITION

Each tablet contains:

Active ingredients: 100 mg freeze-dried rhizome cultivated *Siphonochilus aethiopicus* (African ginger).

Inactive ingredients: Calcium phosphate dibasic dihydrate, magnesium stearate, vegetable cellulose.

PHARMACOLOGICAL CLASSIFICATION

Western Herbal

D.32 Other

PHARMACOLOGICAL ACTION

Ginger has traditionally been used as a herbal medicine in Southern Africa. The active constituents of ginger, including α -terpineol and a sesquiterpene, seem to have decongestant, antipyretic, antitussive and antibiotic properties. Studies have demonstrated prostaglandin-inhibitory (COX-1 assay) activity for ethanolic extracts of *S. aethiopicus* tuber and leaf.

INDICATIONS

Phyto Nova African Ginger is indicated for the symptomatic relief of headache, influenza and sinusitis.

CONTRAINDICATIONS

None known.

WARNINGS AND SPECIAL PRECAUTIONS

None known.

INTERACTIONS

None known.

PREGNANCY AND LACTATION

Safety during pregnancy has not been established. Use while breastfeeding should be discussed with your doctor or other registered healthcare professional.

DOSAGE AND DIRECTIONS FOR USE

Adults and children over 12 years:

Take one (1) to two (2) tablets three times a day after meals for five days, unless otherwise directed by the medical practitioner or healthcare professional.

SIDE EFFECTS

None known.

KNOWN SYMPTOMS OF OVERDOSAGE

None known.

IDENTIFICATION

Cream-white tablet weighing 50 mg with a mild, characteristic smell.

PRESENTATION

White plastic container with green screw cap, containing 30 tablets.

STORAGE INSTRUCTIONS

Store at or below 25 °C in a dry place.

KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER

To be allocated.

NAME AND ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION

Akacia™ Natural Medicines (Pty) Ltd

4 Brewery Street, Isando

Gauteng, 1609

DATE OF PUBLICATION OF PACKAGE INSERT

September 2011

This medicine has not been evaluated by the Medicines Control Council.

This medicine is not intended to diagnose, treat, cure or prevent any disease.

PHYTO NOVA

African Ginger Tabletten

SKEDULERINGSSTATUS

S0

EIENDOMSNAAM (en doseervorm)

Phyto Nova African Ginger (tablette)

SAMESTELLING

Elke tablet bevat:

Aktiewe bestanddele: 100 mg gevriesdroogde risoom van gekweekte *Siphonochilus aethiopicus* (Wildegemmer).

Onaktiewe bestanddele: Kalsiumfosfaat dibasiese dihidraat, magnesiumstearaat, plantaardige sellulose.

FARMAKOLOGIESE KLASIFIKASIE

Westerse Kruie

D.32 Ander

FARMAKOLOGIESE WERKING

Gemmer is tradisioneel as 'n kruiemedisyne in Suider-Afrika gebruik. Dit lyk asof die aktiewe bestanddele van gemmer, insluitend α -terpineol en 'n seskwiterpeen, ontstuwende, koorswerende, hoesverliggende en antibiotiese eienskappe het. Studies het aangetoon dat etanol-ekstrakte van die knol en blaas van *S. aethiopicus* prostaglandien-onderdrukkende (COX-1 essai) aktiwiteit het.

INDIKASIES

Phyto Nova African Ginger word aangedui vir die simptomiese verligting van hoofpyn, griep en sinusitis.

KONTRA-INDIKASIES

Geen bekend nie.

WAARSKUWINGS EN SPESIALE VOORSORGMAATREËLS

Geen bekend nie.

INTERAKSIES

Geen bekend nie.

SWANGERSKAP EN BORSVOEDING

Veiligheid gedurende swangerskap is nie bepaal nie. Gebruik gedurende borsvoeding moet met die dokter of professionele gesondheidsorgwerker bespreek word.

DOSIS EN GEBRUIKSAANWYSINGS

Volwassenes en kinders ouer as 12 jaar:

Neem een (1) tot twee (2) tablette drie keer per dag na ete vir vyf dae, behalwe indien anders voorgeskryf deur die mediese praktisyn of professionele gesondheidsorgwerker.

NEWE-EFFEKTE

Geen bekend nie.

BEKENDE SIMPTOME VAN OORDOSERING

Geen bekend nie.

IDENTIFIKASIE

Roomwit tablet wat 50 mg weeg, met 'n ligte kenmerkende geur.

AANBIEDING

Wit plastiekhouer met groen skroefdop, wat 30 tablette bevat.

BEWARINGSINSTRUKSIES

Bêre by of onder 25 °C, op 'n droë plek.

HOU BUITE BEREIK VAN KINDERS

REGISTRASIENOMMER

Sal toegeken word.

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

Akacia™ Natural Medicines (Edms) Bpk

Brewerystraat 4, Isando

Gauteng, 1609

DATUM VAN PUBLIKASIE VAN DIE VOUBILJET

September 2011

Hierdie medisyne is nie deur die Medisynebeheerraad geëvalueer nie.

Hierdie medisyne is nie bedoel om enige siekte te diagnoseer, behandel, genees of voorkom nie.