

PATIENT INFORMATION LEAFLET (ENGLISH)

SCHEDULING STATUS:

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PROPRIETARY NAME AND DOSAGE FORM CAMED Immune Defense capsules.

Read this leaflet carefully because it contains important information. **CAMED Immune Defense** is available without a doctor's prescription. Nevertheless, you still need to use it carefully to get the best results.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.

WHAT CAMED IMMUNE DEFENSE CONTAINS

The active substances are:

Active Substance	Per capsule:
Ascorbic acid (Vitamin C)	100 mg
Beta-1,3/1,6 glucan	24 mg
Nicotinamide (Vitamin B3)	16 mg
d-Alpha Tocopheryl Acetate (Vitamin E)	15 mg α-TE (22,35 IU)
Zinc Acetate Providing Zinc	35,08 mg 12,5 mg
Calcium d-Pantothenate Providing Vitamin B5	5,45 mg 5 mg
Pyridoxine hydrochloride Providing Vitamin B6	2,07 mg 1,7 mg
Riboflavin (Vitamin B2)	1,3 mg
Thiamine hydrochloride Providing Vitamin B1	1,52 mg 1,2 mg
Retinyl Acetate Providing Vitamin A	0,86 mg 750 µg RE (2500 IU)
Folic acid	250 µg
Selenium Glycinate Providing Selenium	287,59 µg 100 µg
Biotin	30 µg
Cholecalciferol (Vitamin D3)	12,5 µg (500 IU)
Cyanocobalamin (Vitamin B12)	2,4 µg

The other ingredients are a capsule shell (Bovine Gelatine), magnesium stearate, microcrystalline cellulose and talc.

CAMED Immune Defense is sugar free.

WHAT CAMED IMMUNE DEFENSE IS USED FOR

CAMED Immune Defense consists out of a combination of vitamins, minerals and Beta-1,3/1,6 glucan which promotes healthy immune function and supports the maintenance of good health.

BEFORE YOU TAKE / USE CAMED IMMUNE DEFENSE

Do not take / use CAMED Immune Defense:

If you are allergic to any of the ingredients (see "WHAT CAMED IMMUNE DEFENSE CONTAINS").

Take special care with CAMED Immune Defense:

If you have a history of developing kidney stones.

If you have a sensitive stomach (see "POSSIBLE SIDE EFFECTS")

Taking CAMED Immune Defense with food or drink:

CAMED Immune Defense should be taken after a meal.

Pregnancy and breastfeeding:

The safety and efficacy of **CAMED Immune Defense** during pregnancy and breastfeeding has not been established.

If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare professional for advice before using **CAMED Immune Defense**.

Driving and using machinery:

The effect of **CAMED Immune Defense** on the ability to drive and use machinery has not been studied. It is unlikely that it will impair your ability to drive or use machines. However, please take care when driving or operating machinery until you know how it affects you.

Taking other medicines with CAMED Immune Defense:

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

Discuss the use of the following medicines in combination with **CAMED Immune Defense** with your doctor or pharmacist:

Retinoids (Vitamin A derived medicines used for the treatment of acne), such as isotretinoin and tretinoin.

Antibiotics, such as fluoroquinolones (e.g. ciprofloxacin), tetracyclines (e.g. doxycycline). These antibiotics must be taken at least 3 hours before or after **CAMED Immune Defense**.

Phenytoin, primidone and phenobarbital (medicines used for the treatment of epilepsy).

Levodopa used in the treatment of Parkinson's disease.

HOW TO TAKE CAMED IMMUNE DEFENSE

Always take **CAMED Immune Defense** exactly as indicated, or as your doctor or pharmacist has instructed you. You should check with your doctor or pharmacist if you are unsure.

The dosage for adults is 2 capsules once daily with or just after a meal.

If you take more CAMED Immune Defense than you should:

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

If you take more **CAMED Immune Defense** than what is indicated, it may increase your risk of experiencing side effects (see "POSSIBLE SIDE EFFECTS").

If you forget to take a dose of CAMED Immune Defense:

If you forget to take a dose, take it as soon as you remember. If you do not remember the forgotten dose before the next dose is due, skip the forgotten dose and continue with your regular dosage schedule of 2 capsules per day (every 24 hours). Do not take a double dose to make up for the forgotten individual dose.

POSSIBLE SIDE EFFECTS

CAMED Immune Defense can have side effects. Not all side effects reported for CAMED Immune Defense are included in this leaflet. Should your general health worsen or if you experience any untoward effects while using CAMED Immune Defense, please consult your doctor, pharmacist or other healthcare professional for advice.

If any of the following happens, stop taking **CAMED Immune Defense** and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Swelling or constriction of your airways, or trouble breathing.

These are serious side effects. If you have them, you may have had an allergic reaction to **CAMED Immune Defense**. You may need urgent medical attention.

Inform your doctor of the following side effects if they continue or become bothersome:

- Gastrointestinal irritation, indigestion, stomach pain, nausea or loose stools.
- Skin reactions / rash.

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

STORING AND DISPOSING OF CAMED IMMUNE DEFENSE

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

Store in original packaging until required for use.

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).

STORE ALL MEDICINES OUT OF REACH OF CHILDREN.

PRESENTATION OF CAMED IMMUNE DEFENSE

A unit carton containing 60 blistered **CAMED Immune Defense** capsules.

IDENTIFICATION OF CAMED IMMUNE DEFENSE

An amethyst and pink coloured, hard gelatine 2-part capsule.

APPLICATION NUMBER

NAPPI Code No: 3002756001.

NAME AND ADDRESS OF THE APPLICANT

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COMPLEMENTARY MEDICINE

Health supplement

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

Professional information is electronically available at www.camed-pharma.com

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