SCHEDULING STATUS
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PROPRIETARY NAMES (AND DOSAGE FORM)

Black Forest® Apricot-Apple Herbal Tea (Decoction)
Black Forest® Lemon-Lime Herbal Tea (Decoction)

COMPOSITION
Each 2,5 g tea contains:
Black Forest® Apricot-Apple: Senna leaf 1,1124 g equivalent to 27,81 mg sennoside B. Sugar Free.
Black Forest® Lemon-Lime: Senna leaf 1,1124 g equivalent to 27,81 mg sennoside B. Sugar Free.

PHARMACOLOGICAL CLASSIFICATION
A 11.5 Laxatives.

PHARMACOLOGICAL ACTION
Senna belongs to a group of laxatives known as stimulant laxatives.
Promotes bowel movement by one or more direct actions on the intestines.

Pharmacokinetics
There is minimal absorption of senna following oral administration. Absorbed medicine is metabolised in the liver. Unabsorbed senna is hydrolysed in the colon by bacteria to release the active free anthraquinones. Excretion occurs in the urine and the faeces and also other secretions including the breast milk.

INDICATIONS
For the relief of occasional constipation.

CONTRA-INDICATIONS
Hypersensitivity to senna leaf or other stimulant laxatives.
Intestinal obstruction or with undiagnosed abdominal symptoms.
Appendicitis or symptoms of appendicitis.
Undiagnosed rectal bleeding.

WARNINGS AND SPECIAL PRECAUTIONS
This medicine should not be used in the presence of abdominal pain, nausea, vomiting or other symptoms associated with appendicitis. Care should also be taken in patients with inflammatory bowel disease.
Do not use for longer than 1 week, except on the advice of a doctor. Frequent or prolonged use of this preparation may result in dependence on laxatives and loss of normal bowel function. If you have noticed a sudden change in bowel habits that has persisted for a period of greater than 2 weeks, consult a doctor before using the laxative. Rectal bleeding or failure to have bowel movement after use of a laxative may indicate a serious condition. Discontinue use and consult a doctor.

PREGNANCY & LACTATION
The use during pregnancy and breast feeding is not recommended.

DOSAGE AND DIRECTIONS FOR USE
This product normally produces bowel movement within 6 to 12 hours.

Adults and children 12 years and over
One tea bag to a cup of boiling water at night. Allow the tea to steep for 3 to 5 minutes before drinking. If required, milk, sugar, sweetener, a slice of lemon, etc. can be added to taste.

Children 6 to 12 years
Half of the adult dosage. Use half a cup of above-mentioned tea every night, or less frequently as required.

Children 2 to 6 years
One quarter of the adult dose. Use quarter cup of above-mentioned tea every night, or less frequently as required.

Not recommended for use in children under the age of 2 years.

SIDE EFFECTS
Senna may cause abdominal discomfort such as colic or cramps. The prolonged use or overdosage may result in diarrhoea, excessive loss of water and electrolytes, particularly potassium and possible atonic non-functioning colon. Discolouration of urine may occur and may interfere with diagnostic tests. Cardiac and renal symptoms have been reported. Belching, cramping, diarrhoea and nausea may occur. Reversible melanosis coli has been reported following chronic use.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT
See side-effects and special precautions.
Treatment is symptomatic and supportive.

IDENTIFICATION
Black Forest® Apricot-Apple: Tea bag filled with broken up herbal material of brownish green colour with an apricot-apple odour.
Black Forest® Lemon-Lime: Tea bag filled with broken up herbal material of brownish green colour with a lemon-lime odour.

PRESENTATION
Black Forest® Apricot-Apple: Pillow foil containing twenty 2,5 g tea bags, in a unit carton.
Black Forest® Lemon-Lime: Pillow foil containing twenty 2,5 g tea bags, in a unit carton.

STORAGE INSTRUCTIONS
Protect from light and store in an airtight container below 25 °C.
Keep out of the reach of children.

REGISTRATION NUMBERS
Black Forest® Apricot-Apple: 32/11.5/0565
Black Forest® Lemon-Lime: 32/11.5/0566

NAME AND BUSINESS ADDRESS OF THE HOLDER OF CERTIFICATE OF REGISTRATION
Nativa (Pty) Ltd
260 Cradock Avenue
Lyttelton, Centurion, 0157,
Gauteng, South Africa

DATE OF PUBLICATION OF THIS PACKAGE INSERT
22 June 1998

Namibia Reg. No: Apricot-Apple 04/11.5/0331

Namibia Reg. No: Lemon-Lime 04/11.5/0333

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