SCHEDULING STATUS: S0

PANADO EFFERVESCENT, 500 mg Tablet

Paracetamol

Each PANADO EFFERVESCENT tablet contains:

Sweeteners: Aspartame 15,00 mg; sodium saccharin 6,50 mg and sorbitol 50,00 mg

Sugar free.

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

PANADO EFFERVESCENT is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use PANADO EFFERVESCENT carefully to get the best results from PANADO EFFERVESCENT.

- Keep this leaflet. You may need to read it again.
- Do not share PANADO EFFERVESCENT with any other person
- Ask your healthcare provider or pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve after 10 days.

What is in this leaflet

1. What PANADO EFFERVESCENT is and what it is used for
2. What you need to know before you take PANADO EFFERVESCENT
3. How to take PANADO EFFERVESCENT
4. Possible side effects
5. How to store PANADO EFFERVESCENT
6. Contents of the pack and other information

1. What PANADO EFFERVESCENT is and what it is used for

This medicine contain paracetamol, which belongs to a group of medicines called analgesics and antipyretics that relieve mild to moderate pain and/or fever.

PANADO EFFERVESCENT is therefore used for the relief of mild to moderate pain and fever (such as headaches, toothache and pain associated with cold and flu).

2. What you need to know before you take PANADO EFFERVESCENT

Do not take PANADO EFFERVESCENT if:

- you are allergic to paracetamol or any of the other ingredients of PANADO EFFERVESCENT (listed in section 6).

- you have serious problems with your liver function.

Warnings and precautions

Take special care with PANADO EFFERVESCENT tablets:

PANADO EFFERVESCENT contains paracetamol which may be fatal in overdose. In the event of overdosage or suspected overdose even if the person may not be showing or experiencing any symptoms, the nearest doctor, hospital or Poison Centre must be contacted immediately.

Adults:

Do not use continuously for more than 10 days (3 days for children) without consulting your doctor.

- Be sure to take the correct dosage of this medicine. Severe liver damage may occur if you take doses higher than those recommended.
- If no pain relief is achieved with recommended doses, please consult your doctor.
- Excessive and prolonged use of this medicine may be dangerous.
- PANADO EFFERVESCENT should not be taken together with other paracetamol containing products.
- If you suffer from liver or kidney disease, a doctor must monitor your condition while you are taking this medicine.
- If you are suffering from hepatitis (disease of the liver) or alcoholism, or recovering from any form of liver disease, do not take excessive quantities of PANADO EFFERVESCENT.
- Use with caution if you suffer from glucose-6-phosphate dehydrogenase deficiency (enzyme deficiency) or haemolytic anaemia (abnormal breakdown of red blood cells).
- Use with caution if you have kidney disease, chronic malnutrition or dehydration or if you have not eaten in a few days.
- Use with caution if you are an asthmatic and sensitive to aspirin (acetylsalicylic acid).
- Consult your doctor if your headache becomes persistent after stopping PANADO EFFERVESCENT that you have been taking for a long time, and not in the way your doctor told you.
- Serious skin reactions such as toxic epidermal necrolysis (TEN), Stevens-Johnson syndrome (SJS), acute generalised exanthematous pustulosis (AGEP), drug reaction with eosinophilia and systemic symptoms (DRESS)/ Drug-induced hypersensitivity syndrome (DIHS) and fixed drug eruptions (FDE), have been reported in patients receiving paracetamol. If you experience any

signs of serious skin reactions such as swelling, itching, red severe rash, stop using PANADO EFFERVESCENT immediately and contact your doctor (see Section 4).

Other important information

Do not drink alcohol (e.g., wine, beer, spirits) whilst taking this medicine.

Do not use PANADO EFFERVESCENT unless prescribed by your doctor if you have an addiction to alcohol or liver damage. If this applies to you, you must not take these tablets with alcohol. If you are already taking other pain medication containing paracetamol, do not take PANADO EFFERVESCENT without first speaking to your doctor or a pharmacist.

Children and adolescents

Do not use PANADO EFFERVESCENT in children younger than 6 years of age.

Other medicines and PANADO EFFERVESCENT

Always tell your healthcare provider if you are taking any other medicine. (This includes all complementary or traditional medicines).

- The risk of side effects with paracetamol (i.e., PANADO EFFERVESCENT) may be increased in patients taking other medicines that may be harmful to the liver or medicines that can influence the functioning of the liver.
- Medicines used to treat depression (e.g., tricyclic antidepressants and St. John's wort) may increase liver toxicity.
- Medicines for nausea or vomiting: metoclopramide or domperidone may increase the absorption of paracetamol.
- Medicine used to treat high levels of uric acid in the blood stream i.e., gout: Probenecid may affect the excretion of paracetamol and plasma (blood) concentrations may be altered when taken together.
- Medicine to lower blood cholesterol: Cholestyramine reduces the absorption of paracetamol.
- Medicine to treat fever or mild pain (e.g., aspirin, salicylamide): Prolonged concurrent use of PANADO EFFERVESCENT with these medicines may increase the risk of adverse respiratory effects.
- Medicines to thin the blood: If you are taking warfarin or other blood thinning medicines (anticoagulants) PANADO EFFERVESCENT may increase the anticoagulant effect and there is

an increased risk of bleeding if you take regular or high doses of paracetamol while on an oral anticoagulant.

- Medicines to treat tuberculosis: Use of PANADO EFFERVESCENT and certain antibacterials used for the treatment of tuberculosis (a disease affecting the lungs) such as rifampicin or isoniazid can cause toxic damage to the liver.
- Medicines used to treat epilepsy: Antiepileptic medicines such as carbamazepine, fosphenytoin, phenytoin, phenobarbital, primidone may increase liver toxicity.
- Medicines used to treat epilepsy and oral contraceptives, also known as 'the pill', may reduce the effectiveness of PANADO EFFERVESCENT.
- Flucloxacillin (an antibiotic) taken together with PANADO EFFERVESCENT may result in a serious higher-than-normal level of acid in your blood, especially if you have risk factors such as kidney impairment, sepsis (when bacteria and their toxins circulate in the blood leading to organ damage), malnutrition, chronic alcoholism, and if the maximum daily doses of paracetamol are used.
- Taking PANADO EFFERVESCENT together with certain antiviral medicines such as zidovudine and co-trimoxazole, can cause severe toxic damage to the liver.
- The antiviral effect of interferon alfa (used to treat hepatitis B and C) may be increased if taken with PANADO EFFERVESCENT.
- Paracetamol may extend the duration of action of chloramphenicol.

PANADO EFFERVESCENT with food and alcohol

There is no significant effect on absorption of PANADO EFFERVESCENT when taken with meal.
Do not drink alcohol (e.g., wine, beer, spirits) whilst taking PANADO EFFERVESCENT.

Pregnancy and breastfeeding

Safety and efficacy in pregnancy and breastfeeding have not been established.
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 provider for advice before taking this medicine.
No data on fertility is available.

Driving and using machines

PANADO EFFERVESCENT has no or negligible influence on the ability to drive and use machines.

It is not always possible to predict to what extent PANADO EFFERVESCENT may interfere with the daily activities of a patient. Patients should ensure that they do not engage in driving a vehicle or use machines until they are aware of the measure to which PANADO EFFERVESCENT affects them.

PANADO EFFERVESCENT contains sodium benzoate, aspartame, sorbitol and sodium.
This medicine contains sodium benzoate 60,00 mg in each effervescent tablet. Sodium benzoate may increase jaundice (yellowing of the skin and eyes) in newborn babies (up to 4 weeks old).

This medicine contains 50,00 mg sorbitol in each effervescent tablet. Sorbitol is a source of fructose. If your doctor has told you that you (or your child) have an intolerance to some sugars or if you have been diagnosed with hereditary fructose intolerance (HFI), a rare genetic disorder in which a person cannot break down fructose, talk to your doctor before you (or your child) take or receive this medicine.

This medicine contains 15 mg aspartame in each effervescent tablet. Aspartame is a source of phenylalanine. It may be harmful if you have phenylketonuria (PKU), a rare genetic disorder in which phenylalanine builds up because the body cannot remove it properly.

Each tablet contains 409,70 mg of sodium. This is equivalent to 21 % of the recommended maximum daily dietary intake of sodium for an adult.

3. How to take PANADO EFFERVESCENT

Do not share medicines prescribed for you with any other person.
Always take PANADO EFFERVESCENT exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you. Check with your doctor or pharmacist if you are not sure.
Do not exceed the recommended dose.
The recommended doses are as follows:
Adults: Two tablets dissolved in at least half a glass of water up to 4 times daily as required.
Children 6 - 12 years: Half to one tablet dissolved in at least half a glass of water.
Children should not be given doses of PANADO EFFERVESCENT (tablets) more frequently than every 4 hours and not more than 4 doses should be given in any 24-hour period.
Not suitable for children under 6 years of age.

PANADO EFFERVESCENT tablets are for oral use and may be taken with or without food. Place the tablets in at least half a glass of water. Allow it to completely dissolve. Then drink the solution straight away.
Consult a doctor if symptoms persist or worsen.
Do not take PANADO EFFERVESCENT continuously for more than 10 days without consulting a medical practitioner.

If you take more PANADO EFFERVESCENT (Tablets) than you should

PANADO EFFERVESCENT contains paracetamol which may be fatal in overdose. In the event of an overdose or suspected overdose, even if you or your child may not be showing or experiencing any symptoms, the nearest doctor, hospital or poison centre must be contacted immediately. Prompt specialised treatment is essential as soon as possible.

The initial symptoms of paracetamol overdose (within the first 24 hours) may include pallor (pale appearance), nausea, vomiting, anorexia (loss of appetite) and abdominal pain.
Even though these initial symptoms may appear mild, paracetamol overdosage is a serious condition, as liver damage may only become apparent 12 to 48 hours after the paracetamol overdose.

If you forget to take PANADO EFFERVESCENT

If you forget to take a dose, take another as soon as you remember, unless it is almost time for your next dose. Remember to leave at least four hours between doses. Do not take a double dose to make up for forgotten individual doses.

4. Possible side effects

PANADO EFFERVESCENT (Tablets) can have side effects.
Not all side effects reported for PANADO EFFERVESCENT are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking PANADO EFFERVESCENT, please consult your healthcare provider for advice.

If any of the following happens, stop taking PANADO EFFERVESCENT and tell your doctor immediately or go to the casualty department at your nearest hospital:

- mouth ulcers, cold sores and ulcers or soreness of your tongue.
- skin lumps or hives (raised, red or white, itchy patches of skin).
- blisters on your skin or inside your mouth, nose, vagina or bottom.
- the appearance of a rash or sunburn when you have been outside (even on a cloudy day).
- swelling of the eyelids, face, tongue, throat or lips.
- severe dizziness
- difficulty in breathing.
- decrease in blood pressure (hypotension).
- Serious skin reactions such as swelling, itching, red severe rash especially those covering your whole body (appearing as allergic wheals), (see section 2).

These are all very serious side effects. If you have them, you may have had a serious reaction to PANADO EFFERVESCENT. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- nausea, upper stomach pain, itching, loss of appetite.
- tightness in your chest, shortness of breath (bronchospasm).
- dark urine, clay-coloured stools; or
- jaundice (yellowing of the skin or eyes).

Tell your doctor if you notice any of the following:

Less frequent side effects:

- if you have an increase in number of nose bleeds or unusual bleeding.
- bleeding problems or clotting disorders, decreased formation of cells, severe decrease in white blood cells which may lead to severe infections, frequent infections due to poorly functioning white blood cells or decrease in white blood cells, reduction in blood platelets, which increases the risk of bleeding or bruising abnormal breakdown of red blood cells, which may cause weakness or pale skin, decrease in blood count, reduced neutrophil count in blood;
- decrease in red blood cells.
- allergies (excluding swelling on the face, mouth, hands).
- low levels of glucose in the blood.
- depression, confusion, sensing unreal things.
- tremor, headache.

- abnormal vision.
- abnormal accumulation of fluid under the skin.
- abnormal liver function, liver failure, death of liver cells, liver damage.
- cloudy urine and kidney disorders.
- sudden decrease in the amount of urine.
- blood in urine.
- inability to urinate.
- dizziness, feeling of general discomfort or uneasiness, fever, drowsiness, medicine interaction.
- overdose and poisoning.

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

Reporting of side effects

If you get side effects, talk to your doctor, pharmacist or nurse. You can also report side effects to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website. By reporting side effects, you can help provide more information on the safety of PANADO EFFERVESCENT.

5. How to store PANADO EFFERVESCENT

Store in a well closed container, protected from light. Store at or below 25 °C.
Exposure to air should be kept to a minimum.
Store all medicines out of reach of children.
Do not use this medicine after the expiry date stated on the container.
Return all unused medicine to your pharmacist.
Do not dispose of unused medicine in drains or sewerage systems (e.g., toilets).

6. Contents of the pack and other information

What PANADO EFFERVESCENT contains:
Each tablet contains 500 mg paracetamol as the active ingredient.
The other ingredients are aspartame, citric acid anhydrous, magnesium stearate, povidone K25, sodium benzoate, sodium bicarbonate, sodium carbonate anhydrous, sodium lauryl sulphate, sodium saccharin and sorbitol.

What PANADO EFFERVESCENT looks like and contents of the pack

Flat, white, bevelled edge round tablet.

After effervescence: clear solution with slight sediment.

Sixteen effervescent tablets, collectively wrapped in aluminium foil laminate, are packed in a printed polypropylene tube. The tube is sealed with a snap-on closure made of low-density polyethylene (LDPE), available either as a standard cap or a pilfer-proof closure. The tube is then enclosed in a printed carton box.

Holder of Certificate of Registration

Adcock Ingram Limited
1 New Road
Erand Gardens
Midrand,
1685
Customer Care: 0860 ADCOCK/232625

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PANADO EFFERVESCENT, 500 mg Tablet

Parasetamol

Elke PANADO EFFERVESCENT tablet bevat:

Versoeters: Aspartaam 15,00 mg; natriumsakkarien 6,50 mg en sorbitol 50,00 mg

Suikervry.

Lees hierdie hele biljet noukeurig deur, want dit bevat belangrike inligting vir u.

PANADO EFFERVESCENT is beskikbaar sonder 'n doktersvoorskrif, vir u om 'n minder ernstige siekte te behandel. Nietemin moet u steeds PANADO EFFERVESCENT versigtig gebruik om die beste resultate van PANADO EFFERVESCENT te verkry.

- Hou hierdie biljet. U sal dit dalk weer moet lees.
- Moenie PANADO EFFERVESCENT met enige ander persoon deel nie.
- Vra u gesondheidsorgverskaffer of apteker indien u meer inligting of advies benodig.
- U moet 'n dokter spreek indien u simptome vererger of nie na 10 dae verbeter nie.

Wat is in hierdie biljet

1. Wat PANADO EFFERVESCENT is en waarvoor dit gebruik word
2. Wat u moet weet voordat u PANADO EFFERVESCENT neem
3. Hoe om PANADO EFFERVESCENT te neem
4. Moontlike newe-effekte
5. Hoe om PANADO EFFERVESCENT te bêre
6. Inhoud van die verpakking en ander inligting

1. Wat PANADO EFFERVESCENT is en waarvoor dit gebruik word

Hierdie medisyne bevat parasetamol, wat behoort aan 'n groep medisyne genaamd analgetika en koorswerende middels wat ligte tot matige pyn en/of koors verlig.

PANADO EFFERVESCENT word dus gebruik vir die verligting van ligte tot matige pyn en koors (soos hoofpyn, tandpyn en pyn wat verband hou met verkoue en griep).

2. Wat u moet weet voordat u PANADO EFFERVESCENT neem

Moenie PANADO EFFERVESCENT neem nie indien:

- u allergies is vir parasetamol of enige van die ander bestanddele van PANADO EFFERVESCENT (gelys in afdeling 6).

- u ernstige probleme met u lewerfunksie het.

Waarskuwings en voorsorgmaatreëls

Wees veral versigtig met PANADO EFFERVESCENT tablette:

PANADO EFFERVESCENT bevat parasetamol wat dodelik kan wees tydens oordosis. In die geval van oordosering of vermoedelike oordosis, selfs al toon of ervaar die persoon geen simptome nie, moet die naaste dokter, hospitaal of gifhulpsentrum onmiddellik gekontak word.

Volwassenes:

Moenie vir langer as 10 dae (3 dae vir kinders) aaneenlopend gebruik sonder om u dokter te raadpleeg nie.

- Maak seker dat u die korrekte dosis van hierdie medisyne neem. Erge lewerskade kan voorkom indien u dosisse hoër neem as wat aanbeveel word.
- Indien geen pynverligting met aanbevole dosisse bereik word nie, raadpleeg asseblief u dokter.
- Oormatige en langdurige gebruik van hierdie medisyne kan gevaarlik wees.
- PANADO EFFERVESCENT moet nie saam met ander parasetamol-bevattende produkte geneem word nie.
- Indien u aan lewer- of niersiekte ly, moet 'n dokter u toestand monitor terwyl u hierdie medisyne neem.
- Indien u aan hepatitis (siekte van die lewer) of alkoholisme ly, of herstel van enige vorm van lewersiekte, moet u nie oormatige hoeveelhede PANADO EFFERVESCENT neem nie.
- Gebruik versigtig indien u ly aan glukose-6-fosfaatdehidrogenase-tekort (ensiemtekort) of hemolitiese anemie (abnormale afbraak van rooibloedselle).
- Gebruik versigtig indien u niersiekte, chroniese wanvoeding of dehidrasie het of indien u in 'n paar dae nie geëet het nie.
- Gebruik versigtig indien u 'n asma-lyer is en sensitief is vir aspirien (asetielsalisielsuur).
- Raadpleeg u dokter indien u hoofpyn aanhou nadat u PANADO EFFERVESCENT gestaak het wat u vir ‘n lank tyd geneem het, en nie op die manier wat u dokter vir u gesê het nie.
- Ernstige velreaksies soos toksiese epidermale nekrolise (TEN), Stevens-Johnson se sindroom (SJS), akute algemene eksantemateuse pustulose (AGEP), geneesmiddelreaksie met eosinofilie en sistemiese simptome (GRESS) / Geneesmiddel-geïnduseerde

hipersensitiwiteitsindroom (GIHS) en area-spesifieke geneesmiddel-uitslag (FDE), is aangemeld by pasiënte wat parasetamol ontvang. Indien u enige tekens van ernstige velreaksies soos swelling, jeukerigheid, rooi erge uitslag ervaar, staak PANADO EFFERVESCENT dadelik en kontak u dokter (sien Afdeling 4).

Ander belangrike inligting

Moenie alkohol drink nie (bv. wyn, bier, sterk drank) terwyl u hierdie medisyne neem.

Moenie PANADO EFFERVESCENT gebruik nie, tensy dit deur u dokter voorgeskryf word, indien u 'n verslawing aan alkohol of lewerskade het. Indien dit op u van toepassing is, moet u nie hierdie tablette met alkohol neem nie. Indien u reeds ander pynmedikasie neem wat parasetamol bevat, moenie PANADO EFFERVESCENT neem sonder om eers met u dokter of 'n apteker te praat nie.

Kinders en adolessente

Moenie PANADO EFFERVESCENT by kinders jonger as 6 jaar gebruik nie.

Ander medisyne en PANADO EFFERVESCENT

Lig altyd u gesondheidsorgverskaffer in indien u enige ander medisyne neem. (Dit sluit alle komplementêre of tradisionele medisyne in).

- Die risiko van newe-effekte met parasetamol (d.i. PANADO EFFERVESCENT) kan verhoog word by pasiënte wat ander medisyne gebruik wat skadelik vir die lewer kan wees, of medisyne wat die werking van die lewer kan beïnvloed.
- Medisyne wat gebruik word om depressie te behandel (bv. trisikliese antidepressante en “St John’s wort”) kan lewertoksisiteit verhoog.
- Medisyne vir naarheid of braking: metoklopramied of domperidoon kan die opname van parasetamol verhoog.
- Medisyne wat gebruik word om hoë vlakke van uriensuur in die bloedstroom te behandel, d.i. jig: Probenesied kan die uitskeiding van parasetamol beïnvloed en plasma (bloed) konsentrasies kan verander word wanneer dit saam geneem word.
- Medisyne om bloedcholesterol te verlaag: Cholestiramien verminder die absorpsie van parasetamol.
- Medisyne om koors of ligte pyn te behandel (bv. aspirien, salisilamied): Langdurige gelyktydige gebruik van PANADO EFFERVESCENT met hierdie medisyne kan die risiko van

nadelige respiratoriese effekte verhoog.

- Medisyne om die bloed te verdun: Indien u warfarien of ander bloedverdunnende medisyne (antikoagulante) gebruik, kan PANADO EFFERVESCENT die antikoagulante effek verhoog en daar is 'n verhoogde risiko van bloeding indien u gereelde of hoë dosisse parasetamol neem terwyl u op 'n orale antikoagulant is.
- Medisyne vir die behandeling van tuberkulose: Gebruik van PANADO EFFERVESCENT en sekere antibakteriese middels wat gebruik word vir die behandeling van tuberkulose ('n siekte wat die longe affekteer) soos rifampisien of isoniasied kan toksiese skade aan die lewer veroorsaak.
- Medisyne wat gebruik word om epilepsie te behandel: Anti-epileptiese medisyne soos karbamasepien, fosfenitoïen, fenitoïen, fenobarbitaal, primidoon kan lewertoksisiteit verhoog.
- Medisyne wat gebruik word om epilepsie te behandel en orale voorbehoedmiddels, ook bekend indien 'die pil', kan die doeltreffendheid van PANADO EFFERVESCENT verminder.
- Flukloksasillien ('n antibiotika) wat saam met PANADO EFFERVESCENT geneem word, kan lei tot 'n ernstige hoër as normale vlak van suur in u bloed, veral indien u risikofaktore soos nierinkorting, sepsis (wanneer bakterieë en hul gifstowwe in die bloed sirkuleer, wat lei tot orgaanskade), wanvoeding, chroniese alkoholisme, en indien die maksimum daaglikse dosisse parasetamol gebruik word.
- Die neem van PANADO EFFERVESCENT saam met sekere antivirale medisyne soos sidovudien en kotrimoksasool, kan ernstige toksiese skade aan die lewer veroorsaak.
- Die antivirale effek van interferon alfa (wat gebruik word om hepatitis B en C te behandel) kan verhoog word indien dit saam met PANADO EFFERVESCENT geneem word.
- Parasetamol kan die werkingsduur van chlooramfenikol verleng.

PANADO EFFERVESCENT saam met kos en alkohol

Daar is geen beduidende effek op die absorpsie van PANADO EFFERVESCENT wanneer dit saam met maaltyd geneem word nie.

Moenie alkohol drink nie (bv. wyn, bier, sterk drank) terwyl u PANADO EFFERVEFSCENT neem.

Swangerskap en borsvoeding

Veiligheid en doeltreffendheid tydens swangerskap en borsvoeding is nie vasgestel nie.

Indien u swanger is of borsvoed, dink u is dalk swanger of van plan is om 'n baba te hê, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat u hierdie medisyne neem.

Geen data oor vrugbaarheid is beskikbaar nie.

Bestuur en gebruik van masjinerie
PANADO EFFERVESCENT het geen of weglaatbare invloed op die vermoë om te bestuur en masjinerie te gebruik.

Dit is nie altyd moontlik om te voorspel in watter mate PANADO EFFERVESCENT met die daaglikse aktiwiteite van 'n pasiënt kan inmeng nie. Pasiënte moet seker maak dat hulle nie 'n voertuig bestuur of masjinerie gebruik voordat hulle bewus is van die mate waartoe PANADO EFFERVESCENT hulle beïnvloed nie.

PANADO EFFERVESCENT bevat natriumbensoaat, aspartaam, sorbitol en natrium.
Hierdie medisyne bevat natriumbensoaat 60,00 mg in elke bruistablet. Natriumbensoaat kan geelsug (vergeling van die vel en oë) by pasgebore babas (tot 4 weke oud) verhoog.

Hierdie medisyne bevat 50,00 mg sorbitol in elke bruistablet. Sorbitol is 'n bron van fruktose. Indien u dokter vir u gesê het dat u (of u kind) 'n onverdraagsaamheid teenoor sommige suikers het of indien u gediagnoseer is met oorerflike fruktose-intoleransie (HFI), 'n seldsame genetiese afwyking waarin 'n persoon nie fruktose kan afbreek nie, raadpleeg u dokter voordat u (of u kind) hierdie medisyne neem of ontvang.

Hierdie medisyne bevat 15 mg aspartaam in elke bruistablet. Aspartaam is 'n bron van fenielalanien. Dit kan skadelik wees indien u fenielketonurie (PKU) het, 'n seldsame genetiese afwyking waarin fenielalanien opbou omdat die liggaam dit nie behoorlik kan verwyder nie.

Elke tablet bevat 409,70 mg natrium. Dit is gelykstaande aan 21 % van die aanbevole maksimum daaglikse dieetinname van natrium vir 'n volwassene.

3. Hoe om PANADO EFFERVESCENT te neem

Moenie medisyne wat aan u voorgeskryf is, met enige ander persoon deel nie.
Neem PANADO EFFERVESCENT altyd presies soos beskryf in hierdie biljet of soos u dokter, apteker of verpleegkundige u ingelig het. Raadpleeg u dokter of apteker indien u nie seker is nie.
Moenie die aanbevole dosis oorskry nie.
Die aanbevole dosisse is soos volg:

Volwassenes: Twee tablette opgelos in ten minste 'n halwe glas water tot 4 keer per dag soos benodig.
Kinders 6 - 12 jaar: ‘n Halwe tot een tablet opgelos in ten minste 'n halwe glas water.
Kinders moet nie meer gereeld as elke 4 uur dosisse PANADO EFFERVESCENT (tablette) gegee word nie, en nie meer as 4 dosisse moet in enige 24-uur tydperk gegee word nie.
Nie geskik vir kinders jonger as 6 jaar nie.

PANADO EFFERVESCENT tablette is vir orale gebruik en kan met of sonder kos geneem word. Plaas die tablette in ten minste 'n halwe glas water. Laat dit heeltemal oplos. Drink dan die oplossing dadelik.
Raadpleeg 'n dokter indien simptome voortduur of vererger.
Moenie PANADO EFFERVESCENT vir meer as 10 dae aaneenlopend neem sonder om 'n mediese praktisyn te raadpleeg nie.

Indien u meer PANADO EFFERVESCENT (tablette) neem as wat u moes

PANADO EFFERVESCENT bevat parasetamol wat dodelik kan wees in oordosis. **In die geval van 'n oordosis of vermoedelike oordosis, selfs al toon of ervaar u of u kind dalk geen simptome nie, moet die naaste dokter, hospitaal of gifhulpsentrum onmiddellik gekontak word. Vinnige gespesialiseerde behandeling so gou moontlik is noodsaaklik.**

Die aanvanklike simptome van parasetamol-oordosis (binne die eerste 24 uur) kan bleekheid (bleek voorkoms), naarheid, braking, anoreksie (verlies aan eetlus) en buikpyn insluit.
Alhoewel hierdie aanvanklike simptome minder ernstig kan voorkom, is parasetamol-oordosering 'n ernstige toestand, aangesien lewerskade eers 12 tot 48 uur na die parasetamol-oordosis sigbaar kan word.

Indien u vergeet om PANADO EFFERVESCENT te neem
Indien u vergeet om 'n dosis te neem, neem 'n ander sodra u onthou, tensy dit amper tyd is vir u volgende dosis. Onthou om ten minste vier uur tussen dosisse te laat verbygaan. Moenie 'n dubbele dosis neem om op te maak vir vergete individuele dosisse nie.

4. Moontlike newe-effekte
PANADO EFFERVESCENT (Tablette) kan newe-effekte hê.
Nie alle newe-effekte wat vir PANADO EFFERVESCENT aangemeld is, word in hierdie biljet

ingesluit nie. Indien u algemene gesondheid verswak of indien u enige ongewenste gevolge ervaar terwyl u PANADO EFFERVESSCENT neem, raadpleeg asseblief u gesondheidsorgverskaffer vir advies.

Indien enige van die volgende gebeur, staak PANADO EFFERVESCENT en lig u dokter dadelik in, of gaan na die ongevalle-afdeling by u naaste hospitaal:

- mondsere, koorsblare en wonde of seerheid van u tong.
- velknoppe of galbulte (opgehewe, rooi of wit, jeukerige kolle van die vel).
- blase op u vel of binne-in u mond, neus, vagina of boude.
- die voorkoms van 'n veluitslag of sonbrand wanneer u buite was (selfs op 'n bewolkte dag).
- swelling van die ooglede, gesig, tong, keel of lippe.
- erge duiseligheid.
- probleme met asemhaling.
- afname in bloeddruk (hipotensie).
- Ernstige velreaksies soos swelling, jeukerigheid, rooi erge veluitslag, veral dié wat u hele liggaam bedek (verskyn as allergiese swelsels), (sien afdeling 2).

Hierdie is alles baie ernstige newe-effekte. Indien u dit ervaar, het u dalk 'n ernstige reaksie op PANADO EFFERVESSCENT gehad. U sal dalk dringende mediese hulp of hospitalisasie benodig.

Lig u dokter dadelik in, of gaan na die ongevalle-afdeling by u naaste hospitaal indien u enige van die volgende opmerk:

- naarheid, pyn in die boonste gedeelte van die maag, jeukerigheid, verlies aan eetlus.
- benoudheid in u bors, kortasem (bronchospasma).
- donker urien, klei-kleurige stoelgang; of
- geelsug (vergeling van die vel of oë).

Lig u dokter in indien u enige van die volgende opmerk:
Minder gereelde newe-effekte:

- Indien u 'n toename in aantal neusbloeding of ongewone bloeding het.
- bloedingsprobleme of stollingsversteurings, verminderde vorming van selle, ernstige afname in witbloedselle wat tot ernstige infeksies kan lei, gereelde infeksies as gevolg van swak funksionerende witbloedselle of afname in witbloedselle, vermindering in bloedplaatjies, wat

die risiko van bloeding of kneusplekke verhoog, abnormale afbraak van rooibloedselle, wat swakheid of bleek vel kan veroorsaak, afname in bloedtelling, verminderde neutrofiel-telling in bloed;

- afname in rooibloedselle.
- allergieë (uitgesluit swelling op die gesig, mond, hande).
- lae vlakke van glukose in die bloed.
- depressie, verwarring, onwerklike dinge aanvoel.
- bewing, hoofpyn.
- abnormale visie.
- abnormale ophoping van vloeistof onder die vel.
- abnormale lewerfunksie, lewerversaking, dood van lewerselle, lewerskade.
- troebel urien en nierafwykings.
- skielike afname in die hoeveelheid urien.
- bloed in urien.
- onvermoë om te urineer.
- duiseligheid, gevoel van algemene ongemak of ongemaklikheid, koors, slaperigheid, medisyne-interaksie.
- oordosis en vergiftiging.

Indien u enige newe-effekte opmerk wat nie in hierdie biljet genoem word nie, stel asseblief u dokter of apteker in kennis.

Aanmelding van newe-effekte

Indien u newe-effekte ervaar, raadpleeg u dokter, apteker of verpleegkundige. U kan ook newe-effekte by SAHPRA aanmeld via die Med Safety Toep (Medsafety X SAHPRA) en eAanmeldingsplatform (who-umc.org) wat op SAHPRA se webwerf gevind kan word. Deur newe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van PANADO EFFERVESCENT.

5. Hoe om PANADO EFFERVESCENT te bêre

Bêre in 'n diggeslote houer, beskerm teen lig. Bêre teen of benede 25 °C.

Blootstelling aan lug moet tot die minimum beperk word.

Bêre alle medisyne buite bereik van kinders.

Moenie hierdie medisyne gebruik ná die vervaldatum wat op die houer aangedui word nie.

Neem alle ongebruikte medisyne terug na u apteker.
Moenie ongebruikte medisyne in afvoerpype of rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die verpakking en ander inligting

Wat PANADO EFFERVESCENT bevat:
Elke tablet bevat 500 mg parasetamol as die aktiewe bestanddeel.
Die ander bestanddele is aspartaam, watervrye sitroensuur, magnesiumstearaat, povidoon K25, natriumbensoaat, natriumbikarbonaat, watervrye natriumkarbonaat, natriumlourielsulfaat, natriumsakkarien en sorbitol.

Hoe PANADO EFFERVESCENT lyk en die inhoud van die verpakking

Plat, wit, skuins-rand, ronde tablet.
Na bruising: helder oplossing met effense sediment.
Sestien bruistablette, gesamentlik toegedraai in aluminiumfoelie laminaat, word in 'n bedrukte polipropileenbuis verpak. Die buis is verseël met 'n opdruk-sluiting gemaak van lae-digtheid poliëtileen (LDPE), beskikbaar as 'n standaard prop of 'n diefstal-bestande sluiting. Die buis word dan in 'n bedrukte kartonboksie toegemaak.

Houer van Sertifikaat van Registrasie

Adcock Ingram Limited
New Road 1
Erand Gardens
Midrand,
1685
Kliëntediens: 0860 ADCOCK / 232625

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