PATIENT INFORMATION LEAFLET

EFFERFLU C IMMUNE BOOSTER RANGE

SCHEDULING STATUS:

S0

EFFERFLU C IMMUNE BOOSTER (Orange flavour), effervescent tablets,

EFFERFLU C IMMUNE BOOSTER (Raspberry flavour), effervescent tablets,

EFFERFLU C IMMUNE BOOSTER (Blackcurrant flavour), effervescent tablets,

1000 mg Ascorbic acid (vitamin C), 50 mg *Echinacea purpurea* and zinc lactate trihydrate equivalent 5 mg Zinc

EFFERFLU C IMMUNE BOOSTER contains sugar alcohol (sorbitol: Orange 339,00 mg, Raspberry 291,00 mg, Blackcurrant 281,00 mg)

Contains sweetener (acesulfame potassium 30,00 mg)

Contains sodium: 322,00 mg per tablet

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

EFFERFLU C IMMUNE BOOSTER is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use EFFERFLU C IMMUNE BOOSTER carefully to get the best results from it.

- Keep this leaflet. You may need to read it again
- Do not share EFFERFLU C IMMUNE BOOSTER with any other person
- Ask your healthcare provider or pharmacist if you need more information or advice.

What is in this leaflet

1. What EFFERFLU C IMMUNE BOOSTER is and what it is used for
2. What you need to know before you take EFFERFLU C IMMUNE BOOSTER
3. How to take EFFERFLU C IMMUNE BOOSTER
4. Possible side effects
5. How to store EFFERFLU C IMMUNE BOOSTER

6. Contents of the pack and other information

1. What EFFERFLU C IMMUNE BOOSTER is and what it is used for

EFFERFLU C IMMUNE BOOSTER is uniquely formulated to assist in providing support of normal immune function and promoting physical well-being.

2. What you need to know before you take EFFERFLU C IMMUNE BOOSTER

Do not take EFFERFLU C IMMUNE BOOSTER:

- if you are hypersensitive (allergic) to ascorbic acid, *Echinacea purpurea*, zinc, plants of the *Asteraceae (Compositae)* family or to any of the other ingredients of EFFERFLU C IMMUNE BOOSTER (see section 6)
- if you have kidney stones or high oxalate levels in your urine
- if you have a hereditary disease associated with an excess of iron in the body
- if you have kidney problems
- if you have tuberculosis (TB)
- if you have collagenosis (a rare skin disorder)
- if you have multiple sclerosis (MS), a disease of the nervous system
- if you have human immunodeficiency virus (HIV) or acquired immunodeficiency syndrome (AIDS)
- if you have an autoimmune disorder (a disease where the body's immune system attacks healthy cells)
- if you have leukosis (a severe blood disease).

Warnings and precautions

Take special care with EFFERFLU C IMMUNE BOOSTER:

- if you have progressive system disease such as tuberculosis (TB), collagenosis (symptoms include skin rash, fatigue, muscle weakness and aches, joint pain, and fever

and some collagen vascular diseases may cause mouth ulcers), multiple sclerosis (MS) (symptoms include numbness and tingling, loss of balance and dizziness, fatigue, stiffness or spasms, tremor, pain and bladder problems), AIDS and/or HIV infection or an autoimmune disorder consult your healthcare professional prior to use

- if you are taking medication to supress the immune system consult a healthcare professional
- if you have diabetes (too much sugar in your blood), since ascorbic acid may interfere with your blood sugar level readings
- if you take high doses of ascorbic acid (vitamin C) for a long time, you may develop a tolerance to vitamin C, as contained in EFFERFLU C IMMUNE BOOSTER, which could result in symptoms of deficiency when ascorbic acid (vitamin C) intake is reduced to the normal dose
- if you take EFFERFLU C IMMUNE BOOSTER for a long time, high doses of zinc can lead to copper deficiency with associated blood disorders
- if you have laboratory tests on your blood, faeces or urine, you should inform your healthcare provider that you are taking EFFERFLU C IMMUNE BOOSTER, as results could be affected
- if you have a tendency for hypersensitivity (allergic) reactions (e.g. if you suffer from hay fever, asthma, food allergy and eczema), consult your healthcare provider before taking EFFERFLU C IMMUNE BOOSTER.

Children and adolescents

EFFERFLU C IMMUNE BOOSTER should not be given to children below 12 years of age.

Other medicines and EFFERFLU C IMMUNE BOOSTER

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

Tell your healthcare provider if you are taking any of the following medicines:

- desferrioxamine (used as an antidote to treat iron overload or poisoning)
- indinavir (an antiretroviral used in treatment of HIV/AIDS)
- cyanocobalamin (Vitamin B12)
- disulfiram (used to treat alcoholism)
- antacids (used to treat heartburn and indigestion)
- oral contraceptives ('the pill')
- warfarin (used to treat and prevent blood clots)
- immunosuppressant medicines (used to suppress or reduce the strength of the body's immune system) such as basiliximab, azathioprine, corticosteroids, ciclosporin, daclizumab, muromonab, mycophenolic acid, mycophenelate mofetil, sirolimus and tacrolimus
- amiodarone (used to treat irregular heartbeat)
- methotrexate (used in the treatment of rheumatoid arthritis)
- ketoconazole (an antifungal medicine)
- copper containing medicines
- antibiotic medicines such as ciprofloxacin, other fluoroquinolones and tetracyclines.

EFFERFLU C IMMUNE BOOSTER with food and drink

EFFERFLU C IMMUNE BOOSTER should be taken with food.

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding your baby, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare provider for advice before using EFFERFLU C IMMUNE BOOSTER.

The safety of EFFERFLU C IMMUNE BOOSTER has not been established in pregnancy and breastfeeding.

Driving and using machines

EFFERFLU C IMMUNE BOOSTER may influence your ability to drive or use machines, as dizziness and drowsiness are side effects. Caution is advised on performing these tasks until you know how EFFERFLU C IMMUNE BOOSTER affects you.

It is not always possible to predict to what extent EFFERFLU C IMMUNE BOOSTER may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which EFFERFLU C IMMUNE BOOSTER affects them.

EFFERFLU C IMMUNE BOOSTER contains

Sorbitol

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 EFFERFLU C IMMUNE BOOSTER.

Sodium

Efferflu Immune Booster contains 322,00 mg sodium per tablet, equivalent to 16,1 % of the WHO recommended maximum daily intake of 2 g sodium for an adult.

3. How to take EFFERFLU C IMMUNE BOOSTER

Do not share medicines prescribed for you with any other person.

Always take/use EFFERFLU C IMMUNE BOOSTER exactly as described in this leaflet. Check with your doctor/pharmacist or nurse if you are not sure.

The usual dose is one tablet daily, dissolved in half to one glass of water, and consumed

immediately. EFFERFLU C IMMUNE BOOSTER should be taken with food. If you are required to take other medicine, it should be taken a few hours before or after taking EFFERFLU C IMMUNE BOOSTER.

It is recommended that EFFERFLU C IMMUNE BOOSTER be dissolved in cold water for a more pleasant taste.

Each EFFERFLU C IMMUNE BOOSTER effervescent tablet contains:

Active ingredient	***Amount per tablet***	***RDA* for adults***	***Safer upper limit***
Ascorbic acid	*1 000 mg*	*50 – 100 mg*	*2 000 mg*
Echinacea purpurea (L.) Moench, (Purple coneflower) (dry extract) [flowering aerial parts, extract standardised to 4%, providing 2 mg polyphenols]	*50,00 mg*	*---*	*---*
*Zinc***	*5 mg*	*Female: 8 mg* *Male; 11 mg*	*40 mg*

**RDA – Recommended dietary allowance*

***Zinc lactate trihydrate equivalent to 5 mg of zinc.*

If you take more EFFERFLU C IMMUNE BOOSTER 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.

Symptoms of overdose may include:

- nausea, vomiting, dehydration, stomach cramps, diarrhoea, lack of coordination, dizziness, kidney stones and blood disorders.

If you forget to take EFFERFLU C IMMUNE BOOSTER

Take the missed dose as soon as you remember. If it is almost time for your next dose, skip the missed dose and take the next intended one. Do not take a double dose to make up for the missed dose.

4. Possible side effects

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

If any of the following happens, stop using EFFERFLU C IMMUNE BOOSTER and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of the hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing
- rash or itching
- fainting

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to EFFERFLU C IMMUNE BOOSTER. 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:

- Stevens-Johnson syndrome (begins with flu-like symptoms, followed by a painful red or purplish rash that spreads and blisters)
- impaired kidney function (symptoms may include fever, abdominal or lower back pain, nausea, vomiting, fatigue or muscle weakness).

These are all serious side effects. You may need urgent medical attention.

Tell your doctor if you notice any of the following:

Less frequent side effects:

- inflammation of the oesophagus (heartburn, bloating and belching, acid reflux), intestinal obstruction (severe abdominal pain, nausea, vomiting, inability to pass wind or stool).

The following side effects have been reported but the frequency for them to occur is not known:

- blood disorders which can only be detected by blood tests
- reduction in blood pressure (dizziness, fainting, blurred vision, nausea, lack of concentration)
- increased infection as a result of your immune system not working properly
- dizziness, drowsiness, headache
- shortness of breath, breathing difficulties
- abdominal pain, indigestion, nausea, vomiting, stomach cramps, diarrhoea, gastric irritation and other gastrointestinal disturbances, metallic taste in the mouth
- skin-related reactions, redness of the skin, rash, itching

- mild increase in urination, kidney stones (symptoms include severe pain in the side and back, persistent need to urinate, pain on urination, pink, red or brown urine, nausea, vomiting, fever and chills)
- interference with laboratory tests for blood, urine and faeces.

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 or pharmacist. You can also report side effects to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (whoumc.org) found on SAHPRA website.

By reporting side effects, you can help provide more information on the safety of EFFERFLU C IMMUNE BOOSTER.

You can also send an email directly to the company, pharmacovigilance@pharmadynamics.co.za, to ensure safety of the product.

5. How to store EFFERFLU C IMMUNE BOOSTER

Store all medicines out of reach of children.

Store at or below 30 °C in a cool, dry place.

Protect from light and moisture.

Store in the original container and keep lid of polypropylene container tightly closed when not in use.

Do not use after the expiry date stated on the carton.

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 EFFERFLU C IMMUNE BOOSTER contains

The active substances are ascorbic acid (vitamin C), *Echinacea purpurea* and zinc.

Each effervescent tablet contains 1 000 mg ascorbic acid (vitamin C), 50 mg *Echinacea purpurea* and zinc lactate trihydrate 22,71 equivalent to 5 mg zinc.

The other ingredients are

Orange flavour:

Acesulfame potassium, citric acid anhydrous, hydrated silica, l-leucine, orange flavour, polysorbate 20, red beet powder, riboflavin sodium phosphate, simethicone emulsion, sodium carbonate anhydrous, sodium hydrogen carbonate, sorbitol.

Raspberry flavour:

Acesulfame potassium, citric acid anhydrous, hydrated silica, l-leucine, polysorbate 20, raspberry flavour, red beet powder, simethicone emulsion, sodium carbonate anhydrous, sodium hydrogen carbonate, sorbitol.

Blackcurrant flavour:

Acesulfame potassium, blackcurrant flavour, blue dye powder (E133), citric acid anhydrous, l-leucine, hydrated silica, polysorbate 20, red beet powder, simethicone emulsion, sodium carbonate anhydrous, sodium hydrogen carbonate, sorbitol.

EFFERFLU C IMMUNE BOOSTER contains sugar alcohol (sorbitol: **Orange** 339,00 mg, **Raspberry** 291,00 mg, **Blackcurrant** 281,00 mg).

Contains sweetener (acesulfame potassium 30,00 mg).

What EFFERFLU C IMMUNE BOOSTER looks like and contents of the pack

EFFERFLU C IMMUNE BOOSTER **(Orange flavour)** effervescent tablets are round and flat, pink coloured with light dots.

EFFERFLU C IMMUNE BOOSTER **(Raspberry flavour)** effervescent tablets are round and flat, pink coloured with light dots.

EFFERFLU C IMMUNE BOOSTER **(Blackcurrant flavour)** effervescent tablets are round and flat, pink coloured with light dots.

EFFERFLU C IMMUNE BOOSTER effervescent tablets are packed in polypropylene tubes of 20's, closed with a polyethylene stopper equipped with a silica gel drying agent. The polypropylene tube is inserted into a cardboard carton with an information leaflet.

APPLICANT:

Pharma Dynamics (Pty) Ltd

1st Floor, Grapevine House, Steenberg Office Park

Silverwood Close

Westlake, Cape Town

7945, South Africa

Tel: + 27 21 707 7000

or 0860-PHARMA (742 762)

MANUFACTURER:

E-Pharma Trento S.p.A

Friazione Ravina, Via Provina, 238123

Trento, Italy

This leaflet was last revised in

March 2026

BOTSWANA:

BWN2100515 (Orange flavour)

BWN2500001 (Raspberry flavour)

BWN2500002 (Blackcurrant flavour)

Category of distribution: S0

GHA:

FDASD.233-050499 (Orange, Blackcurrant, Raspberry flavour)

KEN:

10465 (Orange flavour)

10470 (Raspberry flavour)

10467 (Blackcurrant flavour)

MOZ:

S89/19 (Orange flavour)

Category of distribution: Nutritional supplement

ZAM:

ZAMRA-FNS-25-20 (Orange flavour)

ZAMRA-FNS-25-08 (Raspberry flavour)

ZAMRA-FNS-25-07 (Blackcurrant flavour)

Category of distribution: General Sale

PATIENT INFORMATION LEAFLET

EFFERFLU C IMMUNE BOOSTER RANGE

ZIMBABWE APPROVAL NUMBER:

CM0526 (Orange flavour)

CM0527 (Raspberry flavour)

CM0528 (Blackcurrant flavour)

Category of distribution: Pharmacy complimentary medicines

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use, therefore THERAPEUTIC CLAIMS NOT CONSIDERED APPROVED.