SWISSGARDE

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

PROPRIETARY NAME (AND DOSAGE FORM):

Swissgarde Bio Vapour Rub

Active substances: Menthol (Mentha arvensis) 20,1 mg; Camphor (Cinnamomum camphora) oil 4,2 mg; Eucalyptus (Eucalyptus globulus) oil 12,6 mg; Tea tree oil (Melaleuca alternifolia) 0,9 mg; White thyme (Thymus vulgaris) oil 8,4 mg; Peppermint (mentha piperita) oil 7,3 mg; Nutmeg (Myristica fragrans) oil 0,8 mg; Fucoidan (Fucus vesiculosus) 42 mcg.

Category D: Complementary Medicine, D34.12 Multiple substance medicine

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

Read this leaflet carefully as it contains important information for you.

Swissgarde Bio Vapour Rub is available without a doctor's prescription for daily supplementation. Nevertheless, you still need to use Swissgarde Bio Vapour Rub carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Swissgarde Bio Vapour Rub with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

What is in this leaflet:

1. **What Swissgarde Bio Vapour Rub is and what it is used for**
2. **What you need to know before you use Swissgarde Bio Vapour Rub**
3. **How to use Swissgarde Bio Vapour Rub**
4. **Possible side effects**
5. **How to store Swissgarde Bio Vapour Rub**
6. **Contents of the pack and other information**

1. WHAT SWISSGARDE BIO VAPOUR RUBARE AND WHAT THEY ARE USED FOR

Swissgarde Bio Vapour Rub are used for daily nutritional support. This product may be used by females aged 40 years and over.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE SWISSGARDE BIO VAPOUR RUB

Do not use Swissgarde Bio Vapour Rub if you are hypersensitive (allergic) to any ingredients.

If you are unsure if you should use Swissgarde Bio Vapour Rub, talk to your doctor or pharmacist.

Warnings and precautions:

Swissgarde Bio Vapour Rub is for external use only.

If you are taking prescription medication, consult a healthcare practitioner prior to use. If any unwanted/adverse effect develops, discontinue use and consult your doctor or pharmacist. Use is described in adults aged 18 years and older.

Tell your healthcare provider prior to use

- If you are taking any prescription medication
- If you are pregnant, trying to become pregnant or are breast-feeding ask your doctor or pharmacist for advice

Pregnancy and Breastfeeding

Swissgarde Bio Vapour Rub should not be used during pregnancy, and a healthcare provider should be consulted for advice prior to taking Swissgarde Bio Vapour Rub when breastfeeding.

Driving and using machines

Swissgarde Bio Vapour Rub has no known effect on an individual's ability to drive or operate machinery.

Taking other medicines or food and drink with Swissgarde Bio Vapour Rub

Always tell your healthcare provider if you are taking any other medicine. Swissgarde Bio Vapour Rub is not known to react badly with any types or food or drink but may affect absorption of nutrients and medications.

3. HOW TO USE SWISSGARDE BIO VAPOUR RUB

The usual application is:

Swissgarde Bio Vapour Rub can be applied up to four times a day.

Method of administration:

A small amount is to be applied on the skin around the nose or chest. For external use only.

If you accidentally ingest Swissgarde Bio Vapour Rub:

If anyone, especially a child, accidentally takes Swissgarde Bio Vapour Rub contact your doctor or local poison centre immediately. If you see a doctor or have to go to hospital for any reason, tell them what medicines you are taking.

If you forget to take a dose of Swissgarde Bio Vapour Rub:

Do not take a double dose to make up for forgotten individual doses.

4. POSSIBLE SIDE EFFECTS

None known. If any side effects are experienced, please tell your doctor or pharmacist.

Swissgarde Bio Vapour Rub is not known to react badly with any other medicines or any types or food or drink.

Should your general health worsen, or if you experience any untoward effects while using this product, please consult your doctor, pharmacist, or other health care professional for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist. You can also report side effects to SAHPRA via the 6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications: https://www.sahpra.org.za/document/adverse-drug-reactions-and-quality-problem-reporting-form/. By reporting side effects, you can help provide more information on the safety of Swissgarde Bio Vapour Rub.

5. HOW TO STORE SWISSGARDE BIO VAPOUR RUB

Store below 30 ˚C in a cool, dry place. Store out of reach of children. Store out of reach of children. Store in the original package / container. Do not store in a bathroom. Do not use after the expiry date printed on the bottle. The expiry date refers to the last day of that month. Do not use Swissgarde Bio Vapour Rub if you notice visible signs of deterioration. Return all unused medicine to your pharmacist. Do not dispose of unused medicine in drains or sewerage systems (e.g., toilets). Shelf life: 2 years

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Swissgarde Bio Vapour Rub contains:

Active ingredients every 1 gram: Menthol (Mentha arvensis) 20,1 mg; Camphor (Cinnamomum camphora) oil 4,2 mg; Eucalyptus (Eucalyptus globulus) oil 12,6 mg; Tea tree oil (Melaleuca alternifolia) 0,9 mg; White thyme (Thymus vulgaris) oil 8,4 mg; Peppermint (mentha piperita) oil 7,3 mg; Nutmeg (Myristica fragrans) oil 0,8 mg; Fucoidan (Fucus vesiculosus) 42 mcg.

Inactive ingredients: None.

What Swissgarde Bio Vapour Rub looks like and contents of the pack:

Swissgarde Bio Vapour Rubis a light ointment in a white 50g euro jar container.

Distributed by:

The Sportron Group

Route 21 Business Park, 59 Regency Drive, Centurion, South Africa, 0157.

Tel: +27 (11) 317 8500

www.sportron.co.za

Name and Address of Holder of Certificate of Registration

Microbel Laboratories (Pty) Ltd,

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This leaflet was last revised

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Registration/Application number

Application Number: TBC

Access to the corresponding Professional Information (PI): www.obellabs.co.za

PASIËNTINLIGTINGSPAMFLET

SKEDULERINGSTATUS: S0

EIENDOMSNAAM (STERKTE EN DOSEERVORM)

Swissgarde Bio Vapour Rub

Aktiewe stowwe: Menthol (Mentha arvensis) 20.1 mg; Kamfer (Cinnamomum camphora) olie 4,2 mg; Eucalyptus (Eucalyptus globulus) olie 12,6 mg; Teeboomolie (Melaleuca altenifolia) 0,9 mg; Wit tiemie (Thymus vularis) olie 8,4 mg; Peperment (Menta piperita) olie 7,3 mg; Neutmuskaat (Myristica fragrans) olie 0,8 mg; Fucoidan (Fucus vesiculosus) 42 mcg.

Kategorie D: Komplementêre Medisyne. D 34.12 Meervoudige stof medisyne.

Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer ten opsigte van kwaliteit, veiligheid of voorgenome gebruik nie.

Lees dié hele pamflet aandagtig deur, dit bevat belangrike inligting.

Swissgarde Bio Vapour Rub is beskikbaar sonder ‘n voorskrif van die dokter, vir spysvertering ondersteuning. Nietemin, Swissgarde Bio Vapour Rub moet nogtans versigtig gebruik word om die beste resultate te verkry.

- Moenie hierdie pamflet weggooi nie. U mag dit moontlik weer moet lees.
- Moenie Swissgarde Bio Vapour Rub met enige ander persoon deel nie.
- Vra u gesondheidsorgverskaffer of apteker indien u meer inligting of advies benodig.

Wat is in hierdie pamflet

1. **Wat Swissgarde Bio Vapour Rub is en waarvoor dit gebruik word.**
2. **Wat u moet weet voordat u Swissgarde Bio Vapour Rub gebruik.**
3. **Hoe om Swissgarde Bio Vapour Rub te gebruik.**
4. **Moontlike newe-effekte.**
5. **Bergings aanwysings vir Swissgarde Marina Spa.**
6. **Inhoud van die verpakking en ander inligting.**

1. WAT SWISSGARDE BIO VAPOUR RUB IS EN WAARVOOR DIT GEBRUIK WORD

Swissgarde Bio Vapour Rub word gebruik vir daaglikse voedings-ondersteuning.

2. WAT U MOET WEET VOORDAT SWISSGARDE BIO VAPOUR RUB GEBRUIK WORD

Moenie Swissgarde Bio Vapour Rub gebruik indien u hipersensitief (allergies) is vir enige bestanddele.

Indien u onseker is om Swissgarde Bio Vapour Rub te gebruik, konsulteer u gesondheidsorgverskaffer of apteker.

Waarskuwings en voorsorgmaatreëls

Swissgarde Bio Vapour Rub is slegs vir eksterne gebruik.

As u voorskrif medikasie neem, raadpleeg ‘n gesondheidsorgpraktisyn voor gebruik. As enige ongewenste / nadelige effek ontwikkel, staak die gebruik en raadpleeg jou dokter of apteker. Gebruik word beskryf in volwassenes van 18 jaar en ouer.

Vertel jou gesondheidsorg voor gebruik

- As jy enige voorskrif medikasie neem
- As jy swanger is, probeer om swanger te raak of borsvoed, vra jou dokter of apteker vir raad.

Swangerskap en borsvoeding

Swissgarde Bio Vapour Rub moet nie tydens swangerskap gebruik word nie en ‘n gesondheidsorgverskaffer moet geraadpleeg word vir advies voordat Swissgarde Bio Vapour Rub geneem word tydens borsvoeding.

Bestuur en gebruik van masjinerie

Swissgarde Bio Vapour Rub het geen bekende effek op ‘n individu se vermoë om te bestuur of masjinerie te bestuur nie.

Neem ander medisyne of kos en drank saam met Swissgarde Bio Vapour Rub

Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medikasie neem. Dit is nie bekend dat Swissgarde Bio Vapour Rub sleg reageer met enige soorte kos of drank nie, maar kan die opname van voedingstowwe en medikasie beïnvloed.

3. HOE OM SWISSGARDE MARINA SPA TE GEBRUIK

Die gewone dosis is:

Swissgarde Bio Vapour rub kan tot vier keer per dag toegedien word.

Metode van toediening:

'n Klein hoeveelheid moet op die vel rondom die neus of bors toegedien word. Slegs vir eksterne gebruik.

As jy meer Swissgarde Bio Vapour Rub neem as wat jy moet:

As iemand, veral 'n kind per ongeluk te veel Swissgarde Bio Vapour Rub neem, kontak jou dokter of plaaslike gif sentrum onmiddellik. As jy 'n dokter sien of om een of ander rede hospitaal toe moet gaan, vertel hulle watter medisyne jy neem.

As jy vergeet om 'n dosis Swissgarde Bio Vapour rub te neem:

Moenie 'n dubbele dosis neem om op te maak vir vergete individuele dosisse nie.

4. MOONTLIKE NEWE-EFFEKTE

Niks bekend nie. As enige newe-effekte ervaar word, vertel asseblief jou dokter of apteker.

Dit is nie bekend dat Swissgarde Bio Vapour Rub sleg reageer met enige ander medisyne of enige soorte kos of drank nie.

As jou algemene gesondheid vererger, of as jy enige ongewenste effekte ervaar terwyl jy hierdie produk gebruik, raadpleeg asseblief jou dokter, apteker of ander gesondheidswerker vir advies. As jy enige newe-effekte opmerk wat nie in hierdie pamflet genoem word nie, stel asseblief jou dokter of apteker in kennis. Jy kan ook newe-effekte aan SAHPRA rapporteer via die 6.04 "Adverse Drug Reaction Reporting Form", wat aanlyn gevind word onder SAHPRA se publikasies:https://www.sahpra.org.za/document/adverse-drug-reactions-and-quality-problem-reporting-form/. Deur newe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van Swissgarde Bio Vapour Rub te verskaf.

5. BERGINGSAANWYSINGS VIR SWISSGARDE BIO VAPOUR RUB

Bewaar in 'n koel, droë plek, teen of benede 30 °C. Bêre buite bereik van kinders. Berg in die oorspronklike verpakking. Moet nie in 'n badkamer bêre nie. Moet dit nie gebruik na die vervaldatum wat op die bottels gedruk is nie. Die vervaldatum verwys na die laaste dag van daardie maand. Moenie Swissgarde Bio Vapour Rub gebruik as jy sigbare tekens van agteruitgang opmerk nie. Stuur alle ongebruikte medisyne terug na jou apteker. Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie. Raklewe: 2 jaar.

6. INHOUD VAN DIE VERPAKKING EN ANDER INLIGTING

Wat Swissgarde Marina Spa bevat

Aktiewe bestanddele elke 1 gram: Menthol (Mentha arvensis) 20.1 mg; Kamfer (Cinnamomum camphora) olie 4,2 mg; Eucalyptus (Eucalyptus globulus) olie 12,6 mg; Teeboomolie (Melaleuca altenifolia) 0,9 mg; Wit tiemie (Thymus vularis) olie 8,4 mg;

Peperment (Menta piperita) olie 7,3 mg; Neutmuskaat (Myristica fragrans) olie 0,8 mg; Fucoidan (Fucus vesiculosus) 42 mcg.

Onaktiewe bestanddele: Geen.

Voorkoms van Swissgarde Bio Vapour Rub en inhoud van die verpakking:

Swissgarde Bio Vapour Rub is ‘n ligte salf en in ‘n wit euro pot houer.

Versprei deur:

The Sportron Group

Route 21 Business Park, 59 Regency Drive, Centurion, South Africa, 0157.

Tel: +27 (11) 317 8500

www.sportron.co.za

Naam en adres van houer van registrasiesertifikaat

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Datum van laaste hersiening

Augustus 2025

Registrasie/Aansoek nommer:

TBA.

Toegang tot ooreenstemmende Professionele Inligting (PI): www.obellabs.co.za