

# Mom & Baby

## RESCUE MELTS (TABLETS)

### PATIENT INFORMATION LEAFLET



**SCHEDULING STATUS** Not scheduled

**PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM**

Rescue Melts (Tablets)

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

Rescue Melts are available without a doctor's prescription for the relief of minor conditions. Nevertheless you still need to use Rescue Melts carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Rescue Melts with any other person.
- Ask your pharmacist or healthcare practitioner if you need more information or advice.
- You must see a healthcare practitioner if your symptoms worsen or do not improve within 7 days.

**1. WHAT RESCUE MELTS CONTAINS**

The active ingredients in Rescue Melts are *Ambra grisea* D6, *Banisteropsis caapi* (Banjage) Spag D60, *Melissa officinalis* Spag D3. *Bach flower essences: Cherry Plum, Clematis, Impatiens, Rock rose, Star of Bethlehem.*

The other ingredients are lactose monohydrate, magnesium stearate and sodium starch glycolate.

Contains sugar (lactose 47 mg).

**2. WHAT RESCUE MELTS ARE USED FOR**

Rescue Melts are a homeopathic - flower essence combination that is used to help relieve distress and tearfulness in babies and children.

**3. BEFORE YOU TAKE RESCUE MELTS**

**Do not take Rescue Melts**

- If you are hypersensitive (allergic) or intolerant to any of the active ingredients or other ingredients in Rescue Melts.

**Take special care with Rescue Melts:**

- If you experience an allergic reaction after taking Rescue Melts, discontinue use and consult your healthcare practitioner.
- If you want to substitute existing medical treatment, please consult your doctor or healthcare practitioner before doing so.

**Taking Rescue Melts with food and drink**

Rescue Melts should not be taken within 15 minutes of a meal, strong coffee, chocolate, camphor or aromatic substances as these may reduce the efficacy of the homeopathic components.

**Pregnancy and breastfeeding**

Homeopathic medicines have traditionally been safely used during pregnancy and breastfeeding. It is recommended that if you are pregnant or breastfeeding, that you consult your healthcare practitioner for advice before taking any medicine.

**Driving and using machinery**

Rescue Melts do not interfere with your ability to drive or use machinery.

**Important information about some of the ingredients**

Rescue Melts contains lactose. Patients with the rare hereditary conditions of lactose or galactose intolerance should not take Rescue Melts. Lactose may have an effect on the control of your blood sugar if you have diabetes mellitus.

**Using other medicines with Rescue Melts**

Always tell your healthcare practitioner if you are taking other medicines. (This includes complementary or traditional medicines.) Rescue Melts are not known to interact with other medicines.

**4. HOW TO TAKE RESCUE MELTS**

Do not share medicines prescribed for you with any other person. Always check with your pharmacist or healthcare practitioner if you are unsure how to take this medicine.

The tablets should be dissolved in the mouth, ideally under the tongue. For babies, the tablets should be dissolved in a little water (one teaspoon) and given as a liquid to avoid any risk of the baby choking. The mouth should be free of other strong tastes (e.g. toothpaste, peppermint, etc.) when taking the medicine. As absorption takes place through the mucous membrane of the mouth, it is desirable to hold the medicine in the mouth for a short time.

**The normal dosage is:**

Babies: 1 Tablet dissolved in a little water 3 times daily.

Children: 2 Tablets dissolved in the mouth 3 times daily.

At the start of treatment or when symptoms are acute, the dosage may be taken every 15 minutes. Reduce the frequency of dosing with improvement. Treatment may be continued for as long as necessary and may be stopped at any time when symptoms are no longer present or when no longer necessary.

**If you take more Rescue Melts than you should**

There are no known symptoms of overdose. If a side effect is experienced following an overdose, consult your healthcare practitioner or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

**If you forget to take a dose of Rescue Melts**

Do not take a double dose to make up for a missed dose.

**5. POSSIBLE SIDE EFFECTS**

There are no known side effects for Rescue Melts. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your healthcare practitioner or pharmacist for advice.

**6. STORING AND DISPOSING OF RESCUE MELTS**

Store at or below 25°C in a cool, dry place protected from light and moisture. Keep the container tightly closed. Do not store in a bathroom. **Store all medicines out of the reach of children.** Return all un-used medicines to your pharmacist.

**7. PRESENTATION OF RESCUE MELTS**

Rescue Melts are available as 50 tablets packed in an amber glass bottle with a white HDPE screw-on cap.

**8. IDENTIFICATION**

Rescue Melts are small, white, round, bi-convex tablets with a lactose taste.

**9. REFERENCE NUMBER**

Registry No 154388 (GN 23128/ February 2002)

**10. NAME AND ADDRESS OF THE APPLICANT**

CoMED Health (Pty) Ltd., 313 Kuit Street, Waltham, Pretoria, 0184.  
www.comedhealth.co.za (See also www.natura.co.za). Tel: 012 813 9400.

**11. DATE OF PUBLICATION**

June 2018

**12. COMPLEMENTARY MEDICINE**

Homeopathic combination medicine

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



# Mamma & Baba

## RESCUE MELTS (TABLETTE)

### PASIËNT INLIGTINGSBLAD



**SKEDULERING STATUS** Nie geskeduleer nie.

**HANDELSNAAM, STERKTE EN DOSEERVORM**  
Rescue Melts (Tablette)

**Lees hierdie blaadjie sorgvuldig deur want dit bevat belangrike inligting vir jou**  
Rescue Melts is beskikbaar sonder 'n dokter se voorskryf vir die verligting van geringe toestande. Tog moet Rescue Melts noukeurig gebruik word om die beste resultate daaruit te kry.

- Hou hierdie blaadjie veilig in geval jy dit in die toekoms weer moet lees.
- Moet nie Rescue Melts met enige ander persoon deel nie.
- Vra jou apteker of gesondheidsorgpraktisyn as jy meer inligting of advies benodig.
- Jy moet 'n gesondheidsorgpraktisyn sien as jou simptome vererger of nie verbeter na 7 dae nie.

#### 1. WAT RESCUE MELTS BEVAT

Die aktiewe bestanddele in Rescue Melts is *Ambra grisea* D6, *Banisteropsis caapi* (Banjage) Spag D60, *Melissa officinalis* Spag D3, *Bach blom essensies: Cherry Plum, Clematis, Impatiens, Rock rose, Star of Bethlehem*. Die ander bestanddele is laktose monohidraat, magnesium stearaat en natrium styselglikolaat. Bevat suiker (laktose 47 mg)

#### 2. WAARVOOR RESCUE MELTS GEBRUIK WORD

Rescue Melts is 'n homeopatiese-bloem essensie kombinasie wat help om angstigheid en huilerigheid in babas en kinders te verlig.

#### 3. VOORDAT JY RESCUE MELTS GEBRUIK

**Moet nie Rescue Melts neem as**

- Jy hipersensitief (allergies) of onverdraagsaam is teenoor enige van die aktiewe bestanddele of ander bestanddele in Rescue Melts nie.

**Wees veral versigtig met Rescue Melts:**

- Indien jy 'n allergiese reaksie ervaar nadat jy Rescue Melts geneem het, stop dadelik die gebruik daarvan en raadpleeg jou gesondheidsorgpraktisyn.
- As jy bestaande mediese behandeling wil vervang, raadpleeg jou dokter of gesondheidsorgpraktisyn voordat jy dit doen.

**Gebruik van Rescue Melts saam met voedsel en vloeistowwe**

Moet nie Rescue Melts binne 15 minute neem van 'n ete, sterk koffie, sjokolade, kamfer of aromatiese stowwe nie, aangesien dit die effektiwiteit van die homeopatiese komponente kan verminder.

**Swangerskap en borsvoeding**

Homeopatiese medisyne is tradisioneel veilig gebruik tydens swangerskap en borsvoeding. Dit word egter aanbeveel dat as jy swanger is of jou baba borsvoed, dat jy jou gesondheidsorgpraktisyn raadpleeg vir advies voordat jy enige medisyne gebruik.

**Die gebruik en bestuur van masjinerie**

Die gebruik van Rescue Melts beïnvloed nie die mens se vermoë om masjinerie te bestuur en veilig te gebruik nie.

**Belangrike inligting oor sommige van die bestanddele**

Rescue Melts bevat laktose. Pasiënte met die seldsame oorerflike toestande van laktose of galaktose-onverdraagsaamheid moet nie Rescue Melts neem nie. Laktose kan 'n invloed hê op die beheer van jou bloedsuiker as jy diabetes mellitus het.

**Gebruik van ander medisyne saam met Rescue Melts**

Vertel altyd jou gesondheidsorgpraktisyn as jy ander medisyne gebruik. (Dit sluit komplementêre of tradisionele medisyne in.) Dit is nie bekend dat Rescue Melts met ander medisyne reageer nie.

#### 4. HOE OM RESCUE MELTS TE GEBRUIK

Moenie medisyne wat vir jou voorgeskryf is met enige ander persoon deel nie. Raadpleeg altyd jou apteker of gesondheidsorgpraktisyn indien jy nie seker is hoe om hierdie medisyne te gebruik nie.

Die tablette moet in die mond opgelos word, verkieslik onder die tong. Vir babas moet die tablette in 'n bietjie water (een teelep) opgelos word en as 'n vloeistof gegee word om die risiko van verstikking te voorkom. Die mond moet vir wees van ander sterk smake (bv. tandepasta, peperment, ens.) wanneer die medisyne geneem word. Aangesien absorpsie deur die slymvlies van die mond plaasvind, is dit wenslik om die medisyne vir 'n kort tydjie in die mond te hou.

**Die gewone dosis is:**

**Babas:** Neem 1 tablette opgelos in 'n bietjie water 3 maal per dag.

**Kinders:** Neem 2 tablette opgelos in die mond 3 maal per dag.

Aan die begin van behandeling of wanneer die simptome akute is, kan die dosis elke 15 minute geneem word. Verminder die frekwensie van die dosering met verbetering van simptome. Behandeling kan voortduur vir so lank as wat nodig is en kan op enige stadium gestop word wanneer simptome nie meer teenwoordig is nie.

**Indien jy meer Rescue Melts gebruik as wat nodig is**

Daar is geen bekende simptome van oordosis nie. Indien jy 'n nuwe-effek ervaar, raadpleeg jou gesondheidsorgpraktisyn of apteker. Indien hulle nie beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

**As jy vergeet om 'n dosis Rescue Melts te neem**

Moet nie 'n dubbeldosis neem om vir 'n oorgeslaande dosis op te maak nie.

#### 5. MOONTLIKE NUWE-EFFEKTE

Daar is geen nuwe-effekte bekend vir Rescue Melts nie. Indien jou algemene gesondheid versleg of indien jy enige nuwe-effekte ondervind wanneer jy hierdie medisyne gebruik, raadpleeg jou gesondheidsorgpraktisyn of apteker vir advies.

#### 6. BERGING EN VERNIETIGING VAN RESCUE MELTS

Stoor by of onder 25°C in 'n koel, droë plek en beskerm teen lig en vog. Hou die houder dig gesluit. Moenie in 'n badkamer stoor nie. **Bewaar alle medisyne buite bereik van kinders.** Stuur alle ongebruikte medisyne aan jou apteker terug.

#### 7. VOORLEGGING VAN RESCUE MELTS

Rescue Melts tablette is beskikbaar as 50 tablette wat in 'n amber glasbottel met 'n wit HDPE skroef propie verpak is.

#### 8. IDENTIFIKASIE

Rescue Melts tablette is wit, ronde, bi-konvekse tablette met 'n laktose smaak.

#### 9. VERWYSINGSNOMMER

Registry No 154388 (GN 23128/ Februarie 2002)

#### 10. NAAM EN ADRES VAN DIE APPLIKANT

CoMED Health (Pty) Ltd., 313 Kuiltstraat, Waltloo, Pretoria, 0184.  
www.comedhealth.co.za (Sien ook www.natura.co.za). Tel: 012 813 9400.

#### 11. DATUM VAN PUBLIKASIE

Junie 2018

#### 12. KOMPLIMENTÊRE MEDIKASIE

Homeopatiese kombinasie medisyne

Vrywaring: Hierdie ongeregistreerde medisyne is nie deur SAHPRA vir sy kwaliteit, veiligheid of voorgestelde gebruik geëvalueer nie.