



## RESCUE TABLETS

### PATIENT INFORMATION LEAFLET

**SCHEDULING STATUS**   Unscheduled

**PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM**  
Rescue (Tablets)

**Read all of this leaflet carefully because it contains important information for you**  
Rescue is available without a doctor's prescription for you to treat a mild illness. Nevertheless you still need to use Rescue carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Rescue 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 shock-induced symptoms are severe, worsen or do not improve within 24 hours.

#### 1. WHAT RESCUE CONTAINS

The active ingredients in Rescue are *Ambra grisea* D6, *Banisteriopsis caapi* (Banjage) Spag D60, *Clematis vitalba* (Clematis) flower essence 0,01 mg, *Helianthemum nummularium* (Rock rose) flower essence 0,01 mg, *Impatiens glandulifera* (Impatiens) flower essence 0,01 mg, *Melissa officinalis* Spag D3, *Ornithogalum umbellatum* (Star of Bethlehem) flower essence 0,01 mg, *Prunus cerasifera* (Cherry plum) flower essence 0,01 mg. The other ingredients are acacia gummi, crospovidone, lactose monohydrate, magnesium stearate, povidone, purified talc. Contains sugar (lactose 240 mg).

#### 2. WHAT RESCUE IS USED FOR

Rescue is traditionally used to help relieve emotional shock, mild anxiety, fear, grief, tearfulness and sleeplessness due to worry.

#### 3. BEFORE YOU TAKE RESCUE

##### Do not take Rescue

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

##### Take special care with Rescue:

- Please consult your healthcare practitioner if your symptoms are severe or persist for longer than the following time limits without improvement: shock-induced effects should be alleviated within 24 hours, sleeplessness and tearfulness should improve within three weeks and anxiety should show improvement within four weeks.
- If you experience an allergic reaction after taking Rescue, 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 with food and drink

Except in emergencies, do not take Rescue within half an hour of strong coffee, chocolate, camphor or aromatic substances as these may reduce the efficacy of the homeopathic components.

##### Pregnancy and breastfeeding

Homeopathic medicines and flower essences have traditionally been used during pregnancy and breastfeeding. It is however 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 does not interfere with your ability to drive or use machinery.

##### Important information about some of the ingredients

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

##### Using other medicines with Rescue

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

#### 4. HOW TO TAKE RESCUE

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 mouth should be free of other strong tastes (e.g. toothpaste, peppermint, etc.) when taking the medicine.

##### The usual dosage is:

Adults and children 4 years and older:           Take 2 tablets three times daily.  
Infants and small children under 4 years:       Take 1 tablet three times daily.

At the onset of symptoms or when they are severe, the dosage may be taken more frequently, up to every 15 minutes for the first hour and then every hour until symptoms improve. It is seldom necessary to continue the acute dosage for longer than 24 hours. Treatment may be continued for as long as necessary and may be stopped at any time when symptoms are no longer present.

##### If you take more Rescue 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 you forget to take a dose of Rescue

Rescue may be taken as or when required – there is no requirement to maintain a strict dosing schedule.

#### 5. POSSIBLE SIDE EFFECTS

There are no known side effects for Rescue. 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

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

Rescue tablets are available as 150 tablets packed in a white HDPE securitainer with tamper-evident snap-on cap.

#### 8. IDENTIFICATION

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

#### 9. REFERENCE NUMBER

U1114 (Act 101/1965)

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

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

#### 11. DATE OF PUBLICATION

December 2017

#### 12. COMPLEMENTARY MEDICINE

Homeopathic medicine

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



## RESCUE TABLETTE PASIËNTINLIGTINGSBLAD

**SKEDULERING STATUS** Ongeskeduleerd

**HANDELSNAAM, STERKTE EN DOSERINGSVORM**  
Rescue (Tablette)

### Lees hierdie inligtingsblad sorgvuldig deur want dit bevat belangrike inligting vir jou

Rescue is beskikbaar sonder 'n doktersvoorskrif vir die verligting van geringe toestande. Rescue moet nogtans met sorg gebruik word om die beste resultate daaruit te kry.

- Bewaar hierdie inligtingsblad. Dit mag nodig wees om dit weer te lees.
- Moet nie Rescue met enige ander persoon deel nie.
- Vra jou apteker of gesondheidspraktisyn as jy meer inligting of advies benodig.
- Jy moet 'n gesondheidspraktisyn sien as jou simptome van skok vererger of nie binne 24 uur verbeter nie.

### 1. WAT RESCUE BEVAT

Die aktiewe bestanddele in Rescue is *Ambra grisea* D6, *Banisteriopsis caapi* (Banjage) Spag D60, *Clematis vitalba* (Clematis) blomessens 0,01 mg, *Helianthemum nummularium* (Rock rose) blomessens 0,01 mg, *Impatiens glandulifera* (Impatiens) blomessens 0,01 mg, *Melissa officinalis* Spag D3, *Ornithogalum umbellatum* (Star of Bethlehem) blomessens 0,01 mg, *Prunus cerasifera* (Cherry plum) blomessens 0,01 mg. Die ander bestanddele is akasiagom, krosprovidoon, laktosemonohidraat, magnesiumstearaat, povidoon en gesuiwerde talk. Bevat suiker (laktose 240 mg).

### 2. WAARVOOR RESCUE GEBRUIK WORD

Rescue word tradisioneel gebruik om emosionele skok, ligte angs, vrees, hartseer, tranerigheid en slapeloosheid weens beklemmeris te verlig.

### 3. VOORDAT JY RESCUE GEBRUIK

#### Moet nie Rescue neem

- Indien jy allergies of hipersensitief is teenoor enige van die bestanddele van Rescue of dit nie kan verdra nie.

#### Wees veral versigtig met Rescue:

- Raadpleeg asseblief jou gesondheidspraktisyn indien jou simptome ernstig is of nie binne die volgende tydperke verbeter nie: die effekte van skok moet binne 24 uur verbeter, slapeloosheid en tranerigheid moet binne drie weke verbeter en angs moet binne vier weke verbeter.
- Stop die gebruik van Rescue dadelik en raadpleeg jou gesondheidspraktisyn indien jy 'n allergiese reaksie ervaar nadat jy Rescue geneem het.
- As jy bestaande mediese behandeling wil vervang, raadpleeg jou dokter of gesondheidspraktisyn voordat jy dit doen.

#### Gebruik van Rescue saam met voedsel en vloeistowwe

Behalwe in noodgevalle, moet nie Rescue binne 'n halfuur neem van sterk koffie, sjokolade, kamfer of aromatiesse stowwe nie, aangesien dit die effektiwiteit van die homeopatiëse komponente kan verminder.

#### Swangerskap en borsvoeding

Homeopatiëse medisyne en blomessense is tradisioneel tydens swangerskap en borsvoeding gebruik. As jy swanger is of jou baba borsvoed, word dit egter aanbeveel dat jy jou gesondheidspraktisyn raadpleeg vir advies voordat jy enige medisyne gebruik.

#### Die gebruik en bestuur van masjinerie

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

#### Belangrike inligting oor sommige van die bestanddele

Rescue bevat laktose. Pasiënte met die seldsame oorerflikke toestande van laktose of galaktose-onverdraagsaamheid moet nie Rescue 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

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

#### 4. HOE OM RESCUE TE GEBRUIK

Moenie medisyne wat vir jou voorgeskryf is, met enige ander persoon deel nie. Raadpleeg altyd jou apteker of gesondheidspraktisyn indien jy nie seker is hoe om hierdie medisyne te gebruik nie. Die mond moet vry wees van ander sterk smake (bv. tandepasta, peperment, ens.) wanneer die medisyne geneem word.

#### Die gewone dosis is:

Volwassenes en kinders 4 jaar en ouer: Neem 2 tablette drie keer per dag.  
Babas en klein kinders onder 4 jaar: Neem 1 tablet drie keer per dag.

By die aanvang van simptome of wanneer hulle ernstig is, kan die dosis tot elke 15 minute vir die eerste uur en dan elke uur geneem word tot simptome verbeter. Dit is seldse nodig om die akute dosis vir langer as 24 uur te gebruik. Behandeling kan voortgaan 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 gebruik as wat nodig is

Daar is geen aangemelde simptome van oordosering met Rescue nie. Indien jy 'n nuwe-effek ervaar na oordosering, raadpleeg jou gesondheidspraktisyn of apteker.

#### As jy vergeet om 'n dosis Rescue te neem

Rescue kan geneem word as of wanneer nodig - daar is geen vereiste om 'n streng doseringskedule te handhaaf nie.

#### 5. MOONTLIKE NUWE-EFFEKTE

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

#### 6. BERGING EN VERNIETIGING VAN RESCUE

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

#### 7. AANBIEDING VAN RESCUE

Rescue tablette is beskikbaar as 150 tablette in 'n wit HDPE veiligheidsouer met 'n wit aanknipdeksel en sekerheidseël.

#### 8. IDENTIFIKASIE

Rescue tablette is wit, ronde, bikonvekse tablette met 'n laktose smaak.

#### 9. VERWYSINGSNOMMER

U1114 (Wet 101/1965)

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

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

#### 11. DATUM VAN PUBLIKASIE

Desember 2017

#### 12. KOMPLEMENTÊRE MEDISYNE

Homeopatiëse medisyne

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