

## PATIENT INFORMATION LEAFLET

Complementary Medicine: Health Supplement  
D 34.12 Multiple substance formulation

**SCHEDULING STATUS:** S0

### PROPRIETARY NAME AND DOSAGE FORM

SNEEZO™ Chewable Tablets

### Read all of this leaflet carefully because it contains important information for you and/or your child.

SNEEZO is a health supplement that is available without a doctor's prescription. Nevertheless, you still need to use SNEEZO carefully to get the best results from it. Keep this leaflet, you may need to read it again. Do not share SNEEZO with any other person. Ask your pharmacist if you need more information or advice. You must see a doctor if your symptoms worsen or do not improve.

### WHAT SNEEZO CONTAINS

Each tablet contains: 0,75 mg zinc as zinc bisglycinate; 42 mg quail egg powder (microcrystalline cellulose and quail eggs); magnesium stearate and sorbitol. Contains a sugar alcohol (299,25 mg sorbitol per tablet).

### WHAT SNEEZO IS USED FOR

SNEEZO is scientifically formulated to help maintain immune function and combat seasonal and environmental reactions in adults and children (see HOW TO TAKE OR GIVE SNEEZO).

### BEFORE YOU OR YOUR CHILD TAKE SNEEZO

#### Do not take SNEEZO, or give it to your child, if she/he/you are:

Hypersensitive (allergic) to quail eggs or to any of the other ingredients of SNEEZO. Do not give SNEEZO to your child if she/he is allergic to eggs as cross sensitivity (allergy) with quail eggs may exist.

#### Take special care with SNEEZO

- If you have an egg allergy (see "Important information about some of the ingredients of SNEEZO").
- If you are currently taking certain antibiotics (see "Taking other medicines with SNEEZO").
- Excessive consumption may produce laxative effects (see "If you take more SNEEZO than you should.").
- A natural color variation of the tablets may occur over time which does not alter the quality of the product.
- Health supplements cannot substitute a varied, balanced diet and a healthy lifestyle, it is intended only to complement health or support the diet.

#### Taking SNEEZO with food and drink

SNEEZO should be chewed after food, do not chew during meals. The probability of gastrointestinal side effects may be reduced if taken with meals.

#### Pregnancy and breastfeeding

Safety and efficacy in pregnancy and breastfeeding have not been established. If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking SNEEZO.

#### Driving and using machinery

SNEEZO has no known negative influence on the ability to drive or use machines.

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

##### Quail eggs - SNEEZO contains quail egg powder.

If you have been told that your child is allergic, or you think your child may be allergic to eggs (i.e. chicken, quail, duck or turkey eggs), your child should not take SNEEZO as cross sensitivity (allergy) may exist.

If you have been told that you are allergic to eggs, be cautious if you take SNEEZO. Not all people who are allergic to chicken eggs are allergic to quail eggs. Egg allergy reactions usually occur soon after exposure to eggs, if you/your child have swelling of the eyes, mouth, tongue, throat and skin, tell your doctor immediately (see POSSIBLE SIDE EFFECTS).

##### Sorbitol - SNEEZO contains a sugar alcohol, sorbitol.

If you have been told that you/your child have an intolerance to some sugars, you/your child should not take SNEEZO.

### Taking/giving/using other medicines with SNEEZO

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

Make sure that your doctor knows that you/your child are also taking the following medicines: Iron supplements (greater than 25 mg), antibiotics like quinolone and tetracycline (used for various infections), penicillamine (used for the treatment of Wilson's disease and rheumatoid arthritis) or diuretics used for high blood pressure.

### HOW TO TAKE OR GIVE SNEEZO

Sneezo can be used by adults and children from the age of 4 years.

Chew one or two tablets upon appearance of reaction to seasonal or environmental conditions. To be repeated as needed up to 5 times per day. You or your child can also take SNEEZO 15 to 20 minutes before exposure to immune triggers (e.g. place with a pet or before going outside).

Chew tablets gently to let them dissolve into the mouth, preferably not during meals. Take after food, a few hours before or after taking other medicines.

#### If you take/gave your child more SNEEZO 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. Take this leaflet and any remaining medicine with you, so that the doctor knows what you have taken. Overdose symptoms may include nausea, vomiting, loss of appetite, abdominal cramps, diarrhoea, and headache.

#### If you forget to take/give your child a dose of SNEEZO

If you forgot to take/give SNEEZO as recommended do not take/give a double dose to make up for forgotten individual doses.

#### POSSIBLE SIDE EFFECTS - SNEEZO may have side effects.

Should your general health worsen or if you experience any untoward effects while taking SNEEZO, please consult your doctor, pharmacist or other healthcare professional for advice.

#### If any of the following happens to you or your child, stop taking/giving SNEEZO. 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
- skin reactions, such as hives or a rash.

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

#### Tell your doctor if you/your child notice any of the following:

Stomach pain, nausea (feeling sick), indigestion, vomiting, diarrhoea.

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

#### STORING AND DISPOSING OF SNEEZO

Store all medicines out of reach of children.

Store in a cool and dry place at or below 25 °C in the original packaging.

Keep blisters in the carton until required for use. Do not store in a bathroom.

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

Return all unused medicines to your pharmacist. Do not dispose of unused medicines in drains or sewerage systems (e.g. toilets).

#### PRESENTATION OF SNEEZO

SNEEZO chewable tablets are packed in Alu/PVC/PVDC blister packaging, enclosed in an outer cardboard carton. Each carton contains 2 blister strips of 15 tablets (30 tablets).

#### IDENTIFICATION OF SNEEZO

White round chewable tablet.

#### REGISTRATION NUMBER

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

#### NAME AND BUSINESS ADDRESS OF THE PROPOSED HOLDER OF THE CERTIFICATE OF REGISTRATION

Abex Pharmaceutica (Pty) Ltd, Suite C, Rubenstein Ridge, 617 Rubenstein Drive, Moreleta Park, 0181

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#### MANNER OF GAINING ACCESS TO PROFESSIONAL INFORMATION

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