

SCHEDULING STATUS

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PROPRIETARY NAMES (AND DOSAGE FORM)

Black Forest® Apricot-Apple Herbal Tea (Decoction)

Black Forest® Lemon-Lime Herbal Tea (Decoction)

COMPOSITION

Each 2,5 g tea contains:

Black Forest® Apricot-Apple: Senna leaf 1,1124 g equivalent to 27,81 mg sennoside B. Sugar Free.

Black Forest® Lemon-Lime: Senna leaf 1,1124 g equivalent to 27,81 mg sennoside B. Sugar Free.

PHARMACOLOGICAL CLASSIFICATION

A 11.5 Laxatives.

PHARMACOLOGICAL ACTION

Senna belongs to a group of laxatives known as stimulant laxatives.

Promotes bowel movement by one or more direct actions on the intestines.

Pharmacokinetics

There is minimal absorption of senna following oral administration. Absorbed medicine is metabolised in the liver. Unabsorbed senna is hydrolysed in the colon by bacteria to release the active free anthraquinones. Excretion occurs in the urine and the faeces and also other secretions including the breast milk.

INDICATIONS

For the relief of occasional constipation.

CONTRA-INDICATIONS

Hypersensitivity to senna leaf or other stimulant laxatives.

Intestinal obstruction or with undiagnosed abdominal symptoms.

Appendicitis or symptoms of appendicitis.

Undiagnosed rectal bleeding.

WARNINGS AND SPECIAL PRECAUTIONS

This medicine should not be used in the presence of abdominal pain, nausea, vomiting or other symptoms associated with appendicitis. Care should also be taken in patients with inflammatory bowel disease.

Do not use for longer than 1 week, except on the advice of a doctor. Frequent or prolonged use of this preparation may result in dependence on laxatives and loss of normal bowel function.

If you have noticed a sudden change in bowel habits that has persisted for a period of greater than 2 weeks, consult a doctor before using the laxative. Rectal bleeding or failure to have bowel movement after use of a laxative may indicate a serious condition. Discontinue use and consult a doctor.

PREGNANCY & LACTATION

The use during pregnancy and breast feeding is not recommended.

DOSAGE AND DIRECTIONS FOR USE

This product normally produces bowel movement within 6 to 12 hours.

Adults and children 12 years and over

One tea bag to a cup of boiling water at night. Allow the tea to steep for 3 to 5 minutes before drinking. If required, milk, sugar, sweetener, a slice of lemon, etc. can be added to taste.

Children 6 to 12 years

Half of the adult dosage. Use half a cup of above-mentioned tea every night, or less frequently as required.

Children 2 to 6 years

One quarter of the adult dose. Use quarter cup of above-mentioned tea every night, or less frequently as required.

Not recommended for use in children under the age of 2 years.

SIDE EFFECTS

Senna may cause abdominal discomfort such as colic or cramps. The prolonged use or overdosage may result in diarrhoea, excessive loss of water and electrolytes, particularly potassium and possible atonic non-functioning colon. Discolouration of urine may occur and may interfere with diagnostic tests. Cardiac and renal symptoms have been reported. Belching, cramping, diarrhoea and nausea may occur. Reversible melanosis coli has been reported following chronic use.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

See side-effects and special precautions.

Treatment is symptomatic and supportive.

IDENTIFICATION

Black Forest® Apricot-Apple: Tea bag filled with broken up herbal material of brownish green colour with an apricot-apple odour.

Black Forest® Lemon-Lime: Tea bag filled with broken up herbal material of brownish green colour with a lemon-lime odour.

PRESENTATION

Black Forest® Apricot-Apple: Pillow foil containing twenty 2,5 g tea bags, in a unit carton.

Black Forest® Lemon-Lime: Pillow foil containing twenty 2,5 g tea bags, in a unit carton.

STORAGE INSTRUCTIONS

Protect from light and store in an airtight container below 25 °C.

Keep out of the reach of children.

REGISTRATION NUMBERS

Black Forest® Apricot-Apple: 32/11.5/0565

Black Forest® Lemon-Lime: 32/11.5/0566

NAME AND BUSINESS ADDRESS OF THE HOLDER OF CERTIFICATE OF REGISTRATION

Nativa (Pty) Ltd
260 Cradock Avenue
Lyttelton, Centurion, 0157,
Gauteng, South Africa

DATE OF PUBLICATION OF THIS PACKAGE INSERT

22 June 1998

Namibia Reg. No: Apricot-Apple 04/11.5/0331

Namibia Reg. No: Lemon-Lime 04/11.5/0333

® Registered Trade Mark



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