

## SCHEDULING STATUS

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## PROPRIETARY NAME AND DOSAGE FORM

# Black Forest® Herbal Tea (Decoction)

## COMPOSITION

Each 2,5 g tea contains:

Senna leaf 1,1125 g equivalent to 27,81 mg sennoside B.

Sugar free.

## PHARMACOLOGICAL CLASSIFICATION

A 11.5 Laxatives.

## PHARMACOLOGICAL ACTION

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

## INDICATIONS

For the relief of occasional constipation.

## CONTRAINDICATIONS

Hypersensitivity or allergy to Senna leaves.

Intestinal obstruction or undiagnosed abdominal symptoms.

Not to be used by pregnant and lactating females.

## WARNINGS AND SPECIAL PRECAUTIONS

This medicine should not be used in the presence of abdominal pain, nausea, or vomiting. 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

Not to be used by pregnant and lactating females.

## DOSAGE AND DIRECTIONS FOR USE

*Adults and children 12 years and over*

One tea bag to a cup of boiling water every night, or less frequently as required. Allow the tea to steep for 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.

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.

## KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

See side effects and special precautions.

Treatment is symptomatic and supportive.

## IDENTIFICATION

Tea bag, filled with broken-up dried leaves, brownish green in colour, with an aromatic odour.

## PRESENTATION

Pillow foil containing ten or 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 NUMBER

E/11.5/1036.

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

Nativa (Pty) Ltd

260 Cradock Avenue,

Lyttelton, Centurion, 0157,

Gauteng, South Africa.

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