

**PATIENT INFORMATION LEAFLET**  
**Information for the Patient about FLORA FORCE® BUCHU Capsules**

**Western herbal medicine**

This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease.

**SCHEDULING STATUS:**

Not Scheduled.

**PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM:**

**FLORA FORCE® BUCHU capsules.**

**Read all of this leaflet carefully because it contains important information for you. FLORA FORCE® BUCHU capsules are available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use FLORA FORCE® BUCHU capsules carefully to get the best results from it.**

- Keep this leaflet. You may need to read it again.
- Do not share FLORA FORCE® BUCHU capsules with any other person.
- Ask your pharmacist if you need more information or advice.
- You must see a registered healthcare practitioner if your symptoms worsen or do not improve.

**WHAT FLORA FORCE® BUCHU CAPSULES CONTAIN:**

Each FLORA FORCE® BUCHU capsule contains:

ACTIVE INGREDIENT	QUANTITY
<i>Agathosma betulina</i> leaf powder	370 mg

Inactive ingredients are vegetable capsules.

FLORA FORCE® BUCHU capsules are free from sugar and lactose.

**WHAT FLORA FORCE® BUCHU CAPSULES ARE USED FOR:**

FLORA FORCE® BUCHU capsules are used traditionally to assist with symptoms related to urinary tract infections.

**BEFORE YOU TAKE FLORA FORCE® BUCHU CAPSULES:**

**Do NOT take FLORA FORCE® BUCHU capsules:**

- If you have are allergic to any of the ingredients in FLORA FORCE® BUCHU capsules.
- If you have a bleeding disorder (see "Take special care with FLORA FORCE® BUCHU capsules").
- If you have a kidney infection.
- Surgery (see "Take special care with FLORA FORCE® BUCHU capsules").
- Pregnancy and lactation (see "Pregnancy and breastfeeding").

**Take special care with FLORA FORCE® BUCHU capsules:**

Please discuss the use of FLORA FORCE® BUCHU capsules with your pharmacist or registered healthcare practitioner if you:

- Suffer from a bleeding disorder. You may have to arrange increased monitoring of your INR (International Normalised Ratio) levels when starting or stopping treatment with FLORA FORCE® BUCHU capsules (see "Do NOT take FLORA FORCE® BUCHU capsules").
- Are undergoing surgery, discontinue use at least 2 weeks prior to the procedure (see "Do NOT take FLORA FORCE® BUCHU capsules").
- Are pregnant. FLORA FORCE® BUCHU capsules might act as an abortifacient and are not recommended during pregnancy (see "Pregnancy and breastfeeding").
- Take warfarin, other blood thinning or anti-platelet medicines. You may have to arrange increased monitoring or your INR (International Normalised Ratio) levels when starting or stopping treatment with FLORA FORCE® BUCHU capsules (see "Taking other medicines with FLORA FORCE® BUCHU capsules").

The use of FLORA FORCE® BUCHU capsules in children and adolescents under 18 years of age is not recommended due to lack of adequate data (see "HOW TO TAKE FLORA FORCE® BUCHU CAPSULES").

**Taking FLORA FORCE® BUCHU capsules with food and drink:**

FLORA FORCE® BUCHU capsules should be taken after meals with water.

**Pregnancy and breastfeeding:**

Safety of FLORA FORCE® BUCHU capsules during pregnancy and breastfeeding has not been established. Avoid taking FLORA FORCE® BUCHU capsules if you are pregnant or breastfeeding.

**If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacists or registered healthcare practitioner for advice before taking FLORA FORCE® BUCHU capsules.**

**Driving and using machinery:**

No studies on the effect on the ability to drive and use machinery have been performed. It is unlikely that FLORA FORCE® BUCHU capsules will impair your ability to drive or use machines. However, please exercise care when driving or operating machinery until you know how FLORA FORCE® BUCHU capsules affects you.

**Important information about some of the ingredients of FLORA FORCE® BUCHU capsules:**

FLORA FORCE® BUCHU capsules are sugar free.

**Taking other medicines with FLORA FORCE® BUCHU capsules:**

**Always tell your pharmacist or registered healthcare practitioner if you are taking any other medicine (this includes complementary or traditional medicines).**

Discuss the use of the following medicines in combination with FLORA FORCE® BUCHU capsules with your pharmacist or registered healthcare practitioner:

- Warfarin, other blood thinning or anti-platelet medicines. FLORA FORCE® BUCHU capsules may potentially increase the effect of blood thinning medicines (see "Take special care with FLORA FORCE® BUCHU capsules").
- Lithium, as FLORA FORCE® BUCHU capsules may increase lithium levels.

**HOW TO TAKE FLORA FORCE® BUCHU CAPSULES:**

**Do not share medicines prescribed to you with any other person.**

**Always take FLORA FORCE® BUCHU capsules exactly as directed. You should check with your pharmacist or registered healthcare practitioner if you are unsure. DO NOT EXCEED THE RECOMMENDED DAILY DOSAGE.**

**Adults (18 years and older):**

Take 1-2 capsules twice daily with meals or as directed by your pharmacist or registered healthcare practitioner.

**Children (under 18 years of age):**

Not recommended for use (see "Take special care with FLORA FORCE® BUCHU capsules").

FLORA FORCE® BUCHU capsules may be taken for a period of up to 12 weeks followed by an interval of 1 week after which the next 12-week cycle can commence. However,

you should experience any adverse effects or any of the side effects indicated below please consult your pharmacist or registered healthcare practitioner.

**If you take more FLORA FORCE® BUCHU capsules than you should: In the event of over dosage, consult your pharmacist or registered healthcare practitioner. If neither is available, contact the nearest hospital or poison control centre.**

**If you forget to take FLORA FORCE® BUCHU capsules:**

Always take FLORA FORCE® BUCHU capsules as directed. If you miss a dose, take it as soon as you remember. If you do not remember the missed dose till the next dose is due, skip the missed dose and go back to your regular dosing schedule of 1-2 capsules twice daily. Do not take a double dose to make up for forgotten individual doses.

**POSSIBLE SIDE-EFFECTS:**

FLORA FORCE® BUCHU capsules may have side-effects.

**Not all side-effects reported for FLORA FORCE® BUCHU capsules are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking FLORA FORCE® BUCHU capsules, please consult your pharmacist or registered healthcare practitioner for advice.**

Serious side-effects that you (or a family member if you are unable to) should report to your pharmacist or registered healthcare practitioner immediately include:

- An allergic reaction which may present with shortness of breath, difficulty breathing, wheezing, hives, or itching, swelling of the face, tongue or whole body.
  - Flank pain and painful urination.
  - Stomach pain, nausea, unusual tiredness, dark coloured urine, light coloured stools, yellow skin and eyes, loss of appetite and fever.
  - Fainting, blackouts, dizziness, chest pain, shortness of breath, palpitations or vomiting.
- Side-effects that you should report to your pharmacist or registered healthcare practitioner as soon as possible:
- Muscle spasms or weakness.
- Side-effects that you should report to your pharmacist or registered healthcare practitioner if they continue or become bothersome include:
- Gastrointestinal disturbances, such as:
    - Stomach discomfort and diarrhoea.
  - Increased menstrual bleeding.
- If you notice any side-effects not mentioned in this leaflet, please inform your pharmacist or registered healthcare practitioner.

**STORING AND DISPOSING OF FLORA FORCE® BUCHU capsules:**

Store at or below 25°C in a dry place.

Protect from light / moisture.

Do not take the capsules after the expiry date stated on the packaging material.

Return all unused capsules to your pharmacist.

Do not dispose of unused capsules in drains or sewerage systems (e.g. toilets).

**STORE ALL MEDICINE OUT OF REACH OF CHILDREN.**

**PRESENTATION OF FLORA FORCE® BUCHU capsules:**

60 Capsules in a 125ml amber glass bottle with light green screw cap and safety seal insert, packed into a box.

**IDENTIFICATION OF FLORA FORCE® BUCHU capsules:**

Clear size 0 all vegetable capsule containing a green herbal powder.

**REGISTRATION NUMBER / REFERENCE NUMBER:**

To be allocated.

**NAME AND BUSINESS ADDRESS OF REGISTRATION HOLDER:**

Flora Force Heath Products (Pty) Ltd.  
Unit 3 Regent Park  
Bell Crescent  
Westlake  
Cape Town  
South Africa

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