

**PATIENT INFORMATION LEAFLET**  
**Information for the Patient about FLORA FORCE® GINGER 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® GINGER capsules.

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

- Keep this leaflet. You may need to read it again.
- Do not share FLORA FORCE® GINGER 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® GINGER CAPSULES CONTAIN:**

Each FLORA FORCE® GINGER capsule contains:

ACTIVE INGREDIENT	QUANTITY
<i>Zingiber officinale</i> rhizome powder	500 mg

Inactive ingredients are vegetable capsules.

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

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

FLORA FORCE® GINGER capsules are traditionally used to relieve digestive disturbances and nausea.

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

Do NOT take FLORA FORCE® GINGER capsules:

- If you have a bleeding disorder (see "Take special care with FLORA FORCE® GINGER capsules").
- If you have diabetes (see "Take special care with FLORA FORCE® GINGER capsules").
- If you have a heart condition (see "Take special care with FLORA FORCE® GINGER capsules").
- Surgery (see "Take special care with FLORA FORCE® GINGER capsules").
- Pregnancy and lactation (see "Pregnancy and breastfeeding").

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

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

- Suffer from a bleeding disorder. You may have to arrange increased monitoring of your blood levels when starting or stopping treatment with FLORA FORCE® GINGER capsules (see "Do NOT take FLORA FORCE® GINGER capsules").
- Suffer from diabetes. You may have to arrange increased monitoring of your blood sugar levels (see "Do NOT take FLORA FORCE® GINGER capsules").
- Suffer from a heart condition. (see "Do NOT take FLORA FORCE® GINGER capsules").
- Are undergoing surgery, discontinue use at least 2 weeks prior to the procedure (see "Do NOT take FLORA FORCE® GINGER capsules").
- 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® GINGER capsules (see "Taking other medicines with FLORA FORCE® GINGER capsules").

The use of FLORA FORCE® GINGER 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® GINGER CAPSULES").

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

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

**Pregnancy and breastfeeding:**

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

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

**Important information about some of the ingredients of FLORA FORCE® GINGER capsules:**  
FLORA FORCE® GINGER capsules are sugar free.

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

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

Please discuss the use of the following medicines in combination with FLORA FORCE® GINGER capsules with your pharmacist or registered healthcare practitioner.

- Metronidazole for the treatment of bipolar disorder.

The dose of the above medications may need to be adjusted when taken in conjunction with FLORA FORCE® GINGER capsules.

Also, discuss the use of the following medicines in combination with FLORA FORCE® GINGER capsules with your pharmacist or registered healthcare practitioner:

- Warfarin, other blood thinning or anti-platelet medicines. FLORA FORCE® GINGER capsules may potentially increase the effect of blood thinning medicines. You may have to arrange increased monitoring of your INR levels when taking FLORA FORCE® GINGER capsules (see "Take special care with FLORA FORCE® GINGER capsules").
- Anti-diabetic medicines as FLORA FORCE® GINGER may further lower blood sugar levels. Monitor your blood glucose / sugar levels regularly if you are using FLORA FORCE® GINGER capsules and anti-diabetic medicines in combination.
- Cyclosporine as FLORA FORCE® GINGER may decrease the absorption of these medicines. Please discuss the use of FLORA FORCE® GINGER capsules in combination with any other medicines with your doctor or pharmacist.
- Calcium channel blockers as FLORA FORCE® GINGER may have hypotensive and calcium channel-blocking effects. This might cause an additive effect with calcium

channel blockers. Please discuss the use of FLORA FORCE® GINGER capsules in combination with any other medicines with your pharmacist or registered healthcare practitioner.

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

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

Always take FLORA FORCE® GINGER 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 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® GINGER capsules")

FLORA FORCE® GINGER 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, should you 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® GINGER 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® GINGER capsules:**

Always take FLORA FORCE® GINGER 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 2 capsules twice daily. Do not take a double dose to make up for forgotten individual doses.

**POSSIBLE SIDE-EFFECTS:**

FLORA FORCE® GINGER capsules may have side-effects.

Not all side-effects reported for FLORA FORCE® GINGER capsules are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking FLORA FORCE® GINGER 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:

- Irregular heartbeat.
- Increased urge to urinate.
- State of sleep or calm, sleepy, lethargic and dizziness.

Side-effects that you should report to your pharmacist or registered healthcare practitioner as soon as possible:

- Skin rash, bruising and skin redness.
- Increased menstrual bleeding.

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, diarrhoea, constipation, nausea, vomiting and heartburn.
  - Burning, irritation and numbness in mouth, tongue and throat.

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® GINGER 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® GINGER capsules:**

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

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

Clear size 0 all vegetable capsule containing a cream coloured herbal powder.

**REGISTRATION NUMBER / REFERENCE NUMBER:**

To be allocated.

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

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

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