

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

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IMUNIVAR™ capsules

Fucoidan

Sugar free.

COMPLEMENTARY MEDICINE: HEALTH SUPPLEMENT

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

Read all of this leaflet carefully because it contains important information for you.

IMUNIVAR™ is available without a doctor's prescription, for you to maintain your health.

Nevertheless, you still need to take IMUNIVAR™ carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.

What is in this leaflet

1. What IMUNIVAR™ is and what it is used for.
2. What you need to know before you take IMUNIVAR™.
3. How to take IMUNIVAR™.
4. Possible side effects.
5. How to store IMUNIVAR™.
6. Contents of the pack and other information.

1. What IMUNIVAR™ is and what it is used for

IMUNIVAR™ supports the immune system function.

2. What you need to know before you take IMUNIVAR™

Do not take IMUNIVAR™:

If you are hypersensitive (allergic) to *Undaria pinnatifida* (Mekabu) or any of the other ingredients of IMUNIVAR™ (see **What IMUNIVAR™ contains**).

Warnings and precautions

Take special care with IMUNIVAR™:

- If you have a bleeding disorder.
- If you are having any surgical procedure done. You should stop taking IMUNIVAR™ two weeks before an operation.

Other medicines and IMUNIVAR™

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

Tell your doctor or pharmacist if you are currently using:

Anticoagulant medicines (used to prevent your blood from clotting) or herbal supplements with blood thinning effects.

IMUNIVAR™ with food, drink and alcohol

See section 3.

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare provider for advice before taking IMUNIVAR™.

Safety and efficacy of IMUNIVAR™ during pregnancy and lactation have not been established.

Driving and using machines

IMUNIVAR™ is unlikely to have an effect on your ability to drive a vehicle and use machines.

3. How to take IMUNIVAR™

Do not share medicines with any other person.

Adults:

The usual dose is:

1 capsule taken daily.

Do not exceed the recommended dosage. Always take IMUNIVAR™ exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

IMUNIVAR™ can be taken with or without food.

If you have the impression that the effect of IMUNIVAR™ is too strong or too weak, tell your doctor or pharmacist.

If you take more IMUNIVAR™ than you should

In the event of an overdose, consult your doctor or pharmacist. If neither is available contact the nearest hospital or poison centre.

Take this leaflet and the rest of the remaining IMUNIVAR™ with you so the doctor will know what you have taken.

4. Possible side effects

IMUNIVAR™ can have side effects.

Not all side effects reported for IMUNIVAR™ are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking IMUNIVAR™, please consult your healthcare provider for advice.

If any of the following happens, stop taking IMUNIVAR™ and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of your hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing;
- rash or itching;
- fainting.

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

Tell your doctor if you notice any of the following:

Side effect occurring less frequently:

- diarrhoea.

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

Reporting of side effects

If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via the “**6.04 Adverse Drug Reactions Reporting Form**”, found online under SAHPRA’s publications: <http://www.sahpra.org.za/Publications/Index/8>.

By reporting side effects, you can help provide more information on the safety of IMUNIVAR™.

5. How to store IMUNIVAR™

- Store at or below 25 °C.
- Store in a dry place.
- Keep in outer container until required for use.
- Store all medicines out of reach of children.
- Do not use after the expiry date printed on the blister / carton.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains and sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What IMUNIVAR™ contains

Each capsule contains:

Fucoidan 100 mg

from *Undaria pinnatifida* (Mekabu) [sporophyll (leaf and spore), 12:1]

The other ingredient is the vegetable capsule (containing hydroxypropyl methylcellulose).

What IMUNIVAR™ looks like and contents of the pack

White capsule containing an off-white to brown powder.

Silver aluminium blister strips containing 10 capsules packed in an outer carton.

Pack size: 30 capsules.

Holder of certificate of registration

Lamicare Health

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Milnerton, Cape Town

7441

Tel: 086 100 0400

This leaflet was last revised in

Will be allocated by SAHPRA upon registration.

Registration number

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Access to corresponding Professional Information

www.lamicare.com