

PATIENT INFORMATION LEAFLET

Complementary Medicine – 34.12 Health Supplement

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

SCHEDULING STATUS:**S0****Berocca Electro effervescent powder**

Contains sugar: Sorbitol 159 mg

Contains sweetener: Acesulfame 45 mg

Read all of this leaflet carefully before you start taking Berocca Electro.

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

Nevertheless, you still need to use Berocca Electro carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Berocca Electro with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

What is in this leaflet?

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

1. WHAT BEROCCA ELECTRO IS AND WHAT IT IS USED FOR

Berocca Electro is a multi-mineral and vitamin supplement which contributes to normal electrolyte balance.

2. What you need to know before you take BEROCCA Electro**Do not take Berocca Electro:**

- If you are hypersensitive (allergic) to any of the ingredients of Berocca Electro (listed in section 6).
- If you are younger than 18 years old.
- If you are taking other potassium-containing supplements or potassium-containing salt substitutes.
- This product isn't meant to be used by pregnant or breastfeeding women.

Warnings and precautions

Special care should be taken with Berocca Electro.

- If you're already taking other vitamins, medications, or if you're under medical care, you should talk to a healthcare professional before using this product.

Sorbitol is a source of fructose. If your doctor has told you that you have an intolerance to some sugars or if you have been diagnosed with hereditary fructose intolerance (HFI), a rare genetic disorder in which a person cannot break down fructose, talk to your doctor before you take Berocca Electro.

Berocca Electro contains 1,22 mg sodium per sachet, that is to say essentially 'sodium-free'.

Other medicines and Berocca Electro

Always tell your health care provider if you are taking any other medicine (this includes all complementary or traditional medicines).

The use of Berocca Electro with other medicines containing potassium can result in increased levels of potassium in your blood.

Berocca Electro with food

Allowance should be made for intake of the vitamins and minerals from all other sources including fortified foods.

Pregnancy and breastfeeding

Berocca Electro is not intended for use during pregnancy and lactation. The product should only be used in pregnancy or lactation if deemed essential and as directed by the physician.

Driving and using machines

The product has no or negligible influence on the ability to drive and use machines.

3. How to take BEROCCA Electro

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

Always take Berocca Electro exactly as described in this leaflet or as your doctor, or pharmacist has told you. Check with your doctor, or pharmacist if you are not sure.

The recommended intake for adults (above 18 years of age) is one (1) sachet per day. Dissolved the contents of the sachet in a glass (i.e. approximately 200 ml) of water.

The whole sachet should be used at once after opening.

If you take more Berocca Electro than you should

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

4. Possible side effects

Berocca Electro can have side effects.

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

Berocca Electro may cause diarrhoea due to the magnesium contained in it.

Reporting of side effects

If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website. Alternatively, you can report to Bayer SafeTrack site (<https://www.safetrack-public.bayer.com>). By reporting side effects, you can help provide more information on the safety of Berocca Electro.

5. How to store BEROCCA Electro

Store all medicines out of reach of children.

Store at or below 25 °C.

Berocca Electro sachet is for single use. Once you open the sachet, use it right away. Do not save it for later.

Do not use after the expiry date stated on the label and carton.

Do not dispose unused medicines in drains or sewerage (e.g. toilets).

6. Contents of the pack and other information

What Berocca Electro contains:

- The active substances are potassium (potassium bicarbonate) 300 mg; vitamin C (ascorbic acid) 250 mg; magnesium (magnesium oxide) 225 mg; vitamin B6 (pyridoxine hydrochloride) 3 mg; vitamin B1 (thiamine hydrochloride) 2,1 mg; folic acid (pteroylmonoglutamic acid) 200 µg; and vitamin B12 (cyanocobalamin) 9 µg.
- The other ingredients are citric acid anhydrous; sorbitol; orange flavour; acesulfame; beetroot red and riboflavin sodium phosphate.

What Berocca Electro looks like and contents of the pack

Berocca Electro is pink effervescent granules with a sweet orange flavour.

Berocca Electro is packed in multi-layer sachets. Sachets are packed in a secondary packaging (folding carton), possibly with a leaflet.

Pack size: 14 sachets.

Holder of Certificate of Registration

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To be confirmed upon registration.

Access to the corresponding Professional Information

The corresponding professional information may be accessed electronically on the following web address: <https://www.bayer.co.za>.