

Pholtex®

# BRONCHO STOP® COUGH SYRUP

## PROFESSIONAL INFORMATION

### SCHEDULING STATUS

(S0)

**PROPRIETARY NAME AND DOSAGE FORM**  
**PHOLTEX BRONCHOSTOP COUGH SYRUP**  
**COMPOSITION**

Each 5 mL syrup contains: 39 mg Thyme herb extract (*Thymus vulgaris L. and Thymus zygis L., herb*) (DER 7-13:1) and 277 mg Marshmallow root extract (*Althaea officinalis L.*) (DER 1:12-14)

**Preservatives:** Methyl para hydroxybenzoate 0,075 % w/w  
Propyl para hydroxybenzoate 0,040 % w/w

**Contains sugar:** Fructose 21 mg, Glucose 18 mg, Sucrose 2 mg, Xylitol 1539 mg.

Other ingredients include acacia, citric acid monohydrate, maltodextrin, purified water, raspberry juice concentrate, raspberry flavour (containing propylene glycol) and xanthan gum.  
Alcohol free, gluten free, lactose free, GMO (genetically modified organism) free.

### PHARMACOLOGICAL CLASSIFICATION

Complementary Medicine: Discipline Specific Traditional Claims  
D33.6 Western Herbal Medicine.

### INDICATIONS

Traditional herbal medicinal product used for the relief of cough, such as a wet and chesty or dry and tickly cough associated with a cold, based on traditional use only. It relieves cough irritation, thins mucus and helps with the expectoration of mucus.

### CONTRAINDICATIONS

Hypersensitivity to the active substances, to other members of the *Lamiaceae* family (e.g. Basil, Rosemary, Sage) or to any of the excipients.

### WARNINGS AND SPECIAL PRECAUTIONS

Consult a doctor or qualified healthcare practitioner if dyspnoea, fever or purulent sputum occurs.

The medicine contains the preservatives methyl para hydroxybenzoate (E218) and propyl para hydroxybenzoate (E216). These may cause allergic reactions (possibly delayed).

The medicine contains glucose, fructose, sucrose and Xylitol: Patients with rare hereditary problems of fructose intolerance, glucose-galactose malabsorption or sucrose-isomaltase insufficiency should not take this medicine. Glucose, fructose, sucrose and Xylitol may have an effect on the glycaemic control of patients with *diabetes mellitus*. Excessive intake of products containing Xylitol may have laxative effects.

If symptoms worsen, or persist after 5 days, a doctor or qualified healthcare practitioner should be consulted.

Do not exceed the recommended daily dosage.  
Not for use in children under the age of 4 years.

### INTERACTIONS

There are no known interactions with other medicinal products.

### HUMAN REPRODUCTION

The safety in pregnancy and lactation has not been established.  
Studies on the effect on fertility have not been performed.

### DOSAGE AND DIRECTIONS FOR USE

**For oral use only. Shake well before use. Use the dosage cap provided.**  
**Children 4 -11 years:** 7,5 mL every 3 to 4 hours as needed.

If required, a maximum of 6 doses (45 mL) can be taken per day.

**Adults and children above 12 years:** 15 mL every 3 to 4 hours as needed.

If required, a maximum of 6 doses (90 mL) can be taken per day.

Consult your healthcare provider if symptoms worsen or persist after 5 days.

**Not for use in children under the age of 4 years.**

### SIDE EFFECTS

Hypersensitivity reactions including anaphylactic shock, Quincke's oedema (a form of localized swelling of the deeper layers of the skin and fatty tissues beneath the skin) and stomach disorders have been observed with medicinal products containing thyme. The frequency is not known.

If other adverse reactions not mentioned above occur, consult your healthcare provider.

### KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

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

### IDENTIFICATION

A brown-red viscous solution with the taste of thyme and raspberries.

### PRESENTATION

Bottles containing 120 mL and 200 mL.

### STORAGE INSTRUCTIONS

Store in a cool dry place at or below 25 °C. Close bottle tightly after use and keep in carton to protect from sunlight and moisture. After opening, use within 4 weeks.

**KEEP OUT OF THE REACH OF CHILDREN.**

### REGISTRATION NUMBER

Complementary Medicine: Discipline Specific Traditional Claims  
This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

### NAME AND BUSINESS ADDRESS

**Manufactured by:** Kwizda Pharma GmbH, Effingergasse 21, A-1160 Vienna, Austria  
**Marketed by:** iNova Pharmaceuticals (Pty) Ltd, 15E Riley Road, Bedfordview, 2007  
Tel: +27 11 087 0000 www.inovapharma.co.za

### DATE OF PUBLICATION OF PACKAGE INSERT

September 2019

Pholtex®

# BRONCHO STOP® COUGH SYRUP

## PATIENT INFORMATION LEAFLET

Complementary Medicine: Discipline Specific Traditional Claims

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

### SCHEDULING STATUS

(S0)

**PROPRIETARY NAME AND DOSAGE FORM**

### PHOLTEX BRONCHOSTOP COUGH SYRUP

**Read all of this leaflet carefully because it contains important information for you.** PHOLTEX BRONCHOSTOP COUGH SYRUP is available without a doctor's prescription. Nevertheless, you still need to use PHOLTEX BRONCHOSTOP COUGH SYRUP carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share PHOLTEX BRONCHOSTOP COUGH SYRUP with any other person.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve in 5 days.

### What PHOLTEX BRONCHOSTOP COUGH SYRUP contains

Each 5 mL syrup contains active ingredients Thyme herb extract 39mg (*Thymus vulgaris L. and Thymus zygis L., herb*) (DER 7-13:1) and Marshmallow root extract 277 mg (*Althaea officinalis L.*) (DER 1:12-14).

The product contains sugar:

fructose 21 mg, glucose 18 mg, sucrose 2 mg and Xylitol 1539 mg.

Contains preservatives:

Methyl para hydroxybenzoate 0,075 % and Propyl para hydroxybenzoate 0,040 % w/w. Other ingredients include acacia, citric acid monohydrate, maltodextrin, purified water, raspberry juice concentrate, raspberry flavour (containing propylene glycol) and xanthan gum.

PHOLTEX BRONCHOSTOP COUGH SYRUP is alcohol free, gluten free, lactose free, GMO (genetically modified organism) free.

**What PHOLTEX BRONCHOSTOP COUGH SYRUP is used for**  
PHOLTEX BRONCHOSTOP COUGH SYRUP cough syrup is a traditional herbal medicine used to relieve a wet and chesty or dry and tickly cough associated with a cold. It relieves cough irritation and thins mucus

### BEFORE YOU USE PHOLTEX BRONCHOSTOP COUGH SYRUP

#### Do not take PHOLTEX BRONCHOSTOP COUGH SYRUP

- If you are hypersensitive (allergic) to the active ingredients, other members of the *Lamiaceae* family (e.g. Basil, Rosemary, Sage), or any of the other ingredients of PHOLTEX BRONCHOSTOP COUGH SYRUP.

- PHOLTEX BRONCHOSTOP COUGH SYRUP contains fructose, glucose and Xylitol which may have an effect on the control of your blood sugar if you have *diabetes mellitus*.

**Special care should be taken with PHOLTEX BRONCHOSTOP COUGH SYRUP**

### Pregnancy and Breastfeeding

If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking this medicine.

**Important information about some of the ingredients of PHOLTEX BRONCHOSTOP COUGH SYRUP**

PHOLTEX BRONCHOSTOP COUGH SYRUP contains sugar: fructose 21 mg, glucose 18 mg, sucrose 2 mg and Xylitol 1539 mg.

If you have been told that you have an intolerance to some sugars, you should not take PHOLTEX BRONCHOSTOP COUGH SYRUP.

Excessive intake of xylitol may have laxative effects.

Consult a doctor or qualified healthcare practitioner if shortness of breath, fever or discoloured sputum occurs.

### Taking other medicines with PHOLTEX BRONCHOSTOP COUGH SYRUP

If you are taking medicines on a regular basis, including medicines bought over the counter, complementary or traditional medicines, the use of PHOLTEX BRONCHOSTOP COUGH SYRUP with these medicines may cause undesirable interactions.

Please consult your doctor, pharmacist, or other healthcare professional for advice.

### HOW TO TAKE PHOLTEX BRONCHOSTOP COUGH SYRUP

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

Always take PHOLTEX BRONCHOSTOP COUGH SYRUP exactly as your doctor has instructed. You should check with your doctor or pharmacist if you are unsure.

Shake the bottle well before use and use the dosage cap provided.

**Children 4 -11 years:** 7,5 mL every 3 to 4 hours as needed.

If required, a maximum of 6 doses (45 mL) can be taken per day.

**Adults and children above 12 years:** 15 mL every 3 to 4 hours as needed.

If required, a maximum of 6 doses (90 mL) can be taken per day.

PHOLTEX BRONCHOSTOP COUGH SYRUP can be taken by people with gluten intolerance or sensitivity.

PHOLTEX BRONCHOSTOP COUGH SYRUP is not recommended for use in children under 4 years.

You must consult your doctor if you do not feel better or if you feel worse after 5 days.

**If you use more PHOLTEX BRONCHOSTOP COUGH SYRUP than you should**

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

**If you forget to take a dose of PHOLTEX BRONCHOSTOP COUGH SYRUP**

Do not take a double dose to make up for forgotten individual doses.

### POSSIBLE SIDE EFFECTS

PHOLTEX BRONCHOSTOP COUGH SYRUP can have side effects.

Not all side effects have been included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist, or other healthcare professional for advice.

Hypersensitivity reactions, such as swelling of the deeper layers of the skin and fatty tissues beneath the skin, as well as stomach disorders have been observed in patients on medicinal products containing thyme.

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

### STORING AND DISPOSING OF PHOLTEX BRONCHOSTOP COUGH SYRUP

Store all medicines out of reach of children. Store in a cool, dry place at or below 25 °C. Close the bottle tightly after use. Protect from sunlight and moisture.

Return all unused medicine to your pharmacist. Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

### PRESENTATION OF PHOLTEX BRONCHOSTOP COUGH SYRUP

Bottles containing 120 mL and 200 mL.

### IDENTIFICATION OF PHOLTEX BRONCHOSTOP COUGH SYRUP

A brown-red viscous solution with the taste of thyme and raspberries.

### REGISTRATION NUMBER

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# BRONCHO STOP® COUGH SYRUP

IPHESHANA ELIFAKWA EPHAKETHENI LOMUTHI-

ISIMO SOKUHELELA

IGAMA LOMKHIZO NEFOMU LOKUWUSEBENZISA  
I-PHOLTEX BRONCHOSTOP COUGH SYRUP  
INDELELA EXUTSHWE NGAYO

U 5 ml ngamunye wale syrup uqukethe:

39 mg Thyme herb extract (*Thymus vulgaris L. and Thymus zygis L., herb*) (DER 7-13:1),  
277 mg Marshmallow root extract (*Althaea officinalis L.*) (DER 1:12-14).

**Amagcina:** Methyl para hydroxybenzoate 0,075 % w/w  
Propyl para hydroxybenzoate 0,040 % w/w

**Inoshukela:**

we-Fructose 21 mg, we-Glucose 18 mg, we-Sucrose 2 mg, we-Xylitol 1539 mg

Ezinye izithako ezifakiwe yi-acacia, citric acid, monohydrate, maltodextrin, amanzi ahlanzisiwe, ujisi we-raspberry juice engahlanjuliwe, isinandisi se-raspberry (iqukethe i--propylene glycol) kanye ne-xanthan gum.

Ayinakho lokhu: Utshwala, i-gluten, lactose, ne-GMO (genetically modified organism)

**ISIVIVINYO ESENZIWE NGOSOMAKHEMISI**

Okuphelele Kulomuthi: Yenziwe Ngokukhethekile ngendlela yesintu

D33.6 Amakhambi Omuthi aseNtshonalanga

**IZINKOMBA**

Umkhizizo wemithi yamakhambi wendabuko osetshenziselwa ukusiza ukukhwehlela, isifuba esimanzi, esibuhlungu nesomile futhi esihwayayo esihambisana nokubanda, ngendlela yamakhambi esintu kuphela.

Yelapha ukukhwehlela okuyisicefe, inciphise amafinyila futhi isiza nokuvula amakhala acinene.

**IZINKINGA ONGABA NAZO**

Kungenzeka uhlangabezane nomuzwa ongajwayelelelel genxa yezinye zezithako ezikulomuthi zikulomuthi, okungenzeka kube izithako ezihambelanayo njengezizakwa-Lamiaceae (isbonelo. I-Basil, Rosemary, Sage) noma eminye engaba khona.

**IZEKWAYISO NEZELULEKO EZIBALULEKILE**

Bonana nodokotela noma usompilo oqeqeshiwe uma uzithola ufufumfuma kanzima, umkhulane noma uzithola usunezikhwehlela ezingaqondakali.

Lomuthi uqukethe izithako ezivimbela ukuthi ungasheshi wonakale-enjenge-methyl parahydroxybenzoate (E218) ne-propyl parahydroxybenzoate (E216).

Lokhu kungakubangela i-allergy (engavela noma ngabe sekwedule isikhathi esidanyana uwebenzisile).

Lomuthi uqukethe i-glucose, i-fructose ne-xylitol. Uziguli ezinesifiso esingajwayeleleleli esiwufuzo emndenini kodwa esingakwazi ukubekizelela i-fructose, glucose-galactose matabsorption noma onenkinga yamathumbu angasebenzi kahle, akufanele baphuze lomuthi.

I-Xylitol ne-glucose ingaba nomthelela ekulawulekeni kwe-glycaemic kubantu abanesifo sikashukela.

Uma uyisebenzise ngokweqile imkhizizo equkethe i-xylitol, ingenza isisu sakho silihambuke. Uma izimpawu ziqhubeka noma ungabi ngcono ngemuva kwezinsuku ezintlanu (5) kumele ubonane nodokotela noma usompilo oqeqeshiwe.

Ungaseqisi isilinganiso sokuyiphuzwa osinikeziwe.

Ayivunyelwe ezinganeni ezingaphansi kweminyaka emine (4).

**UKUSEBENZISANA**

Abukho ubufakazi bokuthi uma uyisebenzisa ayinamaisani neminye imithi.

**KWABANCELISAYO NABAKHULELWE**

Akuphehle ukuyisebenzisa uma ukhulelwe noma uncelisa.

Ucwaningo oluphathelene nomthelela wayo kwabakhulelwe nabancelisayo, alukenziwa.

**IMIYALELO YOKUYIPHUZA**

Ingumuthi ophuzwayo kuphela. Ikuuze kahle ngaphambi kokuyiphuzwa. Sebenzisa ukhezo lokuphuzwa olunikeziwe.

**Izingane ezineminyaka engu-4 kuye kwengu-11:** 7,5 ml njalo emahoreni amathathu kuya kwamane-4 uma kunesidingo. Uma kunesidingo, isilinganiso sokuyiphuzwa ngosuku singagcina ku-6 noma sibengu 45 ml.

**Abadala nezingane ezineminyaka engaphezulu kwengu-12:** 15ml njalo emahoreni amathathu kuya kwamane njalo uma kunesidingo. Uma kunesidingo, isilinganiso sokuyiphuzwa ngosuku singagcina ku-6 noma sibengu 90 ml.

Thintana nosompilo uma izimpawu zibebetheka noma ziphikelela ngemuva kwezinsuku eziyihlanu-5.

Ayiphuzwa izingane ezingaphansi kweminyaka emine-4.

**IZINKINGA ONGABA NAZO**

Uma uhlangabezane nomuzwa ongajwayelelelel noma ube ne-allergy esabekayo, uhlobo lokuvuvukala kwesikhumba nezicubu ezingaphakathi, nokuphazamiseka kwesisu kuye kwabikwa nakho genxa yokusebenzisa imkhizizo yezokwelapha equkethe i-thyme. Asikho isiqiniseko sokuthi lokhu kuvame kangakanani.

Uma kuvela ezinye izinkinga ezingabaliwe ngenhla, khumana nabezempilo.

**IZIMPAWU EZAZIWAYO ZOKUYIPHUZA NGOKWEQILE KANYE NENDELELA YOKUZIGWEMA**

Uma ngabe uyiphuzwe ngokweqile, bonana nodokotela noma nosokhemisi wakho. Uma bengatholakali, iya esibhedlela esiseduze noma isikhungo sokulawula ubuthi.

**UNJANI LOMUTHI**

Omuthi onsundu ngokubomvu onambitheka njenge-thyme kanye nama-raspberry.

**ITHOLAKALA NGALEZIZINDELELA**

Amabhodlela aqukethe i-120 ml no-200 ml.

**IMIYALELO YOKUYIGCINA**

Igcine endaweni epholile eyomile noma engaphansi kuka-25 °C. Livale uliqinise ibhodlela ngemuva kokuwenzisa bese uwufaka ebhokisini lawo, ukuze uvikeleke elangeni nasemswakameni. Ngemuva kokuvuvula, awusebenzisa engakapheli amaviki amane-4.

**UBEKE KUDE NEZINGANE**

**INOMBOLO EMBHALISWE NGAYO**

Okuphelele Kulomuthi: Yenziwe Ngokukhethekile ngendlela yesintu Lomuthi ongabhaliwe awukakaholwa yi-SAHPPRA ngekhwathi yawo, ukuphepha noma ukusetshenziswa okuhlosiwe.

**IGAMA NEKHELI LEBHIZINISI**

**Ikhizizwe abakwa:** Kwizda Pharma GmbH, Effingergasse 21, A-1160 Vienna, Austria

**Ithengiswe abakwa:** Inova Pharmaceuticals (Pty) Ltd, 15E Riley Road, Bedfordview, 2007 Ucingo: +27 11 087 0000 www.inovapharma.co.za

**USUKU LOKUSHICILELWA NOKUFAKWA KWALELIPHEPHA**

**LEMAYALELO**

September 2019

Pholtex®

# BRONCHO STOP® COUGH SYRUP

IPHESHANA LEMINNINGWANE YESIGULI

Okuphelele Kulomuthi: Yenziwe Ngokukhethekile ngendlela yesintu

Lomuthi ongabhaliwe awukakaholwa yi-SAHPPRA ngekhwathi yawo, ukuphepha noma ukusetshenziswa okuhlosiwe.

**INDELELA YOKUHELELA**

[S0]

**IGAMA LOKUZIPHATHA NEFOMU LOKUWUSEBENZISA**

**PHOLTEX BRONCHOSTOP COUGH SYRUP Cough syrup**

Kufunde ngokucophelela konke okukuleli pheshana ngoba liqukethe iminingwane ebalulekile kuwe.)

**PHOLTEX BRONCHOSTOP COUGH SYRUP** cough syrup itholakala ngaphandle kwencwadi kadokotela.

Noma kunjalo, usadinga ukusebenzisa i-PHOLTEX BRONCHOSTOP COUGH SYRUP ngokucophelela ukuze uthole imiphumela emihle kuyo.

- Lincine lelipheshana ngoba kungenzeka ulidinge futhi.
- Ungaphuzisani nge-PHOLTEX BRONCHOSTOP COUGH SYRUP nomunye umuntu.
- Buza usokhemisi wakho uma udinga iminingwane ethe xaxa noma izeluleko.
- Kufanele ubone udokotela uma ubona ukuthi awubi ngcono.

**YINI EQUKETHWE YI-PHOLTEX BRONCHOSTOP COUGH SYRUP**

Lowo nalowo 5ml uqukethe izithako ezisebenzayo ezinjenge-Thyme herb ekhipha u-39 mg kanye ne-Marshmallow izimpande ezikhapha 277 mg.

**Amagcina:**

Methyl para hydroxybenzoate 0,075 %, Propyl para hydroxybenzoate 0,040 % w/w

**Umkhizizo unoshukela:**

i-fructose 21 mg, ushukela 18 mg, sucrose 2 mg, kanye ne-xylitol 1539 mg.

Ezinye izithako yi-acacia, i-citric acid monohydrate, i-maltodextrin, i-methyl hydroxybenzoate, i-propyl hydroxybenzoate, amanzi ahlanzisiwe, i-raspberry juice engahlanjuliwe, isinandisi se raspberry (equkethe i-propylene glycol) ne-xanthan gum.

**I-PHOLTEX BRONCHOSTOP COUGH SYRUP** ayinabo utshwala, ayinayo igluten, i-lactose ayinayo, i-GMO (isakhi sofuzo esilungiselele ayinayo).

**I-PHOLTEX BRONCHOSTOP COUGH SYRUP ISETSHENZISILWA INI**

Umkhizizo wemithi yamakhambi endabuko osetshenziselwa ukusiza ukukhwehlela, njengesifuba esimanzi, nesibuhlungu, nesomile futhi esihwayayo esihambisana nokubanda, ngendlela yamakhambi esintu kuphela.

Yelapha ukukhwehlela okuyisicefe, inciphise namafinyila.

**NGAPHAMBI KOKUBA USEBENZISE I-PHOLTEX BRONCHOSTOP COUGH SYRUP:**

**UNGAYIPHUZI I-PHOLTEX BRONCHOSTOP COUGH SYRUP UMA**

- ma une-allergy kwizithako ezisebenzayo noma kwezinye izithako ze I-PHOLTEX BRONCHOSTOP COUGH SYRUP.
- I-PHOLTEX BRONCHOSTOP COUGH SYRUP iqukethe i-fructose, ushukela kanye ne-xylitol engaba nomthelela kulabo abanesifo sikashukela.

**I-PHOLTEX BRONCHOSTOP COUGH SYRUP KUFANELE ISETJENZISWE**

**NGOKUCOPELELA**

**ABAKHULELWE NABANCELISAYO**

Uma ukhulelwe noma uncelisa thintana nodokotela wakho, usokhemisi noma omunye wabezempilo ngaphambi kokuthi uyisebenzise.

**IMININGWANE EBALULEKILE MAYELANA NEZINYE IZITHAKO ZE-PHOLTEX BRONCHOSTOP COUGH SYRUP**

**I-PHOLTEX BRONCHOSTOP COUGH SYRUP** iqukethe ushukela:

i-fructose 21 mg, ushukela 18 mg, i-sucrose 2 mg, i-xylitol 1539 mg. Uma sewazi ukuthi kunoshukela othile ongeke kwakazi ukuvubekizelela, akufanele uphuzwe

**I-PHOLTEX BRONCHOSTOP COUGH SYRUP**

**UKUPHUZA EMINYE IMITHI KANYE NE-PHOLTEX BRONCHOSTOP COUGH SYRUP**

Uma kunemithi otyidayo njalo, kubalwa naleyo eyandiyngi incwadi kadokotela, imithi ehambelanayo noma eyesintu, kodwa ukubuye usebenzise ne-PHOLTEX BRONCHOSTOP COUGH SYRUP kungakudalela ezinye izinkinga zempi. Bonana nodokotela wakho, usokhemisi, noma omunye wabezempilo.

**INDELELA YOKUPHUZA I-PHOLTEX BRONCHOSTOP**

Ungaphuzisani nge-PHOLTEX BRONCHOSTOP COUGH SYRUP nomunye umuntu.

Phuza i-PHOLTEX BRONCHOSTOP COUGH SYRUP njengemiyalezo kadokotela. Buza udokotela noma usokhemisi wakho uma udinga izeluleko.

Ikuuze kahle ngaphambi kokuyiphuzwa. Sebenzisa ukhezo lokuphuzwa olunikeziwe.

**Izingane ezineminyaka engu 4 kuye kwengu 11:** 7,5 ml njalo emahoreni amathathu kuya kwamane-4 uma kunesidingo. Uma kunesidingo, isilinganiso sokuyiphuzwa ngosuku singagcina ku-6 noma sibengu 45 ml.

**Abadala nezingane ezineminyaka engaphezulu kwengu-12:** 15 ml njalo emahoreni amathathu kuya kwamane njalo uma kunesidingo. Uma kunesidingo, isilinganiso sokuyiphuzwa ngosuku singagcina ku-6 noma sibengu 90 ml.

Thintana nosompilo uma izimpawu zibebetheka noma ziphikelela ngemuva kwezinsuku eziyihlanu-5.

Ayiphuzwa izingane ezingaphansi kweminyaka emine-4.

**IZINKINGA ONGABA NAZO**

Uma uhlangabezane nomuzwa ongajwayelelel noma ube ne-allergy esabekayo, uhlobo lokuvuvukala kwesikhumba nezicubu ezingaphakathi, nokuphazamiseka kwesisu kuye kwabikwa nakho genxa yokusebenzisa imkhizizo yezokwelapha equkethe i-thyme. Asikho isiqiniseko sokuthi lokhu kuvame kangakanani.

Uma kuvela ezinye izinkinga ezingabaliwe ngenhla, khumana nabezempilo.

**IZIMPAWU EZAZIWAYO ZOKUYIPHUZA NGOKWEQILE KANYE NENDELELA YOKUZIGWEMA**

Uma ngabe uyiphuzwe ngokweqile, bonana nodokotela noma nosokhemisi wakho. Uma bengatholakali, iya esibhedlela esiseduze noma isikhungo sokulawula ubuthi.

**UNJANI LOMUTHI**

Omuthi onsundu ngokubomvu onambitheka njenge-thyme kanye nama-raspberry.

**ITHOLAKALA NGALEZIZINDELELA**

Amabhodlela aqukethe i-120 ml no-200 ml.

**IMIYALELO YOKUYIGCINA**

Igcine endaweni epholile eyomile noma engaphansi kuka-25 °C. Livale uliqinise ibhodlela ngemuva kokuwenzisa bese uwufaka ebhokisini lawo, ukuze uvikeleke elangeni nasemswakameni. Ngemuva kokuvuvula, awusebenzisa engakapheli amaviki amane-4.

**UBEKE KUDE NEZINGANE**

**INOMBOLO EMBHALISWE NGAYO**

Okuphelele Kulomuthi: Yenziwe Ngokukhethekile ngendlela yesintu Lomuthi ongabhaliwe awukakaholwa yi-SAHPPRA ngekhwathi yawo, ukuphepha noma ukusetshenziswa okuhlosiwe.

**IGAMA NEKHELI LEBHIZINISI**

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**USUKU LOKUSHICILELWA NOKUFAKWA KWALELIPHEPHA**

**LEMAYALELO**

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