

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS S0

MÉLTEEZ™ INDIGESTION, POWDER

Calcium, Magnesium, Deglycyrrhizinated liquorice (DGL) extract

Contains sugar: Sucrose 421 mg per stick.
Contains sweetener: Stevia 20 mg per stick.

Complementary Medicine
D33.7 Discipline-Specific, Combination Product

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

MÉLTEEZ INDIGESTION is available without a doctor's prescription for you to support your health. Nevertheless, you still need to use MÉLTEEZ INDIGESTION carefully to get the best results from it.

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

What is in this leaflet

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

1. What MÉLTEEZ INDIGESTION is and what it is used for

MÉLTEEZ INDIGESTION is a complementary medicine that contains the active ingredients calcium carbonate, magnesium carbonate, and liquorice extract, of which the greater part of the glycyrrhizin compound has been removed.

MÉLTEEZ INDIGESTION contributes to the normal function of digestive enzymes and promotes gastrointestinal comfort.

2. What you need to know before you take MÉLTEEZ INDIGESTION

Do not take MÉLTEEZ INDIGESTION:

- if you are hypersensitive (allergic) to any of the ingredients in MÉLTEEZ INDIGESTION (listed in section 6) or to other plants of the legume family,
- if you have hypercalcaemia (too much calcium in your blood),
- if you have hypercalciuria (too much calcium in your urine),
- if you have hyperparathyroidism (when one or more of your parathyroid glands become overactive and produce too much parathyroid hormone),
- if you have hypophosphatemia (low level of phosphate in your blood),
- if you have nephrolithiasis (kidney stones),
- if you have severe renal insufficiency (significant loss of kidney function),
- if you have Zollinger-Ellison syndrome (a rare condition where tumors grow in the pancreas or small intestine and produce too much of the hormone called gastrin, which then causes the stomach to produce too much acid),
- if you have hypermagnesemia (too much magnesium in your blood),
- if you have alkalosis (a condition where your blood and body fluids become too alkaline),
- if you have rare hereditary problems of fructose intolerance, glucose-galactose malabsorption or sucrose-isomaltase insufficiency (genetic conditions that prevent the body from properly breaking down or absorbing specific sugars),
- if you are following a low-phosphate diet.
- if you are using cardiac glycosides, e.g. digoxin.

Do not give MÉLTEEZ INDIGESTION to children under the age of 6 years.

Warnings and special precautions

Special care should be taken with MÉLTEEZ INDIGESTION. Consult a relevant healthcare provider before use:

- if you are pregnant.
- if you are breastfeeding.
- if you have impaired kidney function (kidneys aren't working as well as they should)/ kidney disease. You should be closely monitored by your doctor if you are using this product.
- if you have impaired liver function (liver isn't working as well as it should)/ liver disease.
- if you have diabetes mellitus.
- if you have edema (swelling caused by too much fluid trapped in the body's tissues).
- if you have *Myasthenia gravis* (a chronic autoimmune disease that affects the area where nerves and muscles communicate and causes muscle weakness).
- if you have any other neuromuscular disease (conditions that affect the nerves and muscles, impacting how they communicate and work together).
- if you have any cardiac (heart) conditions/disorders/diseases.
- if you have any vascular (related to arteries and veins) disorders/diseases, including high blood pressure.
- if you have hypokalaemia (low amount of potassium in your blood).
- if you take any heart medications, corticosteroids, stimulant laxatives or other health products that may contribute to electrolyte imbalances.
- if you have been told by your doctor that you have an intolerance to some sugars. Use is contraindicated in certain conditions.

Do not exceed the recommended daily dose.

Consult a relevant healthcare provider if digestive discomfort persists or worsens.

Discontinue use and consult a relevant healthcare provider if you experience flushing, dizziness, fainting, muscle paralysis, or trouble breathing.

Children and Adolescents

MÉLTEEZ INDIGESTION is contraindicated for use in children under 6 years of age.

MÉLTEEZ INDIGESTION is not indicated for use in children under 12 years of age.

Other medicines and MÉLTEEZ INDIGESTION

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

Do not take MÉLTEEZ INDIGESTION if you are taking:

- Cardiac glycosides, e.g., digoxin

Tell your doctor if you are taking any of the following medicines:

- Diuretics (water tablets), including thiazide diuretics, e.g., hydrochlorothiazide
- Tetracyclines (antibiotics), e.g., doxycycline
- Quinolones (antibiotics), e.g., ciprofloxacin, levofloxacin
- Bisphosphonates (prevent bone mass loss), e.g., alendronate
- Calcium channel blockers (used to treat heart and blood vessel conditions), e.g., amlodipine, verapamil
- Ketoconazole (used to treat fungal infections)
- Atazanavir (antiretroviral medication)
- Dolutegravir (antiretroviral medication)
- Gabapentin (used to treat epilepsy or nerve pain)
- Levothyroxine (used to treat an underactive thyroid)
- Fexofenadine (antihistamine)
- Warfarin (blood thinner)
- Antihypertensives (medicines used to treat high blood pressure)
- Paclitaxel and cisplatin (used to treat cancer)
- Corticosteroids e.g., prednisone
- Estrogen (hormones)
- Oral contraceptives
- Stimulant laxatives
- Other health products that may contribute to electrolyte imbalance
- Medications metabolised by liver enzymes

MÉLTEEZ INDIGESTION with food and drink and alcohol

None known.

Pregnancy and breastfeeding and fertility

Use is not recommended. 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 MÉLTEEZ INDIGESTION.

Driving and use of machinery

MÉLTEEZ INDIGESTION contains ingredients with possible side effects that may affect the ability to drive and use machines. It is not always possible to predict to what extent MÉLTEEZ INDIGESTION may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the extent to which MÉLTEEZ INDIGESTION affects them.

MÉLTEEZ INDIGESTION contains cool mint flavour, sucrose, debittered stevia, and silicon dioxide.

MÉLTEEZ INDIGESTION contains 421 mg sucrose per stick. Consult a relevant healthcare provider before use if you have been told by your doctor or if you suspect that you have an intolerance to some sugars. Use is contraindicated in certain conditions (See **Do not take MÉLTEEZ INDIGESTION**).

3. How to take MÉLTEEZ INDIGESTION

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

Always use MÉLTEEZ INDIGESTION exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you. Check with your doctor, pharmacist or nurse if you are not sure.

Adults and children aged 12 years and older:

Place the contents of one stick directly on the tongue and allow to dissolve slowly. Do not take more than five sticks per day.

MÉLTEEZ INDIGESTION should not be taken at the same time as some medications (see **Other medicines and MÉLTEEZ INDIGESTION**).

Not indicated for use in children under 12 years of age.

Route of administration:

Oral

If you take more MÉLTEEZ INDIGESTION than you should

You may experience sudden onset or increased severity of the side effects. You may experience drowsiness, slow heart rate, trouble breathing, dizziness or fainting, blurred or double vision, and coma, especially if you have impaired kidney function.

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

If you forget to take MÉLTEEZ INDIGESTION

Do not take a double dose to make up for forgotten individual doses. Take the usual dose as described in this leaflet.

4. Possible side effects

MÉLTEEZ INDIGESTION can have side effects.

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

If any of the following happen, stop taking MÉLTEEZ INDIGESTION and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of the hands, feet, ankles, face, lips and 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 reaction to MÉLTEEZ INDIGESTION. You may need urgent medical attention or hospitalisation.

If any of the following happen, stop taking MÉLTEEZ INDIGESTION and tell your doctor immediately or go to the casualty department at your nearest hospital:

- flushing, dizziness, fainting, muscle paralysis, or dyspnoea (trouble breathing)
 - muscle weakness, pain, "pins and needles", loss of appetite, fatigue, confusion, irritability, or seizures, which may be symptoms of hypophosphatemia
 - muscle weakness, aches, cramps, fatigue, headaches, irritability, confusion, drowsiness, frequent urination, excessive thirst, abdominal pain, or decreased appetite, which may be symptoms of hypercalcaemia
 - nausea, vomiting, confusion, light-headedness, hand tremors, numbness or tingling in the face, hands, or feet, which may be symptoms of alkalosis
 - frequent urge to urinate; continuing headache; continuing loss of appetite; nausea or vomiting; unusual tiredness or weakness; or hypercalcaemia, alkalosis, and impaired kidney function, which may be symptoms of milk-alkali syndrome.
- These are all serious side effects. You may need urgent medical attention.

Tell your doctor if you notice any of the following:

Frequency unknown:

- constipation
- diarrhoea
- flatulence
- bloating
- mild abdominal discomfort
- rebound acidity
- nausea
- vomiting

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, pharmacist or nurse. You can also report side effects to the SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who umc.org) found on SAHPRA website.

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

5. How to store MÉLTEEZ INDIGESTION

- Store all medicines out of reach of children.
- Store in a cool, dry place at or below 25 °C.
- Store in the original packaging.
- Protect from light and moisture.
- Do not use after the expiry date stated on the packaging.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of this pack and other information

What MÉLTEEZ INDIGESTION contains

The active substances per 1,20 g stick are:

Calcium carbonate	650 mg
providing Calcium (elemental)	260 mg

Magnesium carbonate	75 mg
providing Magnesium (elemental)	22 mg

Deglycyrrhizinated liquorice (DGL) extract [<i>Glycyrrhiza uralensis</i> root, 50:1 extract providing 400 mg dried herb equivalent] Extract does not contain more than 1,5 % glycyrrhizin/ glycyrrhizic acid	8 mg
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The other ingredients are:

Cool mint flavour, sucrose, debittered stevia, silicon dioxide

What MÉLTEEZ INDIGESTION looks like and contents of the pack
Sticks, filled with 1,20 g light brown powder, packed into an outer carton.
Pack size: 10

Prospective Holder of Certificate of Registration

Talo Consumer Solutions (Pty) Ltd

30 Bell Crescent

Hennospark Ext 7

Centurion

0172

This leaflet was last revised in

January 2026

Registration number

To be allocated

Access to the corresponding Professional Information

Can be obtained by scanning the QR code below.

Email: info@tcsbrands.co.za

Telephone: 012 010 0815



PASIEËNTINLIGTINGSVOUBILJET

SKEDULERING STATUS SO

MÉLTEEZ™ INDIGESTION, POEIER

Kalsium, Magnesium, Gedeglisirrisineerde "liqurice" (DGL) ekstrak

Bevat suiker: Sukrose 421 mg per sakkie.
Bevat versoeter: Stevia 20 mg per sakkie.

Komplementêre Medisyne
D33.7 Dissipline-Spesifiek, Kombinasieproduk.

Hierdie ongeregistreerde medisyne is nie deur die SAHPRA vir sy kwaliteit, veiligheid of beoogde gebruik geëvalueer nie.

Lees die hele voubiljet noukeurig deur, want dit bevat belangrike inligting vir jou

MÉLTEEZ INDIGESTION is beskikbaar sonder 'n dokter se voorskrif vir jou om jou gesondheid te ondersteun. Nietemin moet jy MÉLTEEZ INDIGESTION steeds versigtig gebruik om die beste resultate daaruit te kry.

- Bewaar hierdie voubiljet. Jy sal dit dalk weer moet lees.
- Moenie MÉLTEEZ INDIGESTION met enige ander persoon deel nie.
- Vra jou gesondheidsorgverskaffer of apteker as jy meer inligting of advies benodig.

Wat is in hierdie voubiljet

1. Wat MÉLTEEZ INDIGESTION is en waarvoor dit gebruik word
2. Wat jy moet weet voordat jy MÉLTEEZ INDIGESTION neem
3. Hoe om MÉLTEEZ INDIGESTION te neem
4. Moontlike nuwe-effekte
5. Hoe om MÉLTEEZ INDIGESTION te stoor
6. Inhoud van die pakkie en ander inligting

1. Wat MÉLTEEZ INDIGESTION is en waarvoor dit gebruik word

MÉLTEEZ INDIGESTION is 'n komplementêre medisyne wat die aktiewe bestanddele kalsiumkarbonaat, magnesiumkarbonaat en "liqurice" ekstrak, waarvan die grootste deel van die glisirisienverbinding verwyder is, bevat.

MÉLTEEZ INDIGESTION dra by tot die normale funksie van spysverteringsensieme en bevorder gastrointestinale gemak.

2. Wat jy moet weet voordat jy MÉLTEEZ INDIGESTION neem

Moenie MÉLTEEZ INDIGESTION neem:

- as jy hipersensitief (allergies) is vir enige van die bestanddele in MÉLTEEZ INDIGESTION (gelys in afdeling 6) of vir ander plante van die peulplantfamilie nie.
- as jy hiperkalsemie (te veel kalsium in jou bloed) het nie.
- as jy hiperkalsiurie (te veel kalsium in jou urine) het nie.
- as jy hiperparatiroïdisme (wanneer een of meer van jou paratiroïed kliere ooraktief word en te veel paratiroïedhormoon produseer) het nie.
- as jy hipofosfatemie (lae vlak van fosfaat in jou bloed) het nie.
- as jy nefrolitiase (nierstene) het nie.
- as jy ernstige renale ontoereikendheid (beduidende verlies aan nierfunksie) het nie.
- as jy Zollinger-Ellison-sindroom het nie ('n seldsame toestand waar gewasse in die pankreas of dunderm groei en te veel van die hormoon genaamd gastrin produseer, wat dan veroorsaak dat die maag te veel suur produseer).
- as jy hipermagnesemie (te veel magnesium in jou bloed) het nie.
- as jy alkalose ('n toestand waar jou bloed en liggaamsvloeistowwe te alkalies word) het nie.
- as jy seldsame oorerflike probleme van fruktose-intoleransie, glukose-galaktose-wanabsorpsie of sukrase-isomaltase-ontoereikendheid het nie (genetiese toestande wat verhoed dat die liggaam spesifieke suikers behoorlik afbreek of absorbeer).
- as jy 'n lae-fosfaat dieet volg nie.
- as jy hartgligkosiede, bv. digoksien gebruik nie.

Moenie MÉLTEEZ INDIGESTION aan kinders onder die ouderdom van 6 jaar gee nie.

Waarskuwings en spesiale voorsorgmaatreëls

Spesiale sorg moet geneem word met MÉLTEEZ INDIGESTION. Raadpleeg 'n relevante gesondheidsorgverskaffer voor gebruik:

- as jy swanger is.
- as jy borsvoed.
- as jy verswakte nierfunksie (niere werk nie so goed soos hulle moet nie)/niersiekte het. Jy moet noukeurig deur jou dokter gemonitor word as jy hierdie produk gebruik.
- as jy verswakte lewerfunksie (lewer werk nie so goed soos dit moet nie)/lewersiekte het.
- as jy diabetes mellitus het.
- as jy eedeem het (swelling veroorsaak deur te veel vloeistof wat in die liggaam se weefsel vasgevang is).
- as jy *Myasthenia gravis* het ('n chroniese outo-immuun siekte wat die area waar senuwees en spiere kommunikeer aantast en spierswakheid veroorsaak).
- as jy enige ander neuromuskulêre siekte het (toestande wat die senuwees en spiere aantast en beïnvloed hoe hulle kommunikeer en saamwerk).
- as jy enige kardiaale (hart-) toestande/afwykings/siektes het.
- as jy enige vasikulêre (verwant aan arteries en are) afwykings/siektes het, insluitend hoë bloeddruk.
- as jy hipokalsemie (lae hoeveelhede kalium in jou bloed) het.
- as jy enige hartmedikasie, kortikosteroïede, stimulerende lakseermiddels of ander gesondheidsprodukte neem wat tot elektrolietwanbalans kan bydra.
- as jou dokter vir jou gesê het dat jy 'n onverdraagsaamheid teenoor sommige suikers het. Gebruik is teenaangedui in sekere toestande.

Moenie die aanbevole daaglikse dosis oorskry nie.

Raadpleeg 'n relevante gesondheidsorgverskaffer indien spysverterings-ongemak voortduur of vererger.

Staak gebruik en raadpleeg 'n relevante gesondheidsorgverskaffer indien jy blosing, duiseligheid, floutes, spierverlamming of probleme met asemhaling ervaar.

Kinders en Adollesente

MÉLTEEZ INDIGESTION is teenaangedui vir gebruik in kinders onder die ouderdom van 6 jaar. MÉLTEEZ INDIGESTION is nie aangedui vir gebruik in kinders onder die ouderdom van 12 jaar nie.

Andere medisyne en MÉLTEEZ INDIGESTION

Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medisyne gebruik (dit sluit alle komplementêre of tradisionele medisyne in).

Moenie MÉLTEEZ INDIGESTION neem as jy die volgende neem nie:

- Hartgligkosiede bv. digoksien

Vertel jou dokter as jy enige van die volgende medisyne gebruik:

- Diuretika (watertablette), insluitend tiasieddiuretika bv. hidrochloortiasied
- Tetrasiklene (antibiotika) bv. doksisiklien
- Kinolone (antibiotika) bv. siprofloksasien, levofloksasien
- Bisfosfonate (voorkom beenmassaverlies) bv. alendronaat
- Kalsiumkanaalblokkeerders (gebruik om hart- en bloeddruk te behandel) bv. amlodipien, verapamil
- Ketonasool (gebruik om swaminfeksies te behandel)
- Atazanavir (antiretrovirale medikasie)
- Dolutegravir (antiretrovirale medikasie)
- Gabapentien (gebruik om epilepsie of senuweepyn te behandel)
- Levotiroksien (gebruik om 'n onderaktiewe skildklier te behandel)
- Feksofenadien (antihistamien)
- Warfarien (bloedverdunner)
- Antihipertensiewe middels (medisyne wat gebruik word om hoë bloeddruk te behandel)
- Paklitaksel en sispatrien (gebruik om kanker te behandel)
- Kortikosteroïede bv. prednison
- Estrogeen (hormone)
- Orale voorbehoedmiddels
- Stimulerende lakseermiddels
- Ander gesondheidsprodukte wat kan bydra tot elektrolietwanbalans
- Medikasie wat deur lewerensieme gemetaboliseer word

MÉLTEEZ INDIGESTION met kos en drank en alkohol

Geen bekend.

Swangerskap en borsvoeding en vrugbaarheid

Gebruik word nie aanbeveel nie. As jy swanger is of borsvoed, dink jy is dalk swanger of beplan om 'n baba te hê, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat jy MÉLTEEZ INDIGESTION gebruik.

Bestuur en gebruik van masjiene

MÉLTEEZ INDIGESTION bevat bestanddele met moontlike nuwe-effekte wat die vermoë om te bestuur en masjiene te gebruik, kan beïnvloed. Dit is nie altyd moontlik om te voorspel tot watter mate MÉLTEEZ INDIGESTION met die daaglikse aktiwiteite van 'n pasiënt kan inmeng nie. Pasiënte moet verseker dat hulle nie by bogenoemde aktiwiteite betrokke raak, totdat hulle bewus is van die mate waartoe MÉLTEEZ INDIGESTION hulle affekteer nie.

MÉLTEEZ INDIGESTION bevat koel kruisementgeur, sukrose, "debittered" stevia en silikondioksied.

MÉLTEEZ INDIGESTION bevat 421 mg sukrose per sakkie. Raadpleeg 'n relevante gesondheidsorgverskaffer voor gebruik indien jou dokter jou dit meegedeel het of indien jy vermoed dat jy 'n onverdraagsaamheid teenoor sommige suikers het. Gebruik is teenaangedui in sekere toestande (Sien **Moenie MÉLTEEZ INDIGESTION neem**).

3. Hoe om MÉLTEEZ INDIGESTION te neem

Moenie medisyne wat vir jou voorgeskryf is met enige ander persoon deel nie.

Gebruik MÉLTEEZ INDIGESTION altyd presies soos beskryf in hierdie voubiljet of soos jou dokter, apteker of verpleegster jou vertel het. Bevestig met jou dokter, apteker of verpleegster as jy nie seker is nie.

Volwassenes en kinders van 12 jaar en ouer:
Plaas die inhoud van een sakkie direk op die tong en laat dit stadig oplos. Moenie meer as vyf sakkies per dag neem nie.

MÉLTEEZ INDIGESTION moet nie terselfdertyd as sommige medikasie geneem word nie (sien **Andere medisyne en MÉLTEEZ INDIGESTION**)

Nie aangedui vir gebruik in kinders onder die ouderdom van 12 jaar nie.

Toedieningsroete:
Mondeliks

As jy meer MÉLTEEZ INDIGESTION neem as wat jy moet

Jy kan 'n skielike aanvang van verhoogde erns van die nuwe-effekte ervaar. Jy kan lomerigheid, stadige hartklop, probleme met asemhaling, duiseligheid of floutes, dowwe of dubbelvisie, en koma ervaar, veral as jy verswakte nierfunksie het.

In die geval van oordosis, raadpleeg jou dokter of apteker. Indien nie een beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

As jy vergeet om MÉLTEEZ INDIGESTION te neem

Moenie 'n dubbele dosis neem om vergeete individuele dosisse in te haal nie. Neem die gewone dosis soos in hierdie voubiljet beskryf.

4. Moontlike nuwe-effekte

MÉLTEEZ INDIGESTION kan nuwe-effekte hê.

Nie alle nuwe-effekte wat vir MÉLTEEZ INDIGESTION gerapporteer is, is in hierdie voubiljet ingesluit nie. As jou algemene gesondheid versleg of as jy enige nadelige effekte ervaar terwyl jy MÉLTEEZ INDIGESTION neem, raadpleeg asseblief jou gesondheidsorgverskaffer vir advies.

Indien enige van die volgende gebeur, hou op om MÉLTEEZ INDIGESTION te neem en vertel jou dokter dadelik of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- swelling van die hande, voete, enkels, gesig, lippe en mond of keel, wat probleme kan veroorsaak om te sluk of asem te haal
- uitslag of jeuk
- floute

Hierdie is alles baie ernstige nuwe-effekte. As jy dit het, het jy dalk 'n ernstige reaksie op MÉLTEEZ INDIGESTION gehad. Jy benodig dalk dringende mediese aandag of hospitalisasie.

As jy enige van die volgende ondervind, hou op om MÉLTEEZ INDIGESTION te neem en vertel jou dokter dadelik of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- blosing, duiseligheid, floute, spierverlamming, of dispnee (probleme met asemhaling)
- spierswakheid, pyn, "naalde-en-spelde", verlies aan eetlus, moegheid, verwarring, geïrriteerdheid, of aanvalle, wat simptome van hipofosfatemie kan wees
- spierswakheid, pyn, krampe, moegheid, hoofpyn, geïrriteerdheid, verwarring, lomerigheid, gereelde urinering, oormatige dors, buikpyn, of verminderde eetlus, wat simptome van hiperkalsemie kan wees
- naarheid, braking, verwarring, lighoofdigheid, handbewing, gevoelloosheid of tinteling in die gesig, hande of voete, wat simptome van alkalose kan wees
- gereelde behoefte om te urineer; aanhoudende hoofpyn; aanhoudende verlies aan eetlus; naarheid of braking; ongewone moegheid of swakheid; of hiperkalsemie, alkalose en ingekorte nierfunksie, wat simptome van melk-alkali-sindroom kan wees.

Dit is alles ernstige nuwe-effekte. Jy benodig dalk dringende mediese hulp.

Vertel jou dokter as jy enige van die volgende opmerk:

Frekwensie onbekend:

- hardlywigheid
- diarree
- winderigheid
- opgeblasenheid
- ligte abdominale ongemak
- terugkerende suurheid
- naarheid
- braking

Indien jy enige nuwe-effekte opmerk wat nie in hierdie voubiljet genoem word nie, stel asseblief jou dokter of apteker in kennis.

Rapportering van nuwe-effekte

As jy nuwe-effekte ervaar, praat met jou dokter, apteker of verpleegster. Jy kan ook nuwe-effekte aan die SAHPRA rapporteer via die Med Safety APP (Medsafety X SAHPRA) en eReporting-platform (who.ume.org) wat op die SAHPRA-webwerf gevind kan word.

Deur nuwe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van MÉLTEEZ INDIGESTION te verskaf.

5. Hoe om MÉLTEEZ INDIGESTION te stoor

- Berg alle medisyne buite bereik van kinders.
- Bêre in 'n koel, droë plek teen of onder 25 °C.
- Bêre in die oorspronklike verpakking.
- Beskerm teen lig en vog.
- Moenie gebruik na die vervaldatum wat op die verpakking aangedui word nie.
- Gee alle ongebruikte medisyne terug aan jou apteker.
- Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die pakkie en ander inligting

Wat MÉLTEEZ INDIGESTION bevat

Die aktiewe bestanddele per 1,20 g sakkie is:

Kalsiumkarbonaat verskaf Kalsium (elementaal)	650 mg 260 mg
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Magnesiumkarbonaat verskaf Magnesium (elementaal)	75 mg 22 mg
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Gedeglisirrisineerde "liqurice" (DGL) ekstrak [<i>Glycyrrhiza uralensis</i> wortel, 50:1 ekstrak wat 400 mg gedroogde kruie-ekwivalent verskaf] Ekstrak bevat nie meer as 1,5% glisirisien/ glisirisien-suur nie	8 mg
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Die ander bestanddele is:
Koel kruisementgeur, sukrose, "debittered" stevia, silikondioksied

Hoe MÉLTEEZ INDIGESTION lyk en die inhoud van die pakkie

Sakkies, gevul met 1,20 g ligbruin poeier, verpak in 'n buiteste karton. Pakgrootte: 10

Aspirant Houer van Registrasiesertifikaat

Talo Consumer Solutions (Pty) Ltd
30 Bell Crescent
Hennospark Ext 7
Centurion
0172

Hierdie voubiljet is laas hersien in

Januarie 2026

Registrasie nommer

Moet toegeken word

Toegang tot die ooreenstemmende professionele inligting

Kan verkry word deur die QR-kode hieronder te skandeer.

E-pos: info@tcsbrands.co.za
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