Patient information leaflet

Pasiënt-inligtingstuk 048262/5007/ZA

Scheduling status
Schedule 0

Skeduleringstatus
Skedule 0

Proprietary name, strength and pharmaceutical form

Handelsnaam, sterkte en farmaseutiese vorm

Zeel® T Tablets / Tablette

Read all of this leaflet carefully because it contains important information for you.
Zeel® T is available without a doctor's prescription, for you to treat a mild illness. Nevertheless you still need to use Zeel® T carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share Zeel® T 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.

Lees die hele inligtingstuk aangesien dit belangrike inligting bevat.
Zeel® T is sonder 'n doktersvoorskrif beskikbaar om 'n ligte siekte mee te behandel. Nogtans moet u Zeel® T versigtig gebruik om die beste resultate te verkry.
- Hou hierdie inligtingstuk. U mag dit weer moet lees.
- Moenie Zeel® T met enige ander persoon deel nie.
- Vra u apteker indien u meer inligting of advies benodig.
- U moet 'n geneesheer raadpleeg indien u simptome vererger of nie verbeter nie.

1. What Zeel® T contains

1 tablet cont.:
The active substances are: Cartilago suis D4 0,3 mg, Funiculus umbilicalis suis D4 0,3 mg, Embryo suis D4 0,3 mg, Placenta suis D4 0,3 mg, Toxicodendron quercifolium D2 0,54 mg, Arnica montana D1 0,6 mg, Solanum dulcamara D2 0,15 mg, Symphytum officinale D8 0,15 mg, Sanguinaria canadensis D3 0,45 mg, Sulfur D6 0,54 mg, Nadidum D6 0,03 mg, Coenzymum A D6 0,03 mg, Natrium diethyloxalaceticum D6 0,03 mg, Acidum alpha-liponicum D6 0,03 mg, Acidum silicicum D6 3 mg.
The other ingredient is: Magnesium stearate.
1 tablet contains approx. 300 mg lactose.

1. Wat Zeel® T bevat

1 tablet bevat:
Die aktiewe bestanddele is: Cartilago suis D4 0,3 mg, Funiculus umbilicalis suis D4 0,3 mg, Embryo suis D4 0,3 mg, Placenta suis D4 0,3 mg, Toxicodendron quercifolium D2 0,54 mg, Arnica montana D1 0,6 mg, Solanum dulcamara D2 0,15 mg, Symphytum officinale D8 0,15 mg, Sanguinaria canadensis D3 0,45 mg, Sulfur D6 0,54 mg, Nadidum D6 0,03 mg, Coenzymum A D6 0,03 mg, Natrium diethyloxalaceticum D6 0,03 mg, Acidum alpha-liponicum D6 0,03 mg, Acidum silicicum D6 3 mg.
Die ander bestanddeel is: Magnesiumstearaat.
1 tablet bevat ong. 300 mg laktose.

2. What Zeel® T is used for

Pharmacological classification:
D. 33.2. Homeopathy.
Discipline of the medicine: Homeopathy

This medicine is prepared in accordance with homeopathic principles and is proposed for use in arthrosis (in particular gonarthrosis); polyarthrosis, spondylarthrosis, scapulohumeral periarthritis.

2. Waarvoor Zeel® T gebruik word

Farmakologiese klassifikasie:
D. 33.2. Homeopatie.
Dissipline van die medisyne: Homeopatie

Hierdie medisyne is in ooreenstemming met homeopatiese beginsels voorberei en word voorgestel vir gebruik in artrose (spesifiek gonartrose); poli-arthrose, spondielarthrose, skapulohumerale peri-artritis.

3. Before you take Zeel® T

Do not take Zeel® T:
- if you are hypersensitive (allergic) to
  – the active substances or any of the other ingredients of Zeel® T.
  – botanicals of the Compositae family or the genus Rhus of the Anacardiaceae family.
- Zeel® T should be used only in consultation with a physician in cases of active or prior liver disease and/or if used in combination with hepatotoxic drugs.
- Because it contains bloodroot (Sanguinaria canadensis), Zeel® T should not be used during pregnancy and lactation.

Pregnancy and breastfeeding:
Do not use during pregnancy and lactation (see Do not take Zeel® T).

Important information about some of the ingredients of Zeel® T:
This preparation contains natural lactose. Although the quantity of lactose present is probably not sufficient to cause discomfort, a health professional should be consulted in strong cases of lactose intolerance. A temporary aggravation of the existing symptoms is possible after taking a homeopathic preparation.

Taking other medicines with Zeel® T:
If you are taking other medicines on a regular basis, including complementary or traditional medicines, the use of Zeel® T with these medicines may cause undesirable interactions.
Please consult your doctor, pharmacist or other healthcare professional for advice.

3. Voordat u Zeel® T neem

Moenie Zeel® T neem:
- indien u hipersensitief (allergies) is
  – vir die aktiewe bestanddele of vir enige ander bestanddele van Zeel® T nie.
  – plante van die Compositae familie of die genus Rhus van die Anacardiaceae familie.
- Zeel® T moet slegs in konsultasie met 'n geneesheer gebruik word in gevalle van aktiewe of voorafgaande lewersiektes en/of indien dit in kombinasie met hepatotoksiese geneesmiddels gebruik word.
- Aangesien dit bloedwortel (Sanguinaria canadensis) bevat, moet Zeel® T nie tydens swangerskap en borsvoeding gebruik word nie.

Swangerskap en borsvoeding:
Moenie tydens swangerskap en borsvoeding gebruik nie (sien Moenie Zeel® T neem).

Belangrike inligting omtrent sommige van die bestanddele van Zeel® T:
Hierdie preparaat bevat natuurlike laktose. Hoewel die hoeveelheid laktose aanwesig waarskynlik nie genoegsaam is om ongemak te veroorsaak nie, moet 'n professionele gesondheidswerker geraadpleeg word in gevalle van sterk laktose-intoleransie. 'n Tydelike verergering van die bestaande simptome is moontlik na die inname van 'n homeopatiese preparaat.

Die neem van ander medisyne met Zeel® T:
Indien u op 'n gereelde basis ander medisyne neem, insluitend komplementêre of tradisionele medisyne, mag die gebruik van Zeel® T met hierdie medisyne ongewenste interaksies tot gevolg hê.
Raadpleeg asseblief u geneesheer, apteker of ander professionele gesondheidswerker vir advies.

4. How to take Zeel® T

Do not share medicines prescribed for you with any other person.
Always take Zeel® T exactly as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure.

The usual dose is:
Adults (and children 12 years and older):
1 tablet 3x daily.
Children: 6–11 years:
1 tablet 2x daily.

Acute or initial dosage:
Adults (and children 12 years and older):
1 tablet every ½ to 1 hour, up to 12x daily, and then continue with usual dosage.
Children 6–11 years:
1 tablet every 1 to 2 hours, up to 8x daily, and then continue with usual dosage.

Method of administration:
The tablets should be allowed to dissolve slowly in the mouth. For children it is recommended to crush the tablet and administer it dissolved in a little water.

It is recommended not to eat or drink 15 minutes before or after taking the medication.

If you take more Zeel® T than you should:
In the event of overdosage, consult your doctor or pharmacist. If neither is available, seek help at the nearest hospital or poison control centre.

If you forget to take Zeel® T:
Do not take a double dose to make up for forgotten individual doses.

4. Hoe om Zeel® T te neem

Moenie medisyne wat vir u voorgeskryf is met enige ander persoon deel nie.
Neem Zeel® T altyd presies soos wat dit vir u voorgeskryf is. U moet met u geneesheer of apteker kontroleer indien u onseker is.

Die gewone dosis is:
Volwassenes (en kinders 12 jaar en ouer):
1 tablet 3x daagliks.
Kinders 6–11 jaar:
1 tablet 2x daagliks.

Akute of aanvanklike dosis:
Volwassenes (en kinders 12 jaar en ouer):
1 tablet elke ½ tot 1 uur, tot 12x daagliks en gaan dan voort met die gewone dosis.
Kinders 6–11 jaar:
1 tablet elke 1 tot 2 uur, tot 8x daagliks en gaan dan voort met die gewone dosis.

Metode van administrasie:
Die tablette moet stadig in die mond opgelos word. Vir kinders word dit aanbeveel om die tablet fyn te maak en in 'n bietjie water opgelos, toe te dien.

Dit word aanbeveel dat daar vir 15 minute voordat en nadat die medikasie geneem word, nie geëet of gedrink word nie.

Indien u meer Zeel® T neem as wat u moet:
In die geval van 'n oordosering, raadpleeg asseblief u geneesheer of apteker. Indien nie een van hulle beskikbaar is nie, soek hulp by die naaste hospitaal of gifbeheersentrum.

Indien u vergeet om Zeel® T te neem:
Moenie 'n dubbeldosis neem om op te maak vir vergete individuele dosisse nie.

5. Possible side effects

Zeel® T can have side effects.
During treatment with medications containing sanguinarin, elevated levels of liver enzymes (transaminases) and bilirubin have been observed in individual cases, to the point of druginduced hepatitis and jaundice. These symptoms abated when treatment was discontinued.
In very rare cases, gastrointestinal symptoms or skin reactions may appear as late as several days after using the medication.
Not all side effects reported for Zeel® T are included in this leaflet. Should your general health worsen while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice.
If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

5. Moontlike newe-effekte

Zeel® T kan newe-effekte hê.
Tydens behandeling met medikasies wat sanguinarien bevat, is verhoogde lewerensiemvlakke in individuele gevalle gerapporteer, tot die punt van geneesmiddelgeïnduseerde hepatitis en geelsug. Hierdie simptome het verminder wanneer behandeling gestaak is.
In uiters seldsame gevalle mag gastro-intestinale simptome of velreaksies tot so laat as verskeie dae na gebruik van die medisyne voorkom.
Nie alle newe-effekte wat vir Zeel® T gerapporteer is word in hierdie inligtingstuk ingesluit nie. Sou u algemene gesondheid vererger terwyl u hierdie medisyne neem, raadpleeg asseblief u geneesheer, apteker of ander professionele gesondheidswerker vir advies.
Indien u enige newe-effekte opmerk wat nie in hierdie inligtingstuk genoem word nie, stel asseblief u geneesheer of apteker in kennis.

6. Storing and disposing of Zeel® T

Keep all medicines out of the reach and sight of children.
- Store in a cool (below 25 °C) dry place.
- Close tablet tube immediately after use.

6. Opberging van en beskikking oor Zeel® T

Bêre alle medisyne buite die bereik en sig van kinders.
- Bêre in 'n koel (onder 25 °C) droë plek.
- Maak houer onmiddellik na gebruik toe.

7. Presentation of Zeel® T

Containers of 50 tablets.

7. Aanbieding van Zeel® T

Houers van 50 tablette.

8. Identification of Zeel® T

White to slightly yellow tablets.

8. Identifikasie van Zeel® T

Wit tot effens geel tablette.

9. Registration number / Reference number

U 5517 (Act 101/1965)

9. Registrasienommer / Verwysingsnommer

U 5517 (Wet 101/1965)

10. Name and business address of the holder of the certificate of registration

ModHomCo (Pty) Ltd
96 Amsterdam Street
Clubview, 0157 Centurion

10. Naam en besigheidsadres van die houer van die registrasiesertifikaat

ModHomCo (Edms) Bpk
Amsterdamstraat 96
Clubview, 0157 Centurion

11. Date of publication

August 2024

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

11. Datum van publikasie

Augustus 2024

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

-Heel

Zeel® T

Tablets / Tablette

1. Scheduling status
Schedule 0

1. Skeduleringstatus
Skedule 0

2. Proprietary name and dosage form
Zeel® T Tablets

2. Handelsnaam en doseervorm
Zeel® T Tablette

3. Composition
1 tablet cont.: Cartilago suis D4 0,3 mg, Funiculus umbilicalis suis D4 0,3 mg, Embryo suis D4 0,3 mg, Placenta suis D4 0,3 mg, Toxicodendron quercifolium D2 0,54 mg, Arnica montana D1 0,6 mg, Solanum dulcamara D2 0,15 mg, Symphytum officinale D8 0,15 mg, Sanguinaria canadensis D3 0,45 mg, Sulfur D6 0,54 mg, Nadidum D6 0,03 mg, Coenzymum A D6 0,03 mg, Natrium diethyloxalaceticum D6 0,03 mg, Acidum alpha-liponicum D6 0,03 mg, Acidum silicicum D6 3 mg.
Excipient: Magnesium stearate.
1 tablet contains approx. 300 mg lactose.

3. Samestelling
1 tablet bevat: Cartilago suis D4 0,3 mg, Funiculus umbilicalis suis D4 0,3 mg, Embryo suis D4 0,3 mg, Placenta suis D4 0,3 mg, Toxicodendron quercifolium D2 0,54 mg, Arnica montana D1 0,6 mg, Solanum dulcamara D2 0,15 mg, Symphytum officinale D8 0,15 mg, Sanguinaria canadensis D3 0,45 mg, Sulfur D6 0,54 mg, Nadidum D6 0,03 mg, Coenzymum A D6 0,03 mg, Natrium diethyloxalaceticum D6 0,03 mg, Acidum alpha-liponicum D6 0,03 mg, Acidum silicicum D6 3 mg.
Bymiddel: Magnesiumstearaat.
1 tablet bevat ong. 300 mg laktose.

4. Pharmacological classification
D. 33.2. Homeopathy.

4. Farmakologiese klassifikasie
D. 33.2. Homeopatie.

5. Pharmacological action
Action based on homeopathic principles.

5. Farmakologiese werking
Werking gebaseer op homeopatiese beginsels.

6. Indications
This medicine is prepared in accordance with homeopathic principles and is proposed for use in arthrosis (in particular gonarthrosis); polyarthrosis, spondylarthrosis, scapulohumeral periarthritis.

6. Indikasies
Hierdie medisyne is in ooreenstemming met homeopatiese beginsels voorberei en word voorgestel vir gebruik in artrose (spesifiek gonartrose); poli-arthrose, spondielarthrose, skapulohumerale peri-artritis.

7. Contraindications
Hypersensitivity to botanicals of the Compositae family or the genus Rhus of the Anacardiaceae family.
Zeel® T should be used only in consultation with a physician in cases of active or prior liver disease and/or if used in combination with hepatotoxic drugs.
Because it contains bloodroot (Sanguinaria canadensis), Zeel® T should not be used during pregnancy and lactation.

7. Kontra-indikasies
Hipersensitiwiteit vir plante van die Compositae familie of die genus Rhus van die Anacardiaceae familie.
Zeel® T moet in konsultasie met 'n geneesheer gebruik word in gevalle van aktiewe of voorafgaande lewersiektes en/of in kombinasie met hepatotoksiese geneesmiddels.
Aangesien dit bloedwortel (Sanguinaria canadensis) bevat, moet Zeel® T nie tydens swangerskap en borsvoeding gebruik word nie.

8. Warnings
This preparation contains natural lactose. Although the quantity of lactose present is probably not sufficient to cause discomfort, a health professional should be consulted in strong cases of lactose intolerance. A temporary aggravation of the existing symptoms is possible after taking a homeopathic preparation.

8. Waarskuwings
Hierdie preparaat bevat natuurlike laktose. Hoewel die hoeveelheid laktose aanwesig waarskynlik nie genoegsaam is om ongemak te veroorsaak nie, moet 'n professionele gesondheidswerker geraadpleeg word in gevalle van sterk laktose-intoleransie. 'n Tydelike verergering van die bestaande simptome is moontlik na die inname van 'n homeopatiese preparaat.

9. Interactions
No interactions studies have been performed.

9. Interaksies
Geen interaksie-studies is uitgevoer nie.

10. Pregnancy and lactation
Not to be used during pregnancy and lactation (see Contraindications).

10. Swangerskap en borsvoeding
Moet nie tydens swangerskap en borsvoeding gebruik word nie (sien Kontra-indikasies).

11. Dosage and directions for use
The usual dose is:
Adults (and children 12 years and older):
1 tablet 3x daily.
Children 6–11 years:
1 tablet 2x daily.

Acute or initial dosage:
Adults (and children 12 years and older):
1 tablet every ½ to1 hour, up to 12x daily, and then continue with usual dosage.
Children 6–11 years:
1 tablet every 1 to 2 hours, up to 8x daily, and then continue with usual dosage.

The tablets should be allowed to dissolve slowly in the mouth. For children it is recommended to crush the tablet and administer it dissolved in a little water.

It is recommended not to eat or drink 15 minutes before or after taking the medication.

11. Dosering en gebruiksaanwysings
Die gewone dosis is:
Volwassenes (en kinders 12 jaar en ouer):
1 tablet 3x daagliks.
Kinders 6–11 jaar:
1 tablet 2x daagliks.

Akute of aanvanklike dosis:
Volwassenes (en kinders 12 jaar en ouer):
1 tablet elke ½ tot 1 uur, tot 12x daagliks en gaan dan voort met die gewone dosis.
Kinders 6–11 jaar:
1 tablet elke 1 tot 2 uur, tot 8x daagliks en gaan dan voort met die gewone dosis.

Die tablette moet stadig in die mond opgelos word. Vir kinders word dit aanbeveel om die tablet fyn te maak en in 'n bietjie water opgelos, toe te dien.

Dit word aanbeveel dat daar vir 15 minute voordat en nadat die medikasie geneem word, nie geëet of gedrink word nie.

12. Side effects and special precautions
12.1 Side effects
During treatment with medications containing sanguinarin, elevated levels of liver enzymes (transaminases) and bilirubin have been observed in individual cases, to the point of druginduced hepatitis and jaundice. These symptoms abated when treatment was discontinued.

In very rare cases, gastrointestinal symptoms or skin reactions may appear as late as several days after using the medication.

12.2 Special precautions

12.3 Effects on ability to drive and use machines
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12. Newe-effekte en spesiale voorsorgmaatreëls
12.1 Newe-effekte
Tydens behandeling met medikasies wat sanguinarien bevat, is verhoogde vlakke van lewerensieme (transaminases) en bilirubien in individuele gevalle gerapporteer. Hierdie simptome het verminder wanneer behandeling gestaak is.

In uiters seldsame gevalle mag gastro-intestinale simptome of velreaksies so laat as verskeie dae na gebruik van die medikasie verskyn.

12.2 Spesiale voorsorgmaatreëls

12.3 Effekte op die vermoë om motorvoertuie te bestuur en masjinerie te gebruik
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13. Known symptoms of overdosage and particulars of its treatment
None known.

13. Bekende simptome van oordosering en besonderhede van die behandeling daarvan
Geen bekend nie.

14. Identification
White to slightly yellow tablets.

14. Identifikasie
Wit tot effens geel tablette.

15. Presentation
Containers of 50 tablets.

15. Aanbieding
Houers van 50 tablette.

16. Storage instructions
Store in a cool (below 25 °C) dry place beyond the reach of children. Close tablet tube immediately after use.

16. Opbergingsinstruksies
Bêre in 'n koel (onder 25 °C) droë plek buite die bereik van kinders. Maak die houer onmiddellik na gebruik toe.

17. Registration number
U 5517 (Act 101/1965)

17. Registrasienommer
U 5517 (Wet 101/1965)

18. Name and business address of the holder of the certificate of registration
ModHomCo (Pty) Ltd
96 Amsterdam Street
Clubview, 0157 Centurion
Manufactured in Germany.

18. Naam en besigheidsadres van die houer van die registrasiesertifikaat
ModHomCo (Edms) Bpk
Amsterdamstraat 96
Clubview, 0157 Centurion
Vervaardig in Duitsland.

19. Date of publication of the professional information
August 2024

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

19. Datum van publikasie van hierdie professionele inligting
Augustus 2024

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

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