



Patient information leaflet

Scheduling status
Schedule 0

**Proprietary name, strength and
pharmaceutical form**

Gripp-Heel®

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

Gripp-Heel® is available without a doctor's prescription, for you to treat a mild illness. Nevertheless you still need to use Gripp-Heel® carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Gripp-Heel® 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.

1. What Gripp-Heel® contains

1 tablet cont.:

The active substances are: Aconitum napellus D4 120 mg, Bryonia cretica D4 60 mg, Lachesis mutus D12 60 mg, Eupatorium perfoliatum D3 30 mg, Phosphorus D5 30 mg.

The other ingredient is: Magnesium stearate.

1 tablet contains approx. 300 mg lactose.

2. What Gripp-Heel® 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 influenza and influenzal infections and for the stimulation of the endogenic defence system in other feverish infectious diseases.

3. Before you take Gripp-Heel®

Do not take Gripp-Heel®:

- if you are hypersensitive (allergic) to the active substances or any of the other ingredients of Gripp-Heel®.

Pregnancy and breastfeeding:

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

Important information about some of the ingredients of Gripp-Heel®:

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 Gripp-Heel®:

If you are taking other medicines on a regular basis, including complementary or traditional medicines, the use of Gripp-Heel® with these medicines may cause undesirable interactions.

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

4. How to take Gripp-Heel®

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

Always take Gripp-Heel® 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:

In general, 1 tablet 3x daily.

Children 6-11 years: In general, 1 tablet 2x daily.

Children 2-5 years: In general, 1 tablet 1-2x daily.

Infants up to 2 years: In general, 1 tablet 1x 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.

Children 2-5 years: 1 tablet every 1 to 2 hours, up to 6x daily, and then continue with usual dosage.

Children younger than 2 years: 1 tablet every 1 to 2 hours, up to 4x daily, and then continue with usual dosage.

The tablets should be allowed to dissolve slowly in the mouth.

For children and infants, it is recommended to crush the tablet and administer it dissolved in a little water.

Do not eat or drink 15 minutes before or after taking the medication.

If you take more Gripp-Heel® 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 Gripp-Heel®:

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

5. Possible side effects

Gripp-Heel® can have side effects.

None known.

Not all side effects reported for Gripp-Heel® 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.

6. Storing and disposing of Gripp-Heel®

Keep all medicines out of the reach and sight of children.

- Store in a cool (below 25 °C) dry place.

7. Presentation of Gripp-Heel®

Containers of 50 tablets.

8. Identification of Gripp-Heel®

White to yellow/white tablets.

9. Registration number / Reference number

U 5496 (Act 101/1965)

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

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

11. Date of publication

June 2024

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



Pasiënt-inligtingstuk

015211/5008/ZA

Skeduleringstatus
Skedule 0

**Handelsnaam, sterkte en
farmaseutiese vorm**

Tablets / Tablette

Lees die hele inligtingstuk noukeurig aangesien dit belangrike inligting bevat.

Gripp-Heel® is sonder 'n doktersvoorskrif beskikbaar om 'n ligte siekte mee te behandel. Nogtans moet u Gripp-Heel® versigtig gebruik om die beste resultate te verkry.

- Hou hierdie inligtingstuk. U mag dit weer moet lees.
- Moenie Gripp-Heel® 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. Wat Gripp-Heel® bevat

1 tablet bevat:

Die aktiewe bestanddele is: Aconitum napellus D4 120 mg, Bryonia cretica D4 60 mg, Lachesis mutus D12 60 mg, Eupatorium perfoliatum D3 30 mg, Phosphorus D5 30 mg.

Die ander bestanddeel is: Magnesiumstearaat.

1 tablet bevat ong. 300 mg laktose.

2. Waarvoor Gripp-Heel® 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 griep en griepinfeksies en vir die stimulering van die endogene verdedigingstelsel in ander koorsige infektiewe siektes.

3. Voordat u Gripp-Heel® neem

Moenie Gripp-Heel® neem:

- indien u hipersensitief (allergies) is vir die aktiewe bestanddele of enige van die ander bestanddele van Gripp-Heel®.

Swangerskap en borsvoeding:

Indien u swanger is of u baba borsvoed terwyl u hierdie medisyne neem, raadpleeg asseblief u geneesheer, apteker of ander professionele gesondheidswerker vir advies.

Belangrike inligting omtrent sommige van die bestanddele van Gripp-Heel®:

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

Die neem van ander medisyne met Gripp-Heel®:

Indien u op 'n gereelde basis ander medisyne neem, insluitend komplementêre en tradisionele medisyne, mag die gebruik van Gripp-Heel® saam met hierdie medisyne ongewenste interaksies tot gevolg hê.

Raadpleeg asseblief u geneesheer, apteker of ander professionele gesondheidswerker vir advies.

4. Hoe om Gripp-Heel® te neem

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

Neem Gripp-Heel® altyd presies soos wat dit vir u voorgeskryf is. Kontroleer met u geneesheer of apteker indien u onseker is.

Die gewone dosis is:

Volwassenes en kinders 12 jaar en ouer:

In die algemeen, 1 tablet 3x per dag.

Kinders 6-11 jaar: In die algemeen, 1 tablet 2x per dag.

Kinders 2-5 jaar: In die algemeen, 1 tablet 1-2x per dag.

Babas tot 2 jaar oud: In die algemeen, 1 tablet 1x per dag.

Akute of aanvanklike dosis:

Volwassenes en kinders 12 jaar en ouer: 1 tablet elke ½ tot 1 uur, tot 12x daaglik, en gaan dan voort met die gewone dosis.

Kinders 6-11 jaar: 1 tablet elke 1 tot 2 uur, tot 8x daaglik, en gaan dan voort met die gewone dosis.

Kinders 2-5 jaar: 1 tablet elke 1 tot 2 uur, tot 6x daaglik, en gaan dan voort met die gewone dosis.

Kinders jonger as 2 jaar: 1 tablet elke 1 tot 2 uur, tot 4x daaglik, en gaan dan voort met die gewone dosis.

Die tablette moet stadig in die mond opgelos word.

Vir kinders en babas word dit aanbeveel om die tablette fyn te maak en in 'n bietjie water opgelos, toe te dien.

Moenie vir 15 minute voordat of nadat die medikasie geneem word eet of drink nie.

Indien u meer Gripp-Heel® neem as wat u moet:

In die geval van 'n oordosering, raadpleeg u geneesheer of apteker. Indien nie een van hulle beskikbaar is nie, soek hulp by die naaste hospitaal of gifbeheersentrum.

Indien u vergeet om Gripp-Heel® te neem:

Moenie 'n dubbeldosis neem om op te maak vir vergete individuele dosisse nie.

5. Moontlike nowe-effekte

Gripp-Heel® kan nowe-effekte hê.

Geen bekend nie.

Nie alle nowe-effekte wat vir Gripp-Heel® 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 nowe-effekte opmerk wat nie in hierdie inligtingstuk genoem word nie, stel asseblief u geneesheer of apteker in kennis.

6. Opberging van en beskikking oor Gripp-Heel®

Bêre alle medisyne buite die bereik en sig van kinders.

- Bêre in 'n koel (onder 25 °C) droë plek.

7. Aanbieding van Gripp-Heel®

Houers van 50 tablette.

8. Identifikasie van Gripp-Heel®

Wit tot geelwit tablette.

9. Registrasienommer / Verwysingsnommer

U 5496 (Wet 101/1965)

10. Naam en besigheidsadres van die houer van die registrasiesertifikaat

ModHomCo (Edms) Bpk
Amsterdamstraat 96, Clubview, 0157 Centurion

11. Datum van publikasie

Junie 2024

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

-Heel



Gripp-Heel®

1. Scheduling status

Schedule 0

2. Proprietary name and dosage form

Gripp-Heel® Tablets

3. Composition

1 tablet cont.: Aconitum napellus D4 120 mg, Bryonia cretica D4 60 mg, Lachesis mutus D12 60 mg, Eupatorium perfoliatum D3 30 mg, Phosphorus D5 30 mg.
Excipient: Magnesium stearate.
1 tablet contains approx. 300 mg lactose.

4. Pharmacological classification

D. 33.2. Homeopathy.

5. Pharmacological action

Action based on homeopathic principles.

6. Indications

This medicine is prepared in accordance with homeopathic principles and is proposed for use in influenza and influenzal infections and for the stimulation of the endogenic defence system in other feverish infectious diseases.

7. Contraindications

Hypersensitivity to any of the ingredients, including excipients.

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.

9. Interactions

No interactions studies have been performed.

10. Pregnancy and lactation

Safety and/or efficacy has not been established.

11. Dosage and directions for use

The usual dose is:

Adults and children 12 years and older:

In general, 1 tablet 3x daily.

Children 6-11 years: In general, 1 tablet 2x daily.

Children 2-5 years: In general, 1 tablet 1-2x daily.

Infants up to 2 years: In general, 1 tablet 1x 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.

Children 2-5 years: 1 tablet every 1 to 2 hours, up to 6x daily, and then continue with usual dosage.

Children younger than 2 years: 1 tablet every 1 to 2 hours, up to 4x daily, and then continue with usual dosage.

The tablets should be allowed to dissolve slowly in the mouth.

For children and infants, it is recommended to crush the tablet and administer it dissolved in a little water.

Do not eat or drink 15 minutes before or after taking the medication.

12. Side effects and special precautions

12.1 Side effects

None known.

12.2 Special precautions

None known.

12.3 Effects on ability to drive and use machines

13. Known symptoms of overdose and particulars of its treatment

None known.

14. Identification

White to yellow/white tablets.

15. Presentation

Containers of 50 tablets.

16. Storage instructions

Store in a cool (below 25 °C) dry place beyond the reach of children.

17. Registration number

U 5496 (Act 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.

19. Date of publication of the professional information

June 2024

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

Tablets / Tablette

1. Skeduleringstatus

Skedule 0

2. Handelsnaam en doseervorm

Gripp-Heel® Tablette

3. Samestelling

1 tablet bevat: Aconitum napellus D4 120 mg, Bryonia cretica D4 60 mg, Lachesis mutus D12 60 mg, Eupatorium perfoliatum D3 30 mg, Phosphorus D5 30 mg.
Bymiddel: Magnesiumstearaat.
1 tablet bevat ong. 300 mg laktose.

4. Farmakologiese klassifikasie

D. 33.2. Homeopatie.

5. Farmakologiese werking

Werkling gebaseer op homeopatiese beginsels.

6. Indikasies

Hierdie medisyne is in ooreenstemming met homeopatiese beginsels voorberei en word voorgestel vir gebruik in griep en griepinfeksies en vir die stimulering van die endogene verdedigingstelsel in ander koorsige infektiewe siektes.

7. Kontra-indikasies

Hipersensitiwiteit vir enige van die bestanddele, insluitend die bymiddels.

8. Waarskuwings

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

9. Interaksies

Geen interaksie-studies is uitgevoer nie.

10. Swangerskap en borsvoeding

Veiligheid en/of doeltreffendheid is nie vasgestel nie.

11. Dosering en gebruiksaanwysings

Die gewone dosis is:

Volwassenes en kinders 12 jaar en ouer:

In die algemeen, 1 tablet 3x per dag.

Kinders 6-11 jaar: In die algemeen, 1 tablet 2x per dag.

Kinders 2-5 jaar: In die algemeen, 1 tablet 1-2x per dag.

Babas tot 2 jaar oud: In die algemeen, 1 tablet 1x per dag.

Akute of aanvanklike dosis:

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Kinders 6-11 jaar:

1 tablet elke 1 tot 2 uur, tot 8x daaglik, en gaan dan voort met die gewone dosis.

Kinders 2-5 jaar: 1 tablet elke 1 tot 2 uur, tot 6x daaglik, en gaan dan voort met die gewone dosis.

Kinders jonger as 2 jaar: 1 tablet elke 1 tot 2 uur, tot 4x daaglik, en gaan dan voort met die gewone dosis.

Die tablette moet stadig in die mond opgelos word.

Vir kinders en babas word dit aanbeveel om die tablette fyn te maak en in 'n bietjie water opgelos, toe te dien.

Moenie vir 15 minute voordat of nadat die medikasie geneem word eet of drink nie.

12. Nuwe-effekte en spesiale voorsorgmaatreëls

12.1 Nuwe-effekte

Geen bekend nie.

12.2 Spesiale voorsorgmaatreëls

Geen bekend nie.

12.3 Effekte op die vermoë om motorvoertuie te bestuur en masjinerie te gebruik

13. Bekende simptome van oordosering en besonderhede van die behandeling daarvan

Geen bekend nie.

14. Identifikasie

Wit tot geelwit tablette.

15. Aanbieding

Houers van 50 tablette.

16. Opbergingsinstruksies

Bêre in 'n koel (onder 25 °C) droë plek buite die bereik van kinders.

17. Registrasienommer

U 5496 (Wet 101/1965)

18. Naam en besigheids-adres van die houer van die registrasie-sertifikaat

ModHomCo (Edms) Bpk
Amsterdamstraat 96
Clubview, 0157 Centurion
Vervaardig in Duitsland.

19. Datum van publikasie van hierdie professionele inligting

Junie 2024

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