



PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: Unscheduled.

Category D: Complementary medicine.

Discipline: D33.6 Other (Western Herbal Complimentary Medicine)

PROPRIETARY NAME, STRENGTH, AND PHARMACEUTICAL FORM

Diurberbe Forte, 40 Tablets

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

- **Diurberbe Forte** is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use **Diurberbe Forte** carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share **Diurberbe Forte** with any other person.
- Ask your pharmacist or healthcare practitioner if you need more information or advice.

WHAT DIURBERBE FORTE CONTAINS

Each 1 Tablet of Diurberbe Forte contains the following actives:

Birch (<i>Betula pendula</i>)	Leaves	300 mg
<i>Betula pubescens</i>	Leaves	300 mg
• total flavonoids as hyperoside 15 mg		
Hawthorn dry extract tit. 1% (<i>Pilosella Hieracium</i>)	Herb	500 mg
• of which flavonoids as vitexin 5 mg		
Orthosiphon dry extract tit. 0,2% (<i>Orthosiphon stamineus Benth</i>)		200 mg
• of which sinenstin 0,4 mg		
Goldenrod dry extract (<i>Solidago virgaurea L</i>)	Herb with flowers	200 mg
Bermuda grass dry extract (<i>Agropyrum repens Beauv.</i>)	grass	100 mg
Horsetail dry extract tit. 2%		
(<i>Equisetum</i>)		100 mg
• of which silica 2 mg		
Potassium (with Magnesium carbonate)		300 mg
Magnesium		5 mg
Chlorides		4 mg

Other ingredients:

Silicon Dioxide
Magnesium salts with fatty acids
Hydroxypropylmethyl cellulose
Microcrystalline cellulose
Glycerol
Fatty acids
Titanium dioxide
Copper complexes of chlorophylls

WHAT DIURBERBE FORTE IS USED FOR

Diurberbe Forte is a dietary supplement made from plant extracts combined with a natural form of potassium and magnesium salts. Magnesium contributes to the balance of electrolytes in the human body. The plant extracts are useful in promoting the elimination of excess fluids in the body.

BEFORE YOU TAKE DIURBERBE FORTE

Do not take **Diurberbe Forte** if you are hypersensitive (allergic) to any of the ingredients.

This medicine has not been evaluated by SAHPRA for quality, safety, or intended use. This medicine is not intended to diagnose, treat, cure or prevent any disease.

PREGNANCY AND BREASTFEEDING

Safety during pregnancy and breastfeeding has not been established. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please do not take this medicine.

TAKING OTHER MEDICINES WITH DIURBERBE FORTE

Always tell your healthcare provider if you are taking any other medicine.

HOW TO TAKE DIURBERBE FORTE

Do not share medicines prescribed for you with any other person. Always take **Diurberbe Forte** exactly as described in this leaflet, or as your doctor, healthcare provider has instructed you. You should check with your doctor, pharmacist or healthcare provider if you are unsure.

Directions for use: Take 2 tablets a day, with abundant liquid, on any empty stomach.

Not suitable for children.

Stop taking **Diurberbe Forte** at least two weeks before scheduled surgery.

IF YOU TAKE MORE DIURBERBE FORTE THAN YOU SHOULD

In the event of overdosage, consult your doctor, pharmacist. Should none of these be available, contact the nearest hospital or poison control centre.

IF YOU FORGET TO TAKE DIURBERBE FORTE

Do not take a double dose to make up for a missed dose.

POSSIBLE SIDE EFFECTS

DIURBERBE FORTE may have side effects.

Should you have high blood pressure, hypokalemia, bleeding disorders, kidney disease, a latex allergy, speak to your healthcare professional before using.

If you are taking lithium, diuretics, blood thinning medication, antibiotics, or using muscle relaxants, it is not recommended to take **DIURBERBE FORTE**. Please inform your healthcare professional prior to using this supplement as there may be interactions with medication.

Not all side effects reported for **DIURBERBE FORTE** are 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. If you notice any side effects not mentioned in this leaflet, please inform your doctor, pharmacist or healthcare professional.

STORAGE AND DISPOSING OF DIURBERBE FORTE

Store all medicines out of the reach of children.

Store in a cool, dark place, below 25 °C.

Protect from direct sunlight and heat.

Store in the original packaging.

Keep the bottle tightly closed.

Replace the protective cap after each use.

Do not use after the expiry date stated on the bottle/packaging.

Do not use **DIURBERBE FORTE** if you notice visible signs of deterioration.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF DIURBERBE FORTE

40 Tablets in PVDC/golden aluminium blister strips (10 tablets each) packed in a carton box.

IDENTIFICATION OF DIURBERBE FORTE

Smooth, light green oblong tablets.

REGISTRATION NUMBER

TBA.

NAME AND ADDRESS OF REGISTRATION HOLDER

Imported by:

ZK Health Care (Pty) Ltd
11 Milkwood Road
Bayview Heights
Somerset West 7130
Tel: 021 852 8811
Fax: 021 852 3855
Website: www.esisa.co.za

Applicant:

Inpire Health (Pty) Ltd
Unit 6, Sunpark
178 Smit Street
Fairland
Randburg
2030

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

See information on the website above.

THIS LEAFLET WAS LAST REVISED ON

26th September 2021.



PASIËNTINLICHTINGSBLAADJIE

SKEDULERINGSSTATUS: Ongeskeduleer.

Kategorie D: Komplementêre Medisyne.

Dissipline: D33.6 Ander (Westerse kruid-komplementêre medisyne)

HANDELSNAAM, STERKTE, EN FARMASEUTIESE FORMAAT

DIURERBE FORTE, 40 Tablette

LEES DIE HELE INLICHTINGSBLAADJIE NOUKEURIG DEUR, DIT BEVAT BELANGRIKE INLICHTING VIR JOU

- **DIURERBE FORTE** is sonder 'n doktersvoorskrif beskikbaar en is 'n aanvullende (komplementêre) medisyne. Jy moet **DIURERBE FORTE** egter nog steeds versigtig gebruik om die beste resultate te verkry.
- Hou hierdie voubljet, dit mag dalk nodig wees dat jy dit weer lees.
- Moenie **DIURERBE FORTE** met enige ander persoon deel nie.
- Raadpleeg jou apteker of gesondheidsorgpraktisyn indien jy meer inligting of advies benodig.

WAT DIURERBE FORTE BEVAT

Elke een **DIURERBE FORTE** bevat die volgende aktiewe:

Birch (Betula pendula)	Blare	300 mg
Betula pubescens	Blare	300 mg
• totale flavonoïede as hiperosied 15 mg		
Hawkwed droë uittreksel tit. 1% (Pilosella Hieracium)	Kruie	500 mg
• waarvan flavonoïede as vitexin 5 mg		
Orthosiphon droë uittreksel tit. 0,2% (Orthosiphon stamineus Benth)	Blare	200 mg
• waarvan sinenetin 0,4 mg		
Goldenrod droë uittreksel (Solidago virgaurea L.)	Kruie met blome	200 mg
Bermuda gras droë uittreksel (Agropyrum repens Beauv.)	Gras	100 mg
Horsetail droë uittreksel tit. 2% (Equisetum)		100 mg
• waarvan silica 2 mg		
Potassium	met magnesiumkarbonaat	300 mg
Magnesium		5 mg
Chlorides		4 mg

Die ander bestanddele is:

Silisiumdioksied
Magnesiumsoute met vetsure
Hidroksiopropylmetiel sellulose
Mikrokristallien sellulose
Glycerol
Vetsure
Titaandioksied
Koper komplekse van chlorofille

WAARVOOR DIURERBE FORTE GEBRUIK WORD

DIURERBE FORTE is 'n dieetaanvulling gemaak van plant uittreksels gekombineer met 'n natuurlike vorm van kalium en magnesium soute. Magnesium dra by tot die balans van elektroliete in die menslike liggaam. Die plant uittreksels is nuttig in die bevordering van die uitskakeling van oortollige vloeistowwe in die liggaam.

VOORDAT DIURERBE FORTE GEBRUIK WORD

Moenie **DIURERBE FORTE** gebruik indien jy hipersensitief (allergies) is vir enige van die bestanddele nie.

Hierdie medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie. Hierdie medisyne is nie bedoel om enige siekte te diagnoseer, te behandel, te genees of te voorkom nie.

SWANGERSKAP EN BORSVOEDING

Veiligheid tydens swangerskap en borsvoeding is nog nie vasgestel nie. As u swanger is of borsvoed, dink dat u swanger kan wees of van plan is om 'n baba te hê, moet asseblief nie hierdie medisyne neem nie.

AS JY ANDER MEDISYNE SAAM MET DIURERBE FORTE NEEM

Stel altyd jou gesondheidsorgpraktisyn in kennis indien jy enige ander medisyne gebruik.

HOE OM DIURERBE FORTE TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie. Neem **DIURERBE FORTE** altyd presies soos aanbeveel in die voubljet, of soos voorgeskryf deur jou dokter of gesondheidsorg werker. Bevestig met jou dokter, apteker of gesondheidsorgpraktisyn indien jy onseker is.

Aanwysings vir gebruik: Neem 2 tablette per dag, met oorvloedige vloeistof, op 'n leë maag.

Nie geskik vir kinders nie

Hou op om **Diurbe Forte** ten minste twee weke voor geskeduleerde chirurgie te neem.

INDIEN JY VERGEET HET OM DIURERBE FORTE TE NEEM

Moenie 'n dubbele dosis neem om te vergoed vir die dosis wat oorgeslaan is nie.

MOONTLIKE NEWE-EFFEKTE

DIURERBE FORTE kan newe-effekte veroorsaak.

As jy hoë bloeddruk, hipokalemie, bloedingsversteurings, niersiekte, 'n lateksallergie het, praat met jou gesondheidsorgwerker voordat jy dit gebruik. As jy litium, diuretika, bloedverduunningsmedikasie, antibiotika of die gebruik van spierverslappers neem, word dit nie aanbeveel om **DIURERBE FORTE** te neem nie. Lig asseblief u gesondheidsorgwerker in voordat u hierdie aanvulling gebruik, aangesien daar interaksies met medikasie kan wees.

Stel u gesondheidswerker in kennis voordat u hierdie aanvulling gebruik, aangesien daar moontlik interaksies met medikasie kan wees.

Nie alle newe-effekte wat vir **DIURERBE FORTE** gerapporteer is word in hierdie pamflet ingesluit nie. Raadpleeg u dokter, apteker of ander gesondheidswerker vir advies indien u algemene gesondheid versleg of as u enige ongewenste effekte ervaar. As u enige newe-effekte opmerk wat nie in hierdie pamflet genoem word nie, moet jy jou dokter, apteker of gesondheidswerker daarvan in kennis stel.

BERGING EN WEGDOEN VAN DIURERBE FORTE

Bewaar alle medikasie buite bereik en sig van kinders.

Stoor in 'n koel, donker plek, onder 25 °C.

Beskerm die produk teen sonlig en direkte hitte.

Bewaar in die oorspronklike houder.

Hou die houder dig toe.

Moenie na die vervaldatum wat op die houder aangedui is gebruik nie.

Moenie **DIURERBE FORTE** gebruik indien jy enige sigbare tekens van produk verandering opmerk nie.

Moenie van ongebruikte medisyne ontslae raak in dreine of rioolstelsels nie (bv. toilette).

AANBIEDING VAN DIURERBE FORTE

40 tablette in PVDC/goue aluminium blisterstroke (10 tablette elk) verpak in 'n kartondoos.

IDENTIFIKASIE VAN DIURERBE FORTE

Gladdes, liggroen langwerpige tablette.

REGISTRASIENOMMER

Om aangekondig te word.

NAAM EN BESIGHEIDSADRES VAN DIE REGISTRASIESERTIFIKAATHOUER

Uitsluitlik ingevoer deur:

ZK Health Care (Pty) Ltd
11 Milkwood Road
Bayview Heights
Somerset West 7130
Tel: 021 852 8811
Fax: 021 852 3855
Website: www.esisa.co.za

Aansoeker:

Inzipre Health (Pty) Ltd
Unit 6, Sunpark
178 Smit Street
Fairland
Randburg
2030

TOEGANG TOT OOREENSTEMMENDE PROFESSIONELE INLICHTING

Sien inligting op bogenoemde webwerf.

HIERDIE VOUBLIJT WAS LAAS HERSIEN OP

26 September 2021.