

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS S0

COLDEEZ® THROAT LOZENGES

Zinc, Peppermint oil blend, Ginger, Levomenthol

Contains sugar:
Sucrose 1667 mg/lozenge.
Glucose 1167 mg/lozenge.

Complementary Medicine.
D 33.7 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

COLDEEZ THROAT LOZENGES is available without a doctor's prescription. Nevertheless, you still need to use COLDEEZ THROAT LOZENGES carefully to get the best results from it.

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

What is in this leaflet

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

1. What COLDEEZ THROAT LOZENGES is and what it is used for
COLDEEZ THROAT LOZENGES is a complementary medicine product indicated for use in adults and children aged 12 years and older.

Soothing and cooling throat lozenge which also provides immune support.

2. What you need to know before you take COLDEEZ THROAT LOZENGES

Do not take COLDEEZ THROAT LOZENGES:

- If you are hypersensitive (allergic) to the active substances or plants from the mint or ginger families, or to any of the other ingredients in COLDEEZ THROAT LOZENGES (listed in section 6).
- If you have an intolerance to fructose or any other rare genetic disorders that negatively affect carbohydrate digestion and absorption.
- If you are pregnant.
- If you are breastfeeding your baby.
- If you have epilepsy.
- If you have asthma.
- If you have a persistent or chronic cough.
- If you have a chronic lung condition.
- With other products containing menthol or eucalyptol or topical products containing camphor, menthol, eucalyptol and/or eucalyptus essential oil.

COLDEEZ THROAT LOZENGES should not be taken by children younger than 12 years of age.

Warnings and special precautions

Take special care with COLDEEZ THROAT LOZENGES:

- Consult your doctor before use if you have an obstruction of the bile ducts, inflammation of the gallbladder or severe liver damage.
- Consult your doctor before use if you have gallstones or any other biliary disorder.
- Patients who already suffer from heartburn or hiatal hernia (when the stomach pushes through an opening in your diaphragm) sometimes have a sudden and/or significant worsening of symptoms after taking peppermint oil. If this happens, discontinue use and consult your healthcare provider.
- Consult your doctor before use if you have inflammation or ulcers in the gastrointestinal tract.
- If you have diabetes mellitus, COLDEEZ THROAT LOZENGES contains sugar. Each lozenge contains 1667 mg sucrose and 1167 mg glucose, which may affect the control of your blood sugar.
- Consult your doctor before use if you have been informed or if you suspect that you have an intolerance to some sugars. COLDEEZ THROAT LOZENGES should not be taken in some instances (see **Do not take COLDEEZ THROAT LOZENGES**).

Discontinue use and seek medical attention immediately if you experience a hypersensitivity (allergic) reaction. This includes contact sensitivity on the mucosa (pain, swelling, or blistering in the mouth).

Discontinue use and consult a relevant healthcare provider if symptoms persist or worsen, recur, or are accompanied by a fever, rash, or persistent headache.

Children and adolescents

COLDEEZ THROAT LOZENGES is not indicated for use in children younger than 12 years of age. Safety has not been established.

Other medicines and COLDEEZ THROAT LOZENGES

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

Products containing menthol or eucalyptol or topical products containing camphor, menthol, eucalyptol and/or eucalyptus essential oil should not be used with COLDEEZ THROAT LOZENGES. These products can have additive effects, leading to increased potential for adverse reactions.

COLDEEZ THROAT LOZENGES with food, drink and alcohol

No known effects.

Pregnancy and breastfeeding and fertility

COLDEEZ THROAT LOZENGES should not be used while pregnant or breastfeeding (see **Do not take COLDEEZ THROAT LOZENGES**).

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 using this medicine.

Driving and using machines

It is not always possible to predict to what extent COLDEEZ THROAT LOZENGES 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 COLDEEZ THROAT LOZENGES affect them.

COLDEEZ THROAT LOZENGES contains honey flavouring, lemon flavouring, sucrose, glucose, citric acid monohydrate, purified water and sunset yellow colourant.

COLDEEZ THROAT LOZENGES contains sucrose and glucose. Contact your doctor before taking COLDEEZ THROAT LOZENGES if you have been informed or if you suspect that you have an intolerance to some sugars. Patients with rare genetic disorders that can negatively affect carbohydrate digestion and absorption, and patients with intolerance to fructose, should not take COLDEEZ THROAT LOZENGES (see **Do not take COLDEEZ THROAT LOZENGES** and **Warnings and special precautions**).

COLDEEZ THROAT LOZENGES contain sugar (sucrose and glucose), which may affect the control of your blood sugar if you have diabetes mellitus (see **Warnings and special precautions**).

3. How to take COLDEEZ THROAT LOZENGES

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

Always take COLDEEZ THROAT LOZENGES exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor, pharmacist, or nurse if you are not sure.

The usual dose for adults and children 12 years and older:
Dissolve one lozenge in the mouth every 2 to 3 hours. Do not exceed 6 lozenges in 24 hours.

COLDEEZ THROAT LOZENGES should not be used by children under 12 years of age.

If you take more COLDEEZ THROAT LOZENGES than you should

You may experience sudden onset or increased severity of the side effects.

Overdose may cause severe gastrointestinal symptoms, diarrhoea, rectal ulceration, epileptic convulsions, apnoea (when you stop breathing while you're sleeping), nausea, disturbances in cardiac rhythms, ataxia (the loss of muscle control and coordination) and other central nervous system problems, probably due to the presence of menthol.

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 COLDEEZ THROAT LOZENGES

Do not take a double dose to make up for forgotten individual doses. Continue to take COLDEEZ THROAT LOZENGES as described in this leaflet.

4. Possible side effects

COLDEEZ THROAT LOZENGES can have side effects.

Not all side effects reported for COLDEEZ THROAT LOZENGES are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking COLDEEZ THROAT LOZENGES, please consult your doctor, pharmacist or other healthcare provider for advice.

If any of the following happen, stop using COLDEEZ THROAT LOZENGES 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.
- Bradycardia (slower than normal heart rate)
- Sudden drop in blood pressure
- Muscle tremor
- Ataxia (lack of coordination and muscle control)
- Nausea
- Dizziness
- Headache
- Contact sensitivity on the mucosa (e.g. pain, swelling or blistering).
- Erythematous (red and inflamed) skin rash or itching
- Fainting

These are all very serious side effects. If you have them, you may have had a serious reaction to COLDEEZ THROAT LOZENGES. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequency unknown

- Heartburn
- Acid reflux
- Indigestion
- Abdominal pain
- Diarrhoea
- Dry mouth

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 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 COLDEEZ THROAT LOZENGES.

5. How to store COLDEEZ THROAT LOZENGES

- Store all medicines out of reach of children.
- Store in a cool, dry place at or below 25 °C.
- Store in the original package.
- Protect from light and moisture.
- Do not store in a bathroom.
- 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 the pack and other information

What COLDEEZ THROAT LOZENGES contains

Active substances

Each lozenge contains:

| | |
|---|--------------------|
| Zinc gluconate providing Zinc (elemental) | 27,88 mg 3,3 mg |
| <i>Mentha x piperita</i> L. (Peppermint) essential oil blend [Leaves, extract] | 8,167 mg |
| <i>Zingiber officinale</i> (Ginger) [root, 4:1 extract providing 25 mg dried herb equivalent] | 6,25 mg |
| Levomenthol [purified extract of <i>Mentha arvensis</i> L. (Wild mint) oil] | 5,25 mg |

Other ingredients are honey flavouring, lemon flavouring, sucrose, glucose, citric acid monohydrate, purified water, and sunset yellow colourant.

What COLDEEZ THROAT LOZENGES looks like and contents of pack

A light-yellow circular lozenge with a characteristic honey lemon flavour.

Two blisters, each containing 12 lozenges, are packed into a carton. Pack size: 24 lozenges.

Prospective Holder of Certificate of Registration

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

This leaflet was last revised in

June 2026

Registration numbers

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



PASIËNTINLIGTINGSVOUBILJET

SKEDULERING STATUS SO

COLDEEZ® THROAT LOZENGES

Sink, Pepermentolie-mengsel, Gemmer, Levomentol

Bevat suiker:

Sukrose 1667 mg/suigtabelt.
Glukose 1167 mg/suigtabelt.

Komplementêre medisyne.

D 33.7 Dissipline Spesifiek, Kombinasie Produk

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

COLDEEZ THROAT LOZENGES is sonder 'n dokter se voorskrif beskikbaar. Nietemin moet jy steeds COLDEEZ THROAT LOZENGES versigtig gebruik om die beste resultate te kry.

- Bewaar hierdie pamflet. Jy moet dit dalk weer lees.
- Moenie COLDEEZ THROAT LOZENGES 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 COLDEEZ THROAT LOZENGES is en waarvoor dit gebruik word
2. Wat jy moet weet voordat jy COLDEEZ THROAT LOZENGES neem
3. Hoe om COLDEEZ THROAT LOZENGES te neem
4. Moontlike nuwe-effekte
5. Hoe om COLDEEZ THROAT LOZENGES te stoor
6. Inhoud van die pakkie en ander inligting

1. Wat COLDEEZ THROAT LOZENGES is en waarvoor dit gebruik word
COLDEEZ THROAT LOZENGES is 'n komplementêre medisyneprodukt wat aangedui is vir gebruik by volwassenes en kinders van 12 jaar en ouer.

'n Strelende en verkoelende suigtabelt wat ook immuunondersteuning bied.

2. Wat jy moet weet voordat jy COLDEEZ THROAT LOZENGES neem

Moenie COLDEEZ THROAT LOZENGES neem:

- As jy hipersensitief (allergies) is vir die aktiewe stowwe of plante van die kruisement- of gemmerfamilies of enige van die ander bestanddele in COLDEEZ THROAT LOZENGES (gelys in afdeling 6) nie.
- As jy 'n onverdraagsaamheid teenoor fruktose of enige ander seldsame genetiese afwykings het wat koolhidraatvertering en -absorpsie negatief beïnvloed nie.
- As jy swanger is nie.
- As jy jou baba borsvoed nie.
- As jy epilepsie het nie.
- As jy asma het nie.
- As jy 'n aanhoudende of kroniese hoers het nie.
- As jy 'n kroniese longkondisie het nie.
- Met ander produkte wat mentol of bloekom bevat, of topikale produkte wat kamfer, mentol, bloekom en/of bloekom-essensiële-olie bevat nie.

COLDEEZ THROAT LOZENGES moet nie deur kinders jonger as 12 jaar geneem word nie.

Waarskuwings en spesiale voorsorgmaatreëls

Neem spesiale sorg met COLDEEZ THROAT LOZENGES:

- Raadpleeg jou dokter voor gebruik as jy 'n obstruksie van die galbuis, inflammasie van die galblaas of ernstige lewerskade het.
- Raadpleeg jou dokter voor gebruik as jy galstene of enige ander galwegafwyking het.
- Pasiënte wat reeds aan soorbrand of hiatale breuk (wanneer die maag deur 'n opening in jou diafragma druk) ly, ervaar soms 'n skielike en/of beduidende verergering van simptome na die inname van pepermentolie. Indien dit gebeur, staak gebruik en raadpleeg jou gesondheidsorgverskaffer.
- Raadpleeg jou dokter voor gebruik as jy inflammasie of ulkuse in die spysverteringskanaal het.
- As jy diabetes mellitus het, COLDEEZ THROAT LOZENGES bevat suiker. Elke suigtabelt bevat 1667 mg suikrose en 1167 mg glukose, wat die beheer van jou bloedsuiker kan beïnvloed.
- Raadpleeg jou dokter voor gebruik as jy ingelig is of as jy vermoed dat jy 'n onverdraagsaamheid teenoor sommige suikers het. COLDEEZ THROAT LOZENGES moet in sommige gevalle nie geneem word nie (sien **Moenie COLDEEZ THROAT LOZENGES neem**).

Staak gebruik en soek onmiddellik mediese hulp as jy 'n hipersensitiwiteitsreaksie (allergiese reaksie) ervaar. Dit sluit kontakgevoeligheid op die slymvlies in (pyn, swelling of blase in die mond).

Staak gebruik en raadpleeg 'n relevante gesondheidsorgverskaffer indien simptome voortduur of vererger, terugkeer of gepaard gaan met koors, uitslag of aanhoudende hoofpyn.

Kinders en adolessente

COLDEEZ THROAT LOZENGES is nie aangedui vir gebruik by kinders jonger as 12 jaar nie. Veiligheid is nog nie vasgestel nie.

Ander medisyne en COLDEEZ THROAT LOZENGES

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

Produkte wat mentol of bloekom bevat, of topikale produkte wat kamfer, mentol, bloekom en/of bloekom-essensiële olie bevat, moet nie saam met COLDEEZ THROAT LOZENGES gebruik word nie. Hierdie produkte kan additiewe effekte hê, wat lei tot 'n verhoogde potensiaal vir nuwe-effekte.

COLDEEZ THROAT LOZENGES met kos, drank en alkohol

Geen effekte bekend.

Swangerskap en borsvoeding en vrugbaarheid

COLDEEZ THROAT LOZENGES moet nie tydens swangerskap of borsvoeding gebruik word nie (sien **Moenie COLDEEZ THROAT LOZENGES neem**).

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 hierdie medisyne gebruik.

Bestuur en gebruik van masjine

Dit is nie altyd moontlik om te voorspel tot watter mate COLDEEZ THROAT LOZENGES 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 COLDEEZ THROAT LOZENGES hulle affekteer nie.

COLDEEZ THROAT LOZENGES bevat heuninggeursel, suurlemoengeursel, suikrose, glukose, sitroensuurmonohidraat, gesuiwerde water en 'sunset yellow'-kleurstof.

COLDEEZ THROAT LOZENGES bevat suikrose en glukose. Kontak jou dokter voordat jy COLDEEZ THROAT LOZENGES neem as jy ingelig is of as jy vermoed dat jy 'n onverdraagsaamheid teenoor sommige suikers het. Pasiënte met seldsame genetiese afwykings wat koolhidraatvertering en -absorpsie negatief kan beïnvloed, en pasiënte met onverdraagsaamheid teenoor fruktose, moet nie COLDEEZ THROAT LOZENGES neem nie (sien **Moenie COLDEEZ THROAT LOZENGES neem** en **Waarskuwings en voorsorgmaatreëls**).

COLDEEZ THROAT LOZENGES bevat suiker (suikrose en glukose), wat 'n effek op die beheer van jou bloedsuiker kan hê as jy diabetes mellitus het (sien **Waarskuwings en voorsorgmaatreëls**).

3. Hoe om COLDEEZ THROAT LOZENGES te neem

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

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

Die gewone dosis vir volwassenes en kinders van 12 jaar en ouer: Los een suigtabelt op in die mond elke 2 tot 3 uur. Moenie meer as 6 suigtabellete in 24 uur inneem nie.

COLDEEZ THROAT LOZENGES moet nie deur kinders onder 12 jaar gebruik word nie.

As jy meer COLDEEZ THROAT LOZENGES neem as wat jy moet

Jy kan skielike aanvang of verhoogde erns van die nuwe-effekte ervaar.

Oordosis kan ernstige gastroïntestinale simptome, diarree, rektale ulserasie, epileptiese stuiptrekkings, apnee (wanneer jy ophou asemhaal terwyl jy slaap), naarheid, steurnisse in hartritmes, ataksie (die verlies van spierbeheer en koördinasie) en ander probleme met die sentrale senuweestelsel veroorsaak, waarskynlik as gevolg van die teenwoordigheid van mentol.

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

As jy vergeet om COLDEEZ THROAT LOZENGES te neem

Moenie 'n dubbele dosis neem om vergeete individuele dosisse in te haal nie. Gaan voort om COLDEEZ THROAT LOZENGES te neem soos in hierdie voubiljet beskryf.

4. Moontlike nuwe-effekte

COLDEEZ THROAT LOZENGES kan nuwe-effekte hê.

Nie alle nuwe-effekte wat vir COLDEEZ THROAT LOZENGES gerapporteer is, is in hierdie voubiljet ingesluit nie.

As jou algemene gesondheid versleg of as jy enige nadelige effekte ervaar terwyl jy COLDEEZ THROAT LOZENGES neem, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer vir advies.

Indien enige van die volgende gebeur, hou op om COLDEEZ THROAT LOZENGES te gebruik en vertel jou dokter onmiddellik of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- Swelling van die hande, voete, enkels, gesig, lippe en mond of keel, wat probleme met sluk of asemhaling kan veroorsaak.
- Bradikardie (stadiger as normale hartklop)
- Skielike daling in bloeddruk
- Spierbewing
- Ataksie (gebrek aan koördinasie en spierbeheer)
- Naarheid
- Duiseligheid
- Hoofpyn
- Kontakgevoeligheid op die slymvlies (bv. pyn, swelling of blase).
- Eriematiese (rooi en ontsteekte) veluitslag of jeuk
- Floute

Dit is alles baie ernstige nuwe-effekte. As jy dit ervaar, het jy moontlik 'n ernstige reaksie op COLDEEZ THROAT LOZENGES gehad. Jy benodig dalk dringende mediese aandag of hospitalisasie.

Vertel jou dokter as jy enige van die volgende opmerk:

Frekwensie onbekend

- Soorbrand
- Suur reflux
- Spysverteringsprobleme
- Buikpyn
- Diarree
- Droë mond

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 SAHPRA rapporteer via die Med Safety APP (Medsafety X SAHPRA) en eReporting-platform (via umc.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 COLDEEZ THROAT LOZENGES verskaf.

5. Hoe om COLDEEZ THROAT LOZENGES te stoor

- Bêre 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 in 'n badkamer bêre nie.
- Moenie gebruik na die vervaldatum wat op die verpakking aangedui word nie.
- Besorg alle ongebruikte medisyne terug aan u apteker.
- Moenie ongebruikte medisyne in dreine of rioelstelsels (bv. toilette) weggooi nie.

6. Inhoud van die pakkie en ander inligting Wat COLDEEZ THROAT LOZENGES bevat

Aktiewe bestanddele

Elke suigtabelt bevat

| | |
|--|--------------------|
| Singlukuonaat verskaf Sink (elementaal) | 27,88 mg 3,3 mg |
| <i>Mentha x piperita</i> L. (Peperment)-essensiële-olie-mengsel [Blare, ekstrakt] | 8,167 mg |
| <i>Zingiber officinale</i> (Gemmer) [wortel, 4:1 ekstrakt wat 25 mg gedroogde krui-ekwivalent verskaf] | 6,25 mg |
| Levomentol kristalle [gesuiwerde ekstrakt van <i>Mentha arvensis</i> L. (Wilde kruisement)-olie] | 5,25 mg |

Ander bestanddele is heuninggeursel, suurlemoengeursel, suikrose, glukose, sitroensuurmonohidraat, gesuiwerde water en 'sunset yellow' kleurstof.

Hoe COLDEEZ THROAT LOZENGES lyk en die inhoud van die pakkie

'n Liggeel sirkelvormige suigtabelt met 'n kenmerkende heuning-suurlemoengeur.

Twee stolpverpakkings, elk met 12 suigtabellete, word in 'n karton verpak. Pakgrootte: 24 suigtabellete

Aspirant Houer van Registrasiesertifikaat

Talo Consumer Solutions (Pty) Ltd.
30 Bell Crescent
Hennopsark Ext 7
Centurion
01729

Hierdie voubiljet is laas hersien in

Junie 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
Telefoon: 012 010 0815

