PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0.
Category D: Complementary medicine.
Discipline: Discipline Specific
33.7 Combination Product

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

URIDYN®, 30 Tablets

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

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

WHAT IS IN THIS LEAFLET

WHAT URIDYN® CONTAINS

Each one (1) tablet of URIDYN® contains the following actives:

D-mannose	500 mg
Cranberry Extract (*Vaccinium macrocarpon* aiton) [Whole plant extract]	68,5 mg
Vitamin C (as ascorbic acid)	45 mg
2'-Fucosyllactose (providing L-fucose 11,7 mg and D-galactose 12,9 mg and D-glucose 12,9 mg)	37,5 mg
Quercetin	25 mg
Decaffeinated Green tea (*Camellia sinensis (L.) Kuntze*) [Leaf extract providing 1 mg Epigallocatechin gallate (EGCG)]	7,5 mg

Inactive Ingredients: Bamboo extract, chicory fibre, hydroxypropylcellulose, magnesium stearate, microcrystalline cellulose, silicon dioxide, stearic acid

This product is suitable for vegetarians, non-GMO, dairy & gluten free (Sugar Free)

WHAT URIDYN® IS AND WHAT IT IS USED FOR

URIDYN® is beneficial for kidney, urinary tract and bladder function. This formula contains a unique combination of nutrients which supports renal function and maintains a healthy bladder. Regular use may help to maintain optimal urinary tract health.

BEFORE YOU TAKE URIDYN®

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. Do not take **URIDYN®** if you are hypersensitive (allergic) to any of the ingredients. If you have allergies, be sure to check with your healthcare professional before taking this supplement. **Surgery: URIDYN®** might increase the risk of bleeding during and after surgery. Stop using **URIDYN®** at least 2 weeks before a scheduled surgery.

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

PREGNANCY AND BREASTFEEDING

Safety during pregnancy and breastfeeding has not been established, consult with your healthcare professional before use. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult with your healthcare professional before taking this supplement.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent **URIDYN®** may interfere with the daily activities of a patient. Patients should ensure that they do not engage in activities relating to requiring mental alertness, judgement and/or sound co-ordination and vision e.g. driving, riding, flying, sailing, operating machines/equipment, until they are aware of the measure to which **URIDYN®** may affect you.

TAKING OTHER MEDICINES WITH URIDYN®

Complementary medicine products contain ingredients which may interact with some medication. If you are taking any chronic medication, do not use this product without consulting your medical practitioner.

HOW TO TAKE URIDYN®

Do not share medicines prescribed for you with any other person. Always take **URIDYN®** 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:

Adults:

Acute: Take four (4) tablets in the evening with plenty of water. If there is no relief within 7 days, consult your healthcare practitioner.

Maintenance: Take one (1) tablet in the evening or as directed by your healthcare practitioner.

Do no take more than the recommended dose.

IF YOU TAKE MORE URIDYN® 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 URIDYN®

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

POSSIBLE SIDE EFFECTS

URIDYN® may have side effects.

Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: Bleeding disorders, Heart disease, Diabetes, Stroke, History of kidney stones, Allergy to lactose. If you are taking the following medication, please consult with your healthcare practitioner before taking: blood clotting (Anticoagulant / Antiplatelet drugs), Warfarin (Coumadin), Antibiotics (Tetracycline antibiotics), Aspirin (contains salicylic acid), Medications for diabetes (Antidiabetes drugs), May reduce effectiveness of chemotherapy drugs (e.g., bortezomib), May increase iron absorption (caution in hemochromatosis). If any of the following happens, stop using **URIDYN®** and tell your doctor or go to the casualty department at your nearest hospital:

- Allergic reactions— rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing.

These are all very serious effects. If you have them, you may have had a serious reaction to **URIDYN®**. You may need urgent medical attention or hospitalisation.

Side effects that usually do not require medical attention (report to your healthcare professional if they continue):

- Diarrhea, Bloating, Gastrointestinal discomfort.

Not all side effects and interactions reported for **URIDYN®** 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.

REPORTING OF SIDE EFFECTS

If you experience side effects, talk to your doctor, pharmacist or other healthcare professional. You can also report side effects to SAHPRA via "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications: https://www.sahpra.org.za/Publications/Index/8. By reporting side effects, you can help provide more information on the safety of **URIDYN®.**

STORAGE AND DISPOSING OF URIDYN®

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.
Do not use after the expiry date stated on the bottle.
Do not use **URIDYN®** if you notice visible signs of deterioration.
Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF URIDYN®

A white 175 ml HDPE bottle with a white cap, induction seal, tamper shrink seal, wadding and silica gel sachet.

IDENTIFICATION OF URIDYN®

Uncoated, mixed pink and white, oblong tablets.

REGISTRATION NUMBER

To be allocated by SAHPRA upon registration.

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

Scan QR code.

THIS LEAFLET WAS LAST REVISED ON

03 January 2025

NAME AND ADDRESS OF REGISTRATION HOLDER

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PASIËNT INLIGTINGSBLAD

SKEDULERINGSTATUS: S0
Kategorie D: Komplementêre medisyne.
Dissipline: Dissiplinespesifiek
33.7 Kombinasie produk

HANDELSNAAM EN DOSEERVORM**,**

URIDYN®, 30 Tablette

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT BELANGRIKE INLIGTING VIR U

- **URIDYN®** is beskikbaar sonder doktersvoorskrif**.**
- U moet steeds **URIDYN®** versigtig gebruik om die beste resultate daaruit te kry.
- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
- Moenie **URIDYN®** met enige ander persoon deel nie**.**
- Vra jou apteker of gesondheidsorgpraktisyn of jy meer inligting of advies benodig.

WAT IS IN HIERDIE INLIGTINGSBLAD

- Wat **URIDYN®** is en waarvoor dit gebruik word.
- Wat jy moet weet voordat jy **URIDYN®** neem**.**
- Hoe om **URIDYN®** te neem.
- Moontlike newe-effekte.
- Hoe om **URIDYN®** te bêre.
- Inhoud van die pak en ander inligting

WAT IS URIDYN® KAPSULES EN WAARVOOR WORD DIT GEBRUIK

URIDYN® is voordelig vir nier-, urienweg- en blaasfunksie.
Hierdie formule bevat 'n unieke kombinasie van voedingstowwe wat Ondersteun nierfunksie en handhaaf 'n gesonde blaas. Gereelde Gebruik kan help om optimale urienweggesondheid te handhaaf.

VOORDAT JY URIDYN® NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **URIDYN®** neem as jy hipersensitief (allergies) is vir enige van die bestanddele nie. As jy allergieë het, maak seker dat jy met jou gesondheidsorgpraktisyn gaan voordat jy hierdie aanvulling neem. **Chirurgie: URIDYN®** kan die risiko van bloeding tydens en na die operasie verhoog. Hou op om **URIDYN®** ten minste 2 weke voor 'n geskeduleerde operasie te gebruik.

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

BESTUUR EN GEBRUIK VAN MASJIENE

Dit is nie altyd moontlik om te voorspel in watter mate **URIDYN®** die daaglikse aktiwiteite van 'n pasiënt kan belemmer nie. Pasiënte moet seker maak dat hulle nie betrokke raak by aktiwiteite wat verband hou met die vereiste van verstandelike waaksaamheid, oordeel en/of gesonde koördinasie en visie nie, byvoorbeeld bestuur, ry, vlieg, seil, bedryfsmasjiene/toerusting, totdat hulle bewus is van die mate waartoe **URIDYN®** jou beïnvloed.

WATTER URIDYN® BEVAT

Elke een (1) tablet URIDYN® bevat die volgende aktiewe:

D-mannose	500 mg
Cranberry Uittreksel (*Vaccinium macrocarpon* aiton) [Hele plant uittreksel]	68,5 mg
Vitamien C (as askorbiensuur)	45 mg
2'-Fucosyllactose (verskaf L-fucose 11,7 mg en D-galaktose 12,9 mg en D-glukose 12,9 mg)	37,5 mg
Quercetin	25 mg
Kafeïenvrye groen tee (*Camellia sinensis (L.) Kuntze*) [Blaarekstrak wat 1 mg Epigallocatechin gallate (EGCG) verskaf]	7,5 mg

Onaktiewe bestanddele: Bamboes uittreksel, sigoreivesel, hidroksipropylsellulose, magnesiumstearaat, mikrokristallyne sellulose, silikondioksied, steariensuur

Hierdie produk is geskik vir vegetariërs, nie-GGO, suiwel- en glutenvry (suikervry)

NEEM VAN ANDER MEDISYNE SAAM MET URIDYN®

Komplementêre medisyne produkte bevat bestanddele wat met sommige medisyne 'n interaksie kan hê. As jy enige chroniese medisyne gebruik, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie.

SWANGERSKAP EN BORSVOEDING

Veiligheid tydens swangerskap en borsvoeding is nie vasgestel nie, raadpleeg u gesondheidsorgpraktisyn voor gebruik. As u swanger is of borsvoed, dink dat u swanger is of beplan om 'n baba te hê, raadpleeg u gesondheidsorgpraktisyn voordat u hierdie aanvulling neem.

HOE OM URIDYN® TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **URIDYN®** presies soos beskryf in hierdie inligtingsblad, of soos u dokter, gesondheidsorgpraktisyn voorgeskryf het. Raadpleeg jou dokter, apteker of gesondheidsorgpraktisyn as jy onseker is.

Aanwysings vir gebruik:

Volwassenes:

Akuut: Neem vier (4) tablette in die aand met baie water. As daar binne 7 dae geen verligting is nie, raadpleeg jou gesondheidsorgpraktisyn.

Onderhoud: Neem een (1) tablet in die aand of soos aangedui deur jou gesondheidsorgpraktisyn.

Moenie meer as die aanbevole dosis neem nie.

AS JY MEER URIDYN® NEEM AS WAT JY MOET

In die geval van oordosering, raadpleeg u dokter of apteker. Indien nie een hiervan beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

AS JY VERGEET OM URIDYN® TE NEEM

Moenie 'n dubbele dosis neem om op te maak vir 'n dosis wat oorgeslaan is nie.

MOONTLIKE NEWE-EFFEKTE

URIDYN® kan newe-effekte hê.
Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik:
Bloedingsversteurings, hartsiektes, diabetes, beroerte, geskiedenis van nierstene, allergie vir laktose. As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidspraktisyn voordat jy neem: bloedstolling (Koagulant / Anti-platelet-middels), Warfarin (Coumadin), Antibiotika (Tetrasiklien-antibiotika), Aspirien (bevat salisielsuur), Medisyne vir diabetes (Antidiabetes-medisyne), Kan die doeltreffendheid van chemoterapie-medisyne verminder (bv. Bortezomib), Kan yster verhoog absorpsie (versigtig in hemochromatose). As enige van die volgende gebeur, hou op om **URIDYN®** te gebruik en vertel jou dokter of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- Allergiese reaksies- uitslag, jeuk / swelling (veral van die gesig / tong / keel), erge duiseligheid, probleme met asemhaling;

Dit is alles baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op **URIDYN®** gehad. Jy mag dalk dringende mediese hulp of hospitalisasie nodig hê.
Newe-effekte wat gewoonlik nie mediese hulp benodig nie (rapporteer aan u gesondheidsorgpraktisyn as dit voortduur):

- Diarree, opgeblasenheid, ongemak in die spysverteringskanaal

Nie alle newe-effekte en interaksies wat vir **URIDYN®** gerapporteer word, is by hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid vererger of as jy enige nadelige effekte ervaar tydens die gebruik van hierdie medisyne, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgpraktisyn vir raad. As jy enige newe-effekte sien wat nie in hierdie inligtingsblad genoem word nie, stel asseblief jou dokter, apteker of gesondheidsorgpraktisyn in kennis.

AANMELDING VAN NEWE-EFFEKTE

As jy newe-effekte ervaar, praat met jou dokter, apteker of ander gesondheidsorgpraktisyn. U kan ook newe-effekte aan SAHPRA rapporteer via "6.04 Adverse Drug Reaction Reporting Form", wat aanlyn gevind word onder SAHPRA se publikasies: https://www.sahpra.org.za/Publications/Index/8. Deur newe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van **URIDYN®.**

HOE OM URIDYN® TE BERÊ

Bêre alle medisyne buite bereik van kinders.
Bêre in 'n koel, donker plek, onder 25 °C.
Beskerm teen direkte sonlig en hitte.
Bêre in die oorspronklike verpakking.
Moet nie gebruik word na die vervaldatum wat op die bottel aangedui word nie.
Moenie **URIDYN®** gebruik as u sigbare tekens van agteruitgang opmerk nie.
Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

AANBIEDING VAN URIDYN®

'n Wit 175 ml HDPE-bottel met 'n wit dop, induksieseël, peuterkrimpseël, spons en silikagelsakkie.

IDENTIFIKASIE VAN URIDYN®

Onbedekte, gemengde pienk en wit, langwerpige tablette

REGISTRATION NOMMER

Om deur SAHPRA toegeken te word by registrasie.

T**OEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING**

Skandeer QR-kode.

HIERDIE INLIGTINGSBLAD IS LAAS HERSIEN OP

03 Januarie 2025

NAAM EN ADRES VAN REGISTRASIEHOUER

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