

SiderAL[®]

FORTE 15

Food supplement with Sucrosomial[®] Iron and Vitamin C

60 CAPSULES - NET WEIGHT 20,76 g **e**

Patient Information Leaflet
SCHEDULING STATUS
Unscheduled

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

SIDERAL[®] FORTE 15 capsules

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

SIDERAL[®] FORTE 15 is available without a doctor's prescription. Nevertheless, you still need to use **SIDERAL[®] FORTE 15** carefully to get the best results from it.

Keep this leaflet. You may need to read it again.
Do not share **SIDERAL[®] FORTE 15** 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 after 14 days.

WHAT SIDERAL[®] FORTE 15 CONTAINS:

	In 100 g	In 1 capsule
Iron	4,335 g	15 mg
Ascorbic acid (Vit. C)	13,006 g	45 mg

Sideral[®] r.m. – Sucrosomial[®] Iron (iron pyrophosphate, pregelatinized rice starch, sucrose esters of fatty acids, sunflower lecithin, tricalcium phosphate, rice flour); hydroxypropyl methyl cellulose; bulking agent: microcrystalline cellulose; Vitamin C (L-ascorbic acid), anticaking agents: magnesium salts of fatty acids; coloring agents: iron oxides and hydroxides; anticaking agent: silicon dioxide.

Gluten free.
Lactose free.

2. WHAT SIDERAL[®] FORTE 15 IS USED FOR:

SIDERAL[®] FORTE 15 is used to aid in the normal formation of red blood cells and haemoglobin.

SIDERAL[®] FORTE 15 is a preparation of iron that is conveyed inside a sucrosomial[®] membrane and is therefore highly available for absorption.

Sucrosomial[®] technology protects oral and gastrointestinal mucosa from the oxidising action of iron, therefore avoiding metallic taste, gastric discomfort, mucous tissue and stool staining. In fact, the iron contained in **SIDERAL[®] FORTE 15** never comes in contact with the mucous tissues of the body; therefore, it presents a high degree of gastrointestinal tolerability reducing the risk of gastrointestinal irritation.

3. BEFORE YOU TAKE SIDERAL[®] FORTE 15:

Do not take **SIDERAL[®] FORTE 15**:

if you are hypersensitive (allergic) to **SIDERAL[®] FORTE 15** or any of the other ingredients of **SIDERAL[®] FORTE 15** (see the section explaining what **SIDERAL[®] FORTE 15** contains).

If you are uncertain if this applies to you, please discuss this with your doctor or pharmacist before taking **SIDERAL[®] FORTE 15**.

Take special care with SIDERAL[®] FORTE 15:

Talk to your doctor before taking or whilst taking **SIDERAL[®] FORTE 15**

if you are hypersensitive (allergic) to iron preparations.

Taking SIDERAL[®] FORTE 15 with food and drink:

Take one capsule per day with a glass of water with or without food.

Pregnancy and Breastfeeding:

SIDERAL[®] FORTE 15 is safe for use during pregnancy and lactation. If you are pregnant or breastfeeding your baby please consult your doctor, pharmacist or other health care professional for advice before taking **SIDERAL[®] FORTE 15**.

Driving and using machinery:

SIDERAL[®] FORTE 15 is not expected to have an effect on your ability to drive or operate machinery.

Using other medicines with SIDERAL[®] FORTE 15:

Always tell your healthcare professional if you are taking any other medicine (This includes complementary or traditional medicines).

4. HOW TO TAKE SIDERAL[®] FORTE 15:

Do not share products prescribed for you with any other person. Take one capsule per day with a glass of water, or as recommended by a doctor.

Do not exceed the recommended daily dose.

You should check with your doctor or pharmacist if you are unsure.

If you have the impression that **SIDERAL[®] FORTE 15** is too strong or too weak, tell your doctor or pharmacist.

If you take more SIDERAL[®] FORTE 15 than you should:

In the event of over-dosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

If you stop taking SIDERAL[®] FORTE 15:

If you stop taking **SIDERAL[®] FORTE 15** your original symptoms may come back.

5. POSSIBLE SIDE EFFECTS:

SIDERAL[®] FORTE 15 can have side effects. Not all side-effects reported for **SIDERAL[®] FORTE 15** are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking **SIDERAL[®] FORTE 15**, please consult your doctor, pharmacist or other health care professional for advice.



Sucrosomial[®] Iron is a registered trademark. Sucrosome[®] is a registered trademark. Sideral[®] is a registered trademark. Sideral[®] r.m. is a patented ingredient based on Sucrosomial[®] Iron.

PHARMANUTRA

Produced and packaged in the production facility based Via Castelliere, 2 - 33036 Mereto di Tomba (UD) Italy on behalf of: PharmaNutra S.p.A. Via Campodavella 1, 56122 Pisa (Italy) www.pharmanutra.it

6. STORING AND DISPOSING OF SIDERAL[®] FORTE 15:

Store in the original packaging at room temperature (at or below 30 °C.)

Avoid exposure to localised heat sources, direct sunlight and contact with water.

Do not use **SIDERAL[®] FORTE 15** after the expiry date printed on the label or carton. The expiry date refers to the product unopened and properly stored.

Return any expired or unused products to your pharmacist for safe disposal. Do not dispose of unused product in drains or sewerage systems (e.g. toilets).

STORE ALL PRODUCTS OUT OF REACH OF CHILDREN.

7. PRESENTATION OF SIDERAL[®] FORTE 15:

60 capsules in a jar packed in a carton.

8. IDENTIFICATION OF SIDERAL[®] FORTE 15

SIDERAL[®] FORTE 15 is a red hard capsule containing ivory powder. The content of each capsule weighs 346 mg.

9. REGISTRATION NUMBER

10. NAME, BUSINESS ADDRESS AND TELEPHONE NUMBER OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION:

Austell Pharmaceuticals (Pty) Ltd.
1 Sherborne Road, Parktown, Johannesburg 2193,
Tel: 0860 287 835



11. DATE OF PUBLICATION OF THE PATIENT INFORMATION LEAFLET:

Rev.5 of 06.24



ZAF-Rev.5 of 06.24

Foglietto Sideral Forte 15 Flacone Pilloliera
(Tracciato Biofarma) mm. 120 x 175