

SCHEDULING STATUS: **S0** Category D: Complimentary medicine

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

Vascafem Tablets

Calcium Lactate Gluconate	100 mg
Calcium Carbonate	270 mg
Kelp	53 mg
Vit B6	6 mg
Ginkgo Biloba	100 mg
Crataegus Oxyacantha	150 mg
Fructose	

Read all the information in this leaflet carefully as it contains important information regarding your medicine

- Keep this leaflet. You may need to read it at a later stage.
- If you have any further questions about this medication – ask your pharmacist
- DO NOT share your medication with others, as you do not know their medical history

WHAT DOES VASCAMEN TABLETS CONTAIN

The active substances are Calcium Lactate Gluconate (100mg), Calcium Carbonate (270mg), Kelp (53mg), Vit B6 (6mg), Ginkgo Biloba (100mg), Crataegus Oxyacantha (150mg)
Another ingredient inactive ingredient is Fructose

WHAT IS VASCAFEM TABLETS USED FOR

Vascafem is intended for women to assist with poor circulation.

BEFORE YOU USE VASCAFEM TABLETS

Do not use this product:

- If you are hypersensitive (allergic) to any of the ingredients listed

Contraindications

- Anticoagulants
- Digoxin
- Methimazole
- Anti-hypertensive medication (Refer to Interactions)

Special care should be taken in the following instances, always consult with a pharmacist or other health care professionals

- If you are diabetic
- Patients with arrhythmia
- Epilepsy patients
- If you have thyroid conditions

PREGNANCY AND LACTATION

- Safety during pregnancy and breastfeeding has not been established

USING OTHER MEDICATIONS WITH VASCAFEM TABLETS

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

Drug interactions

Ginkgo Biloba:

- **NSAIDS (Nonsteroidal Anti-inflammatory Drugs)** – in combination with Ginkgo Biloba this may enhance blood thinning effects of either medications.
- **Anti-coagulants** – Warfarin, Clopidogrel and Enoxaparin (Others not mentioned)
- **Alprazolam** – Ginkgo Biloba may decrease the effectivity of Alprazolam
- **Efavirenz** – Might decrease the absorption and thus effectivity of Efavirenz
- **Medicine metabolized in the liver** – Ginkgo Biloba will compete with other drug to be metabolised in the liver. Thus, this might have an effect on how quickly those drugs are metabolized and thus patients may experience increased side effects from those drugs.
- **Anti-diabetic medication** – It may have an effect on blood glucose levels of type 2 diabetic patients. Concurrent use with other hyperglycaemic medication is not recommended.

Crataegus Oxyacantha:

- Digoxin – Might increase the side effects of Digoxin.
- High-blood pressure medication (Calcium Channel Blockers and Beta-blockers) – Might lead to hypotension

Iodine (Kelp):

- Methimazole – In combination this may lead to severe hypothyroidism
- Amiodarone – Amiodarone contains Iodine. Increased iodine may have adverse effects.
- Lithium – May lead to hypothyroidism.

Vitamin B6 (Pyridoxine):

- Amiodarone – Increased sensitivity to sunlight
- Phenobarbital – Vitamin B6 may affect the effectiveness of this medication (Absorption)
- Phenytoin – Vitamin B6 may affect the effectiveness of this medication (Absorption)

Calcium:

- Ceftriaxone – Damage to kidneys and lungs (More with IV)
- Antibiotics (Quinolones and Tetracycline) – May affect absorption and thus effectivity

HOW TO TAKE VASCAFEM TABLETS

Take one tablet twice a day for 5days, then take one tablet daily after meals.

POSSIBLE SIDE EFFECTS

Minor side effects such as stomach upset, headache, dizziness, constipation, forceful heartbeat, and allergic skin reactions, nausea, stomach upset, fatigue, sweating, palpitations, nosebleeds, insomnia, agitation and dry mouth.

Ginkgo Biloba and Crataegus Oxyacantha may have a blood thinning effect which may lead to easy bruising and increased risk of bleeding.

Side effects occur with higher than normal levels of iodine in the body. Doses exceeding 1100mcg per day should be avoided. This may lead to gastric irritation and bloody diarrhoea. Hypersensitivity to iodine may be possible and is manifested by skin rashes, angio-oedema, mucosal bleeding, arthralgia, lymphadenopathy and fever. Prolonged administration of large doses may lead to iodism – metallic taste in the mouth, increased salivation, coryza like symptoms, headache, conjunctivitis and painful salivary glands.

Not all side effects reported for Vascafem are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your pharmacist or other healthcare professional for advice.

STORING AND DISPOSING OF VASCAFEM

Store at or below 25° C in a dry place
Protect from direct sunlight and moisture
Do not use after expiry date stated on outer packaging

Any unused medicine should be returned to your pharmacist for the safe and responsible destruction thereof. Do not dispose of unused medicine in drains or sewage systems.

PRESENTATION AND IDENTIFICATION OF VASCAFEM

Vascafem tablets are available in containers of 100 tablets

Vascafem are brownish, round, bevelled-edged, scored and uncoated.

REGISTRATION

This medicine has not been evaluated by the South African Health Product Regulatory Authority. This medicine is not intended to diagnose, treat, cure or prevent any disease.

NAME AND ADDRESS OF REGISTRATION HOLDER

Manufactured by Columbia Pharmaceuticals on behalf of Looock Pharmaceuticals Pty (Ltd).



LOOCK PHARMACEUTICALS

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BYLAE STATUS: S0 Kategorie D: Komplimentêre medisyne

EIE NAAM, STERKTE EN FARMASEUTIESE DOSEERVORM

Vascafem Tablette

Kalsium Laktaat Glukonaat	100 mg	
	Kalsiumkarbonaat	270 mg
Kelp	53 mg	
Vit B6	6 mg	
Ginkgo Biloba	100 mg	
Crataegus Oxycantha	150 mg	
Fruktose		

Lees alle informasie in die voubiljet versigtig deur, dit bevat belangrike inligting aangaande die medisyne.

- Hou die voubiljet, jy mag dit later wil deurlees
- Indien daar enige verdere vrae oor die produk is, vra jou apteker
- Moet nie jou medisyne met ander deel nie

WAT BEVAT VASCAMEN TABLETTE

- Die aktiewe bestanddele is Kalsium Laktaat Glukonaat – 100mg, Kalsiumkarbonaat – 270mg, Kelp – 53mg, Vit B6 – 6mg, Ginkgo Biloba – 100mg, Crataegus Oxycantha – 150mg
- Fruktose

WAARVOOR WORD VASCAMEN TABLETTE GEBRUIK

Vascafem is bedoel vir vroue om te help met swak sirkulasie.

VOORDAT JY VASCAMEN GEBRUIK

Moet nie die produk gebruik indien:

- Jy hipersensitief (allergies) is vir enige van die bestanddele wat gelys word.

TEENAANWYSINGS

- Antikoagulante
- Digoksien
- Metimasool
- Anti-hipertensiewe middels (Sien geneesmiddel interaksies)
- Swangerskap en borsvoeding (effekte onbekend)

Special care should be taken in the following instances, always consult with a pharmacist or other health care professionals

- If you are diabetic
- Patients with arrhythmia
- Epilepsy patients
- If you have thyroid conditions

SWANGERSKAP EN BORSVOEDING

- Veiligheid tydens swangerskap en borsvoeding is nog nie vasgestel nie.

DIE GEBRUIK VAN ANDER MEDIKASIE TESAAME MET VASCAMEN TABLETTE

(Stel altyd jou gesondheidsorgverskaffer in kennis indien jy enige ander medikasie gebruik)

Geneesmiddel interaksies

Ginkgo Biloba:

- **NSAIDS (Non-steroïed Anti-Inflammatoriese middels)** – in kombinasie met Ginkgo Biloba mag die die bloed verdunnings-effekte van ander medikasie verhoog
- **Anti-koagulante** – (Warfarin, Klopidoogrel, Enoxaparien ens.)
- **Alprazolam** – Ginkgo Biloba kan die effektiwiteit van Alprazolam verminder
- **Efavirenz** – Mag die absorpsie van Efavirenz en dus die effektiwiteit negatief beïnvloed
- **Medisyne wat in die lewer gemetaboliseer word** – Dit kan meeding met ander geneesmiddels wat in die lewer gemetaboliseer word en mag dus veroorsaak dat pasiënte meer nuwe effekte ervaar.
- **Anti-diabetiese medikasie** – dit mag 'n uitwerking hê op die bloedglukose vlakke van tipe 2 diabetiese pasiënte. Gelyktydige gebruik tesame met ander hiperglisemiese middels word nie aanbeveel.

Crataegus Oxycantha:

- Digoksien – kan die nuwe-effekte van Digoksien verhoog
- Hoë bloeddrukmedikasie (Kalsiumkanaalblokkers en Beta-blokkers) – kan lei tot hipotensie

Jodium (Kelp):

- Metimasool – In kombinasie kan dit lei tot erge hipotiriodisme
- Amiodaroon – Bevat ook Jodium. Hoë vlakke van Jodium mag nadelige effekte hê
- Lithium – Mag lei tot hipotiriodisme

Vitamiën B6 (Piridoksien):

- Amiodaroon – Verhoogde sensitiviteit vir sonlig
- Fenobarbital – Vitamiën B6 kan die effektiwiteit van hierdie medikasie beïnvloed
- Fenitoïen – Vitamiën B6 kan die effektiwiteit van hierdie medikasie beïnvloed

Kalsium:

- Ceftriaxone – Saam mag dit skade aan die niere en longe veroorsaak (Meer met IV toediening)
- Fluorokinolone en Tetrasiklien – Mag die absorpsie en dus effektiwiteit beïnvloed

HOE OM VASCAMEN TE NEEM

Neem een tablet tweemaal per dag vir 5dae, daarna neem een tablet daagliks na etes

MOONTLIKE NUWE EFFEKTE

Hoofpyn, duiseligheid, hardlywigheid, hartkloppings, allergiese velreaksies, naarheid, moegheid, sweet, neusbloeding, slapeloesheid en droë mond.

Maklike kneusing en verhoogde bloeddruk as gevolg van die bloedverdundingseffek van Ginkgo Biloba en Crataegus Oxycantha

Nuwe effekte mag voorkom met hoër as normale vlakke van Jodium in die liggaam. Dosisse hoër as 1100mcg per dag moet vermy word. Dit kan lei tot maag irritasie en bloederige diarree. Hipersensitiviteit tot Jodium is moontlik en word geïdentifiseer deur veluitslag, angio-edeem, mukosale bloeding, atralgie, limfadenopatie en koors. Langdurige toediening van groot dosisse mag lei tot jodisme – metaal smaak, verhoogde speeksel produksie, hoofpyn, konjunktivitis en pylneke speeksel kliere.

Alle nuwe-effekte vir Vascamen tablette word nie in die voubiljet gelys nie. Indien jou algemene gesondheid afneem of jy enige ander nuwe effekte ervaar wat nie gelys word nie, kontak jou apteker of ander gesondheidsorg werkers vir advise.

DIE BERG EN WEGDOEN VAN VASCAMEN

Berg teen 25°C of minder in 'n droë plek
Beskerm teen vog en direkte sonlig
Moet dit nie gebruik na die vervaldatum wat op die buitenste verpakking is nie

Enige ongebruikte of vervalde medikasie met na jou apteker geneem word vir die veilige en verantwoordelike vernietiging daarvan. Moet nie van medisyne ontslae raak in dreine of rioolstelsels nie.

AANBIEDING EN IDENTIFIKASIE VAN VASCAMEN

Vascafem tablette is beskikbaar in houers van 100 tablette.

Dit is bruin van kleur, rond, afgeskuin en ongekeep.

REGISTRASIE

Hierdie medisyne is nie geëvalueer deur die Suid-Afrikaanse Gesondheidsprodukte-beheerraad nie. Hierdie produk is nie bedoel vir die diagnose, behandeling of genesing van enige siektetoestand nie.

NAAM EN ADRES VAN REGISTRASIEHOUER

Vervaardig deur Columbia Pharmaceuticals namens Looock Pharmaceuticals (Pty) Ltd.



LOOOCK PHARMACEUTICALS

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