

IMMUNE-5™

First Line Defence Immune Support

Consumer Medicine Information

1. What is in the leaflet

This leaflet answers some of the more common questions about Immune-5™ powder.

It does not contain all of the available information. It does not take the place of talking to your healthcare professional or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking Immune-5™ powder against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, ask your healthcare professional or pharmacist.

Keep this leaflet with the medicine.

You may need to read it again.

2. What Immune-5™ is used for

Immune-5™ is an evidenced-based combination of select immune modulating compounds that each demonstrate therapeutic properties.

ResistAid™ consists of the soluble fibre Arabinogalactan and bioactive flavonoids with clinical evidence of immune modulating properties that may support healthy immune function via various mechanisms. Arabinogalactan also functions as a prebiotic supporting healthy commensal bacterial growth and activity that is required for healthy immune function. Lactoferrin is a naturally occurring protein within

the body with broad spectrum anti-microbial and anti-viral activity. Colostrum and IgG-rich whey fraction provide important innate immune supporting proteins that modulate the body's defence processes and provide antibacterial effects.

Your healthcare professional may have prescribed Immune-5™ for another reason.

Ask your healthcare professional if you have any questions concerning why Immune-5™ has been prescribed for you.

Immune-5™ is not addictive.

3. Before you take Immune-5™

3a) When you MUST NOT take it

Do not take Immune-5™ if:

- 1. You have had an allergic reaction to Immune-5™, Whey protein igG-rich fraction, or any other ingredient listed in section 8b.**
- 2. The safety seal is broken, missing or shows signs of tampering.**
- 3. The expiry date (EXP) printed on the bottle has passed.**

If it has expired or is damaged, return it to your pharmacist for disposal.

If you take this medicine after the expiry date has passed, it may not work as well.

If you are not sure you should start taking Immune-5™ contact your healthcare professional.

3b) Before you start to take it

You must tell your doctor if:

- 1. You have any allergies to any other medicines, foods, preservatives, dyes or additives.**

Immune-5 contains lactoferrin which is derived from whey. If you experience any allergic reaction or other side effects after consuming Immune-5™ you should discontinue use and consult with your healthcare professional.

- 2. You have or have had any other health problems or issues including:**

- Low blood pressure
- Diabetes
- Diarrhoea and/or vomiting.

If you have not told your healthcare professional or pharmacist about any of the above, tell them before you start taking Immune-5™.

3c) Taking other medicines

Tell your healthcare professional or pharmacist if you are taking other medicines, including any that you get without a prescription from a naturopath, pharmacy, supermarket or health food store.

4. How to take Immune-5™

4a) How to take Immune-5™

Follow all directions given to you by your healthcare professional or pharmacist carefully. They may differ from the information contained in this leaflet.

Take Immune-5™ exactly how your healthcare professional or pharmacist has prescribed.

4b) How much Immune-5™ should be taken

Add one (1) sachet to 200 mL of cold water immediately before use and stir well. Take one (1) sachet, one (1) to two (2) times per day or as directed by your healthcare practitioner.

4c) How to take Immune-5™

One (1) sachet of powder should be stirred in 200 mL of cold water and consumed immediately.

4d) When to take Immune-5™

One (1) to two (2) times a day or as directed by your healthcare practitioner.

4e) How long to take Immune-5™

Take Immune-5™ as long as your healthcare professional prescribes.

4f) If you forget to take Immune-5™

Do not try to make up for missed doses by taking an extra dose.

This may increase the chance of getting an unwanted side effect.

If it is almost time for your next dose, skip the dose you missed and take the next dose when you are meant to.

If you are unsure of what to do, check with your healthcare professional or pharmacist.

4g) If you have taken too much Immune-5™ (overdose)

Visit your healthcare professional or pharmacist as soon as possible. Tell them how much Immune-5™ you took and they will determine the best action to suit your health. Please visit your healthcare professional or pharmacist if there are signs of discomfort or poisoning.

5. While you are taking Immune-5™

5a) Things you **MUST** do

If you become pregnant while taking Immune-5™, tell your healthcare professional or pharmacist immediately.

If you are about to start taking a new medication, tell your healthcare professional or pharmacist you are taking Immune-5™.

If you are planning to have surgery, tell your healthcare professional or pharmacist you are taking Immune-5™. Always follow your healthcare professional or pharmacist's instructions carefully.

5b) Things you **MUST NOT** do

Do not heat Immune-5™ or add it into hot liquids or foods.

Do not expose Immune-5™ to extreme heat conditions for extended periods of time.

6. Side effects

All medicines can have side effects. Sometimes they are serious, however, most of the time they are not.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

Ask your healthcare professional or pharmacist to answer any questions you may have.

Tell your healthcare professional or pharmacist if you experience any of the following and they worry you:

- Cramps or pain in the stomach
- Constipation
- Diarrhoea
- Mucus in the stool
- Bloating stomach area
- Gas.

These side effects are usually mild and dose related. Most of them disappear completely in a few days after the dose of Immune-5™ is lowered or stopped.

Serious allergic reactions to these ingredients are rare; however, tell your healthcare professional or pharmacist if you experience any of the following:

- Skin rash
- Swelling of the face and/or throat
- Difficulty breathing
- Itching of the skin.

Tell your doctor if you notice anything else that is making you feel unwell.

Other side effects not listed above may also occur in some people.

7. After taking Immune-5™

Storage

Keep Immune-5™ in its sachets until it is time to take it. Always store Immune-5™ in its original sachets. If you take the powder out of the sachet it may not keep well.

Store below 25°C. Recommended to keep refrigerated. Do not freeze.

Do not store Immune-5™, or any other medicine, in a bathroom or near a sink.

Do not leave it in the car or on windowsills.

Heat and dampness can destroy the medicine.

Keep out of reach from children.

Protect Immune-5™ from light.

8. Product description

8a) *What Immune-5™ looks like*

Immune-5 is a light orange powder. It is stored in a cardboard carton containing ten (10) 6 g sachets.

8b) *Ingredients*

Active ingredients per 6 g (1 sachet) dose:

- Lactoferrin 100 g
- Whey protein igG-rich fraction 2 g
- Colostrum 200 mg
- Arabinogalactan (ResistAid™) 4 g
- Ascorbic acid 500 mg

Excipient ingredients:

- Maltodextrin
- Natural raspberry flavor
- Stevia
- Silica dioxide.

Immune-5™ is gluten free.

Immune-5™ is suitable for vegetarians.

9. Translation

To read this information in other languages go to www.medlab.co/translate.

10. Manufacturer

Immune-5™ is supplied in Australia by:

Medlab Clinical Limited™
A division of Medlab Clinical Limited™
66 McCauley Street
Alexandria NSW 2015
Toll free: 1300 369 570

Australian Listing Number
AUST L 274053

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Medlab Clinical Limited™