

Consumer Medicine Information

1. What is in the leaflet

This leaflet answers some common questions about Manuka-C™.

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

All medicines and supplements have risks and benefits. Your doctor has weighed the risks of you taking Manuka-C™ against the benefits they expect it will have for you.

If you have any concerns about taking this supplement, ask your doctor or pharmacist.

Keep this leaflet with the supplement.
You may need to read it again.

2. What Manuka-C™ is used for

Manuka-C™ contains a blend of three ascorbates combined with glutathione, zinc and honey powder (Manuka honey).

Ascorbic acid and zinc are vital for the optimal functioning of the immune system including the anti-microbial activity of white blood cells and are also important for wound healing. Glutathione assists with the physiological role of ascorbic acid within the cell while Manuka honey has well established anti-bacterial, anti-viral and anti-fungal activity.

Your healthcare professional or pharmacist may have prescribed Manuka-C™ for another reason.

Ask your healthcare professional or pharmacist if you have any questions concerning why Manuka-C™ as been prescribed for you.

Manuka-C™ is not addictive.

3. Before you take Manuka-C™

3a) When you **MUST NOT** take it

Do not take Manuka-C™ if:

- You have had an allergic reaction to Manuka-C™ or any ingredient listed in section 8b.**
- The packaging is torn, missing or shows signs of tampering.**
- The expiry date (EXP) printed on the pack has passed.**
If it has expired or is damaged, return it to your pharmacist for disposal.
If you take this supplement after the expiry date has passed, it may not work as well.

If you are not sure if you should start taking Manuka-C™ contact your healthcare professional or pharmacist.

3b) Before you start to take it

You must tell your doctor if:

- You have any allergies to any other medicines, foods, preservatives, dyes or additives.**
Manuka-C™ contains Ascorbic acid, Zinc, Honey powder and Glutathione. If you experience any allergic reaction or other side effects after consuming Manuka-C™ you should discontinue use and consult with your healthcare professional or pharmacist.
- You are pregnant or planning to become pregnant.**

- You are breastfeeding or planning to breastfeed.**
- In children under the age of 2 years of age without medical advice.**
- Not suitable for infants under the age of 12 months.**

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

3c) Taking other medicines

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

Some medicines may be affected by Manuka-C™ or may affect how well it works. Ascorbic acid may increase the absorption of aluminium found in antacids. Taking large amounts of ascorbic acid may decrease the effectiveness of fluphenazine (Prolixin). Zinc may affect how well antibiotic medication is absorbed. Manuka honey may have possible interactions with certain chemotherapy drugs. You may need to take different amounts of your medicine, or you may need to take different medicines. Your doctor will advise you.

Your healthcare professional or pharmacist has more information on medicines to be careful with or avoid while taking Manuka-C™.

4. How to take Manuka-C™

4a) How much to take

Follow all directions given to you by your healthcare professional or pharmacist carefully.

Take Manuka-C™ exactly as your healthcare professional or pharmacist has prescribed.

They may differ from the information contained in this leaflet.

4b) How much Manuka-C™ should be taken

Mix one 5 g dose (1 level teaspoon) into 200 mL of water and drink, one (1) to two (2) times per day or as directed by your healthcare professional.

Your healthcare professional or pharmacist will tell you how much Manuka-C™ powder to take each day. This depends on the condition being treated and whether any other medicines are being used.

4c) How to take Manuka-C™

The powder should be dissolved into cold water and drunk.

4d) When to take Manuka-C™

Take Manuka-C™ one (1) to two (2) times per day before or after meals, or as directed by your healthcare practitioner.

4e) How long to take Manuka-C™

Take Manuka-C™ as long as your healthcare professional prescribes.

4f) If you forget to take Manuka-C™

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 Manuka-C™

Visit your healthcare professional or pharmacist as soon as possible. Tell them how much Manuka-C™ you took and he/she can determine what action is best for your health. Please visit your healthcare professional or pharmacist if there are signs of discomfort.

5. While you are taking Manuka-C™

5a) Things you **MUST** do

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

If you are about to start taking a new medicine, tell your healthcare professional or pharmacist that you are taking Manuka-C™.

Always follow your healthcare professional or pharmacist's instructions carefully.

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

Do not heat Manuka-C™ or add into hot liquids or foods.

Do not expose Manuka-C™ to extreme heat conditions for extended periods of time.

6. Side effects

All medicines and supplements can have side effects. Sometimes they are serious, 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 notice any of the following and they worry you:

- Cramps or pain in the stomach area
- Bloating stomach area
- Gas
- Nausea.

These side effects are usually mild and dose related. Most of them disappear completely after the dose of Manuka-C™ is lowered or stopped.

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

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

If symptoms persist consult your healthcare practitioner.

7. After taking Manuka-C™

7a) Storage

Keep Manuka-C™ in its bottle until it is time to take it. If you take the powder out of the bottle it may not keep well.

Always store Manuka-C™ only in its original container. Store below 25°C.

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

Do not leave it in the car or on windowsills.

Heat and humidity can destroy the medicine.

Keep out of reach from children.

8. Product description

8a) What Manuka-C™ looks like

Manuka-C™ is a light orange powder. It is in a white cylinder bottle and each bottle contains 105 g of powder (21 doses).

8b) Ingredients

Active Ingredients per 5 g (1 level teaspoon) dose

- Ascorbic acid 400 mg
- Zinc ascorbate 59.4 mg
 - Equiv. ascorbic acid 50 mg
 - Equiv. zinc 9.4 mg
- Sodium ascorbate 56.6 mg
 - Equiv. ascorbic acid 50 mg
- **Total ascorbic acid 500 mg**
- Honey powder (Manuka honey) 2.5 g
- Glutathione (reduced) - Setria® 100 mg.

Excipient Ingredients

- Silica
- Maltodextrin
- Stevia
- Tartaric acid
- Citric acid
- Effersoda
- Flavour.

Manuka-C™ is suitable for vegetarians.

Manuka-C™ is gluten and dairy free.

9. Translation

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

10. Manufacturer

Manuka-C™ is supplied in Australia by:

A division of Medlab Clinical Limited™

66 McCauley Street

Alexandria NSW 2015

Toll free: 1300 369 570

Australian Listing Number

AUST L 274057

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Medlab Clinical Limited™
