

SAHPRA LICENCE NO.		000000557-17	CM REF.	DA02-FC0BE1	Name of Licence Holder:	Procter & Gamble South African Trading (Pty) Ltd					Version:	1-062020	
No.	Activity	Name of Medicine	Dosage Form	Pack size per unit - Quantity or Volume	Ingredients and Quantities	Dosage	Registration or Application No.	Sub-Category	Class or Discipline	Route of Administration	Risk	Intended Use	Storage Conditions
1	Imported and Exported	Vicks VapoLozenges Orange Menthol	Other	1, 6, 8, 16, 24, 36	Glycyrrhiza glabra (Liquorice root) 15 mg; Zingiber officinale (Common ginger rhizome) 10 mg; Phyllanthus emblica (Indian gooseberry fruits) 10 mg; Menthaarvensis (leaf) (Levomenthol) 7 mg	Adults and Children over 12 years: Dissolve 1 lozenge in your mouth every 2 hours as needed. Do not exceed 8 lozenges in 24 hours.	n/a	Discipline specific	Ayurveda	Oral	Low	eases cough, blocked nose and sore throat	At or below 25 °C
2	Imported and Exported	Vicks VapoLozenges Berry Menthol	Other	1, 6, 8, 16, 24, 36	Glycyrrhiza glabra (Liquorice root) 15 mg; Zingiber officinale (Common ginger rhizome) 10 mg; Phyllanthus emblica (Indian gooseberry fruits) 10 mg; Menthaarvensis (leaf) (Levomenthol) 7 mg	Adults and Children over 12 years: Dissolve 1 lozenge in your mouth every 2 hours as needed. Do not exceed 8 lozenges in 24 hours.	n/a	Discipline specific	Ayurveda	Oral	Low	eases cough, blocked nose and sore throat	At or below 25 °C
3	Imported and Exported	Vicks VapoLozenges Honey Lemon Menthol	Other	1, 6, 8, 16, 24, 36	Glycyrrhiza glabra (Liquorice root) 15 mg; Zingiber officinale (Common ginger rhizome) 10 mg; Phyllanthus emblica (Indian gooseberry fruits) 10 mg; Menthaarvensis (leaf) (Levomenthol) 7 mg	Adults and Children over 12 years: Dissolve 1 lozenge in your mouth every 2 hours as needed. Do not exceed 8 lozenges in 24 hours.	n/a	Discipline specific	Ayurveda	Oral	Low	eases cough, blocked nose and sore throat	At or below 25 °C
4	Imported and Exported	Metamucil Orange Smooth	Powder	283 g, 425 g, 10 sachets, 30 Sachets	Each 5,9 g serving contains: Psyllium husk 3,4 g	Dosage age: Adults and children (≥ 12 years of age) Note: Children aged 12 years and over are usually given adult doses. The use in children under 12 years of age is not recommended (see CONTRAINDICATIONS). Metamucil should be taken during the day 2 hours before or after intake of other medicines, not immediately prior to bed-time. The effect starts 12 - 24 hours later. A sufficient amount of liquid (water, milk, fruit juice or similar aqueous liquid) should always be taken e.g. 250 ml of water per 5,9 g of Metamucil Orange Smooth. Metamucil Sachets: Simply add one sachet to at least 250 ml of water. Stir briskly and drink promptly. Drink plenty of water. New Users: Start with 1 sachet per day and gradually increase to 3 sachets per day. Duration of use: If the symptoms persist during the use of the Metamucil longer than 3 days, a healthcare provider should be consulted.	n/a	Health Supplement	Saccharides (including prebiotics)	Oral	Low	Metamucil promotes regularity and gut health. Metamucil increases bulk volume and water content, softening stools to maintain regularity. Metamucil supports the body's toxin removal process to support gut health.	At or below 25 °C
5	Imported and Exported	Metamucil Berry Smooth	Powder	283 g, 425 g, 10 sachets, 30 Sachets	Each 5,8 g serving contains: Psyllium husk 3,4 g	Dosage age: Adults and children (≥ 12 years of age) Note: Children aged 12 years and over are usually given adult doses. The use in children under 12 years of age is not recommended (see CONTRAINDICATIONS). Metamucil should be taken during the day 2 hours before or after intake of other medicines, not immediately prior to bed-time. The effect starts 12 - 24 hours later. A sufficient amount of liquid (water, milk, fruit juice or similar Aqueous liquid taken e.g. 250 ml of water per 5,8 g of Metamucil Berry Smooth. Metamucil Sachets: Simply add one sachet to at least 250 ml of water. Stir briskly and drink promptly. Drink plenty of water. New Users: Start with 1 sachet per day and gradually increase to 3 sachets per day. Duration of use: If the symptoms persist during the use of the Metamucil longer than 3 days, a healthcare provider should be consulted.	n/a	Health Supplement	Saccharides (including prebiotics)	Oral	Low	Metamucil promotes regularity and gut health. Metamucil increases bulk volume and water content, softening stools to maintain regularity. Metamucil supports the body's toxin removal process to support gut health.	At or below 25 °C
6	Imported and Exported	Metamucil Lemon Smooth	Powder	283 g, 425 g, 10 sachets, 30 Sachets	Each 5,8 g serving contains: Psyllium husk 3,4 g	Dosage age: Adults and children (≥ 12 years of age) Note: Children aged 12 years and over are usually given adult doses. The use in children under 12 years of age is not recommended (see CONTRAINDICATIONS). Metamucil should be taken during the day 2 hours before or after intake of other medicines, not immediately prior to bed-time. The effect starts 12 - 24 hours later. A sufficient amount of liquid (water, milk, fruit juice or similar Aqueous liquid taken e.g. 250 ml of water per 5,8 g of Metamucil Lemon Smooth. Metamucil Sachets: Simply add one sachet to at least 250 ml of water. Stir briskly and drink promptly. Drink plenty of water. New Users: Start with 1 sachet per day and gradually increase to 3 sachets per day. Duration of use: If the symptoms persist during the use of the Metamucil longer than 3 days, a healthcare provider should be consulted.	n/a	Health Supplement	Saccharides (including prebiotics)	Oral	Low	Metamucil promotes regularity and gut health. Metamucil increases bulk volume and water content, softening stools to maintain regularity. Metamucil supports the body's toxin removal process to support gut health.	At or below 25 °C
7	Imported and Exported	Metamucil FiberCaps	Capsule	100	Psyllium husk 525 mg.	Dosage age: Adults and children (≥ 12 years of age) Note: Children aged 12 years and over are usually given adult doses. The use in children under 12 years of age is not recommended (see CONTRAINDICATIONS). Metamucil should be taken during the day 2 hours before or after intake of other medicines, not immediately prior to bed-time. The effect starts 12 - 24 hours later. New Users: Start with 1 serving per day and gradually increase to 3 servings per day. Serving Size: 7 Capsules. Maximum dosing: 3 servings (21 capsules) per day. Take 7 capsules, one at a time, with a 250 ml glass of water. Drink plenty of water and take whilst in an upright position. Duration of use: If the symptoms persist during the use of the Metamucil longer than 3 days, a healthcare provider should be consulted.	n/a	Health Supplement	Saccharides (including prebiotics)	Oral	Low	Metamucil promotes regularity and gut health. Metamucil increases bulk volume and water content, softening stools to maintain regularity. Metamucil supports the body's toxin removal process to support gut health.	At or below 25 °C

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8	Imported and Exported	Slow Mag Fizzies	Tablet - Effervescent	10, 20, 30	Each effervescent Tablet contains: Magnesium Carbonate 707,98 mg, providing 172 mg of elemental Magnesium Ascorbic Acid 165,10 mg, providing 150 mg Vitamin C	Take 1 tablet daily dissolved in a glass of water after food or as directed by your healthcare provider. Indicated for Adults and children 12 years and older	Not Registered	Health Supplement	Minerals	Oral	Low	<p><b>What can magnesium do for you:</b>                      Contributes to a reduction of tiredness and fatigue.                      Contributes to normal energy-yielding metabolism and aids in rapid recovery after physical activity.                      Helps maintain a healthy nervous system.                      Maintains muscle electrolyte balance, contributes to the maintenance of normal muscle function and can therefore be used to ease cramps during exercise.                      Assists in utilising proteins.                      Contributes to normal psychological function.                      Helps in the maintenance of good health.                      Contributes to tissue formation.</p> <p><b>What can vitamin C do for you:</b>                      Contributes to the reduction of tiredness and fatigue.                      Promotes healthy cell development, normal tissue growth and repair such as healing of wounds.                      Assists the body in absorbing iron from foods.                      Helps to metabolise fats and proteins. Turns food into energy.                      Helps protect the body against pollutants and fights damage caused by free radicals.                      Contributes to normal collagen formation for the normal function of blood vessels.                      Contributes to normal psychological function.                      Helps in connective tissue formation.                      An antioxidant for the maintenance of good health.                      Contributes to the normal function of the immune system.</p>	At or below 25 °C
9	Manufactured (including import and export)	Slow Mag Capsules	Capsule	10, 30, 60, 100	Each capsule contains: Magnesium Lysinate Glycinate Chelate 450 mg, providing 45 mg of Elemental Magnesium	1 to 2 capsules to be taken daily after food, or as directed by your healthcare provider. Indicated for Adults and children 12 years and older	Not Registered	Health Supplement	Minerals	Oral	Low	<p><b>What can magnesium do for you:</b>                      Contributes to a reduction of tiredness and fatigue.                      Contributes to normal energy-yielding metabolism and aids in rapid recovery after physical activity.                      Helps maintain a healthy nervous system.                      Maintains muscle electrolyte balance, contributes to the maintenance of normal muscle function and can therefore be used to ease cramps during exercise.                      Assists in utilising proteins.                      Contributes to normal psychological function.                      Helps in the maintenance of good health.                      Contributes to tissue formation.</p>	At or below 25 °C