

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS:

S0

EXPECTAMED NACQ600 effervescent tablet

Hedera helix (English ivy) leaf extract,
N-Acetyl-L-Cysteine (NAC) providing L-Cysteine and
Quercetin

- Contains artificial sweeteners per effervescent tablet: sorbitol 600 mg, isomalt 400 mg, sucralose 25 mg.
- Complementary Medicine: D.34.8. Health Supplement.
- This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

Read all of this leaflet carefully because it contains important information for you

EXPECTAMED NACQ600 is available without a doctor's prescription. Nevertheless, you still need to use EXPECTAMED NACQ600 carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share EXPECTAMED NACQ600 with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

What is in this leaflet

1. What EXPECTAMED NACQ600 is and what it is used for
2. What you need to know before you take EXPECTAMED NACQ600
3. How to take EXPECTAMED NACQ600
4. Possible side effects
5. How to store EXPECTAMED NACQ600
6. Contents of the pack and other information

1. What EXPECTAMED NACQ600 is and what it is used for

EXPECTAMED NACQ600 contributes to maintaining normal immune response to seasonal allergens.

2. What you need to know before you take EXPECTAMED NACQ600

Do not take EXPECTAMED NACQ600:

- If you are hypersensitive (allergic) to any of the ingredients of EXPECTAMED NACQ600 (listed in section 6 **Contents of pack and other information**).
- If you are pregnant or breastfeeding (see **Pregnancy, breastfeeding and fertility**).
- Have a known medical condition unless advised by a healthcare professional.
- If you are taking any chronic medication do not use this product without consulting your medical practitioner.
- Not suitable for children under the age of 12 years.

Warnings and precautions

- Special care should be taken with EXPECTAMED NACQ600.
- Consult a healthcare provider before use if you have:
 - o asthma or other chronic respiratory conditions, as *Hedera helix* may trigger breathing difficulties or coughing in sensitive individuals.
 - o a history of gastrointestinal disorders (such as ulcers or chronic stomach problems).
 - o or have ever had liver disease, as Quercetin has been associated in rare cases with liver function abnormalities. Speak to your doctor before use.
 - o a known bleeding disorder or are taking medicines that affect blood clotting (such as warfarin), consult your healthcare provider before using EXPECTAMED NACQ600.
 - o Are scheduled for surgery (discontinue 2 weeks prior).
 - o an autoimmune disease or are on immunosuppressive therapy, use of EXPECTAMED NACQ600 should be discussed with a healthcare provider due to its potential immune-modulating effects.
 - o If you are allergic to Ivy (*Hedera helix*), Quercetin or any of the other ingredients in this medicine.
 - o If you experience symptoms such as yellowing of the skin or eyes (jaundice), dark urine, or unusual tiredness during treatment, stop taking the product and consult a healthcare provider immediately, as these could be signs of liver problems.
- Do not exceed the daily recommended dose.
- Do not use after the date of expiry.
- Products containing herbal ingredients may interact with some medication.

Porphyria: Safety has not been established.

Tell your doctor or healthcare provider if you are not sure about any of the above.

Other medicines and EXPECTAMED NACQ600

Always tell your healthcare provider if you are taking any other medicine, including complementary or traditional medicines. Consult your doctor, pharmacist or healthcare provider before use if you are taking:

- Blood thinners (anticoagulant - or antiplatelet medication) e.g., warfarin, aspirin, clopidogrel as some of the ingredients may have a blood thinning effects increasing the risk of bleeding. Your doctor may want to monitor you more closely. Use with caution and under medical supervision if you are on blood-thinning therapy.
- Antibiotics (used to treat infections e.g., ciprofloxacin, levofloxacin). You should take all oral antibiotics at least two (2) hours before, or four (4) hours after EXPECTAMED NACQ600 or similar supplements.
- Antihypertensives (e.g., beta-blockers, ACE inhibitors):
Quercetin may have a mild blood pressure-lowering effect. If taken with antihypertensive medicines, it may cause an additive drop in blood pressure.
- Corticosteroids or NSAIDs (e.g., prednisone, ibuprofen):
NACQ600 may support anti-inflammatory effects, but concurrent use may increase the risk of gastrointestinal irritation in sensitive individuals.
- Immunosuppressive medication:
Quercetin has mild immunomodulating properties and may interfere with the intended action of immunosuppressants.
- Nitroglycerin or other nitrate medications:
NAC may enhance the vasodilatory effects of nitrates, potentially causing light-headedness or hypotension.
- Activated charcoal, certain chelators, or zinc/iron supplements:
Quercetin may bind to minerals and reduce their absorption. If taking mineral supplements, separate doses by 2 hours.
- Other respiratory treatments, including mucolytics or bronchodilators:
While no specific interactions are known for *Hedera helix*, using multiple respiratory agents at once should be discussed with your healthcare provider to avoid duplication or intensification of effects, such as increased mucus production.

Take EXPECTAMED NACQ600 a few hours before or after other medication (see **How to take EXPECTAMED NACQ600**).

Taking EXPECTAMED NACQ600 with food, drink and alcohol

You should take EXPECTAMED NACQ600 with food or after food, especially due to the presence of N-Acetyl-L-Cysteine (NAC), which may cause nausea in some individuals when taken on an empty stomach.

Taking EXPECTAMED NACQ600 after meals may help reduce the risk of stomach discomfort, especially in people with sensitive digestion.

There are no known direct interactions between EXPECTAMED NACQ600 and moderate alcohol intake. However:

- Excessive alcohol consumption may reduce liver function and interfere with the body's natural detox processes.
- NAC supports liver health, and excessive alcohol may place additional strain on the liver, potentially affecting how the body processes the supplement.

It is advisable to limit alcohol intake while using this product, particularly if using it for respiratory or immune support.

Avoid drinking alcohol while using EXPECTAMED NACQ600, as it may increase the risk of liver-related side effects.

Pregnancy, breastfeeding and fertility

Do not use EXPECTAMED NACQ600 if you are pregnant or breastfeeding as safety has not been established. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist, or other healthcare provider for advice before taking this medicine.

Driving and using machines

EXPECTAMED NACQ600 should not affect your ability to drive or use machinery. However, if you think you are affected you should not drive or operate machinery until you feel better.

It is not always possible to predict to what extent EXPECTAMED NACQ600 may interfere with your daily activities.

Ensure that you do not engage in the above activities until you are aware of the measure to which EXPECTAMED NACQ600 affects you.

3. How to take EXPECTAMED NACQ600

Do not share medicines with any other person.

Always take EXPECTAMED NACQ600 exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you. You should check with your doctor, pharmacist or nurse if you are unsure.

The usual dose for adults and children 12 years and older is:

One (1) effervescent tablet dissolved in a glass of water once to twice daily, after a meal.

Take a few hours before or after taking other medications (see **Other medicines and EXPECTAMED NACQ600**).

DO NOT EXCEED THE RECOMMENDED INTAKE.

If you take more EXPECTAMED NACQ600 than you should

In the event of overdosage, consult your doctor or pharmacist. If neither are available, contact the nearest hospital or poison centre.

If you forget to take EXPECTAMED NACQ600

Take your missed dose when you remember. Do not take a double dose to make up for forgotten individual doses.

If you stop taking EXPECTAMED NACQ600

If you are taking the dose as indicated, it is unlikely that there should be withdrawal effects when you stop using this medication.

4. Possible side effects

EXPECTAMED NACQ600 can have side effects. Not all side effects reported for EXPECTAMED NACQ600 are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking EXPECTAMED NACQ600, please consult your healthcare provider for advice.

If any of the following or other side effects occur, stop taking this product and consult your doctor or pharmacist or go to the casualty department at your nearest hospital:

Allergic reactions, such as: skin rashes, hives (skin bumps), itchiness, swelling of the face, lips mouth or throat, which may cause difficulty in swallowing or breathing.

These are all very serious side effects. If you have them, you may have had a serious reaction to NACQ600. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

Frequency unknown:

- Hypersensitivity reactions or anaphylaxis, symptoms include: difficulty breathing or swallowing, angioedema, itchy throat, urticaria (hives), skin rash and itching.

Side effects that usually do not require medical attention (report to your healthcare professional if they continue):

- Abdominal discomfort, - pain, - cramps and - fullness, constipation, diarrhoea, dyspepsia, heartburn, nausea, vomiting, halitosis, belching, flatulence and dry mouth.

- Respiratory Issues.
- Headache and dizziness.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you get side effects, talk to your doctor, pharmacist or nurse. You can also report side effects to the SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website. You can also report side effects to SAHPRA via "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications:

<https://www.sahpra.org.za/Publications/Index/8>.

By reporting side effects, you can help provide more information on the safety of EXPECTAMED NACQ600.

5. How to store EXPECTAMED NACQ600

- Store all medicines out of reach of children.
- Store in a dry place at or below 25 °C.
- Protect from light and moisture.
- Keep in original packaging until use.
- Close cap firmly after use.
- Do not refrigerate.
- Do not store in a bathroom.
- Do not use after the expiry date stated on the label and carton.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of pack and other information

What EXPECTAMED NACQ600 contains

Active Ingredients	Per effervescent tablet	Per maximum daily dose (3 effervescent tablets)
<i>Hedera helix</i> (English ivy) [leaf, 4:1 extract providing 200 mg DHE*]	50 mg	150 mg
N-Acetyl-L-Cysteine (NAC) providing L-Cysteine	300 mg 223 mg	900 mg 668 mg
Quercetin	250 mg	750 mg

*Dried Herb Equivalent.

The other ingredients or excipients are:

Citric acid anhydrous, crospovidone (Kollidon® CL), isomalt (Galen IQ 721), magnesium stearate, passion flavour, pineapple flavour, polyethylene glycol (Lipoxol® 6000), polyvinylpyrrolidone K25, sorbitol and sucralose.

What EXPECTAMED NACQ600 looks like and contents of the pack

EXPECTAMED NACQ600 are yellow effervescent tablets, available in a white polypropylene (PP) round tube with an integrated spiral dessiccant closure cap. It contains 10 effervescent tablets included within a printed unit carton with a patient information leaflet.

Holder of Certificate of Registration

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This leaflet was last revised in

July 2025

Date of registration

To be allocated

Registration number

To be allocated

Professional Information

The EXPECTAMED NACQ600 Professional Information may be obtained from the Nativa website (www.nativa.co.za).