

ESSENTIALE[®] FORTE N CAPSULE

Phospholipid from soybeans (300mg)

What is in this leaflet

1. What Essentiale Forte N is used for
2. How Essentiale Forte N works
3. Before you use Essentiale Forte N
4. How to use Essentiale Forte N
5. While you are using it
6. Side effects
7. Storage and Disposal of Essentiale Forte N
8. Product Description
9. Manufacturer and Product Registration Holder
10. Date of revision

What Essentiale Forte N is used for

Essentiale Forte N is used as nutritional support in the management of damaged liver (due to chronic liver disease, liver cirrhosis, fatty liver and intoxication by substances that can cause liver damage)

How Essentiale Forte N works

- Essentiale Forte N contains essential phospholipids (from soya-bean) for liver protection and helps maintain normal function of the liver.
- A daily intake of Essentiale Forte N removes fat deposits in the liver, ensures the improvement in the liver's detoxification function and supports the restoration of the liver's cellular structure.

Before you use Essentiale Forte N

-When you must not use it

Do not take Essentiale Forte N if:

- You are allergic (hypersensitive) to Soya-beans and / or any of the other ingredients of Essentiale Forte N

-Before you start to use it

Due to the content in soya-bean oil the medicinal product may provoke severe allergic reactions.

Check with your doctor or pharmacist before taking Essentiale Forte N if you have long term hepatitis.

-Taking other medicines

Tell your doctor or pharmacist if you are taking anticoagulants as your doctor might need to make some adjustment on your anticoagulant dose.

How to use Essentiale Forte N

You should check with your doctor or pharmacist if you are not sure.

- Swallow your capsule orally with a glass of water.

-How much to use

- The starting dose is 3 times daily 2 capsules (600mg phospholipids from soya-beans)
- The maintenance dose is 3 times daily 1 capsule (300mg phospholipids from soya-beans)
- Do not take more than 6 capsules a day (1800mg phospholipids from soya-beans)

Essentiale Forte N is not recommended for use in children and adolescents below 12 years of age.

-When to use it

Take Essentiale Forte N at about the same time each day.

-How long to use it

Continue taking this product for as long as your doctor tells you.

-If you forget to use it

- If you forget a dose, take it as soon as you remember it.
- However, if it is nearly time for the next dose, skip the missed dose.
- Do not take a double dose to make up for a forgotten capsule.

-If you use too much (overdose)

If you take more Essentiale Forte N than you should, tell your doctor or go to your nearest hospital casualty department straight away. Remember to take the pack with you.

While you are using it

-Things you must do

Do not take Essentiale Forte N if:

- You are pregnant or think you may be pregnant.
- You are breast-feeding.

-Things you must not do

- Do not give this product to anyone else, even if they have the same condition as you.
- Do not use this product to treat any other complaints unless your doctor tells you to.

- Do not stop taking Essentiale Forte N, or change the dosage, without checking with your doctor.

-Things to be careful of

Driving and using machines:

Essentiale Forte N has no effect on the ability to drive and to use machines.

Side Effect

Like all medicines, Essentiale Forte N can cause side effects, although not everyone gets them.

Do not be alarmed by this list of possible side effects.

Stop taking Essentiale Forte N immediately if the following side effects occur:

- Gastrointestinal disorders such as stomach complaints, soft stools and diarrhoea
- Very rare allergic reactions such as nettle rash (urticaria) and widespread rashes (exanthema)

If any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website npra.gov.my [Consumers Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

Storage and Disposal of Essentiale Forte N

If you have any queries about any aspect of your medicine, or any questions regarding the information in this leaflet, discuss them with your doctor or pharmacist.

-Storage

- Keep out of the reach and sight of children.
- Do not use Essentiale Forte N after the expiry date which is stated on the label. The expiry date refers to the last day of that month.
- Store in the original container in order to protect from humidity.
- Do not store above 30°C.

-Disposal

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

Product Description

-What it looks like

Essentiale Forte N is in khaki, opaque, oblong hard capsule.

-Ingredients:

Active ingredients: phospholipids from soya beans 300 mg.

Inactive ingredients:

ethanol 96%, hard fat, soya-bean oil, hydrogenated castor oil, ethyl vanillin, 1-(4-methoxyphenyl) ethanone, alpha-tocopherol, gelatin, colouring agents E 171, 172, purified water.

-MAL Numbers:

MAL06071088X

Manufacturer

A. Nattermann & Cie GmbH
Nattermannallee 1
D-50829, Koln, Germany.

Product Registration Holder

DKSH Malaysia Sdn Bhd
B-11-01, The Ascent, Paradigm
No. 1, Jalan SS7/26A, Kelana Jaya
47301, Petaling Jaya,
Selangor Darul Ehsan,
Malaysia

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