



**SCHEDULING STATUS:**  
S0

**PROPRIETARY NAME AND DOSAGE FORM:**  
TravelRite Anti-Nausea tablets

**COMPOSITION:**  
Each tablet contains:  
Gingerol 20% 50 mg  
Peppermint leaf extract 10 mg  
Parsley extract 10 mg  
Lemon Bioflavonoids extract 35% 15 mg

**INACTIVES:**  
Microcrystalline cellulose; Kollidon; Povidone k25; Dicalcium phosphate

**PHARMACOLOGICAL CLASSIFICATION:**  
A.5.7.2 Anti-Nausea and anti-vertigo preparations.

**INDICATIONS:**  
Symptomatic relief of nausea: In Travel, motion sickness, early pregnancy, morning sickness, post-operative nausea, chemotherapy induced nausea and digestive nausea.

**CONTRA-INDICATIONS:**  
Known hypersensitivity (or allergies) to the ingredients mentioned above, or if otherwise recommended by a qualified healthcare practitioner.

**DOSAGE AND DIRECTIONS FOR USE:**  
**MOTION SICKNESS** (car travel, air travel, boat or ship travel),  
Adults and children 12 years and older: Take 1 - 2 tablets 30 minutes before travelling, then 1 - 2 tablet every hour as required.  
Do not exceed 8 tablets per day.  
Children 6 to 11 years:  
Take 1 tablet 30 minutes before travelling, then 1 tablet as required. Do not exceed 4 tablets per day. Children 3 to 5 years of age:  
Take 1 tablet 30 minutes before travelling, then 1 tablet as required. Do not exceed 3 tablets per day.  
Children under 3 years of age: Use is not recommended.  
**POST- OPERATIVE NAUSEA, CHEMOTHERAPY INDUCED NAUSEA, NAUSEA IN PREGNANCY, DIGESTIVE NAUSEA.**  
Adults and children 12 years and older: Take 1 - 2 tablets every hour as required.  
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Children 3 to 5 years of age:  
Take 1 tablet as required. Do not exceed 3 tablets per day.  
Children under 3 years of age: Use is not recommended.

**SIDE EFFECTS AND SPECIAL PRECAUTIONS:**  
TravelRite Anti-Nausea tablets produces no side-effects.  
Special precautions:  
Keep well hydrated and avoid fatty and sugary food and drinks

**KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT:**  
TravelRite Anti-Nausea tablets are safe and non-toxic.

**WARNINGS:**  
If feelings of nausea re-occur frequently, consult a physician promptly as this may be a sign of another underlying condition.

**IDENTIFICATION:**  
Brown round tablet

**PRESENTATION:**  
20 Tablet blister pack.

**STORAGE INSTRUCTION:**  
Keep cool and protected from light.  
Store in a cupboard below 25°C.  
Keep out of reach of children.

**REGISTRATION NUMBER:**  
Unallocated

**NAME AND BUSINESS ADDRESS OF APPLICANT:**  
Tara Pharmaceuticals (Pty) Ltd  
Unit 9, Fish Eagle Park  
Old Paardevlei Road  
Somerset West  
7130  
Tel: 086 111 8272

**DATE OF PUBLICATION OF THIS PACKAGE INSERT:**  
11 October 2018

This medication has not been evaluated by SAHPRA. This medicine is not intended to diagnose, treat, cure or prevent any disease.

## PATIENT INFORMATION LEAFLET

**SCHEDULING STATUS:**  
S0

**PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM:**  
TravelRite Anti-Nausea Tablets.

Read this leaflet carefully before you start taking TravelRite Anti-Nausea Tablets. TravelRite Anti-Nausea Tablets are available without a prescription for treating mild conditions. Use TravelRite Anti-Nausea Tablets carefully to get the best results from it.

- Keep this leaflet.
- Do not share your TravelRite Anti-Nausea Tablets with any other person.
- Ask your pharmacist if you need more information or advice.
- Consult a doctor if your symptoms do not improve.

## WHAT TravelRite ANTI-NAUSEA TABLETS CONTAINS:

The active substances are:

Gingerol 20%	50 mg
Peppermint leaf extract	10 mg
Parsley extract	10 mg
Lemon Bioflavonoids extract 35%	15 mg

## INACTIVES:

Microcrystalline cellulose; Kollidon; Povidone k25; Dicalcium phosphate.

## WHAT TravelRite ANTI-NAUSEA TABLETS ARE USED FOR:

Symptomatic relief of nausea and vertigo

- Motor, boat and ship travel
- Motion sickness
- Early pregnancy morning sickness
- Post-operative nausea
- Chemotherapy induced nausea
- Digestive nausea

## BEFORE YOU TAKE TravelRite ANTI-NAUSEA TABLETS:

Do not take TravelRite Anti-Nausea Tablets if:

- You are hypersensitive (allergic) to any of the ingredients of TravelRite Anti-Nausea Tablets.

## TAKE SPECIAL CARE WITH TravelRite ANTI-NAUSEA Tablets:

Take TravelRite Anti-Nausea Tablets 30 minutes before taking other medication.

## TAKING TravelRite ANTI-NAUSEA TABLETS WITH FOOD AND DRINK:

TravelRite Anti-Nausea Tablets should be taken 30 minutes before food.

## PREGNANCY AND BREASTFEEDING:

TravelRite tablets are indicated for early pregnancy nausea (morning sickness). Always check with your doctor or pharmacist before taking medicines if you are pregnant or breastfeeding.

## TAKING OTHER MEDICINES WITH TravelRite ANTI-NAUSEA TABLETS:

Always tell your healthcare professional about any medicine you want to take or have taken. This includes complementary or traditional medicines.

## HOW TO TAKE TravelRite ANTI-NAUSEA TABLETS:

Do not share your TravelRite Anti-Nausea Tablets with any other person.  
You should check with your doctor or pharmacists if you are unsure on how to use TravelRite Anti-Nausea Tablets.  
The usual dose is one tablet 30 minutes before traveling.

## DOSAGE AND DIRECTIONS FOR USE:

**MOTION SICKNESS** (car travel, air travel, boat or ship travel),  
Adults and children 12 years and older: Take 1 - 2 tablets 30 minutes before travelling, then 1 - 2 tablet every hour as required.  
Do not exceed 8 tablets per day.  
Children 6 to 11 years:  
Take 1 tablet 30 minutes before travelling, then 1 tablet as required. Do not exceed 4 tablets per day Children 3 to 5 years of age:  
Take 1 tablet 30 minutes before travelling, then 1 tablet as required. Do not exceed 3 tablets per day  
Children under 3 years of age: Use is not recommended.  
**POST- OPERATIVE NAUSEA, CHEMOTHERAPY INDUCED NAUSEA, NAUSEA IN PREGNANCY, DIGESTIVE NAUSEA.**  
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Take 1 tablet as required. Do not exceed 4 tablets per day  
Children 3 to 5 years of age:  
Take 1 tablet as required. Do not exceed 3 tablets per day  
Children under 3 years of age: Use is not recommended.

## WARNINGS:

If feelings of nausea re-occur frequently, consult a physician promptly as this may be a sign of another underlying condition.

## IF YOU TAKE MORE TravelRite ANTI-NAUSEA TABLETS THAN YOU SHOULD:

In the event of an overdose, consult your doctor or pharmacist.  
If neither is available, contact the nearest hospital or poison control centre.

## IF YOU MISSED A DOSE OF TravelRite ANTI-NAUSEA TABLETS:

Do not take a double dose to make up for a forgotten individual dose.

## POSSIBLE SIDE-EFFECTS:

Not all side effects reported for TravelRite Anti-Nausea Tablets are included in this leaflet. Should your general health worsen or if you experience other effects while taking this medicine please consult your doctor, pharmacist or other healthcare professional for advice.  
If you notice any other side effects not mentioned in this leaflet please inform your doctor or pharmacist.

## STORING AND DISPOSING OF TravelRite ANTI-NAUSEA TABLETS:

Store all medicine out of reach of children.  
Store at or below 25°C  
Protect from light and moisture.  
Keep the blister in the package provided.  
Return all unused medicine to your pharmacist.  
Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets)

## PRESENTATION OF TravelRite ANTI-NAUSEA TABLETS:

A cardboard carton containing blister strips of 20 Brown Tablets.

## IDENTIFICATION OF TravelRite ANTI-NAUSEA TABLETS:

Round, brown tablet

## REGISTRATION NUMBER:

Unassigned.

## NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION:

Tara Pharmaceuticals  
Unit 9, Fish Eagle Park  
Old Paardevlei Road  
Somerset West  
7130  
South Africa  
086 111 8272

## DATE OF PUBLICATION OF THE PACKAGE INSERT:

21 November 2018

This medicine has not been evaluated by SAHPRA.  
This medicine is not intended to diagnose, treat, cure or prevent any disease.



**SKEDULERINGSSTATUS:**  
S0

**EIENDOMSNAAM EN DOSEERVORM:**  
TravelRite Anti-Naarheid Tablette

**SAMESTELLING:**  
Elke tablet bevat:

Gemmer wortel uittreksel (20%)	50 mg
Pepermint blaar uittreksel	10 mg
Pietersielie Uittreksel	10 mg
Suurlemoen Bioflavonoïede Uittreksel (35%)	15 mg

**ONAKTIEF:**  
Mikrokristallyne sellulose; Kollidon; Povidone k25; Dikalsiumfosfaat

**FARMAKOLOGIESE KLASSIFIKASIE:**  
A.5.7.2 Anti-Naarheid en Anti-Vertigo-preparaat.

**FARMAKOLOGIESE INDIKASIES:**  
Simptomatie verligting van naarheid: In reis, beweging siekte en vrø swangerskap oggendsiekte, post-operatiewe naarheid, chemoterapie-geïntegreerde naarheid, naarheid in ongeskiktheid, en digestiewe naarheid.

**KONTRA-INDIKASIES:**  
Bekende hipersensitiwiteit (of allergië) of indien anders verwys deur 'n gekwalifiseerde gesondheidskundige.

**DOSIS EN GEBRUIKSAANWYSINGS:**  
**BEWEGINGSIEKTE** (motorreise, lugreise, boot- of skeepreise)  
Volwassenes en kinders 12 jaar en ouer:  
Neem 1-2 tablette 30 minute voor reis, dan 1-2 tablette elke uur soos benodig.  
Moenie meer as 8 tablette neem per dag.  
Kinders 6 -11 jaar:  
Neem 1 tablet 30 minute voor reis, dan 1 tablet soos benodig.  
Moenie meer as 4 tablette per dag gebruik nie.  
Kinders 3-5 jarige ouderdom:  
Neem 1 tablet 30 minute voor reis, dan 1 tablet soos nodig.  
Moenie meer as 3 tablette per dag neem nie.  
Kinders jonger as 3 jaar: Gebruik word nie aanbeveel nie.  
**POST-OPERATIEWE NAARHEID, CHEMOTERAPIE GEÏNTEGREERDE NAARHEID, NAARHEID IN ONGESKIKTHEID, DIGESTIEWE NAARHEID:**  
Volwassenes en kinders 12 jaar en ouer:  
Neem 1-2 tablette elke uur soos nodig. Nie meer as 8 tablette per dag nie.  
Kinders 6 tot 11 jaar:  
Neem 1 tablet soos nodig. Nie meer as 4 tablette per dag nie.  
Kinders 3 to 5 jarige ouderdom:  
Neem 1 tablet soos nodig. Moenie meer as 3 tablette per dag nie.  
Kinders jonger as 3:  
Gebruik word nie aanbeveel nie.

**WAARSKUWING:**  
As naarheid voortduur of dikwels terugkeer, raadpleeg 'n geneesheer onmiddellik aangesien dit 'n teken van 'n ernstige toestand kan wees.

**NEWE-EFFEKTE EN SPESIALE VOORSORGMATREELS:**  
TravelRite Anti-Naarheid tablette veroorsaak min to 50% geen nuwe-effekte.

**BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN:**  
TravelRite Anti-Naarheid tablette is 'n veilige en nie-toksiese medikasie.

**IDENTIFIKASIE:**  
Ronde, bruin tablet.

**AANBIEDING:**  
20 tablette in blister verpakking in a boksie.

**BERGINGSINSTRUKSIES:**  
Hou koel en beskerm teen lig.  
Bere in 'n kas benede 25°C.  
Hou buite bereik van kinders.

**REGISTRASIE-NOMMER:**  
Sal Geallokeer Word

**NAAM EN BESIGHEIDSADRES VAN DIE APPLIKANT:**  
Tara Pharmaceuticals (Pty) Ltd  
Unit 9, Fish Eagle Park  
Old Paardevlei Road  
Somerset Wes  
7130  
Tel: 086 111 8272

**DATUM VAN PUBLIKASIE VAN HIERDIE VOUBILJET:**  
11 Oktober 2018

Hierdie medisyne is nie deur SAHPRA geevalueer nie.  
Hierdie medisyne het nie ten doel om enige siekte te diagnoseer, behandel, genes of te voorkom nie.

## PASIENT - INLIGTINGSPAMFLET

**SKEDULERINGSSTATUS:**  
S0

**EIENDOMSNAAM, STERKTE EN FARMASEUTIESE VORM:**  
TravelRite Anti-Naarheid Tablette.

Lees hierdie hele pamflet sorgvuldig voordat jy TravelRite Anti-Naarheid Tablette begin neem. TravelRite Anti-Naarheid Tablette is beskikbaar sonder n doktersvoorskrif, sodat jy n ligte toestand kan behandel. Nogtans moet jy TravelRite Anti-Naarheid Tablette steeds versigtig gebruik om die beste resultate daaruit te kry.

- Hou hierdie pamflet, dit mag nodig wees om hom weer te lees.
- Moenie TravelRite Anti-Naarheid Tablette met n ander persoon deel nie.
- Vra jou apteker as jy meer inligting of advies nodig het.
- Raadpleeg 'n dokter as jou simptome erger word of nie verbeter nie.

## WAT TravelRite ANTI-NAARHEID TABLETTE BEVAT:

Die aktiewe bestandele:	
Gemmer wortel uittreksel 20%	50 mg
Pepermint Blaar Uittreksel	10 mg
Pietersielie Uittreksel	10 mg
Suurlemoen Bioflavonoïede Uittreksel 35%	15 mg

**ONAKTIEF:**  
Mikrokristallyne sellulose; Kollidon; Povidone k25; Dikalsiumfosfaat

**WAARVOOR TravelRite ANTI-NAARHEID TABLETTE GEBRUIK WORD:**  
TravelRite Anti-Naarheid tablette is vir die simptomatiese verligting van naarheid en vertigo:  
· Motor, boot of lug reis  
· Beweging siekte  
· Vroeë swangerskap oggend siekte  
· Post-operatiewe naarheid  
· Chemoterapie geïntegreerde naarheid  
· Digestiewe naarheid

**VOORDAT JY TravelRite ANTI-NAARHEID TABLETTE NEEM:**  
Moet nie TravelRite Anti-Naarheid Tablette neem indien;  
· Jy hipersensitief (allergies) is vir enige van die bestandele van TravelRite Anti-Naarheid Tablette.

**WEES BEDAGSAAM WANNEER JY PROGAST ANTI-NAARHEID TABLETTE NEEM:**  
Neem TravelRite Anti-Naarheid Tablette met glas water.

**TravelRite ANTI-NAARHEID TABLETTE SAAM MET KOS EN DRANK:**  
TravelRite Anti-Naarheid Tablette moet 30 minute voor enige ander medikasie met water geneem word.

**SWANGERSKAP EN BORSVOEDING:**  
TravelRite Anti-Naarheid tablette is geskik vir swanger dames.  
Indien jy swanger is of borsvoed, raadpleeg eers u dokter of apteker voordat u enige medisyne neem.

**ANDER MEDISYNE SAAM MET TravelRite ANTI-NAARHEID TABLETTE:**  
Vertel vir u gesondheidskundige van enige medikasies wat jy neem; dié sluit in gesondheidsaanvullings of tradisionele medisyne.

**HOE OM TravelRite ANTI-NAARHEID TABLETTE TE NEEM:**  
Moet nie medisyne met iemand anders deel nie.  
Indien jy onseker is omtrent die gebruik van TravelRite Anti-Naarheid Tablette, bespreek gerus met u dokter of apteker. Die gewone dosis is een tablet elke 30 minute voor n beplande reis tot dat langtermyn verligting bevind is.

**DOSIS EN GEBRUIKSAANWYSINGS:**  
**BEWEGINGSIEKTE** (motorreise, lugreise, boot- of skeepreise)  
Volwassenes en kinders 12 jaar en ouer:  
Neem 1-2 tablette 30 minute voor reis, dan 1-2 tablette elke uur soos benodig.  
Moenie meer as 8 tablette neem per dag.  
Kinders 6 -11 jaar:  
Neem 1 tablet 30 minute voor reis, dan 1 tablet soos benodig.  
Moenie meer as 4 tablette per dag gebruik nie.  
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Volwassenes en kinders 12 jaar en ouer:  
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Kinders 3 to 5 jarige ouderdom:  
Neem 1 tablet soos nodig. Moenie meer as 3 tablette per dag nie.  
Kinders jonger as 3:  
Gebruik word nie aanbeveel nie.

**WAARSKUWING:**  
Indien naarheid en braking nie stop nie konsulteer n mediese geneesheer aangesien dit n teken kan wees van n meer ernstige kondisie.

**AS JY MEER TravelRite ANTI-NAARHEID TABLETTE NEEM AS WAT JY BEHOORT:**  
In die geval van 'n oordosis, kontak jou dokter of apteker.  
As nie een beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

**AS JY 'n TravelRite ANTI-NAARHEID TABLETTE DOSIS OORGESLAAN HET:**  
Moenie 'n dubbeldosis neem om vir die vergete individuele dosis op te maak nie.

**MOONTLIKE NEWE – EFFEKTE:**  
Nie alle nuwe-effekte wat vir TravelRite Anti-Naarheid Tablette vermeld is, is in hierdie pamflet ingesluit nie. As u algemene gesondheid sou versleg, of as jy enige ongewenste uitwerking ondervind terwyl jy hierdie middel neem, raadpleeg asseblief u dokter, apteker of ander professionele gesondheidskundige. As jy enige nuwe-effekte ondervind wat nie in hierdie pamflet genoem word nie, vertel asseblief u dokter of apteker onmiddellik.

**BERGING EN WEGGOOI VAN TravelRite ANTI-NAARHEID TABLETTE:**  
Hou alle medisyne buite bereik van kinders.  
Bewaar teen of onder 25°C  
Beskerm teen li gen vog.  
Hou die stulpverpakkingstrokie in die buitenste karton.  
Neem alle ongebruikte medisyne terug na jou apteker.  
Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

**AANBIEDING VAN TravelRite ANTI-NAARHEID TABLETTE:**  
'n Kartonhouer wat stulpverpakkingstrokie met 20 Bruin tablette bevat.

**IDENTIFIKASIE VAN TravelRite ANTI-NAARHEID TABLETTE:**  
Ronde Bruin Tablette.

**REGISTRASIE-NOMMER:**  
Moet toegeken word

**NAAM EN ADRES VAN DIE REGISTRASIEHOUER:**  
Tara Pharmaceuticals  
Unit 9, Fish Eagle Park  
Old Paardevlei Road  
Somerset Wes  
7130  
Suid Afrika  
086 111 8272

**DATUM VAN PUBLIKASIE VAN DIE INLIGTINGSBLAD:**  
11 Oktober 2018

Hierdie medisyne is nie deur SAHPRA geevalueer nie.  
Hierdie medisyne het nie ten doel om enige siekte te diagnoseer, behandel, genes of te voorkom nie.