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PATIENT INFORMATION LEAFLET
MANNA-C™ capsules

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PASIËNTINLIGTINGSBLAD
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PROFESSIONAL INFORMATION FOR
MANNA-C™ capsules



PATIENT INFORMATION LEAFLET

MANNA-C™ capsules

SCHEDULING STATUS

S0

MANNA-C™ capsules

Multiple substance formulation.

Contains sugar: Each capsule contains 46 mg maltodextrin.

COMPLEMENTARY MEDICINE: COMBINATION PRODUCT

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

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

MANNA-C™ is available without a doctor's prescription. Nevertheless, you still need to take MANNA-C™ carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share MANNA-C™ with any other person.
- Ask your pharmacist if you need more information or advice.

What is in this leaflet

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

1. What MANNA-C™ is and what it is used for

MANNA-C™ is a combination complementary medicine intended to supplement your diet with vitamin C sourced from acerola fruit and to assist in the promotion of general well-being.

2. What you need to know before you take MANNA-C™

Do not take MANNA-C™:

- If you are hypersensitive (allergic) to any of the active ingredients or any of the other ingredients of MANNA-C™ (see section 6).
- If you have abnormal constrictions of your digestive tract, or a lazy or blocked large colon (causing chronic constipation).
- If you have appendicitis (inflammation of your appendix).
- If you have an inflammatory colon disease (e.g. Crohn's disease or ulcerative colitis).

- If you have abdominal pain with an unknown cause.
- If you have undiagnosed rectal bleeding.
- If you are severely dehydrated.
- If you have haemorrhoids (piles) or diarrhoea.
- If you suffer from seizures (fits).
- If you are pregnant or breastfeeding.

Warnings and precautions

Take special care with MANNA-C™:

- If you have a bleeding disorder.
- If you are diabetic and you are taking medicines to control your blood sugar levels.
- If you are having any surgical procedure done. You should stop taking MANNA-C™ two weeks before an operation.
- If you experience abdominal pain, cramps, spasms and/or diarrhoea after taking MANNA-C™, you should stop taking MANNA-C™ or reduce your dose of MANNA-C™.
- If you are allergic to ragweed, chrysanthemums, marigolds or daisies (the Asteraceae / Compositae family).

You should consult a health care provider before taking MANNA-C™:

- If you have symptoms such as abdominal pain, nausea, vomiting or fever.
- If you have gallstones or anaemia (causing fatigue, loss of energy and pale skin).
- If you have kidney problems.

Other medicines and MANNA-C™

Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

Tell your doctor or pharmacist if you are currently using:

- anticoagulant medicines (used to prevent your blood from clotting) or herbal supplements with blood thinning effects;
- antidiabetic medicine (used to treat high blood sugar);
- antihypertensive medicine (used to lower your blood pressure);
- cardiac medicines (e.g. cardiac glycosides (used to treat heart failure) or antidysrhythmic medicines (used to prevent and treat abnormal heartbeats)).
- diuretics (water pills), corticosteroids (used to treat inflamed areas of your body), liquorice root or other medicines or products that may worsen electrolyte imbalance.

MANNA-C™ with food

See section 3.

Pregnancy and breastfeeding

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 health care provider for advice before taking MANNA-C™.

Do not use MANNA-C™ if you are pregnant or breastfeeding (see **Do not take MANNA-C™**).

Driving and using machines

MANNA-C™ can cause side effects, such as sleepiness or dizziness and can affect your ability to drive and use machines. Caution is advised when driving a vehicle or operating machinery until the effects of MANNA-C™ are known.

3. How to take MANNA-C™

Do not share medicines with any other person.

Always take MANNA-C™ exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Adults: Take 2 capsules daily as needed, with a glass of water or other liquid. MANNA-C™ can be taken with or without food.

Do not exceed the recommended dose.

If you have the impression that the effect of MANNA-C™ is too strong or too weak, tell your doctor or pharmacist.

If you take more MANNA-C™ than you should

In the event of an overdose, consult your doctor or pharmacist. If neither is available contact the nearest hospital or poison centre. Take this leaflet and the remaining capsules with you so the doctor will know what you have taken.

If you forget to take MANNA-C™:

Take your next dose at your regular time.

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

4. Possible side effects

MANNA-C™ can have side effects.

Not all side effects reported for MANNA-C™ are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking MANNA-C™, please consult your health care provider for advice.

If any of the following happens, stop taking MANNA-C™ and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of your hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing
- rash or itching
- fainting.

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

Tell your doctor if you notice any of the following:

Side effects occurring frequently

- headaches, sleepiness;
- nausea (feeling sick), vomiting (being sick), heartburn, stomach cramps, inability to have a bowel movement or pass gas, diarrhoea.

Side effects occurring less frequently

- loss of appetite;
- dizziness;
- stomach pain or bloating, flatulence (wind), dry mouth, excessive production of saliva.

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 or pharmacist. You can also report side effects to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website.

By reporting side effects, you can help provide more information on the safety of MANNA-C™.

5. How to store MANNA-C™

- Store at or below 25 °C, in a dry place.
- Keep the bottle tightly closed.
- Do not use if the inner seal is missing or broken.
- STORE ALL MEDICINES OUT OF REACH OF CHILDREN.
- Do not use after the expiry date printed on the packaging.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains and sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What MANNA-C™ contains

Ascorbic acid (Vitamin C)	26,5 mg
[from <i>Malpighia glabra</i> L. (Acerola) fruit extract]	
Ambrotose® Complex	42,4 mg
<i>Larix laricina</i> (Du Roi) K. Koch	(26 mg)
(Larch Arabinogalactan)	
<i>Aloe vera</i> (L.) Burm.f. (Aloe)	(8,4 mg)
[dry inner leaf juice]	
<i>Astragalus gummifer</i> Labill. (Tragacanth)	(8 mg)
[stem]	
Herbal blend	198,9 mg
<i>Eupatorium perfoliatum</i> L. (Boneset)	(39 mg)
[aerial parts powder]	
<i>Salvia officinalis</i> L. (Sage)	(35,1 mg)
[leaf powder]	

<i>Aloysia citriodora</i> Palau (Lemon verbena) [leaf powder]	(35,1 mg)
<i>Nepeta cataria</i> L. (Catnip) [leaf powder]	(31,2 mg)
<i>Mentha × piperita</i> L. (Peppermint) [leaf powder]	(27,3 mg)
<i>Achillea millefolium</i> L. (Yarrow) [flower powder]	(23, 4 mg)
<i>Marrubium vulgare</i> L. (White horehound) [aerial parts powder]	(7,8 mg)

The other ingredients are the capsule (containing hypromellose), sodium starch glycosylate and stearic acid (E570).

What MANNA-C™ looks like and contents of the pack

Brownish-green powder in a clear capsule.

HDPE container with a polypropylene cap containing 60 capsules.

Holder of Certificate of Registration

LeBasi Pharmaceuticals (Pty) Ltd
San Domenico Building, Ground Floor, Unit 6
10 Church Street
Durbanville 7551
South Africa
Tel: 087 551 3245

This leaflet was last revised in

October 2026

Registration number

To be allocated.

Access to corresponding Professional Information

<https://library.mannatech.com/download/12239>



PASIËNTINLIGTINGSBLAD MANNA-C™ kapsules

SKEDULERINGSSTATUS

S0

MANNA-C™ kapsules

Formule met verskeie bestanddele.

Bevat suiker: Elke kapsule bevat 46 mg maltodekstrien.

KOMPLEMENTÊRE MEDISYNE: KOMBINASIEPRODUK

Hierdie ongeregistreerde medisyne is nie vir gehalte, veiligheid of beoogde gebruik deur SAHPRA geëvalueer nie.

Lees hierdie hele inligtingsblad aandagtig deur want dit bevat inligting wat belangrik is vir jou.

MANNA-C™ is beskikbaar sonder 'n dokter se voorskrif. Jy moet MANNA-C™ nietemin steeds versigtig neem om die beste resultate te verkry.

- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weer lees.
- Moenie MANNA-C™ met 'n ander persoon deel nie.
- Vra gerus jou apteker indien jy verdere inligting of advies nodig het.

Wat is in hierdie inligtingsblad

1. Wat is MANNA-C™ en waarvoor word dit gebruik.
2. Wat jy moet weet voordat jy MANNA-C™ neem.
3. Hoe om MANNA-C™ te neem.
4. Moontlike newe-effekte.
5. Hoe om MANNA-C™ te bêre.
6. Inhoud van die pak en ander inligting.

1. Wat is MANNA-C™ en waarvoor word dit gebruik

MANNA-C™ is 'n kombinasie- komplementêre medisyne wat bedoel is om jou dieet aan te vul met vitamien C afkomstig van acerola-vrug en om te help om algemene welstand te bevorder.

2. Wat jy moet weet voordat jy MANNA-C™ neem

Moenie MANNA-C™ neem nie:

- Indien jy hipersensitief (allergies) is vir enige van die aktiewe bestanddele of enige van die ander bestanddele van MANNA-C™ (sien afdeling 6).
- Indien jy abnormale vernouings in jou dermkanaal het, of 'n dikderm wat te min saamtrek of geblokkeer is (wat chroniese hardlywigheid veroorsaak).
- Indien jy appendisitis het (blindedermontsteking).

- Indien jy 'n inflammatoriese siekte van jou dikderm het (bv. Crohn se siekte of ulseratiewe kolitis).
- Indien jy buikpyn het waarvan die oorsaak nie bekend is nie.
- Indien jy ongediagnoseerde rektale bloeding het.
- Indien jy erg gedehidreer is.
- Indien jy hemorroïede (aambeie) of diarree het.
- Indien jy toevale (stuiptrekkings) kry.
- Indien jy swanger is of jou baba borsvoed.

Waarskuwings en voorsorgmaatreëls

Wees versigtig met MANNA-C™:

- Indien jy 'n bloedingsafwyking het.
- Indien jy diabetes is en medisyne neem om jou bloedsuikervlakke te beheer.
- Indien jy enige chirurgiese prosedure moet ondergaan. Jy moet twee weke voor 'n operasie ophou om MANNA-C™ te neem.
- Indien jy buikpyn, krampe, spasmas en/of diarree ondervind nadat jy MANNA-C™ geneem het, moet jy ophou om MANNA-C™ te neem, of jy moet jou dosis van MANNA-C™ verlaag.
- Indien jy allergies is vir alsemambrosia, krisante, gousblomme of madeliefies (die Asteraceae/Compositae-familie).

Jy moet 'n gesondheidsorgverskaffer raadpleeg voordat jy MANNA-C™ neem:

- Indien jy simptome soos buikpyn, naarheid, braking of koors het.
- Indien jy galstene het of anemies is (veroorzaak moegheid, energiegebrek en bleekheid).
- Indien jy nierprobleme het.

Ander medisyne en MANNA-C™

Sê altyd vir jou gesondheidsorgverskaffer indien jy enige ander medisyne neem. (Dit sluit alle komplementêre of tradisionele medisynes in.)

Sê vir jou dokter of apteker indien jy tans die volgende gebruik:

- antikoagulant-medisyne (gebruik om te keer dat jou bloed stol) of kruie-aanvullings met bloedverdunnende effekte;
- antidiabetiese medisyne (gebruik om hoë bloedsuiker te behandel);
- antihipertensiewe medisyne (gebruik om jou bloeddruk te verlaag);
- hartmedisyne (bv. kardiaale glikosiede [gebruik om hartversaking te behandel] of antidisritmiese medisyne [gebruik om abnormale hartklop te voorkom en te behandel]);
- diuretika (waterpille), kortikosteroïede (gebruik om plekke te behandel waar daar inflammasie is), soethoutwortel of ander medisyne of produkte wat die elektrolietbalans verder kan versteur.

MANNA-C™ met kos

Sien afdeling 3.

Swangerskap en borsvoeding

Indien jy swanger is of jou baba borsvoed, vermoed dat jy swanger mag wees of beplan om swanger te raak, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer voordat jy MANNA-C™ neem.

Moenie MANNA-C™ gebruik wanneer jy swanger is of borsvoed nie (sien **Moenie MANNA-C™ neem nie**).

Bestuur en die gebruik van masjiene

MANNA-C™ kan newe-effekte veroorsaak, soos slaperigheid of duiseligheid en kan jou vermoë om 'n voertuig te bestuur en masjiene te gebruik affekteer.

Wees versigtig om 'n voertuig te bestuur of masjinerie te hanteer, totdat jy weet watter uitwerking MANNA-C™ op jou het.

3. Hoe om MANNA-C™ te neem

Moenie jou medisyne met enigiemand anders deel nie.

Neem MANNA-C™ altyd presies soos wat in hierdie inligtingsblad aangedui word, of soos wat jou dokter of apteker vir jou aangewys het. Vra gerus jou dokter of apteker indien jy onseker is.

Volwassenes: Neem 2 kapsules daaglik soos nodig, met 'n glas water of ander vloeistof.

MANNA-C™ kan met of sonder kos geneem word.

Moenie die aanbevole dosis oorskry nie.

Indien jy die indruk kry dat die uitwerking van MANNA-C™ te sterk of te swak is, bespreek dit met jou dokter of apteker.

Wat om te doen indien jy meer MANNA-C™ geneem het as wat jy moet

In die geval van 'n oordosis, raadpleeg jou dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifsentrum. Neem hierdie inligtingsblad en die oorblywende kapsules saam met jou, sodat die dokter kan sien wat jy geneem het.

Indien jy vergeet om MANNA-C™ te neem:

Neem jou volgende dosis op jou gewone tyd.

Moenie 'n dubbele dosis neem om te vergoed vir individuele dosisse wat oorgeslaan is nie.

4. Moontlike newe-effekte

MANNA-C™ kan newe-effekte hê.

Nie alle newe-effekte wat vir MANNA-C™ gerapporteer is, word in hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid verswak of indien jy enige ongunstige effekte ondervind terwyl jy MANNA-C™ neem, raadpleeg asseblief jou gesondheidsorgverskaffer.

Indien enige van die volgende gebeur, hou op om MANNA-C™ te neem en sê dadelik vir jou dokter of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- swelling van jou hande, voete, enkels, gesig, lippe, mond of keel, wat probleme kan veroorsaak met sluk en asemhaling

- uitslag of gejeuk
- floute.

Hierdie is baie ernstige newe-effekte. Indien jy enige daarvan ondervind, mag jy 'n ernstige reaksie op MANNA-C™ gehad het. Jy mag dringend mediese bystand of hospitalisasie benodig.

Sê vir jou dokter indien jy enige van die volgende opmerk:

Newe-effekte wat dikwels voorkom

- hoofpyn, slaperigheid
- naarheid, braking, sooibrand, maagkrampe, hardlywigheid of onvermoë om winde te laat, diarree.

Newe-effekte wat minder dikwels voorkom

- verlies aan eetlus
- duiseligheid
- maagpyn of opgeblasenheid, winderigheid, droë mond, oormatige speekselafskeiding.

Indien jy enige newe-effekte opmerk wat nie in hierdie inligtingsblad genoem word nie, lig asseblief jou dokter of apteker in.

Rapportering van newe-effekte

Indien jy newe-effekte ondervind, bespreek dit met jou dokter of apteker. Jy kan ook newe-effekte aan SAHPRA rapporteer via die Med Safety-toepassing (Medsafety X SAHPRA) en eRapportering-platform (who-umc.org), wat op SAHPRA se webwerf beskikbaar is.

Deur newe-effekte te rapporteer kan jy help om meer inligting rakende die veiligheid van MANNA-C™ te verskaf.

5. Hoe om MANNA-C™ te bêre

- Bêre by of onder 25 °C, op 'n droë plek.
- Hou die bottel dig toe.
- Moenie gebruik indien die seël aan die binnekant weg of beskadig is nie.
- BÊRE ALLE MEDISYNE BUITE BEREIK VAN KINDERS.
- Moenie gebruik ná die vervaldatum wat op die verpakking gedruk is nie.
- Neem alle ongebruikte medisyne terug na jou apteker.
- Moenie ongebruikte medisyne in dreine en rioolsisteme (bv. toilette) weggooi nie.

6. Inhoud van die pak en ander inligting

Wat MANNA-C™ bevat

Askorbiensuur (Vitamien C)	26,5 mg
[van <i>Malpighia glabra</i> L. (Acerola) vrug-ekstrak]	
Ambrotose®-kompleks	42,4 mg
<i>Larix laricina</i> (Du Roi) K. Koch	(26 mg)
(Lariks arabinogalaktaan)	

<i>Aloe vera</i> (L.) Burm.f. (Aalwyn)	(8,4 mg)
[droë sap van binneste blare]	
<i>Astragalus gummifer</i> Labill. (Tragakant)	(8 mg)
[stam]	
Kruiemengsel	198,9 mg
<i>Eupatorium perfoliatum</i> L. (Boneset)	(39 mg)
[boggrondse dele, poeier]	
<i>Salvia officinalis</i> L. (Salie)	(35,1 mg)
[blaar, poeier]	
<i>Aloysia citriodora</i> Palau (Suurlemoenverbena)	(35,1 mg)
[blaar, poeier]	
<i>Nepeta cataria</i> L. (Kattekruid)	(31,2 mg)
[blaar, poeier]	
<i>Mentha × piperita</i> L. (Peperment)	(27,3 mg)
[blaar, poeier]	
<i>Achillea millefolium</i> L. (Duisendblad)	(23, 4 mg)
[blom, poeier]	
<i>Marrubium vulgare</i> L. (Koorsbossie)	(7,8 mg)
[boggrondse dele, poeier]	

Die ander bestanddele is die kapsule (wat hipromellose bevat), natriumstyselglikosilaat en steariensuur (E570).

Hoe MANNA-C™ lyk en inhoud van die verpakking

Bruingroen poeier in 'n deurskynende kapsule.

HDPE-houer met 'n polipropileenprop, wat 60 kapsules bevat.

Houer van die registrasiesertifikaat

LeBasi Pharmaceuticals (Edms.) Bpk.

San Domenico-gebou, Grondvloer, Eenheid 6

Kerkstraat 10

Durbanville 7551

Suid-Afrika

Tel: 087 551 3245

Hierdie inligtingsblad is laas hersien in

Oktober 2026

Registrasienommer

Sal toegeken word.

Toegang tot die ooreenstemmende Professionele Inligtingsblad

<https://library.mannatech.com/download/12239>



PROFESSIONAL INFORMATION FOR MANNA-C™ capsules

COMPLEMENTARY MEDICINE: COMBINATION PRODUCT

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

SCHEDULING STATUS

S0

1. NAME OF THE MEDICINE

MANNA-C™ capsules

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Each vegetable capsule contains:

Ascorbic acid (Vitamin C)	26,5 mg
[from <i>Malpighia glabra</i> L. (Acerola) fruit extract]	
Ambrotose® Complex	42,4 mg
<i>Larix laricina</i> (Du Roi) K. Koch	(26 mg)
(Larch Arabinogalactan)	
<i>Aloe vera</i> (L.) Burm.f. (Aloe)	(8,4 mg)
[dry inner leaf juice]	
<i>Astragalus gummifer</i> Labill. (Tragacanth)	(8 mg)
[stem]	
Herbal blend	198,9 mg
<i>Eupatorium perfoliatum</i> L. (Boneset)	(39 mg)
[aerial parts powder]	
<i>Salvia officinalis</i> L. (Sage)	(35,1 mg)
[leaf powder]	
<i>Aloysia citriodora</i> Palau (Lemon verbena)	(35,1 mg)
[leaf powder]	
<i>Nepeta cataria</i> L. (Catnip)	(31,2 mg)
[leaf powder]	
<i>Mentha × piperita</i> L. (Peppermint)	(27,3 mg)
[leaf powder]	
<i>Achillea millefolium</i> L. (Yarrow)	(23, 4 mg)
[flower powder]	
<i>Marrubium vulgare</i> L. (White horehound)	(7,8 mg)
[aerial parts powder]	

Excipients with known effect:

Contains sugar: Each capsule contains 46 mg maltodextrin.

For the full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM

Hard capsules.

Brownish-green powder in a clear capsule.

4. CLINICAL PARTICULARS

4.1 Therapeutic indications

MANNA-C™ is a combination complementary medicine intended to supplement your diet with vitamin C sourced from acerola fruit and to assist in the promotion of general well-being.

4.2 Posology and method of administration

Adults: Take 2 capsules daily as needed, with a glass of water or other liquid.

MANNA-C™ can be taken with or without food.

Do not exceed the recommended dosage.

4.3 Contraindications

- Hypersensitivity to any of the active ingredients or to any of the excipients listed in section 2 or 6.1.
- Abnormal constrictions of the gastrointestinal tract, potential or existing intestinal blockage, atonic bowel, appendicitis, inflammatory colon disease (e.g. Crohn's disease or ulcerative colitis), abdominal pain of unknown origin, undiagnosed rectal bleeding, severe dehydration with depleted water or electrolytes, haemorrhoids or diarrhoea.
- Seizure disorders such as epilepsy.
- Pregnancy or lactation.

4.4 Special warnings and precautions for use

Bleeding disorder:

MANNA-C™ decreases platelet aggregation and may increase the risk of bleeding (see section 4.5).

Surgery:

MANNA-C™ can reduce blood glucose levels and might interfere with blood glucose control during and after surgical procedures. Patients should be advised to discontinue MANNA-C™ at least 2 weeks prior to any surgical procedures (see section 4.5).

Gastrointestinal conditions:

Patients with faecal impaction or symptoms such as abdominal pain, nausea, vomiting or fever should consult a health care provider prior to use.

If abdominal pain, cramps, spasms and/or diarrhoea is experienced after taking MANNA-C™, patients should stop taking MANNA-C™ or reduce the dose.

Kidney disorders:

Patients with gallstones, anaemia or a kidney disorder, should consult a health care provider prior to use.

Cross-sensitivity:

Patients allergic to ragweed, chrysanthemums, marigolds or daisies (the Asteraceae / Compositae family) might have an allergic reaction to MANNA-C™.

4.5 Interaction with other medicines and other forms of interaction**Anticoagulant or antiplatelet medicines:**

MANNA-C™ may potentiate the effects of anticoagulant and antiplatelet medicines or herbal supplements with blood thinning effects.

Antidiabetic medicines:

Concomitant use of MANNA-C™ with antidiabetic medicines or herbal supplements may interfere with blood glucose control and caution is advised during concomitant use (see section 4.4).

Antihypertensive medicines:

MANNA-C™ may have hypotensive effects. Concomitant use with antihypertensive medicines may have additive effects on lowering blood pressure and increase the risk of hypotension.

Medicines causing electrolyte imbalances:

Patients taking cardiac medicines (e.g. cardiac glycosides or antidysrhythmic medicines), thiazide diuretics, corticosteroids, liquorice root, or other medicines or health products that may aggravate electrolyte imbalance, should consult with a health care provider prior to use.

4.6 Fertility, pregnancy and lactation

MANNA-C™ should not be used during pregnancy and lactation (see section 4.3).

4.7 Effects on ability to drive and use machines

MANNA-C™ may cause side effects, such as dizziness, and can affect the ability to drive and use machines. Caution is advised when driving a vehicle or operating machinery until the effects of MANNA-C™ are known.

4.8 Undesirable effects**Immune system disorders:**

Less frequent: hypersensitivity reactions.

Metabolism and nutrition disorders:

Less frequent: loss of appetite

Nervous system disorders:

Frequent: headache, sleepiness.

Less frequent: dizziness.

Gastrointestinal disorders:

Frequent: nausea, vomiting, heartburn, abdominal cramps, gastrointestinal obstruction, diarrhoea.
Less frequent: abdominal pain, bloating, flatulence, dry mouth, excessive salivation.

Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of MANNA-C™ is important. It allows continued monitoring of the benefit/risk balance of MANNA-C™. Health care providers are asked to report any suspected adverse reactions to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website.

4.9 Overdose

In overdose, side effects can be precipitated and/or be of increased severity. See section 4.8.

In the event of overdose, treatment should be symptomatic and supportive.

5. PHARMACOLOGICAL PROPERTIES

Category and class: D 33.7 Combination Product.

Mechanism of action:

Aloe has antioxidant, detoxification and immune-boosting properties.
Larch arabinogalactan and boneset have immune-boosting properties.
Lemon verbena and white horehound have antioxidant and anti-inflammatory properties.

Peppermint and catnip aid in digestion and help to relieve an upset stomach.
When ingested, the bulk of tragacanth stretches the intestinal wall, increasing peristalsis. It increases stool weight and decreases gastrointestinal (GI) transit time.

Vitamin C is an antioxidant and plays a role in the maintenance of good health.
Sage has antioxidant properties and is traditionally used in herbal medicine to help provide relief of an upset stomach and flatulence.
Yarrow flower is traditionally used for stomach ulcers and other gastrointestinal problems.

6. PHARMACEUTICAL PARTICULARS**6.1 List of excipients**

Capsule (containing hypromellose)
Sodium starch glycosylate
Stearic acid (E570).

6.2 Incompatibilities

Not applicable.

6.3 Shelf life

24 months.

6.4 Special precautions for storage

Store at or below 25 °C, in a dry place.

Keep the bottle tightly closed.

Do not use if inner seal is missing or broken.

6.5 Nature and contents of container

HDPE container with a polypropylene cap containing 60 capsules.

6.6 Special precautions for disposal and other handling

No special requirements.

7. HOLDER OF CERTIFICATE OF REGISTRATION

LeBasi Pharmaceuticals (Pty) Ltd
San Domenico Building, Ground Floor, Unit 6
10 Church Street
Durbanville 7551
South Africa

8. REGISTRATION NUMBER

Will be allocated by SAHPRA upon registration.

9. DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION

Will be allocated by SAHPRA upon registration.

10. DATE OF REVISION OF THE TEXT

October 2026