

# PATIENT INFORMATION LEAFLET

## SCHEDULING STATUS

To be assigned

## DISO HAPI TUM – Berry Blast Flavour

### Nutritional supplement

### Sugar Free

Complementary Medicine: Health Supplement. 34.12. Multiple Substance Formulation.

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.

DISO HAPI TUM is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use DISO HAPI TUM carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share DISO HAPI TUM with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

#### What is in this leaflet

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

#### 1. What DISO HAPI TUM is and what it is used for

DISO HAPI TUM is a probiotic supplement to maintain support stomach health.

#### 2. What you need to know before you use DISO HAPI TUM

##### Do not use DISO HAPI TUM

If you are hypersensitive (allergic) to any of the other ingredients of DISO HAPI TUM (listed in section 6).

##### Warnings and precautions

Take special care with DISO HAPI TUM:

- Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines).
- Do not exceed the recommended daily intake. Excessive consumption may produce a laxative effect.
- Food supplements should not be used as a substitute for a varied diet and a healthy lifestyle.

##### 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 this medicine. Safety of DISO HAPI TUM during pregnancy and breastfeeding has not been established.

##### Driving and using machines

DISO HAPI TUM will have very little or no effect on your ability to drive or use machines.

#### 3. How to use DISO HAPI TUM

Do not share medicines prescribed for you with any other person. Always use DISO HAPI TUM 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.

The usual dose is one (1) to two (2) strips daily, preferably with a meal. Place a strip on the tongue and allow it to dissolve.

##### If you take more DISO HAPI TUM than you should

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre. Take the medicine pack with you.

##### If you forget to use DISO HAPI TUM

If you forget to use DISO HAPI TUM, use it as soon as you remember. Take DISO HAPI TUM at the usual time from then on.

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

#### 4. Possible side effects

DISO HAPI TUM can have side effects.

Not all side effects reported for DISO HAPI TUM are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking DISO HAPI TUM, please consult your health care provider for advice.

**If any of the following happens, stop using DISO HAPI TUM and tell your doctor immediately or go to the casualty department at your nearest hospital:**

- swelling of your hands, feet, ankles, face, lips and 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 DISO HAPI TUM. You may need urgent medical attention or hospitalisation.

**Tell your doctor if you notice any of the following:**

- nausea (feeling sick);
- abdominal cramps or stomach pains;
- headache;
- dizziness;
- tiredness;
- light-headedness.
- flatulence or wind;
- diarrhoea;
- loss of appetite.

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

**Reporting of side effects**

You can report side effects to Delfran (Pty) Ltd via [qa@delfran.co.za](mailto:qa@delfran.co.za) or call (012) 654 3029. You can also report side effects to SAHPRA via the “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 DISO HAPI TUM.

**5. How to store DISO HAPI TUM**

- Store all medicines out of reach of children.
- Store at or below 25 °C.
- Store in the original container.
- Keep the container tightly closed.
- Do not use after the expiry date stated on the container.
- 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 DISO HAPI TUM contains**

The active substances in DISO HAPI TUM are:

<b>Nutrition Information</b>	<b>Per Strip</b>	<b>NRV*</b>
Live Bacteria (Bacillus Coagulans 200 CFU/g)	5 Billion CFU	**
Apple Cider Vinegar	50 mg	**
Digestive Enzymatic Blend (Protease [40,000 HUT per 10 mg], Papain [1500 IU per 15 mg], Bromelain [18 GDU per 15 mg])	40 mg	**

\*\* No NRV established

Ingredients: Thickener (Pullulan), Live Bacteria (Bacillus Coagulans), Apple Cider Vinegar, Digestive Enzymatic Blend (Protease, Papain, Bromelain), Stabiliser (Cellulose), Emulsifier (Lecithin), Mixed Berry Flavouring, Sweetener (Stevia Glycoside), Colour (Curcumin).

**What DISO HAPI TUM looks like and contents of the pack**

A compact tin containing 30 sealed DISO HAPI TUM dissolvable strips.

**Holder of certificate of registration**

Delfran (Pty) Ltd.  
Diamond Park, Unit 7, 70 Jacaranda Street, Hennospark, Centurion 0157, South Africa.  
(012) 654 3029

**Registration number**

To be assigned

**This leaflet was last revised in January 2025**

The Professional Information leaflet is available at <http://www.delfran.co.za/>

# PASIËNTINLIGTINGSBLAD

## SKEDULERINGSSTATUS

Word toegeken

## DISO HAPI TUM – Gemengde Bessie-geur

### Voedingsaanvulling

### Suikervry

Komplementêre Medisyne: Gesondheidsaanvulling. 34.12. Meervoudige Stof Formulering.

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

Lees hierdie inligtingsblad sorgvuldig deur, aangesien dit belangrike inligting vir u bevat.

DISO HAPI TUM is beskikbaar sonder 'n dokter se voorskrif om u gesondheid te handhaaf. Nietemin moet u DISO HAPI TUM steeds versigtig gebruik om die beste resultate te verkry.

- Hou hierdie inligtingsblad. U mag dit weer moet lees.
- Moenie DISO HAPI TUM met enige ander persoon deel nie.
- Raadpleeg u gesondheidsorgverskaffer of apteker indien u meer inligting of advies benodig.

#### Wat is in hierdie inligtingsblad

1. Wat DISO HAPI TUM is en waarvoor dit gebruik word
2. Wat u moet weet voordat u DISO HAPI TUM gebruik
3. Hoe om DISO HAPI TUM te gebruik
4. Moontlike nuwe-effekte
5. Hoe om DISO HAPI TUM te bêre
6. Inhoud van die verpakking en ander inligting

#### 1. Wat DISO HAPI TUM is en waarvoor dit gebruik word

DISO HAPI TUM is 'n probiotiese aanvulling om maaggesondheid te ondersteun en in stand te hou.

#### 2. Wat u moet weet voordat u DISO HAPI TUM gebruik

##### Moet nie DISO HAPI TUM gebruik nie

As u hipersensitief (allergies) is vir enige van die ander bestanddele van DISO HAPI TUM (sien afdeling 6).

##### Waarskuwings en voorsorgmaatreëls

Neem spesiale sorg met DISO HAPI TUM :

- Stel u gesondheidsorgverskaffer in kennis indien u enige ander medisyne gebruik. (Dit sluit alle komplementêre of tradisionele medisyne in).
- Moenie die aanbevole daaglikse inname oorskry nie. Oormatige inname kan 'n lakseermiddel-effek hê.
- Voedingsaanvullings moet nie gebruik word as 'n plaasvervanger vir 'n gevarieerde dieet en 'n gesonde leefstyl nie.

##### Swangerskap en borsvoeding

As u swanger is, borsvoed, vermoed dat u swanger is of beplan om 'n baba te hê, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat u hierdie medisyne neem. Die veiligheid van DISO HAPI TUM tydens swangerskap en borsvoeding is nie vasgestel nie.

##### Bestuur en die gebruik van masjiene

DISO HAPI TUM het min of geen invloed op u vermoë om 'n voertuig te bestuur of masjiene te gebruik nie.

#### 3. Hoe om DISO HAPI TUM te gebruik

Moenie medisyne wat vir u voorgeskryf is met enige ander persoon deel nie. Gebruik DISO HAPI TUM altyd presies soos beskryf in hierdie inligtingsblad of soos u dokter of apteker vir u gesê het. Raadpleeg u dokter of apteker as u nie seker is nie.

Die gewone dosis is een (1) tot twee (2) strips per dag, verkieslik saam met 'n maaltyd. Plaas 'n strip op die tong en laat dit oplos.

##### As u meer DISO HAPI TUM neem as wat u moet

In geval van 'n oordosis, raadpleeg u dokter of apteker. Indien geen van beide beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum. Neem die medisyne verpakking saam.

##### As u vergeet om DISO HAPI TUM te neem

As u 'n dosis vergeet, neem dit sodra u daaraan dink. Neem DISO HAPI TUM dan op die gewone tyd voort. Moenie 'n dubbele dosis neem om 'n vergete dosis in te haal nie.

#### 4. Moontlike nuwe-effekte

DISO HAPI TUM kan nuwe-effekte hê.

Nie alle nuwe-effekte wat vir DISO HAPI TUM gerapporteer is, is in hierdie inligtingsblad ingesluit nie. Indien u algemene gesondheid versleg of as u enige nadelige effekte ervaar terwyl u DISO HAPI TUM neem, raadpleeg asseblief u gesondheidsorgverskaffer vir advies.

Indien enige van die volgende gebeur, staak die gebruik van DISO HAPI TUM onmiddellik en raadpleeg u dokter of gaan na die ongevalle-afdeling by u naaste hospitaal:

- Swelling van u hande, voete, enkels, gesig, lippe en mond of keel, wat sluk- of asemhalingsprobleme kan veroorsaak;
- Uitslag of jeuk;
- Floute.

Dit is ernstige nuwe-effekte. Indien u dit ervaar, benodig u moontlik dringende mediese aandag of hospitalisasie.

**Vertel jou dokter as jy een van die volgende opmerk:**

- naarheid (voel siek);
- abdominale kramp of maagpyn;
- hoofpyn;
- duiseligheid;
- moegheid;
- ligte kop;
- vlatuasie of wind;
- diaree;
- appetietverlies.

As jy enige nuwe-effekte opmerk wat nie in hierdie pamflet genoem word nie, vertel jou dokter of apteek.

**Rapportering van nuwe-effekte**

U kan nuwe-effekte rapporteer aan Delfran (Pty) Ltd via [qa@delfran.co.za](mailto:qa@delfran.co.za) of bel (012) 654 3029. U kan ook nuwe-effekte aan SAHPRA rapporteer via die "6.04 Adverse Drug Reaction Reporting Form", beskikbaar aanlyn onder SAHPRA se publikasies: <https://www.sahpra.org.za/Publications/Index/8>.

Deur nuwe-effekte te rapporteer, help u om meer inligting oor die veiligheid van DISO HAPI TUM te verskaf.

**5. Hoe om DISO HAPI TUM te bêre**

- Hou alle medisyne buite bereik van kinders.
- Berg by of onder 25 °C.
- Berg in die oorspronklike houer.
- Hou die houer goed verseël.
- Moenie na die vervaldatum op die houer gebruik nie.
- Gee alle ongebruikte medisyne terug aan u apteker.
- Moenie ongebruikte medisyne in dreine en rioolstelsels (bv. toilette) weggooi nie.

**6. Inhoud van die verpakking en ander inligting**

**Wat DISO HAPI TUM bevat**

Die aktiewe bestandele in DISO HAPI TUM is:

Voedingsinligting	Per Strip	NRV*
Lewende Bakterieë ( <i>Bacillus coagulans</i> 200 KVE/g)	5 Miljard KVE	**
Appelasyn	50 mg	**
Spysverteringsensieme-mengsel (Protease [40,000 HUT per 10 mg], Papain [1500 IE per 15 mg], Bromelain [18 GDU per 15 mg])	40 mg	**

\*\* Geen NRV vasgestel nie.

Bestanddele: Verdikkingsmiddel (Pullulan), Lewende Bakterieë (*Bacillus coagulans*), Appelasyn, Spysverteringsensieme-mengsel (Protease, Papain, Bromelain), Stabiliseerder (Sellulose), Emulgator (Lecitien), Gemengde Bessie-geur, Versoeter (Stevia-glikosied), Kleurstof (Kurkumien).

**Hoe DISO HAPI TUM lyk en inhoud van die verpakking**

\*n Kompakte blik wat 30 verseëelde DISO HAPI TUM-oplosbare strips bevat.

**Houer van registrasiesertifikaat**

Delfran (Pty) Ltd.  
Diamond Park, Eenheid 7, 70 Jacarandastraat, Hennospark, Centurion 0157, Suid-Afrika.  
(012) 654 3029

**Registrasienuommer**

Word toegeken

**Hierdie inligtingsblad is laas hersien in Januarie 2025.**

Die professionele inligtingsblad is beskikbaar by <http://www.delfran.co.za/>