

INSTRUCTIONS FOR THE PATIENT

POLINOL

(25 mg + 25 mg + 25 mg) tablets

Luffa operculata trit. D4, Galphimia glauca trit. D3, Cardiospermum trit. D3

Homeopathic medicine

Read the entire article carefully before using this medicine instruction, because it contains important information for you.

Always take this medicine exactly as described in this instructions or as your doctor or pharmacist told you.

- Save this instruction. It may be necessary to read it again.
- If you need additional information or If you need advice, contact your pharmacist.
- If you experience any unwanted effects, consult your doctor or pharmacist. This includes and possible side effects that are not listed in this instructions. See section 4.
- If your condition does not improve or worsens you must consult your doctor.

Content of this manual:

1. What is POLINOL and what is it used for
2. What you need to know before you start taking POLINOL
3. How to take POLINOL
4. Possible side effects
5. How to store POLINOL
6. Package contents and additional information

1. What is POLINOL and what is it used for

The medicine POLINOL is a homeopathic medicine for treatment prophylactic and allergic diseases of the upper respiratory tract such as hay fever (pollinosis) and non-seasonal allergic rhinitis (perennial allergic rhinitis). POLINOL is a combination of three well-proven homeopathic remedies individual medicine.

Galphimia glauca is generally very effective in treatment of allergic conditions of the mucous membrane. It also brings relief of tearing and burning eyes. Galphimia glauca and Luffa operculata work by reducing secretion, itching and burning of the mucous membranes of the nose, throat and sinuses. Congestion nasal discharge and frequency of sneezing are equally improved. Cardiospermum is particularly effective for treatment allergic and inflammatory conditions of the mucous membrane in combination with itching. Thanks to a wide range of activities, POLINOL quickly improves various pollen complaints fever, allergic conjunctivitis and non-seasonal allergic choriza. So the symptoms can already be controlled in the initial stage of the disease. POLINOL can also be used used for preventive treatment of hay fever before than it develops.

2. What you need to know before you start taking it POLYNOL

Do not take POLINOL

- if you are hypersensitive (allergic) to any of active substances, wheat starch or on any another ingredient of this medicine (listed in section 6).

Warnings and precautions

Consult a doctor:

- if your condition does not improve or worsens
- if additional symptoms appear.

Children

Consult your doctor before using POLINOL in children under 2 years of age.

Taking other medicines and POLINOL

There are no known interactions with other drugs. Tell your doctor and pharmacist if you are taking, if you are until recently have taken or there is a possibility that you can take either what other medicine.

Eating and drinking with POLINOL

Bad habits of life, as well as stimulants or alcohol and tobacco, can negatively affect the homeopathic effect medicine.

Pregnancy, breastfeeding and fertility

Consult your doctor before taking this medicine.

Driving motor vehicles and working on machines

POLINOL has no influence on the ability to drive driving a motor vehicle and operating machines.

POLINOL contains lactose (milk sugar) and wheat starch.

If you know that you are intolerant to certain sugars, consult your doctor before using this medicine, because this medicine contains lactose. It is considered tolerable for patients suffering from celiac disease. Patients who are allergic to wheat (different from celiac disease) should not use this medicine because it contains wheat starch.

3. How to take POLINOL

Unless otherwise prescribed, always take as Your doctor or pharmacist has prescribed it for you. If you haven't sure, consult a doctor or pharmacist.

Adults: In acute conditions, take 1 tablet at intervals of one hour until improvement occurs up to a maximum of 12 tablets per day. To continue treatment continue taking 1-2 tablets 3 times a day and stop therapy when symptoms stop.

Use in children

Children under 12 years of age: in acute conditions, take 1 tablet every 2 hours up to a maximum of 8 tablets daily until improvement occurs. To continue treatment, take 1-2 tablets 3 times a day until symptoms stop.

Children 12 years of age and older: in acute conditions, take 1 tablet at intervals of one hour, up to a maximum of 12 tablets per day, until it occurs improvement. To continue the treatment, take 1-2 tablets 3 times a day.

The interval between taking food and medicine should be at least half an hour.

Allow the tablet to dissolve slightly in the mouth. For the little children is recommended to dissolve the tablet with a small amount water.

As a preventive therapy for patients with hay fever, it is recommended to take 1 tablet 3 times daily, at the beginning of the first 6 weeks before the onset of the allergy on pollen. Thanks to the good tolerability of POLINOL can be used as a long-term treatment.

If you take more POLINOL than you should

There are no adverse effects in case of overdose. If you have taken a larger dose of this medicine, you should consult a doctor.

If you forgot to take the medicine POLINOL

Do not take a double dose to compensate missed tablet.

If you stop taking POLINOL

No adverse effects are expected.

In case of any questions regarding the application of this contact your doctor or pharmacist.

4. Possible side effects

Like all other medicines, POLINOL can cause side effects, although they do not have to be manifested in everyone. In very rare cases, the consumption of POLINOL may result in hypersensitivity reactions, such as are skin rash and gastrointestinal disturbances.

Note: during the use of homeopathic medicines there may be a temporary deterioration of the existing ones discomfort (initial homeopathic aggravation). In such cases, stop treatment with POLINOL and consult your doctor.

Reporting suspected adverse drug effects

In case of any unwanted reactions after application of the drug, it is necessary to inform your doctor or pharmacist. This includes all possible unwanted reactions that are not listed in this medication guide, as well as those who are.

5. How to store POLINOL

Keep this medicine out of the reach and sight of children.

The medicine must not be used after the expiration date stated on the blister and packaging.

Store the medicine at a temperature of up to 30°C.

The expiration date refers to the last day of the month.

6. Package contents and additional information

What POLINOL contains

– 1 tablet (250 mg) contains: the following active ingredients substances: Luffa operculata trit. D4 25 mg, Galphimia glauca trit. D3 25 mg, Cardiospermum trit. D3 25 mg
- Other ingredients are: lactose monohydrate, wheat starch, magnesium stearate.

What POLINOL looks like and the contents of the package

White or almost white tablets for oral use.

Blisters made of PVC and aluminum foil with 20 tablets each.

60 tablets in a cardboard box with instructions for the patient.

Medication dispensing regimen

The medicine is issued without a prescription.

Name and address of the holder of the placing permit into the circulation of the finished medicine

Alpen Pharma d.o.o.
Husref Redžić 9
71000 Sarajevo
Bosnia and Herzegovina

Name and address of the drug manufacturer (administrative headquarter)

Dr. Gustav Klein GmbH & Co. KG
Steinfeld 3
77736 Zell am Harmersbach
Germany

Name and address of the manufacturer of the finished medicine

Dr. Gustav Klein GmbH & Co. KG
Steinfeld 3
77736 Zell am Harmersbach
Germany

Number and date of the decision on the permit for placing the finished product

drug on the market: Decision number: 04-07.3-2-10299/19 from 12/25/2020

Revision date:

May, 2023