

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

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LERT 135 mg tablets

Caffeine citrate / caffeine anhydrous

Sugar free.

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

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

- Keep this leaflet. You may need to read it again.
- Ask your healthcare provider or pharmacist if you need more information or advice.

What is in this leaflet

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

1. What LERT is and what it is used for

LERT tablets helps to promote wakefulness and increase mental alertness.

2. What you need to know before you take LERT

Do not take LERT:

- If you are hypersensitive (allergic) to caffeine citrate, caffeine anhydrous or any of the other ingredients of LERT (see **What LERT contains**).
- If you have a history of heart problems, kidney problems, or have epilepsy.

Warnings and precautions

Take special care with LERT:

- If your stomach often produces too much acid.
- If you have a history of stomach ulcers.
- If you have porphyria.
- If have an overactive thyroid.
- If you have high blood pressure.
- If you have an irregular heartbeat.

Taking LERT for an extended period of time may lead to dependency on LERT tablets.

Children:

LERT is not suitable for children below the age of 12 years.

Other medicines and LERT

Always tell your healthcare 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:

- Allopurinol or (used to treat gout and kidney stones).
- Any heart medication.
- Cimetidine (used to treat heartburn).
- Disulfiram (used to treat chronic alcoholism).
- Fluvoxamine (used to treat obsessive-compulsive disorder (OCD)).

- Interferon alfa (used to treat certain cancers and viral infections).
- Antibiotics (used to treat or prevent bacterial infections).
- Oral contraceptives (used to prevent pregnancy).
- Thiabendazole (used to treat infections caused by worms such as threadworms).
- Viloxazine (used to treat attention deficit hyperactivity disorder (ADHD)).
- Ritonavir (used in the treatment of HIV (human immunodeficiency virus) and AIDS (acquired immune deficiency syndrome)).
- Rifampicin (used to treat tuberculosis (TB)).
- Sulfipyrazone (used to treat chronic gout).

LERT with food, drink and alcohol

See section 3.

Pregnancy, breastfeeding and fertility

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 healthcare provider for advice before taking LERT.

Safety during pregnancy and lactation has not been established.

Caffeine, as in LERT, is excreted in breast milk. Breastfeeding your baby while taking LERT can cause sleeping problems and irritability in your baby.

Driving and using machines

LERT can cause side effects, such as vertigo (sensation of swaying or spinning) and affect your ability to drive a vehicle or use machines. Do not drive a vehicle, operate machinery, or do anything else that requires your attention until you know how LERT affects you.

3. How to take LERT

Do not share medicines with any other person.

Always take LERT exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

The usual dose is:

Adults: Take 1 or 2 tablets followed by 1 tablet every 3 hours if necessary.

LERT can be taken with or without food.

If you have the impression that the effect of LERT is too strong or too weak, tell your doctor or pharmacist.

If you take more LERT 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 rest of the remaining LERT tablets with you so the doctor will know what you have taken.

4. Possible side effects

LERT can have side effects.

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

If any of the following happens, stop taking LERT 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 allergic reaction to LERT. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- changes in the way your heart beats, for example, if you notice it beating faster;
- fits (seizures).

These are all serious side effects. You may need urgent medical attention.

Tell your doctor if you notice any of the following:

Side effects occurring with an unknown frequency:

- difficulty falling or staying asleep (insomnia);
- headache;
- feeling restless, anxious, extremely or excessively excitable;
- sensory disturbances (increased or decreased sensitivity to sound, sight or touch);
- tremors (involuntary trembling or shaking of hands and feet);
- tinnitus (ringing in your ears);
- vertigo (sensation of spinning or swaying);
- nausea (feeling sick), vomiting (being sick), stomach pain, diarrhoea;
- increased urination.

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 “**6.04 Adverse Drug Reactions Reporting Form**”, found online under SAHPRA’s publications:

By reporting side effects, you can help provide more information on the safety of LERT.

5. How to store LERT

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

- Store all medicines out of reach of children.
- Do not use after the expiry date printed on the carton or blister.
- 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 LERT contains

The active substance is caffeine.

Each tablet contains: Caffeine 135 mg

(from caffeine citrate 90 mg and caffeine anhydrous 90 mg)

The other ingredients are magnesium stearate, maize starch and purified talc.

What LERT looks like and contents of the pack

Round, white, convex tablet, embossed LERT on one side.

Cellophane strip pack of 10 tablets in an outer cardboard carton.

Holder of certificate of registration

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