

## Package leaflet: Information for the user

### **ACTISOUFRE 4 mg/50 mg per 10 ml, oral suspension or suspension for nasal instillation** Sodium sulphide nonahydrate, *Saccharomyces cerevisiae*

**Read all of this leaflet carefully before you start taking this medicine because it contains important information for you.**

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

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse.

Keep out of the reach of children

#### **In this leaflet:**

1. WHAT ACTISOUFRE 4mg / 50 mg, oral suspension or suspension for nasal instillation IS AND WHAT IT IS USED FOR
2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE ACTISOUFRE 4mg / 50 mg per 10 ml, oral suspension or suspension for nasal instillation
3. HOW TO TAKE ACTISOUFRE 4mg / 50 mg per 10 ml, oral suspension or suspension for nasal instillation
4. POSSIBLE SIDE EFFECTS
5. HOW TO STORE ACTISOUFRE 4mg / 50 mg per 10 ml, oral suspension or suspension for nasal instillation
6. CONTENTS OF THE PACK AND OTHER INFORMATION

#### **1. WHAT ACTISOUFRE 4 mg / 50 mg per 10 ml, oral suspension or suspension for nasal instillation IS AND WHAT IT IS USED FOR**

Pharmacotherapeutic group: Other cold medications, ATC code: R05X (R: respiratory system)

This medicine supplies sulphur and yeast in the form of sodium sulphide nonahydrate and *Saccharomyces cerevisiae*.

This medicine is recommended for chronic inflammatory conditions of the upper airways: chronic rhinitis and rhinopharyngitis.

#### **2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE ACTISOUFRE 4 mg / 50 mg per 10 ml, oral suspension or suspension for nasal instillation**

**Never take ACTISOUFRE 4 mg / 50 mg per 10 mL, oral suspension or suspension for nasal instillation in the following case:**

- if you are allergic to sulphur or any of the other ingredients of this medicine listed in section 6

#### **Warnings and precautions**

Talk to your doctor or pharmacist before taking ACTISOUFRE 4 mg / 50 mg per 10 mL, oral suspension or suspension for nasal instillation.

For oral administration and in case of a low-salt diet, take into account the sodium intake, which is about 37 mg per ampoule.

#### **Other medicines and ACTISOUFRE 4 mg / 50 mg per 10 mL, oral suspension or suspension for nasal instillation**

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines.

#### **Pregnancy and breast feeding**

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

In general, if you are pregnant or breast-feeding, always ask your doctor or pharmacist for advice before taking a medicine.

**ACTISOUFRE 4 mg / 50 mg per 10 mL, oral suspension or suspension for nasal instillation contains sodium (in the form of sodium chloride and saccharin sodium), an excipient with known effect.**

### **3. HOW TO TAKE ACTISOUFRE 4 mg / 50 mg per 10 ml, oral suspension or suspension for nasal instillation**

Always take this medicine exactly as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

#### **BEWARE:**

Always respect the posology prescribed by your physician. If in doubt, please, consult your physician or pharmacist.

If you feel that Actisoufre 4 mg/50 mg per 10 ml, oral suspension or suspension for nasal instillation is too strong or too weak: consult your physician or your pharmacist.

- Shake the ampoule before opening it.
- Any possible remaining deposit is not active. The deposit consists of the walls of the yeast cells which released their soluble components (yeast extract containing vitamins, trace elements, etc.) into the ampoule beforehand. The residual deposit therefore does not impair the activity of the product.
- In order to empty a self-breakable ampoule into the container (a dropper bottle or a glass), you should act like follows: take a tip between the thumb and the forefinger and break it open with a fast movement. Hold the open ampoule over the dropper bottle or a glass and break the second tip off in the same way.
- When the ampoule is opened, the odour testifies to a mixture of sulphur and essential oil of oranger flower

#### **By the nasal route:**

2 nasal irrigations daily

#### **Method of administration:**



- Remove the nozzle from the dropper bottle.
- Fill the bottle with the contents of an ampoule.
- Stand in front of a wash-basin, lean your head back and choose one of the following method of administration:
  - Let Actisoufre run into a nostril by pressing the dropper bottle. Breathe through the mouth while keeping saying the syllable "kay". Keep your head slightly leaned during a few moments (about 30 seconds) in order to get the product in contact with the secretions, then right your head and swallow the secretions

Or

- If you want to swallow as less as possible of secretions you can block one nostril and let Actisoufre run in another nostril while pressing on the dropper bottle and perform 3 to 4 breathing movements up and down in the nostril filled with the solution, then right your head and expel the solution by expiration of the same nostril

Repeat the same procedure for another nostril

Repeat the same procedure in each nostril until the content of the dropper bottle is completely empty

After each administration, rinse carefully the dropper bottle and the nozzle with running water and dry it carefully

**By the oral route:**

- Children aged less than 5 years: 1 ampoule daily.
- Adults and children aged more than 5 years: 1 ampoule twice daily.

**Method of administration:**

**Children aged less than 5 years:**

Dilute the content of the ampoule in a glass containing 10 ml of water or the volume of a teaspoon and take it during a meal once a day.

**Adults and Children aged more than 5 years:**

Dilute the content of the ampoule in a glass containing 10 ml of water or the volume of a teaspoon and take it during a meal twice a day.

**Treatment duration**

Always respect the dosage indicated by your doctor. If in doubt, consult your doctor or pharmacist.

**If you took more ACTISOUFRE 4 mg / 50 mg per 10 ml, oral suspension or suspension for nasal instillation than you should have:**

Immediately consult your doctor or pharmacist.

**If you forget to take ACTISOUFRE 4 mg / 50 mg per 10 ml, oral suspension or suspension for nasal instillation:**

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

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

#### 4. POSSIBLE SIDE EFFECTS

Like all medicines, this medicine can cause side effects, although not everybody gets them.

- Potential stomachs ache following oral administration.

#### Reporting of side effects:

If you get any side effect, talk to your doctor or your pharmacist or your nurse. This includes any possible side effects not listed in this leaflet. You can also report side effects directly via the national reporting system: National Agency for safety of medicines and health products (ANSM) and network of the Regional Centers of Pharmacovigilance. Web site: [www.signalement-sante.gouv.fr](http://www.signalement-sante.gouv.fr). By reporting side effects, you can help provide more information on the safety of this medicine.

#### 5. HOW TO STORE ACTISOUFRE 4 mg / 50 mg per 10 ml, oral suspension or suspension for nasal instillation

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

Do not use this medicine after the expiry date which is stated on the cardboard box. The expiry date refers to the last day of that month.

Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

#### 6. CONTENTS OF THE PACK AND OTHER INFORMATION

##### What ACTISOUFRE, 4 mg / 50 mg per 10 ml, oral suspension or suspension for nasal instillation contains?

- The active substances are:

Sodium sulphide nonahydrate.....4.0 mg  
Saccharomyces cerevisiae yeast.....50.0 mg

per a 10-ml ampoule.

- The other ingredients are:

Saccharin sodium, polysorbate 80, Neroli flavor\*, sodium chloride, purified water q.s.

\* Composition of Neroli flavor: essential oils of *Citrum Aurantium* and sweet orange, geraniol, terpineol, linalol, methyl anthranilate, phenylethyl alcohol, geranyl acetate.

##### What ACTISOUFRE, 4 mg / 50 mg per 10 ml, oral suspension or suspension for nasal instillation looks like and contents of the pack

This medicine is an oral or nasal suspension in a 10-mL ampoule. Box of 30 ampoules with 1 dropper vial.

#### Marketing Authorisation Holder:

Laboratoires GRIMBERG SA – 44 avenue Georges Pompidou- 92300 Levallois-Perret - France

#### Manufacturer:

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This leaflet was last revised in September 2017

Detailed information on this medicinal product is available on ANSM website (France)