





<b>Artwork informations Leaflet</b> 	
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Liz Chiem  
11 February 2025

Package Leaflet



# Sinupret® forte

Coated Tablets

Active ingredient(s):  
*Gentiana lutea* root powder  
*Primula veris* (German Medicinal Product Codex) flower powder  
*Rumex crispus* herb powder  
*Sambucus nigra* flower powder  
*Verbena officinalis* herb powder

This leaflet provides important information about using Sinupret® forte. You should also speak to your doctor or pharmacist if you would like further information or if you have any concerns or questions about using Sinupret® forte.

Where to find information in this leaflet:

1. Why am I using Sinupret® forte?
2. What should I know before I use Sinupret® forte?
3. What if I am taking other medicines?
4. How do I use Sinupret® forte?
5. What should I know while using Sinupret® forte?
6. Are there any side effects?
7. Product details

**1. WHY AM I USING SINUPRET® FORTE?**

Sinupret® forte is a herbal medicine that is used to relieve the symptoms of sinusitis such as:

- ☑ Nasal congestion
- ☑ Sinus inflammation
- ☑ Post nasal drip
- ☑ Reduces sinus headache duration



**2. WHAT SHOULD I KNOW BEFORE I USE SINUPRET® FORTE?**

**Warnings**

**Do not use Sinupret® forte:**

- ☑ if you are allergic to any of the active ingredients, or any other ingredients listed at the end of this leaflet. Always check the ingredients to make sure you can use this medicine.
- ☑ for children under 12 years of age.

**Check with your doctor or pharmacist if you:**

- ☑ have any other medical conditions.
- ☑ take any medicines for any other condition.
- ☑ have had sinusitis symptoms for more than 7 – 14 days and they are getting worse or recurring.
- ☑ experience the symptoms of severe rhinosinusitis such as nosebleed, fever, severe pain, infected or pus-filled nasal discharge, impaired vision, asymmetric midface or eyes or facial numbness (numbness in the whole or one side of the face or eyes), as these symptoms need medical treatment.
- ☑ have rare hereditary problems of fructose intolerance, galactose intolerance, total lactase deficiency or glucose-galactose malabsorption or sucrase-isomaltase insufficiency.
- ☑ have known gastritis and a sensitive stomach. Particular caution is required in this case. Sinupret® forte should be taken preferably after meals and with a glass of water (see section 4).

During treatment, you may be at risk of developing certain side effects. It is important you understand these risks and how to monitor for them. See additional information under Section 6. Are there any side effects?

**Pregnancy and breastfeeding**

Check with your doctor or pharmacist if you are pregnant or intend to become pregnant. Like all medicinal products Sinupret® forte should only be administered during pregnancy after an evaluation of the risks and benefits by your doctor. Talk to your doctor or pharmacist if you are breastfeeding or intend to breastfeed. It is unknown whether the active substances / metabolites of Sinupret® forte are excreted into breast milk. Sinupret® forte should not be used during breastfeeding.

**Use in children**

Sinupret® forte must not be used in children under 12 years of age. There are no sufficient investigations to date on the use of Sinupret® forte in children under 12 years of age.

**3. WHAT IF I AM TAKING OTHER MEDICINES?**

Tell your doctor or pharmacist if you are taking any other medicines, including any medicines, vitamins or supplements that you buy without a prescription from your pharmacy, supermarket or health food shop.

Based on available data, to date there are no known interactions with other medicines.  
**Check with your doctor or pharmacist if you are not sure about what medicines, vitamins or supplements you are taking and if these affect Sinupret® forte.**

**4. HOW DO I USE SINUPRET® FORTE?**

**How much to take**

- ☑ For adults and children 12 years and over: take 1 tablet, 3 times a day
- ☑ Follow the instructions provided with the medicine.
- ☑ Do not exceed the recommended dosage.

**When to take Sinupret® forte**

Sinupret® forte should be taken 3 times a day e.g., morning, midday, and evening.

**How to take Sinupret® forte**

- ☑ Take Sinupret® forte unchewed, with some liquid (e.g., a glass of water).
- ☑ You can take Sinupret® forte with meals, with beverages or independently of meals.
- ☑ If you have a sensitive stomach, it is recommended to take Sinupret® forte after meals.

**How long to take Sinupret® forte**

Unless otherwise prescribed, it is recommended to use Sinupret® forte for 7-14 days. If you experience no improvement by then please consult your doctor.

**If you use too much Sinupret® forte**

If you think that you have used too much Sinupret® forte, you may need urgent medical attention.

**You should immediately:**

- ☑ phone the Poisons Information Centre (by calling 13 11 26), or
- ☑ contact your doctor, or
- ☑ go to the Emergency Department at your nearest hospital.

**You should do this even if there are no signs of discomfort or poisoning.**

**5. WHAT SHOULD I KNOW WHILE USING SINUPRET® FORTE?**

**Things you should do**

Remind any doctor, dentist or pharmacist you visit that you are using Sinupret® forte.

**Things you should not do**

If you have forgotten to take a dose of Sinupret® forte, do not take a double dose the next time. Continue taking Sinupret® forte as prescribed by your doctor or as described in this leaflet.



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### Looking after your medicine

- Store below 25°C
  - Keep this medicine out of sight and reach of children.
- Do not use Sinupret® forte if you notice defects on the product and/or its packaging. Follow the instructions provided in this leaflet, and on the carton, on how to take care of your medicine properly. Store it in a cool dry place away from moisture, heat or sunlight; for example, do not store it:
- in the bathroom or near a sink, or
  - in the car or on window sills.
- Keep it where young children cannot reach it.**

### Getting rid of any unwanted medicine

If you no longer need to use this medicine or it is out of date, take it to any pharmacy for safe disposal. Do not use this medicine after the expiry date.

## 6. ARE THERE ANY SIDE EFFECTS?

All medicines can have side effects. If you do experience any side effects, most of them are minor and temporary. However, some side effects may need medical attention.

See the information below and, if you need to, ask your doctor or pharmacist if you have any further questions.

### Less serious side effects

Less serious side effects	What to do
<b>Gastrointestinal-related:</b> <ul style="list-style-type: none"><li>Stomachache</li><li>Nausea</li></ul>	<b>Speak to your doctor or pharmacist if you have any of these side effects and they worry you.</b>
<b>Hypersensitivity reactions of the skin:</b> <ul style="list-style-type: none"><li>Skin rash</li><li>Redness</li><li>Itching</li></ul>	

### Serious side effects

Serious side effects	What to do
<b>Systemic allergic reactions:</b> <ul style="list-style-type: none"><li>Swelling of the lips, tongue and throat and narrowing of the airways (angioedema)</li><li>Shortness of breath</li><li>Swelling of the face</li></ul>	<b>Call your doctor straight away, or go straight to the Emergency Department at your nearest hospital if you notice any of these serious side effects.</b>

**Tell your doctor or pharmacist if you notice anything else that may be making you feel unwell.**

Other side effects not listed here may occur in some people.

### Reporting side effects

After you have received medical advice for any side effects you experience, you can report side effects to the Therapeutic Goods Administration online at [www.tga.gov.au/reporting-problems](http://www.tga.gov.au/reporting-problems). By reporting side effects, you can help provide more information on the safety of this medicine.

## 7. PRODUCT DETAILS

This medicine is available over-the-counter without a doctor's prescription.

### What Sinupret® forte contains

<b>Active ingredient (main ingredient)</b>	12 mg <i>Gentiana lutea</i> root powder, 36 mg <i>Primula veris</i> (German Medicinal Product Codex) flower powder, 36 mg <i>Rumex crispus</i> herb powder, 36 mg <i>Sambucus nigra</i> flower powder, 36 mg <i>Verbena officinalis</i> herb powder
<b>Other ingredients (inactive ingredients)</b>	basic butylated methacrylate copolymer, calcium carbonate, castor oil, chlorophyll-copper complexes, dextrin, gelatin, indigo carmine aluminium lake, lactose monohydrate, light magnesium oxide, liquid glucose, maize starch, montan wax, potato starch, purified talc, riboflavin, shellac, silica colloidal anhydrous, sorbitol, stearic acid, sucrose, titanium dioxide
<b>Potential allergens</b>	Contains the following sugars: glucose, sucrose and lactose



Do not take this medicine if you are allergic to any of these ingredients. Sinupret® forte is gluten free.

### What Sinupret® forte looks like

Sinupret® forte coated tablets are green, round, biconvex with a smooth surface. One pack of Sinupret® forte contains 1 blister strip with 20 coated tablets (AUST L 373371).

### Who distributes Sinupret® forte

Actor Pharmaceuticals Pty Ltd  
Level 6, 50 Berry Street  
North Sydney, NSW 2060, Australia  
Medical information: 1800 322 690  
[sinupret.com.au](http://sinupret.com.au)

### Manufacturer:

BIONORICA SE  
Kerschensteinerstrasse 11-15  
92318 Neumarkt, Germany

This leaflet was prepared in January 2025.

