

# *Vitex negundo L.* LAGUNDI LEAF

## Plemex<sup>®</sup> Forte

ANTI-COUGH / ANTI-ASTHMA

600 mg / 5 mL SYRUP

FOR ADULTS

### PATIENT INFORMATION LEAFLET

**NAME OF PRODUCT:**

Plemex Forte Syrup

**DESCRIPTION OF THE PRODUCT:**

Plemex Forte 600 mg/5 mL Syrup (60 mL & 120 mL)

(Menthol Flavor)

Each 5mL (teaspoonful) of syrup contains the extract from *Vitex negundo L.* (dried Lagundi leaves).....600 mg

**WHAT IS THIS MEDICINE USED FOR?**

For relief of cough due to common colds, flu and mild to moderate acute bronchitis.

For relief of reversible, mild to moderate bronchospasm ("rescue medication") in adults and children 2 years of age and older with obstructive airway disease such as asthma, chronic bronchitis and other bronchopulmonary disorders.

**HOW MUCH AND HOW OFTEN SHOULD YOU USE**

**THIS MEDICINE:** Orally

Plemex Forte 600 mg/5 mL Syrup (60 mL & 120 mL)

**ADULTS:** 5 mL (1 tsp.) 3 to 4 times a day. Dose may be increased as needed. Or as prescribed by the physician.

**WHEN SHOULD YOU NOT TAKE THIS MEDICINE?**

If you are allergic to *Vitex negundo L.* (Lagundi) plants. Safety among pregnant and lactating women has not been studied.

**SIGNS AND SYMPTOMS OF OVERDOSE:**

None were reported in the clinical trials for the syrup.

**PHARMACOLOGICAL STUDIES:**

In a study conducted at the UP College of Pharmacy, Lagundi extract has been observed to inhibit the release of Leukotrienes (a mediator in the inflammatory process) from the mast cells.

**CLINICAL STUDIES:**

Numerous Randomized Double Blind Controlled Clinical Trials (Phase I to Phase IV) conducted at the PGH and various identified health centers in the Philippines, showed that Lagundi Syrup is effective in relieving acute cough of mild and moderate severity among children and adult.

**WHAT OTHER MEDICINE OR FOOD SHOULD BE AVOIDED WHILE TAKING THIS MEDICINE?**

This product is not expected to interact with food or other medicines.

**WHAT SHOULD YOU DO IF YOU MISSED A DOSE?**

Take the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose.

**CARE THAT SHOULD BE TAKEN WHEN TAKING THIS MEDICINE:**

- Do not take more than the recommended dose.
- Do not use after the expiry date on the label.

**WHAT TO DO WHEN YOU HAVE TAKEN MORE THAN THE RECOMMENDED DOSAGE?**

If you take more than the recommended dosage, consult a physician.

**WHEN SHOULD YOU CONSULT YOUR DOCTOR?**

- If any undesirable effects occur.
- No relief after prescribed days of administration.

**HOW SHOULD YOU KEEP THIS MEDICINE?**

Store at temperature not exceeding 30°C.

Keep out of reach of children.

Avoid exposure to direct sunlight.

Shake well before using.

**FDA REGISTRATION NUMBER:**

Plemex Forte Syrup (Menthol Flavor) 60 & 120 mL: HMR-182

**AVAILABILITY:**

60 mL & 120 mL.

**ADR REPORTING STATEMENT:**

- For suspected adverse drug reaction, report to the FDA: [www.fda.gov.ph](http://www.fda.gov.ph)
- Patient should seek medical attention immediately at the first sign of any adverse drug reaction.

**DATE OF FIRST AUTHORIZATION:**

February 26, 2026

**DATE OF RENEWAL OF AUTHORIZATION:**

February 26, 2031

**DATE OF REVISION:**

New

**MANUFACTURED BY:**

HIZON LABORATORIES, INC.

Assumption Road, Sumulong Highway, Antipolo, Rizal

**MANUFACTURED FOR:**

TREVENODD CORPORATION

Unit 608-B Regalia Park Tower, 150 P. Tuazon, Cubao, Quezon City, Metro Manila

# ***Vitex negundo L.*** **LAGUNDI LEAF**

## **Plemex<sup>®</sup> Forte**

**ANTI-COUGH / ANTI-ASTHMA**

**600 mg Capsule / For Adults**

### **PATIENT INFORMATION LEAFLET**

**NAME OF PRODUCT:**

PLEMEX FORTE

**STRENGTH OF THE MEDICINE:**

600 mg

**DESCRIPTION OF THE PRODUCT:**

Green powder contained in a natural / natural capsule #00.  
The characteristic odor of Lagundi is perceptible.

**WHAT IS IN THE MEDICINE?**

Each capsule contains powdered dried Lagundi Leaves  
(*Vitex negundo L.*).....600 mg.

**WHAT IS THIS MEDICINE USED FOR?**

For relief of cough due to common colds, flu and mild to moderate acute bronchitis. For relief of reversible, mild to moderate bronchospasm in adults with obstructive airway disease such as asthma, chronic bronchitis and other broncho pulmonary disorders.

**HOW MUCH AND HOW OFTEN SHOULD YOU USE THIS MEDICINE?**

Orally. One capsule 3 to 4 times daily or as prescribed by the physician.

**WHEN SHOULD YOU NOT TAKE THIS MEDICINE?**

If you are allergic to *Vitex negundo L.* (Lagundi) plants. Safety among pregnant and lactating women has not been studied.

**CARE THAT SHOULD BE TAKEN WHEN TAKING THIS MEDICINE:**

- Do not take more than the recommended dose.
- Do not use after the expiry date on the label.

**UNDESIRABLE EFFECTS:**

None were reported.

**WHAT OTHER MEDICINE OR FOOD SHOULD BE AVOIDED WHILE TAKING THIS MEDICINE?**

This product is not expected to interact with food or other medicines.

**WHAT SHOULD YOU DO IF YOU MISSED A DOSE?**

Take the missed dose as soon as you remember. Skip the missed dose if it is almost time for your next scheduled dose.

**SIGNS AND SYMPTOMS OF OVERDOSE:**

None were reported.

**WHAT TO DO WHEN YOU HAVE TAKEN MORE THAN THE RECOMMENDED DOSAGE?**

If you take more than the recommended dosage, consult a physician.

**HOW SHOULD YOU KEEP THIS MEDICINE?**

Store at temperature not exceeding 30°C.

Keep out of reach of children.

Avoid exposure to direct sunlight.

**WHEN SHOULD YOU CONSULT YOUR DOCTOR?**

- If any undesirable effects occur.
- No relief after prescribed days of administration.

**AVAILABILITY:**

Blister pack in 10's. 100 in box.

**ADR REPORTING STATEMENT:**

- For suspected adverse drug reaction, report to the FDA: [www.fda.gov.ph](http://www.fda.gov.ph)
- Patient should seek medical attention immediately at the first sign of any adverse drug reaction.

**DATE OF FIRST AUTHORIZATION:**

June 11, 2010

**DATE OF RENEWAL OF AUTHORIZATION:**

June 11, 2025

**DATE OF REVISION:**

August 2024

**REGISTRATION NUMBER:**

HMR-52

**MANUFACTURED BY:**

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