

Little Wonders PORTFOLIO

When **Little Wonders** have bigger needs, count on Aspen to lend a helping hand.



Our trusted portfolio of products for children





DEAR MOM

We know your little one's health is your priority, which is why we've got your back with our trusted portfolio of products for children.



When **Little Wonders** have bigger needs, count on Aspen to lend a helping hand.

Mom's Little Reminders

**Jot it down,
mom!**



Does your baby have gripes?

A baby with gripes is usually a less-than-happy baby and is bound to let you know all about it.¹

Your baby could have gripes if they display some of the most common symptoms, such as:¹⁻³



Scrunching and getting red in their face while crying



Squirming frequently



Pulling their legs up to their chest to try to find relief



Not sleeping or eating well



Appearing unhappy or extra fussy



Having a hard, bloated tummy



Gently rubbing and massaging your baby's tummy can help soothe gripes!^{2,3}

WOODWARD'S Celebrated Gripe Water

has been comforting babies with gripes for over 160 years.

Dosage & directions*

Babies up to 12 months of age

5 ml not more than 3 to 4 times per 24 hour period

Do not give this medicine to babies with a body mass less than 2,5 kg. Do not administer more than the recommended dose of this product, except under the advice and supervision of a doctor. Consult your doctor if there is no improvement after 24 hours.



*For further information, read the Patient Information Leaflet.

†In both value and volume

TRACK YOUR BABY'S TEETHING JOURNEY!

Tooth

Erupt

Central Incisor

8-12 months

Lateral Incisor

9-13 months

Canine

16-22 months

First Molar

13-19 months

Second Molar

25-33 months

Second Molar

23-31 months

First Molar

14-18 months

Canine

17-23 months

Lateral Incisor

10-16 months

Central Incisor

6-10 months

Adapted from American Dental Association ^{5,6}



A clean teether made of solid rubber for your baby to chew on can be soothing during teething!⁶

ASHTON & PARSONS Infant Powders

2 in 1 solution

- Teething discomfort
- Slight stomach ailments occurring in infancy

Dosage & directions*

Babies and infants

One powder to be given dry on the tongue, night and morning. If your child is very restless, fretful or feverish, the dose can be repeated every one, two, or three hours.

Not to be given to a baby known to be intolerant to lactose.



Contains chamomile plant extract



Tincture Matricaria Duplex 4,055 mg

*For further information, read the Patient Information Leaflet.



COULD YOUR CHILD BE CONSTIPATED?⁷

TYPE

1



Separate hard lumps
(hard to pass)

TYPE

2



Sausage-shaped
but lumpy

TYPE

4



Like a sausage,
smooth and soft

TYPE

3



Like a sausage
but with cracks
on its surface

TYPE

5



Soft blobs with
clear-cut edges

TYPE

6



Fluffy pieces with
ragged edges, a
mushy stool

TYPE

7



Watery, no solid
pieces. Entirely
liquid.

Adapted from Blake¹² The Bristol Stool Form Scale

Types 1 and 2	Types 3, 4 and 5	Types 6 and 7
Abnormally hard, may be constipated ⁷	Considered to be 'normal' ⁷	Abnormally loose, may have diarrhoea ⁷



Giving older children small amounts of fluids every 15 minutes can help with their diarrhoea!⁸

The world's No.1 probiotic:^{9*}

- Simply mix with a little water or sweetened beverage for diarrhoea treatment.
- Can be taken at the same time as antibiotics.
- Available in a Tutti Frutti flavour!



Dosage & directions [†]	
<i>Diarrhoea associated with antibiotic therapy</i>	One sachet twice a day.
<i>Non-specific acute diarrhoea</i>	



*In value 2024

[†]For further information, read the Patient Information Leaflet.

CONSTIPATION



Giving your child plenty of fruit and vegetables can help prevent constipation!¹⁰

PEGICOL

Mix a PEGICOL sachet with a quarter glass of water, for an easy to drink solution for treating your child's constipation!

Dosage & directions*

2 – 6 years	1 sachet daily
7 – 11 years	2 sachets daily

Not recommended for children below two years of age. Maximum dose needed does not normally exceed 4 sachets daily.



*For further information, read the Patient Information Leaflet.



Encouraging your child to be physically active can help prevent constipation!¹⁰

LACSON Syrup

When in need of relief from constipation, trust LACSON Syrup!

Dosage & directions*

<1 year	Initial dose of 5 ml (1 medicine measure) daily
1 – 5 years	Initial dose of 10 ml (2 medicine measures) daily
6 – 14 years	Initial dose of 15 ml (4 medicine measures) daily

Care should be taken in children with lactose intolerance and diabetes.



*For further information, read the Patient Information Leaflet.

CONSTIPATION



Making sure your child has plenty to drink or plenty of breastfeeds can help prevent constipation!¹⁰

Lennon Glycerin Suppositories for Infants and Children

Help relieve your child's occasional constipation with a single dose!

Dosage & directions*

< 2 years

2 – 6 years

One to one and a half paediatric suppositories as a single dose, when necessary

Not for swallowing, paediatric suppositories to be inserted rectally.



*For further information, read the Patient Information Leaflet.



Getting your child into the routine of regularly sitting on the potty or toilet before bed or after meals can help prevent constipation!¹⁰

LENOLAX

Effective Relief in Minutes

LENOLAX Liquid Enema provides an effective and reliable solution for the relief of occasional constipation.

Dosage & directions*

2 – 12 years

The contents of one (paediatric) bottle (64 ml)

LENOLAX should only be administered rectally. Do not administer to children under 2 years of age. Do not use more than one dose of LENOLAX within a 24-hour period.

LENOLAX



OCCASIONAL CONSTIPATION



*For further information, read the Patient Information Leaflet.

WINDS, STOMACH ACHE, COLIC & DIARRHOEA



Undiluted drinks that are high in sugar, like a sports drink or lemonade, can make diarrhoea worse – avoid these!⁸

Lennon Behoedmiddel vir Kinders

Where the use of an antacid is indicated.

Dosage & directions*

Up to 6 months	1,5 ml to 2 ml (30 to 40 drops)
6 months – 2 years	2,5 ml to 5 ml
3 – 10 years	5 ml to 7,5 ml

Shake the bottle before use. Not more than three to four times per 24-hour period. **Do not give to babies with a body mass less than 2,5 kg.**

This product contains a high percentage of alcohol.



*For further information, read the Patient Information Leaflet.

MINOR KIDNEY & BLADDER COMPLAINTS



Placing a heating pad on your child's back or abdomen can help ease minor kidney or bladder complaints!¹¹

Lennon Bruindulsies

Traditionally used for the relief of minor kidney and bladder complaints.

Dosage & directions*

Children

1,0 ml to 15 drops (0,5 to 1,0 ml) three or four times daily in water or milk

This product contains a high percentage of alcohol.



*For further information, read the Patient Information Leaflet.

GASTRIC DISCOMFORT & FLATULENT COLIC



Burping more often during feedings or rocking your baby can help with colic!¹²

Lennon Balsem Vita Wit

Help soothe your child's gastric discomfort and flatulent colic.

Dosage & directions*

Children

0,5 ml (10 drops) in sweetened water four to five times daily, preferably after meals

This product contains a high percentage of alcohol.



*For further information, read the Patient Information Leaflet.

CROUP, COUGH & BRONCHITIS



Using a cool-mist humidifier or sitting in a steam-filled bathroom for 10 minutes can help with croup!¹³

Lennon Borsdruppels

Help relieve the symptoms of croup, coughs and bronchitis.

Dosage & directions*

Children

1,0 to 1,5 ml (15 to 20 drops) three times a day, in water, tea or honey.

This product contains a high percentage of alcohol.



COUGH, CROUP
& BRONCHITIS

*For further information, read the Patient Information Leaflet.

DISTENDED STOMACH, CONSTIPATION & STOMACH CRAMPS



Sometimes, going to the toilet can be stressful for your child – ask if they feel worried about using the potty!¹⁰

Lennon Lewenssessens

For the relief of distended stomach, constipation, and stomach cramps.

Dosage & directions*

Children

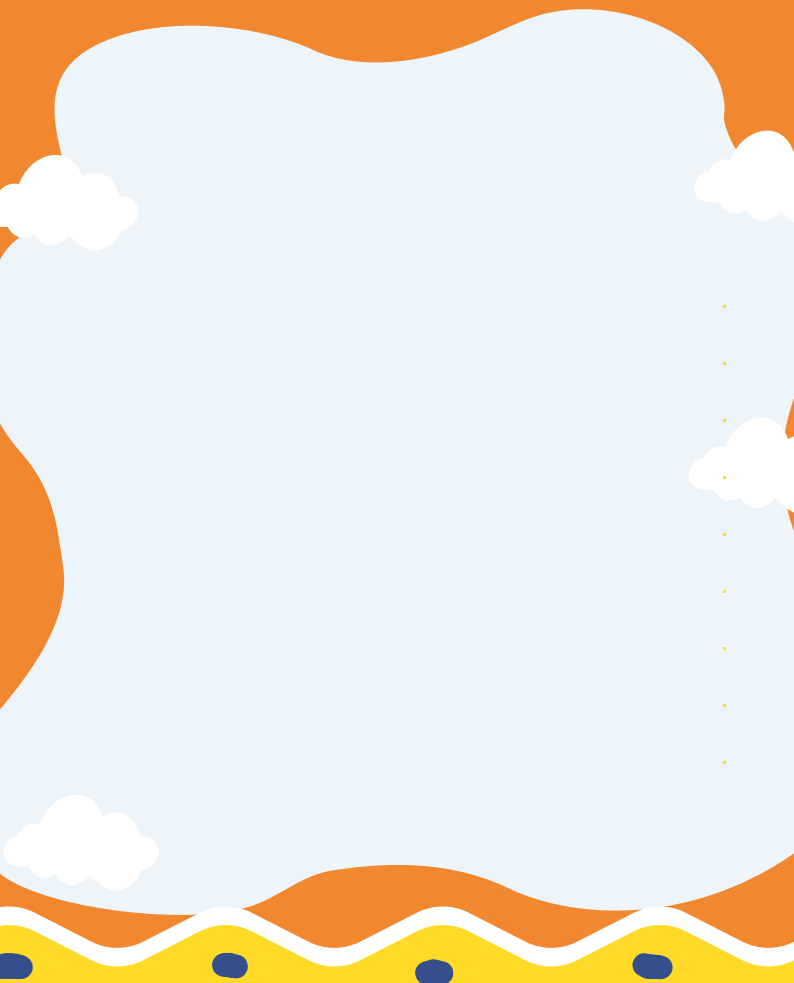
Half to one medicine measure (2,5 – 5 ml)

This product contains a high percentage of alcohol.



*For further information, read the Patient Information Leaflet.

Mom's Little Reminders



References: 1. Cleveland Clinic. Gassy Baby? Here's What You Can Do [online]. 2022, Jul 27 [cited 2025 Apr 2]. Retrieved from: URL: <https://health.clevelandclinic.org/how-to-relieve-baby-gas>. 2. Villines J. Causes and how to relieve gas in a baby [online]. 2023, May 23 [cited 2025 Apr 2]. Retrieved from: URL: <https://www.medicalnewstoday.com/articles/324725#:~:text=Causes%20and%20how%20to%20relieve%20gas%20in%20a,Gassy%20baby%20vs.%20colicky%20baby%20...%20More%20items>. 3. Brown T. Infant Gas: How to Prevent and Treat It [online]. 2022, Mar 09 [cited 2025 Apr 2]. Retrieved from: <https://www.webmd.com/parenting/baby/features/infant-gas>. 4. Woodward's Impact Rx, February 2025. 5. American Dental Association. Eruption Charts [online]. 2012 [cited 2025 Apr 2]. Retrieved from: URL: <https://www.mouthhealthy.org/all-topics-a-z/eruption-charts>. 6. American Dental Association. Baby Teeth [online]. [cited 2025 Apr 2]. Retrieved from: URL: <https://www.mouthhealthy.org/all-topics-a-z/baby-teeth>. 7. Blake MR, Raker JM, Whelan K. Validity and reliability of the Bristol Stool Form Scale in healthy adults and patients with diarrhoea-predominant irritable bowel syndrome. *Aliment Pharmacol Ther* 2016;**44**(7): 693–703. 8. HealthDirect. Diarrhoea in children [Internet]. HealthDirect Australia. 2024 [cited 2025 Apr 2]. Available from: <https://www.healthdirect.gov.au/diarrhoea-in-children>. 9. IQVIA MIDAS® (ATC: A7A, A7B, A7E, A7F, A7H, A7X) & IQVIA Consumer Health Customized Insights (OTC: 03F1/03D5/03D1/03D9) deduplicated dataset; sales data; Molecule composition: Plain; time period Jan 2024 to Dec 2024; EURO PUB, reflecting estimates of real-world activity. 10. NHS. Constipation in children [Internet]. NHS. 2023 [cited 2025 Apr 2]. Available from: <https://www.nhs.uk/conditions/baby/health/constipation-in-children/>. 11. National Institute of Diabetes and Digestive and Kidney Diseases. Treatment for Bladder Infection in Children [Internet]. NIDDK. 2017, [cited 2025 Apr 2]. Available from: <https://www.niddk.nih.gov/health-information/urologic-diseases/urinary-tract-infections-in-children/treatment>. 12. Pitone M. Colic (for Parents) [Internet]. Nemours KidsHealth. 2023 [cited 2025 Apr 2]. Available from: <https://kidshealth.org/en/parents/colic.html>. 13. Schare R. Croup (for Parents) [Internet]. KidsHealth. 2021 [cited 2025 Apr 2]. Available from: <https://kidshealth.org/en/parents/croup.html>.

[S0] WOODWARD'S Celebrated Gripe Water. Reg. No.: E/11.4.3/1551. Each 5 ml contains 50 mg sodium bicarbonate and 2,15 mg dill seed oil, terpeneless. **[S0] ASHTON & PARSONS Infant Powders.** Ref. No.: E679 (Act 101/1965). Each sachet contains 4,055 mg **Tincture Matricaria Duplex.** **[S0] INTEFLORA Sachets.** Reg. No.: 44/11.9.2/0783. Each sachet contains 250 mg lyophilised cells of *Saccharomyces boulardii CNCM I-745.* **[S0] PEGICOL Plain (Powder for reconstitution).** Reg. No.: A39/11.5/0385. Each sachet of powder contains 6,563 g macrogol 3 350, 25,1 mg potassium chloride, 89,3 mg sodium bicarbonate and 175,4 mg sodium chloride. **[S0] LACSON.** Reg. No.: Z/11.5/0055. Each 5 ml of syrup contains 3,3 g of lactulose. **[S0] Lennon Glycerin Suppositories for Infants and Children.** Reg. No.: E/11.6/1540. Each suppository contains 1,12 g glycerin. **[S0] LENOLAX Paediatric.** Reg. No.: E/11.5/1982. Each 1ml contains 160 mg sodium dihydrogen phosphate monohydrate and 60 mg disodiumphosphate heptahydrate. **[S0] Behoedmiddel Vir Kinderen.** Reg. No.: E/11.4.1/1528. Each 5 ml contains: Light Magnesium Carbonate 210,00 mg, Prepared Chalk 79,85 mg, Alcohol (100 %) 6,48 % v/v. **[S0] Bruindulsies.** Ref. No.: H1627 (Act 101/1965). Each 5 ml contains: Potassium acetate 100 mg, Ethanol (100%) 14,45 % v/v. **[S0] Balsem Vita Wit.** Ref. No.: E1517 (Act 101/1965). Each 5 ml contains: Cassia oil 0,020 ml, Spike lavender oil 0,1164 ml, Clove oil 0,020 ml, Nutmeg oil 0,020 ml, Thyme oil 0,006 ml, Ethanol (100 %) 86,71 % v/v. **[S0] Borsdruppels.** Ref. No.: G543 (Act 101/1965). Each 5 ml contains: Liquorice extract 1,125 g, Fennel Oil 0,003 ml, Aniseed Oil 0,009 ml, Ethanol (100 %) 13,50 % v/v. **[S0] Lewensessens.** Ref. No.: E1574 (Act 101/1965). Each 5 ml contains: Cape Aloes 216,667 mg plus the alcoholic extracts of: African Ginger 14,167 mg, Rhubarb 30,000 mg, Gentian 30,000 mg, Myrrh 20,000 mg, Galangal 10,000 mg, Turmeric 15,000 mg, Ethanol (100 %) 45,00 % v/v.

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