

- انخفاض في مستويات المغنيزيوم في الدم خاصة إذا تم استعمال الدواء لأكثر من 3 أشهر. قد يتمثل ذلك بأعراض مثل التعب، التقلصات اللاإرادية في العضلات، التوهان/الإرتباك، الإحالات، الدوار، الزيادة في وقت القلب (أو مشاكل النظم الأخرى). قد تسبب مستويات المغنيزيوم المنخفضة أيضاً انخفاضاً في مستويات البوتاسيوم أو الكالسيوم في الدم. انظر أيضاً البند 2 – "الفحوص والمتابعة".
- إذا ظهرت كدمات بسهولة، قد يكون هذا العرض نتيجة لمشكلة في الدم. يُحتمل أن يحبك الطبيب إلى إجراء فحص للدم.
- إذا كنت تعاني من ثلوث أو من علامات قد تشير إلى وجود ثلوث، مثل: الحمى والتدهور الخطير في وضعك العام، الحمى المصحوبة بعلامات ثلوث موضعي مثل الألم في الفم، البثور، الحلق أو المشاكل في الجهاز البولي. قد تشير هذه الأعراض إلى انخفاض في تعداد خلايا الدم البيضاء وفي مقاومة الجسم للتلوثات. يستطيع الطبيب أن يفحص من خلال فحص الدم ما إذا كان ذلك نقصاً في خلايا الدم البيضاء (ندرة المحبيات).

أعراض جانبية إضافية (تظهر عند 10-1 مستعملين من بين 100):

- صداع، دوار، تعب، شعور عام سيئ
- إسهال، إمساك، الإم في البطن، غثيان، تقيؤات، غازات
- جفاف أو ألم في الحلق
- سلائل (بوليب) في المعدة
- حكة، طفح جلدي، شرى
- تغيرات في وظائف الكبد (تضاد في فحوص الدم، مثلاً في ارتفاع إنزيمات الكبد)

أعراض جانبية غير شائعة (تظهر عند 10-1 مستعملين من بين 1,000):

- كآبة/كآبة
- الأم في العضلات أو في المفاصل
- احتباس السوائل الذي قد يسبب انتفاخ (و/أو الرجليين (الوذمة)
- كسور في الورك، الرسغ و/أو العمود الفقري (خاصة عند استعمال جرعة دوامية عالية و/أو الاستعمال لفترة طويلة، انظر أيضاً البند 2 – "تحذيرات خاصة")
- تغيرات في العد الدموي (مثل: قلة الصفائح، كثرة البوزينيات، قلة الكريات البيضاء)

أعراض جانبية نادرة (تظهر عند 10-1 مستعملين من بين 10,000):

- حمى
- تملل، نعاس، ارتباك، رؤية أو سماع أشياء غير واقعية (هلوسات)
- ردود فعل جلدية، مثل: اندفاع الإحساس (خدر)، إحساس بالتميل، اللذخ أو الوخر، كدمات، نقاط حمراء أو بنفسجية قد تثير الحكة، حويصلات
- صعوبات في النوم (أرق)
- مشاكل في الكبد أو بركان (قد يتمثل باصفرار الجلد أو العينين)
- تغيرات في حسنة الذوق، فقدان الشهية، التهاب في اللسان
- تعرق متزايد
- حساسية متزايدة للضوء/للشمس
- تساقط الشعر
- ارتجاج
- فقر الدم (قد يتمثل بشحوب، تعب، دوار)
- اضطرابات كلوية
- التهاب البنكرياس
- التهاب في الكبد أو بركان (قد يتمثل باصفرار الجلد أو العينين)
- انتفاخ في الثديين لدى الرجال، مشاكل في الانتصاب (ضعف جنسي)
- ثلوث فطري (مثل ذلك الذي قد يؤثر على المريء)
- وذمة وعائية

أعراض جانبية نادرة جداً (تظهر عند أقل من مستعمل 1 من بين 10,000):

- ردود الفعل التحسسية المفرطة الخطيرة بما في ذلك الصدمة التأقية (قد تشمل الأعراض على: حمى، طفح جلدي، انتفاخ، هبوط ضغط الدم)
- التهاب في الفم (ستوماتيتيس)
- التهاب في الأمعاء (التهاب القولون)
- تغيرات في قيم الفحوص (مثل: مستويات الصوديوم، الكالسيوم، الكالسيوم، والجليسيريدات الثلاثية)

كيف يبدو الدواء وما هو محتواه:

كبسولة مغطاة بيضاء اللون. العدد 1 والحرف L مطبوعان على غطاء الكبسولة والعدد 30 مطبوع على جسم الكبسولة.

تحتوي العبوة على 28 كبسولة مقاومة لحموضة المعدة في عبوة شرانطر.

اسم صاحب الامتياز والمصنع وعنوانه:

تيفع إسرائيل عرض،

شارع دقورا هاتينينا 124، تل أبيب 6944020.

تم تحرير النشرة في 2023 وفقاً لإرشادات وزارة الصحة.

رقم تسجيل الدواء في سجل الأدوية الرسمي في وزارة الصحة: 174-29-36849-99

من أجل التبسيط ولتسهيل القراءة، تمت صياغة هذه النشرة بصيغة المتكسر. على الرغم من ذلك، فإن الدواء مخصص لكلا الجنسين.

LANSO-TEVA PIL MW0823

PATIENT LEAFLET IN ACCORDANCE WITH THE PHARMACISTS' REGULATIONS (PREPARATIONS) – 1986

The medicine is dispensed with a doctor's prescription only

Lanso Teva 30 mg

Gastro-resistant capsules

Composition:

Each capsule contains:

Lansoprazole 30 mg

For information regarding inactive ingredients and allergens, see section 2 – "Important information about some of the ingredients of the medicine" and section 6 – "Additional information".

Read the entire leaflet carefully before using the medicine.

This leaflet contains concise information about the medicine.

If you have additional questions, refer to the doctor or the pharmacist.

This medicine has been prescribed for treatment of your illness. Do not pass it on to others. It may harm them even if it seems to you that their illness is similar.

1. WHAT IS THE MEDICINE INTENDED FOR?

The medicine decreases acid secretion in the stomach.

The medicine is intended for:

- Treatment of stomach ulcer and duodenal ulcer.
- Treatment and prevention of recurrence of reflux esophagitis.
- Combined treatment with antibiotics for the eradication of the bacterium *Helicobacter pylori* (H. pylori) which is associated with ulcers in the gastrointestinal system.
- Treatment and prevention of stomach and/or duodenal ulcers caused as a result of treatment with nonsteroidal anti-inflammatory drugs (NSAIDs).
- Treatment of symptomatic gastroesophageal reflux disease (GERD).
- Treatment of Zollinger-Ellison syndrome.

Therapeutic class

Proton pump inhibitors (PPI).

2. BEFORE USING THE MEDICINE:

Do not use the medicine if:

- You are sensitive (allergic) to the active ingredient (lansoprazole) or to any of the other ingredients this medicine contains (see section 6 – "Additional information"). Symptoms of an allergic reaction may include: rash, breathing and/or swallowing problems, swelling of the face, lips, throat or tongue.

Special warnings regarding the use of the medicine:

Before starting treatment with Lanso Teva (and during the course of treatment) tell your doctor if:

- You have liver problems (the doctor may adjust the dosage).
- You suffer from osteoporosis or are taking corticosteroid medicines (which may increase the risk of osteoporosis).

Taking medicines from the class of proton pump inhibitors (PPIs) such as Lanso Teva, especially for a period of more than a year and/or at high dosages, may slightly increase the risk of fractures in the hip, wrist or spine. The doctor may recommend to take vitamin D and calcium supplements.

- You have ever developed a skin reaction after treatment with Lanso Teva or similar medicines intended to inhibit the secretion of gastric acid. If you develop a rash on the skin, especially in areas exposed to the sun, tell your doctor as soon as possible, as you may need to stop using Lanso Teva. You should also tell your doctor if you have other symptoms such as joint pain (these symptoms may be related to a skin form of lupus).
- You are due to have a blood test for chromogranin A, as Lanso Teva may affect the test results.
- You have low B12 levels or have risk factors for low B12 levels. Long-term treatment with Lanso Teva (as with other acid reducing medicines) may cause a decrease in vitamin B12 absorption.
- You suffer from new symptoms or if the symptoms worsen.

Additional warnings:

- Your doctor may send you for an endoscopic test to find out the cause of your symptoms. This test may also rule out more serious causes of your symptoms (such as stomach cancer).
- Your doctor may have prescribed for you, along with Lanso Teva, additional medicines to treat your condition, such as antibiotics for the treatment of *Helicobacter pylori* or anti-inflammatory medicines. Read carefully the leaflet of these medicines as well.
- If you experience diarrhea during the treatment, refer to the doctor immediately, as the use of Lanso Teva may slightly increase the risk of infectious diarrhea. Lanso Teva reduces the natural acidity of the stomach that usually helps to eradicate bacteria, which may lead to stomach infections. See also section 4 – "Side effects".
- The use of the medicine may conceal symptoms of other diseases.
- If after two weeks your condition does not improve, refer to the doctor.

Use in children

The use of the medicine is not recommended in children as there is not enough information regarding the use of the medicine in children.

Do not give the medicine to children under one year of age. See also section 3 – "Method of use".

Tests and follow-up

- Consult your doctor about the need to perform blood tests for blood magnesium level (before and during treatment), as the medicine may lower magnesium levels. See also section 4 – "Side effects".
- If you are being treated with Lanso Teva for a prolonged period of time (over a year), your doctor may monitor your condition and consider the necessity of continuing the treatment.

Drug interactions

If you are taking or have recently taken other medicines, including non-prescription medicines and nutritional supplements, tell the doctor or the pharmacist. In particular, you should inform the doctor or pharmacist if you are taking any of the following medicines (the following list mentions the active ingredients in the medicines. If you are not sure whether you are using any of these medicines, please consult the doctor or pharmacist):

- Medicines from the class of HIV protease inhibitors such as atazanavir and nelfinavir (medicines against the HIV virus)
- Methotrexate
- Ketoconazole, itraconazole, rifampicin (for treatment of infections)
- Digoxin (for the treatment of heart problems)
- Warfarin (anticoagulant medicine)
- Theophylline (for treatment of asthma)
- Tacrolimus (to prevent transplant rejection)
- Fluvoxamine (for the treatment of depression or other mental problems)
- Antacids (used for heartburn, for example) or sucralfate. Lanso Teva should be taken at least one hour after taking these medicines

- Medicines that may cause a decrease in blood magnesium levels, such as diuretics
- Hypericum perforatum (also called St. John's wort)

Use of the medicine and food

Take the medicine at least 30 minutes before food.

Pregnancy and breastfeeding

If you are pregnant, think you may be pregnant, are planning to become pregnant or are breastfeeding, consult the doctor before using this medicine.

- Not enough information is available regarding the use of the medicine in pregnancy, and therefore its use is not recommended if you are pregnant.
- It is not known whether the medicine passes into breast milk. The use of the medicine is not recommended during the period of breastfeeding.

Driving and operating machinery

The use of this medicine may cause side effects, such as dizziness, sleepiness, tiredness, vertigo (spinning sensation), headache or visual disturbances, which may impair the ability to drive and operate machinery. If you experience these effects, do not drive or operate machinery. Caution should be exercised in any activity that requires alertness.

Important information about some of the ingredients of the medicine

Lanso Teva contains sugar (sucrose). If you have been told by a doctor that you have an intolerance (sensitivity) to certain sugars, consult your doctor before taking this medicine. See also section 6 – "Additional information".

Each Lanso Teva 30 mg capsule contains approximately 120.03 mg of sucrose.

3. HOW SHOULD YOU USE THE MEDICINE?

Always use the preparation according to the doctor's instructions. Check with the doctor or pharmacist if you are uncertain about the dosage and how to use the preparation.

The daily dose and duration of treatment will be determined by the doctor according to the purpose of the treatment, your condition and your response to the treatment.

- If you are taking Lanso Teva once a day, unless otherwise instructed by your doctor, it is recommended that you take the capsule every morning before breakfast.
- If you are taking Lanso Teva twice a day, it is recommended that you take one dose in the morning before breakfast and a second dose in the evening.

Be sure to use this medicine at scheduled times as determined by the treating doctor.

Do not exceed the recommended dose.

Method of use

Take the medicine at least 30 minutes before food.

The capsule should be swallowed with a glass of water.

Do not chew or crush the capsule and the granules within so as not to damage the coating of the granules, which is essential for the medicine's activity.

If you accidentally took a higher dosage

If you took an overdose or if a child accidentally swallowed this medicine, go to the doctor or the emergency room of the hospital immediately and take the package of the medicine with you.

• انخفاض في مستويات المغنيزيوم في الدم خاصة إذا تم استعمال الدواء لأكثر من 3 أشهر. قد يتمثل ذلك بأعراض مثل التعب، التقلصات اللاإرادية في العضلات، التوهان/الإرتباك، الإحالات، الدوار، الزيادة في وقت القلب (أو مشاكل النظم الأخرى). قد تسبب مستويات المغنيزيوم المنخفضة أيضاً انخفاضاً في مستويات البوتاسيوم أو الكالسيوم في الدم. انظر أيضاً البند 2 – "الفحوص والمتابعة".

• إذا ظهرت كدمات بسهولة، قد يكون هذا العرض نتيجة لمشكلة في الدم. يُحتمل أن يحبك الطبيب إلى إجراء فحص للدم.

• إذا كنت تعاني من ثلوث أو من علامات قد تشير إلى وجود ثلوث، مثل: الحمى والتدهور الخطير في وضعك العام، الحمى المصحوبة بعلامات ثلوث موضعي مثل الألم في الفم، البثور، الحلق أو المشاكل في الجهاز البولي. قد تشير هذه الأعراض إلى انخفاض في تعداد خلايا الدم البيضاء وفي مقاومة الجسم للتلوثات. يستطيع الطبيب أن يفحص من خلال فحص الدم ما إذا كان ذلك نقصاً في خلايا الدم البيضاء (ندرة المحبيات).

أعراض جانبية إضافية (تظهر عند 10-1 مستعملين من بين 100):

- صداع، دوار، تعب، شعور عام سيئ
- إسهال، إمساك، الإم في البطن، غثيان، تقيؤات، غازات
- جفاف أو ألم في الحلق
- سلائل (بوليب) في المعدة
- حكة، طفح جلدي، شرى
- تغيرات في وظائف الكبد (تضاد في فحوص الدم، مثلاً في ارتفاع إنزيمات الكبد)

أعراض جانبية غير شائعة (تظهر عند 10-1 مستعملين من بين 1,000):

- كآبة/كآبة
- الأم في العضلات أو في المفاصل
- احتباس السوائل الذي قد يسبب انتفاخ (و/أو الرجليين (الوذمة)
- كسور في الورك، الرسغ و/أو العمود الفقري (خاصة عند استعمال جرعة دوامية عالية و/أو الاستعمال لفترة طويلة، انظر أيضاً البند 2 – "تحذيرات خاصة")
- تغيرات في العد الدموي (مثل: قلة الصفائح، كثرة البوزينيات، قلة الكريات البيضاء)

أعراض جانبية نادرة (تظهر عند 10-1 مستعملين من بين 10,000):

- حمى
- تملل، نعاس، ارتباك، رؤية أو سماع أشياء غير واقعية (هلوسات)
- ردود فعل جلدية، مثل: اندفاع الإحساس (خدر)، إحساس بالتميل، اللذخ أو الوخر، كدمات، نقاط حمراء أو بنفسجية قد تثير الحكة، حويصلات
- صعوبات في النوم (أرق)
- مشاكل في الكبد أو بركان (قد يتمثل باصفرار الجلد أو العينين)
- تغيرات في حسنة الذوق، فقدان الشهية، التهاب في اللسان
- تعرق متزايد
- حساسية متزايدة للضوء/للشمس
- تساقط الشعر
- ارتجاج
- فقر الدم (قد يتمثل بشحوب، تعب، دوار)
- اضطرابات كلوية
- التهاب البنكرياس
- التهاب في الكبد أو بركان (قد يتمثل باصفرار الجلد أو العينين)
- انتفاخ في الثديين لدى الرجال، مشاكل في الانتصاب (ضعف جنسي)
- ثلوث فطري (مثل ذلك الذي قد يؤثر على المريء)
- وذمة وعائية

أعراض جانبية نادرة جداً (تظهر عند أقل من مستعمل 1 من بين 10,000):

- ردود الفعل التحسسية المفرطة الخطيرة بما في ذلك الصدمة التأقية (قد تشمل الأعراض على: حمى، طفح جلدي، انتفاخ، هبوط ضغط الدم)
- التهاب في الفم (ستوماتيتيس)
- التهاب في الأمعاء (التهاب القولون)
- تغيرات في قيم الفحوص (مثل: مستويات الصوديوم، الكالسيوم، الكالسيوم، والجليسيريدات الثلاثية)

كيف يبدو الدواء وما هو محتواه:

كبسولة مغطاة بيضاء اللون. العدد 1 والحرف L مطبوعان على غطاء الكبسولة والعدد 30 مطبوع على جسم الكبسولة.

تحتوي العبوة على 28 كبسولة مقاومة لحموضة المعدة في عبوة شرانطر.

اسم صاحب الامتياز والمصنع وعنوانه:

تيفع إسرائيل عرض،

شارع دقورا هاتينينا 124، تل أبيب 6944020.

تم تحرير النشرة في 2023 وفقاً لإرشادات وزارة الصحة.

رقم تسجيل الدواء في سجل الأدوية الرسمي في وزارة الصحة: 174-29-36849-99

من أجل التبسيط ولتسهيل القراءة، تمت صياغة هذه النشرة بصيغة المتكسر. على الرغم من ذلك، فإن الدواء مخصص لكلا الجنسين.

LANSO-TEVA PIL MW0823

PATIENT LEAFLET IN ACCORDANCE WITH THE PHARMACISTS' REGULATIONS (PREPARATIONS) – 1986

The medicine is dispensed with a doctor's prescription only

Lanso Teva 30 mg

Gastro-resistant capsules

Composition:

Each capsule contains:

Lansoprazole 30 mg

For information regarding inactive ingredients and allergens, see section 2 – "Important information about some of the ingredients of the medicine" and section 6 – "Additional information".

Read the entire leaflet carefully before using the medicine.

This leaflet contains concise information about the medicine.

If you have additional questions, refer to the doctor or the pharmacist.

This medicine has been prescribed for treatment of your illness. Do not pass it on to others. It may harm them even if it seems to you that their illness is similar.

1. WHAT IS THE MEDICINE INTENDED FOR?

The medicine decreases acid secretion in the stomach.

The medicine is intended for:

- Treatment of stomach ulcer and duodenal ulcer.
- Treatment and prevention of recurrence of reflux esophagitis.
- Combined treatment with antibiotics for the eradication of the bacterium *Helicobacter pylori* (H. pylori) which is associated with ulcers in the gastrointestinal system.
- Treatment and prevention of stomach and/or duodenal ulcers caused as a result of treatment with nonsteroidal anti-inflammatory drugs (NSAIDs).
- Treatment of symptomatic gastroesophageal reflux disease (GERD).
- Treatment of Zollinger-Ellison syndrome.

Therapeutic class

Proton pump inhibitors (PPI).

2. BEFORE USING THE MEDICINE:

Do not use the medicine if:

- You are sensitive (allergic) to the active ingredient (lansoprazole) or to any of the other ingredients this medicine contains (see section 6 – "Additional information"). Symptoms of an allergic reaction may include: rash, breathing and/or swallowing problems, swelling of the face, lips, throat or tongue.

Special warnings regarding the use of the medicine:

Before starting treatment with Lanso Teva (and during the course of treatment) tell your doctor if:

- You have liver problems (the doctor may adjust the dosage).
- You suffer from osteoporosis or are taking corticosteroid medicines (which may increase the risk of osteoporosis).

Taking medicines from the class of proton pump inhibitors (PPIs) such as Lanso Teva, especially for a period of more than a year and/or at high dosages, may slightly increase the risk of fractures in the hip, wrist or spine. The doctor may recommend to take vitamin D and calcium supplements.

- You have ever developed a skin reaction after treatment with Lanso Teva or similar medicines intended to inhibit the secretion of gastric acid. If you develop a rash on the skin, especially in areas exposed to the sun, tell your doctor as soon as possible, as you may need to stop using Lanso Teva. You should also tell your doctor if you have other symptoms such as joint pain (these symptoms may be related to a skin form of lupus).
- You are due to have a blood test for chromogranin A, as Lanso Teva may affect the test results.
- You have low B12 levels or have risk factors for low B12 levels. Long-term treatment with Lanso Teva (as with other acid reducing medicines) may cause a decrease in vitamin B12 absorption.
- You suffer from new symptoms or if the symptoms worsen.

Additional warnings:

- Your doctor may send you for an endoscopic test to find out the cause of your symptoms. This test may also rule out more serious causes of your symptoms (such as stomach cancer).
- Your doctor may have prescribed for you, along with Lanso Teva, additional medicines to treat your condition, such as antibiotics for the treatment of *Helicobacter pylori* or anti-inflammatory medicines. Read carefully the leaflet of these medicines as well.
- If you experience diarrhea during the treatment, refer to the doctor immediately, as the use of Lanso Teva may slightly increase the risk of infectious diarrhea. Lanso Teva reduces the natural acidity of the stomach that usually helps to eradicate bacteria, which may lead to stomach infections. See also section 4 – "Side effects".
- The use of the medicine may conceal symptoms of other diseases.
- If after two weeks your condition does not improve, refer to the doctor.

Use in children

The use of the medicine is not recommended in children as there is not enough information regarding the use of the medicine in children.

Do not give the medicine to children under one year of age. See also section 3 – "Method of use".

Tests and follow-up

- Consult your doctor about the need to perform blood tests for blood magnesium level (before and during treatment), as the medicine may lower magnesium levels. See also section 4 – "Side effects".
- If you are being treated with Lanso Teva for a prolonged period of time (over a year), your doctor may monitor your condition and consider the necessity of continuing the treatment.

Drug interactions

If you are taking or have recently taken other medicines, including non-prescription medicines and nutritional supplements, tell the doctor or the pharmacist. In particular, you should inform the doctor or pharmacist if you are taking any of the following medicines (the following list mentions the active ingredients in the medicines. If you are not sure whether you are using any of these medicines, please consult the doctor or pharmacist):

- Medicines from the class of HIV protease inhibitors such as atazanavir and nelfinavir (medicines against the HIV virus)
- Methotrexate
- Ketoconazole, itraconazole, rifampicin (for treatment of infections)
- Digoxin (for the treatment of heart problems)
- Warfarin (anticoagulant medicine)
- Theophylline (for treatment of asthma)
- Tacrolimus (to prevent transplant rejection)
- Fluvoxamine (for the treatment of depression or other mental problems)
- Antacids (used for heartburn, for example) or sucralfate. Lanso Teva should be taken at least one hour after taking these medicines

- Medicines that may cause a decrease in blood magnesium levels, such as diuretics
- Hypericum perforatum (also called St. John's wort)

Use of the medicine and food

Take the medicine at least 30 minutes before food.

Pregnancy and breastfeeding

If you are pregnant, think you may be pregnant, are planning to become pregnant or are breastfeeding, consult the doctor before using this medicine.

- Not enough information is available regarding the use of the medicine in pregnancy, and therefore its use is not recommended if you are pregnant.
- It is not known whether the medicine passes into breast milk. The use of the medicine is not recommended during the period of breastfeeding.

Driving and operating machinery

The use of this medicine may cause side effects, such as dizziness, sleepiness, tiredness, vertigo (spinning sensation), headache or visual disturbances, which may impair the ability to drive and operate machinery. If you experience these effects, do not drive or operate machinery. Caution should be exercised in any activity that requires alertness.

Important information about some of the ingredients of the medicine

Lanso Teva contains sugar (sucrose). If you have been told by a doctor that you have an intolerance (sensitivity) to certain sugars, consult your doctor before taking this medicine. See also section 6 – "Additional information".

Each Lanso Teva 30 mg capsule contains approximately 120.03 mg of sucrose.

3. HOW SHOULD YOU USE THE MEDICINE?

Always use the preparation according to the doctor's instructions. Check with the doctor or pharmacist if you are uncertain about the dosage and how to use the preparation.

The daily dose and duration of treatment will be determined by the doctor according to the purpose of the treatment, your condition and your response to the treatment.

- If you are taking Lanso Teva once a day, unless otherwise instructed by your doctor, it is recommended that you take the capsule every morning before breakfast.
- If you are taking Lanso Teva twice a day, it is recommended that you take one dose in the morning before breakfast and a second dose in the evening.

Be sure to use this medicine at scheduled times as determined by the treating doctor.

Do not exceed the recommended dose.

Method of use

Take the medicine at least 30 minutes before food.

The capsule should be swallowed with a glass of water.

Do not chew or crush the capsule and the granules within so as not to damage the coating of the granules, which is essential for the medicine's activity.