

# PURNA APPLE CIDER VINEGAR GUMMIES (PATIËNTINLIGTINGSBLAD)

## KOMPLEMENTÊRE MEDISYNE.

D 34.12 Meervoudige Stofformulering. Hierdie ongeregisteerde medisyne is nie deur die SAHPRA geëvalueer vir die gehalte, veiligheid of beoogde gebruik daarvan nie.

## SKEDULERINGSSTATUS

50

## PURNA APPLE CIDER VINEGAR GOMMETJIES

Lees die hele inligtingsblad noukeurig deur, want dit bevat belangrike inligting vir jou. **PURNA APPLE CIDER VINEGAR** is beskikbaar sonder 'n dokter se voorskrif vir jou om jou gesondheid te handhaaf.

Nietemin moet jy steeds **PURNA APPLE CIDER VINEGAR** versigtig neem om die beste resultate daaruit te kry.

- Bewaar hierdie inligtingsblad. Jy sal dit dalk weer moet lees.
- Moenie **PURNA APPLE CIDER VINEGAR** met enigiemand anders deel nie.
- Vra jou gesondheidsorgverskaffer of apteker as jy meer inligting of advies benodig.

## WAT IS IN HIERDIE INLIGTINGSBLAD

1. Wat **PURNA APPLE CIDER VINEGAR** is en waarvoor dit gebruik word.
2. Wat jy moet weet voordat jy **PURNA APPLE CIDER VINEGAR** neem.
3. Hoe om **PURNA APPLE CIDER VINEGAR** te neem.
4. Moontlike nuwe-effekte.
5. Hoe om **PURNA APPLE CIDER VINEGAR** te bêre.
6. Inhoud van die pakkie en ander inligting.

## 1. WAT PURNA APPLE CIDER VINEGAR IS EN WAARVOOR DIT GEBRUIK WORD.

**PURNA APPLE CIDER VINEGAR** is 'n gesondheidsaanvulling wat help met gewigsbestuur wanneer dit saam met 'n gesonde, gebalanseerde dieet en ligte tot matige fisiese aktiwiteit gebruik word.

## 2. WAT JY MOET WEET VOORDAT JY PURNA APPLE CIDER VINEGAR NEEM.

**Moenie PURNA APPLE CIDER VINEGAR neem nie:**

- As jy hipersensitief (allergies) is vir enige van die bestanddele (sien wat **PURNA APPLE CIDER VINEGAR** bevat).
- As jy onder die ouderdom van 18 jaar is nie.
- As jy swanger is of jou baba borsvoed.
- As jy aan diabetes ly.

## WAARSKUWINGS EN VOORSORGMATREËLS

Moenie die aanbevole daaglikse dosis oorskry nie.

Hierdie produk is nie geskik vir adolessente en kinders jonger as 18 jaar nie.

As jy swanger is of borsvoed, dink jy is dalk swanger of beplan om 'n baba te hê, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat u **PURNA APPLE CIDER VINEGAR** neem.

Moenie hierdie produk gebruik as jou dokter jou ingelig het dat jy vir sekere suikers onverdraagsaam is nie. Staak gebruik ten minste 2 weke voor enige geskeduleerde operasie.

## ANDER MEDISYNE EN PURNA APPLE CIDER VINEGAR

Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medisyne ook gebruik.

(Dit sluit alle aanvullende medisyne, gesondheidsaanvullings of tradisionele medisyne in.)

Moenie **PURNA APPLE CIDER VINEGAR** gebruik saam met:

- Fluorokinolone (medikasie wat gebruik word om bakteriële infeksies te behandel).
- Estrogeen (hormone wat by vroue gebruik word tydens hormoonvervangingsterapie)
- Litium (medikasie wat gebruik word om geestesiektes soos bipolêre versteuring te behandel).
- Mono-amienoksidasie-inhibeerders (medikasie wat gebruik word om depressie te behandel).
- Antistollmiddels / Anti-plaatjies (medikasie wat gebruik word om die bloed te verdun).
- Anti-diabetes (medikasie wat gebruik word om diabetes mellitus te behandel – hoë suikervlakke in die bloed).

## PURNA APPLE CIDER VINEGAR MET KOS, DRANK EN ALKOHOL

**PURNA APPLE CIDER VINEGAR** kan met of sonder kos geneem word.

## SWANGERSKAP, BORSVOEDING EN VRUGBAARHEID

Moenie **PURNA APPLE CIDER VINEGAR** neem as jy swanger is of jou baba borsvoed nie.

Veiligheid en doeltreffendheid van **PURNA APPLE CIDER VINEGAR** tydens swangerskap en borsvoeding is nie vasgestel nie.

## BESTUUR EN GEBRUIK VAN MASJINERIE

**PURNA APPLE CIDER VINEGAR** sal waarskynlik nie jou vermoë beïnvloed om take uit te voer wat jou aandag vereis nie.

## 3. HOE OM PURNA APPLE CIDER VINEGAR TE NEEM.

Moenie jou medisyne met enige ander persoon deel nie.

Neem altyd **PURNA APPLE CIDER VINEGAR** presies soos beskryf in hierdie pamflet, of soos deur jou dokter of apteker aanbeveel. Raadpleeg jou dokter of apteker as jy nie seker is nie.

### Die gewone dosis is:

**Volwasse nes 18 jaar en ouer:** Neem een (1) gommetjie een keer per dag, of soos voorgeskryf deur 'n gesondheidsorgverskaffer. As jy voel dat die effek van **PURNA APPLE CIDER VINEGAR** te sterk of te swak is, vertel jou dokter of apteker.

Moenie die aanbevole dosis oorskry nie.

**PURNA APPLE CIDER VINEGAR** kan met of sonder kos geneem word.

## As jy meer PURNA APPLE CIDER VINEGAR neem as wat jy moet.

In die geval van 'n oordosis, raadpleeg jou dokter of apteker. Indien nie een beskikbaar is nie, kontak die naaste hospitaal of gif kontaksentrum.

## As jy vergeet om PURNA APPLE CIDER VINEGAR te neem

As jy vergeet om jou **PURNA APPLE CIDER VINEGAR** te neem, neem dit so gou as wat jy onthou en gaan dan voort met die volgende dosis soos aangedui. Moenie 'n dubbeldosis neem om vergete individuele dosisse in te haal nie.

## 4. MOONTLIKE NUWE-EFFEKTE

**PURNA APPLE CIDER VINEGAR** kan nuwe-effekte hê.

Nie alle nuwe-effekte wat vir **PURNA APPLE CIDER VINEGAR** aangemeld is, is in hierdie pamflet ingesluit nie. Sou jou algemene gesondheid vererger of as jy enige nadelige effekte ervaar terwyl jy **PURNA APPLE CIDER VINEGAR** neem, raadpleeg asseblief jou gesondheidsorgverskaffer vir advies.

## As enige van die volgende gebeur, hou op om PURNA APPLE CIDER VINEGAR te neem en vertel jou dokter dadelik of gaan na die ongevallenafdeling by jou naaste hospitaal:

- Swelling van die hande, voete, enkels, gesig, lippe, mond of keel, wat probleme kan veroorsaak in sluk of asemhaling.
- Erge uitslag of jeuk.

Dit is alles baie ernstige nuwe-effekte. As jy hulle het, het jy dalk 'n ernstige allergiese reaksie gehad op **PURNA APPLE CIDER VINEGAR**. Jy benodig dalk dringende mediese aandag of hospitalisasie.

## Vertel jou dokter dadelik of gaan na die ongevallenafdeling by jou naaste hospitaal as jy let op enige van die volgende:

- **Frekwensie onbekend:** beslaglegging (aanvalle) by mense met aanvalversteurings.

Dit is alles ernstige nuwe-effekte. Jy benodig dalk dringende mediese hulp.

## Vertel jou dokter as jy enige van die volgende opmerk:

- **Frekwensie onbekend:** Naarheid (voel naar).
- **Frekwensie onbekend:** Opgeblasenheid, abdominale krampe, of maagpyn.
- **Frekwensie onbekend:** Sooi-brand, dispepsie, gastritis, maagversteuring.
- **Frekwensie onbekend:** Braking.
- **Frekwensie onbekend:** Diarree (loperig, los stoelgang), hardlywigheid, winderigheid.
- **Frekwensie onbekend:** Veluitslag.
- **Minder gereeld:** Spierswakheid, hoofpyn, duiseligheid, lighoofdigheid.
- **Minder gereeld:** Lae bloeddruk, onreëlmatige hartklop.

Indien u enige nuwe-effekte opmerk wat nie in hierdie pamflet genoem word nie, stel asseblief u dokter of apteker in kennis.

## Aanmelding van nuwe-effekte

As jy nuwe-effekte kry, brespreek dit met jou dokter of apteker. Jy kan ook nuwe-effekte by SAHPRA rapporteer via die "**6.04 Adverse Drug Reactions Reporting Form**", aanlyn gevind onder SAHPRA se publikasies: <https://www.sahpra.org.za/Publications/Index/8>. Deur nuwe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van **PURNA APPLE CIDER VINEGAR** te verskaf.

## 5. HOE OM PURNA APPLE CIDER VINEGAR TE BÊRE.

- Bêre alle medisyne buite bereik van kinders.
- Bêre in 'n koel, droë plek by of onder 25°C.
- Bêre in die oorspronklike houër.
- Hou die houër dig toe na gebruik.
- Beskerm teen lig en vog.
- Moenie in die badkamer bêre nie.
- Moet nie na die vervaldatum, soos op die etiket of houër aangedui is, gebruik word nie.
- Gee alle ongebruikte medisyne terug na u apteker.
- Moenie ongebruikte medisyne in dreine en rioolstelsels (bv. toilette) weggooi nie.

## 6. INHOUD VAN DIE PAKKIE EN ANDER INLIGTING.

### WAT PURNA GLUTATHIONE BEVAT

Elke gommetjie bevat:

Die aktiewe stowwe is:

*Malus pumilla mill* (Appelasyn).....500 mg  
[Vrug, gestandaardiseer tot 5% asynsuur)

Foliensuur (Vitamien B9)..... 100 µg DFE

Sianokobalamien (Vitamien B12).....0.6 µg

Die ander bestanddele is gesuiwerde water, nie-kunsmatige versoeter (mielie-gebaseerde vloeibare glukose), suiker (E473), pektien (E440), sitroensuur (E330), 3H-olie (FF140), karnaubawas (E903), gamma-siklodekstrien (E458), trinatriumsitraat (E331), geurmiddel, kleursel, natriumchloried.

## HOE LYK PURNA APPLE CIDER VINEGAR EN INHOUD VAN DIE PAK

Rooi, appelgeurde individueel toegedraaide gommetjies.

**PURNA APPLE CIDER VINEGAR** word in 'n deursigtige PET-plastiekbottel met 'n wit

peuterbestande afskroefdeksel verpak.

Pakgrootte: 30 Gommetjies.

## HOUER VAN SERTIFIKAAT VAN REGISTRASIE

Vita-Aid (Edms.) Bpk  
Central Straat 111

Houghton Estate  
Johannesburg

2198  
Suid-Afrika

info@vita-aid.co.za

## HIERDIE PAMFLET IS LAAS IN HERSIEN

November 2023.

## REGISTRASIENOMMER

Word by registrasie deur SAHPRA toegeken.

## TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING

Die professionele inligting vir **PURNA APPLE CIDER VINEGAR** is beskikbaar op <https://www.vita-aid.co.za/purna-apple-cider-vinegar/> of kan aangevra word by die kontakbesonderhede hierbo.

V01.11.23.PACVPIL

# PURNA APPLE CIDER VINEGAR GUMMIES

## (PATIENT INFORMATION LEAFLET)

### PURNA APPLE CIDER VINEGAR COMPLEMENTARY MEDICINE

D 34.12 Multiple Substance Formulation. This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

### SCHEDULING STATUS

S0

### PURNA APPLE CIDER VINEGAR GUMMIES

**SUGAR/SWEETENER STATUS:** Contains Sugar 1.84 g.

**Read all of this leaflet carefully because it contains important information for you.**

**PURNA APPLE CIDER VINEGAR** is available without a doctor's prescription for you to maintain your health. Nevertheless, you still need to take **PURNA APPLE CIDER VINEGAR** carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share **PURNA APPLE CIDER VINEGAR** with anyone.
- Ask your healthcare provider or pharmacist if you need more information or advice.

### WHAT IS IN THIS LEAFLET

1. What **PURNA APPLE CIDER VINEGAR** is and what it is used for.
2. What you need to know before you take **PURNA APPLE CIDER VINEGAR**.
3. How to take **PURNA APPLE CIDER VINEGAR**.
4. Possible side effects.
5. How to store **PURNA APPLE CIDER VINEGAR**.
6. Contents of the pack and other information.

### 1. WHAT PURNA APPLE CIDER VINEGAR IS AND WHAT IT IS USED FOR

**PURNA APPLE CIDER VINEGAR** is a health supplement used to help with weight management when used together with a healthy balanced diet and mild to moderate physical activity.

### 2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE PURNA APPLE CIDER VINEGAR

Do not take **PURNA APPLE CIDER VINEGAR**:

- If you are hypersensitive (allergic) to any of the ingredients (see **WHAT PURNA APPLE CIDER VINEGAR CONTAINS**).
- You are under the age of 18 years.
- You are pregnant or breastfeeding your baby.
- You are suffering from diabetes.

### WARNINGS AND PRECAUTIONS

Do not exceed the recommended daily dosage.

This product is not suitable for adolescents and children below 18 years of age.

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare provider for advice before taking **PURNA APPLE CIDER VINEGAR**.

Do not use this product if your doctor has informed you that you are intolerant to certain sugars.

Discontinue use at least 2 weeks before any scheduled surgery.

### OTHER MEDICINES AND PURNA APPLE CIDER VINEGAR

Always tell your healthcare provider if you are taking any other medicine.

(This includes all complementary medicines, health supplements or traditional medicines.)

Do not use **PURNA APPLE CIDER VINEGAR** with:

- Fluoroquinolones (medication used to treat bacterial infections).
- Estrogens (hormones used in women during hormone replacement therapy)
- Lithium (medication used to treat mental illnesses such as bipolar disorder).
- Mono Amine Oxidase Inhibitors (medication used to treat depression).
- Anticoagulants/Anti-platelets (medication used to thin the blood).
- Anti-diabetes (medication used to treat diabetes mellitus – high sugar levels in the blood).

### PURNA APPLE CIDER VINEGAR WITH FOOD, DRINK AND ALCOHOL

**PURNA APPLE CIDER VINEGAR** can be taken with or without food.

### PREGNANCY, BREASTFEEDING AND FERTILITY

Do not take **PURNA APPLE CIDER VINEGAR** if you are pregnant or breastfeeding your baby.

Safety and efficacy of **PURNA APPLE CIDER VINEGAR** during pregnancy and breastfeeding have not been established.

### DRIVING AND USING MACHINERY

**PURNA APPLE CIDER VINEGAR** is not likely to affect your ability in performing tasks requiring your attention.

### 3. HOW TO TAKE PURNA APPLE CIDER VINEGAR

Do not share your medicines with any other person.

Always take **PURNA APPLE CIDER VINEGAR** exactly as described in this leaflet, or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

**The usual dose is:**

**Adults 18 years and older:** Take one (1) gummy once daily, or as prescribed by a healthcare provider. If you feel that the effect of **PURNA APPLE CIDER VINEGAR** is too strong or too weak, tell your doctor or pharmacist.

Do not exceed the recommended dosage.

**PURNA APPLE CIDER VINEGAR** can be taken with or without food.

### If you take more PURNA APPLE CIDER VINEGAR than you should

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

### If you forget to take PURNA APPLE CIDER VINEGAR

If you forget to take your **PURNA APPLE CIDER VINEGAR**, take them as soon as you remember and then continue with the next dose as instructed. Do not take a double dose to make up for forgotten individual doses.

### 4. POSSIBLE SIDE EFFECTS

**PURNA APPLE CIDER VINEGAR** can have side effects.

Not all side effects reported for **PURNA APPLE CIDER VINEGAR** are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking **PURNA APPLE CIDER VINEGAR**, please consult your healthcare provider for advice.

**If any of the following happens, stop taking PURNA APPLE CIDER VINEGAR and tell your doctor immediately or go to the casualty department at your nearest hospital:**

- Swelling of the hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing.
- Severe rash or itching.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to **PURNA APPLE CIDER VINEGAR**. You may need urgent medical attention or hospitalisation.

**Tell your doctor if you notice any of the following:**

- **Frequency unknown:** Nausea (feeling nauseous).
- **Frequency unknown:** Bloating, abdominal cramps or stomach pains.
- **Frequency unknown:** Heartburn, dyspepsia, gastritis, stomach upset.
- **Frequency unknown:** Vomiting.
- **Frequency unknown:** Diarrhoea (runny, loose stool), constipation, flatulence.
- **Frequency unknown:** Skin rash.
- **Less frequent:** Muscle weakness, headache, dizziness, light-headedness.
- **Less frequent:** Low blood pressure, irregular heartbeat.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

### Reporting of side effects

If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via the "6.04 Adverse Drug Reactions Reporting Form", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of **PURNA APPLE CIDER VINEGAR**.

### 5. HOW TO STORE PURNA APPLE CIDER VINEGAR

- Store all medicines out of reach of children.
- Store in a cool, dry place at or below 25°C.
- Store in the original container.
- Keep the container tightly closed after use.
- Protect from light and moisture.
- Do not store in the bathroom.
- Do not use after the expiry date stated on the label or container.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains and sewerage systems (e.g. toilets).

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

#### WHAT PURNA APPLE CIDER VINEGAR CONTAINS

The active substances are:

Each gummy contains:

<i>Malus pumilla mill</i> (Apple Cider Vinegar).....	500 mg
[Fruit, standardised to 5% Acetic acid]	
Folic acid (Vitamin B9).....	100 µg DFE
Cyanocobalamin (Vitamin B12).....	0.6 µg

**The other ingredients** are purified water, non-artificial sweetener (corn-based liquid glucose), sugar (E473), pectin (E440), citric acid (E330), 3H oil (FF140), carnauba wax (E903), gamma cyclodextrin (E458), trisodium citrate (E331), flavour, colourant, sodium chloride.

#### WHAT PURNA APPLE CIDER VINEGAR LOOKS LIKE AND CONTENTS OF THE PACK

Red, apple flavoured individually wrapped gummies.

**PURNA APPLE CIDER VINEGAR** is packed inside a clear PET plastic bottle with a white tamper-resistant cap.

Pack Size: 30 Gummies.

#### HOLDER OF CERTIFICATE OF REGISTRATION

Vita-Aid (Pty) Ltd  
111 Central Street  
Houghton Estate  
Johannesburg  
2198  
South Africa  
[info@vita-aid.co.za](mailto:info@vita-aid.co.za)

#### THIS LEAFLET WAS LAST REVISED IN

November 2023.

#### REGISTRATION NUMBER

To be allocated by SAHPRA upon registration.

#### ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

The Professional Information for **PURNA APPLE CIDER VINEGAR** is available on <https://www.vita-aid.co.za/purna-apple-cider-vinegar/> or can be requested from the contact details above.

V01.11.23.PACVPIL