

# PURNA EXCALIBUR ASHWAGANDHA GUMMIES (PATIËNTINLIGTINGSBLAD)

## KOMPLEMENTÊRE MEDISYNE.

D 33.8 Kombinasie Produk. Hierdie ongeregistreerde medisyne is nie deur die SAHPRA geëvalueer vir die gehalte, veiligheid of beoogde gebruik daarvan nie.

## SKEDULERINGSSTATUS

50

## PURNA EXCALIBUR ASHWAGANDHA GOMMETJIES

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

Nietemin moet jy steeds **PURNA EXCALIBUR ASHWAGANDHA** versigtig neem om die beste resultate daaruit te kry.

- Bewaar hierdie inligtingsblad. Jy sal dit dalk weer moet lees.
- Moenie **PURNA EXCALIBUR ASHWAGANDHA** 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 EXCALIBUR ASHWAGANDHA** is en waarvoor dit gebruik word.
2. Wat jy moet weet voordat jy **PURNA EXCALIBUR ASHWAGANDHA** neem.
3. Hoe om **PURNA EXCALIBUR ASHWAGANDHA** te neem.
4. Moontlike nuwe-effekte.
5. Hoe om **PURNA EXCALIBUR ASHWAGANDHA** te bêre.
6. Inhoud van die pakkie en ander inligting.

## 1. WAT PURNA EXCALIBUR ASHWAGANDHA IS EN WAARVOOR DIT GEBRUIK WORD.

**PURNA EXCALIBUR ASHWAGANDHA** is 'n gesondheidsaanvulling om te help met stresverligting, spierkrag en vitaliteit.

## 2. WAT JY MOET WEET VOORDAT JY PURNA EXCALIBUR ASHWAGANDHA NEEM.

**Moenie PURNA EXCALIBUR ASHWAGANDHA neem nie:**

- As jy hipersensitief (allergies) is vir enige van die bestanddele (sien wat **PURNA EXCALIBUR ASHWAGANDHA** bevat).
- As jy ly aan hoë bloeddruk.
- As jy ly aan hoë vlakke van vitamien D in jou bloed (Hypervitaminosis D).
- As jy ly aan hoë bloedvlakke van kalsium (hiperkalsemie).
- As jy ly aan hoë uriënvakke van kalsium (hiperkalsiurie).
- As jy ly aan 'n immuunstelsel wat jou lewer, longe, vel of limfknope aantast (Sarkoïdose).
- As jy ly aan niersiektes of nierstene soos nefrolithiasis, nefrokalsinose, ens.
- As jy onder die ouderdom van 18 jaar is.
- 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 jou dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat jy **PURNA EXCALIBUR ASHWAGANDHA** neem.

Moenie hierdie produk gebruik as jou dokter jou ingelig het dat jy vir sekere suikers onverdraagsaam is nie.

Gebruik **PURNA EXCALIBUR ASHWAGANDHA** met omsigtigheid:

- As jy aan 'n niersiekte ly.
- As jy aan 'n hartkwaal of hoë bloeddruk ly.
- As jy aan 'n bloedingsversteuring ly, kan dit die uitwerking van warfariene verhoog en sodoende die risiko van bloeding en kneusing verhoog.
- As jy aan diabetes mellitus ly, kan dit bloedsuikervlakke buitensporig verhoog.
- As jy 'n onderaktiewe skildklier het, kan dit die doeltreffendheid van tiroïedhormoonterapie verhoog wat tot verhoogde nuwe-effekte lei.

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 EXCALIBUR ASHWAGANDHA

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

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

Moenie **PURNA EXCALIBUR ASHWAGANDHA** gebruik saam met:

- Alkohol aangesien dit die risiko van lomerigheid kan verhoog.
- Hartmedisyne: hartglikosiede soos digoksin.
- Tiasieddiuretika word gebruik om hoë bloeddruk te behandel.
- Medisyne om jou te laat slaap soos fenobarbitoon en ander barbiturate.
- Kortikosteroïed steroïedhormone.
- Lakseermiddels soos paraffienolie kan die absorpsie van vitamien D verminder.
- Colestyramine 'n cholesterolverlagende medisyne.
- Antistolemiddels/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 EXCALIBUR ASHWAGANDHA MET KOS, DRANK EN ALKOHOOL

**PURNA EXCALIBUR ASHWAGANDHA** moet nie saam met alkohol geneem word nie.

## SWANGERSKAP, BORSVOEDING EN VRUGBAARHEID

Moenie **PURNA EXCALIBUR ASHWAGANDHA** neem as jy swanger is of jou baba borsvoed nie.

Veiligheid en doeltreffendheid van **PURNA EXCALIBUR ASHWAGANDHA** tydens swangerskap en borsvoeding is nie bevestig nie.

## BESTUUR EN GEBRUIK VAN MASJINERIE

**PURNA EXCALIBUR ASHWAGANDHA** sal waarskynlik nie jou vermoë beïnvloed om take uit te voer wat jou aandag vereis nie.

## 3. HOE OM PURNA EXCALIBUR ASHWAGANDHA TE NEEM.

Moenie jou medisyne met enige ander persoon deel nie.

Neem altyd **PURNA EXCALIBUR ASHWAGANDHA** presies soos beskryf in hierdie pamflet, of soos jou dokter of apteker jou aangeraai het. Bevestig met jou dokter of apteker as jy nie seker is nie.

### Die gewone dosis is:

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

Moenie die aanbevole dosis oorskry nie.

**PURNA EXCALIBUR ASHWAGANDHA** kan met of sonder kos geneem word.

## As jy meer PURNA EXCALIBUR ASHWAGANDHA 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. Neem hierdie pamflet en die res van **PURNA EXCALIBUR ASHWAGANDHA** saam sodat die dokter sal weet wat jy geneem het.

## As jy vergeet om PURNA EXCALIBUR ASHWAGANDHA te neem

As jy vergeet om jou **PURNA EXCALIBUR ASHWAGANDHA** te neem, neem dit sodra jy onthou en gaan dan voort met die volgende dosis soos aangedui. Moenie 'n dubbeldosis neem om vergeete individuele dosisse in te haal nie.

## 4. MOONTLIKE NUWE-EFFEKTE

**PURNA EXCALIBUR ASHWAGANDHA** kan nuwe-effekte hê.

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

**As enige van die volgende gebeur, hou op om PURNA EXCALIBUR ASHWAGANDHA te neem en vertel jou dokter dadelik of gaan na die ongevalle-afdeling 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 EXCALIBUR ASHWAGANDHA**. Jy benodig dalk dringende mediese aandag of hospitalisasie.

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

- **Dikwels:** Lomerigheid en moegheid.
- **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, lighoofdig
- **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 EXCALIBUR ASHWAGANDHA** te verskaf.

## 5. HOE OM PURNA EXCALIBUR ASHWAGANDHA 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 EXCALIBUR ASHWAGANDHA BEVAT

Elke gometjie bevat:

Die aktiewe stowwe is:

Cholekalsiferol (Vitamien D3).....480 IE

*Withania somnifera* (Ashwagandha).....150mg

[Wortelpoeier]

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 EXCALIBUR ASHWAGANDHA EN INHOUD VAN DIE PAK

Donkerrooi tot bruinerige, bessie-gegeurde individueel toegedraaide gometjies.

**PURNA EXCALIBUR ASHWAGANDHA** word in 'n deursigtige PET-plastiekfles met 'n wit

peuterbestande afskroefdeksel verpak.

Pakgrootte: 30 Gometjies.

## 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 EXCALIBUR ASHWAGANDHA** is beskikbaar op <https://www.vita-aid.co.za/purna-excalibur-ashwagandha/> of kan aangevra word by die kontakbesonderhede hierbo.

# PURNA EXCALIBUR ASHWAGANDHA GUMMIES

## (PATIENT INFORMATION LEAFLET)

### COMPLEMENTARY MEDICINE

D 33.8 Combination Product. This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

### SCHEDULING STATUS

S0

### PURNA EXCALIBUR ASHWAGANDHA GUMMIES

**SUGAR/SWEETENER STATUS:** Contains Sugar 1.93 g.

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

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

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

### WHAT IS IN THIS LEAFLET

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

### 1. WHAT PURNA EXCALIBUR ASHWAGANDHA IS AND WHAT IT IS USED FOR

**PURNA EXCALIBUR ASHWAGANDHA** is a health supplement to assist with stress relief, muscle strength and vitality.

### 2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE PURNA EXCALIBUR ASHWAGANDHA

Do not take **PURNA EXCALIBUR ASHWAGANDHA**:

- If you are hypersensitive (allergic) to any of the ingredients (see **WHAT PURNA EXCALIBUR ASHWAGANDHA CONTAINS**).
- You suffer from high blood pressure.
- You suffer from high levels of vitamin D in your blood (Hypervitaminosis D).
- You suffer from high blood levels of calcium (Hypercalcaemia).
- You suffer from high urine levels of calcium (Hypercalciuria).
- You suffer from an immune system that affects your liver, lungs, skin or lymph nodes (Sarcoidosis).
- You suffer from kidney diseases or kidney stones such as nephrolithiasis, nephrocalcinosis, etc.
- You are under the age of 18 years.
- You are pregnant or breastfeeding your baby.
- You 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 EXCALIBUR ASHWAGANDHA**.

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

Use **PURNA EXCALIBUR ASHWAGANDHA** with caution:

- If you suffer from a kidney disease.
- If you suffer from a heart condition or high blood pressure.
- If you suffer from a bleeding disorder, as it may increase effects of warfarin thereby increasing the risk of bleeding and bruising. Discontinue use of **PURNA EXCALIBUR ASHWAGANDHA** at least 2 weeks before any scheduled surgery.
- If you suffer from diabetes mellitus, as it may excessively increase blood sugar levels.
- If you have an under-active thyroid gland, as it may increase the effectiveness of thyroid hormone therapy resulting in increased side effects.

Discontinue use at least 2 weeks before any scheduled surgery.

### OTHER MEDICINES AND PURNA EXCALIBUR ASHWAGANDHA

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 EXCALIBUR ASHWAGANDHA** with:

- Alcohol as it may increase the risk of drowsiness.
- Heart medicines: cardiac glycosides such as digoxin.
- Thiazide diuretics used to treat high blood pressure.
- Medicines to make you sleep such as phenobarbitone and other barbiturates.
- Corticosteroid steroid hormones.
- Laxatives such as paraffin oil may reduce the absorption of vitamin D.
- Colestyramine a cholesterol lowering medicine.
- Anticoagulants/Anti-platelets (medication used to thin the blood).
- Anti-diabetes (medication used to treat diabetes mellitus – high sugar levels in the blood).

### PURNA EXCALIBUR ASHWAGANDHA WITH FOOD, DRINK AND ALCOHOL

**PURNA EXCALIBUR ASHWAGANDHA** should not be taken with alcohol.

### PREGNANCY, BREASTFEEDING AND FERTILITY

Do not take **PURNA EXCALIBUR ASHWAGANDHA** if you are pregnant or breastfeeding your baby.

Safety and efficacy of **PURNA EXCALIBUR ASHWAGANDHA** during pregnancy and breastfeeding have not been established.

### DRIVING AND USING MACHINERY

**PURNA EXCALIBUR ASHWAGANDHA** is not likely to affect your ability in performing tasks requiring your attention.

### 3. HOW TO TAKE PURNA EXCALIBUR ASHWAGANDHA

Do not share your medicines with any other person.

Always take **PURNA EXCALIBUR ASHWAGANDHA** 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 EXCALIBUR ASHWAGANDHA** is too strong or too weak, tell your doctor or pharmacist.

Do not exceed the recommended dosage.

**PURNA EXCALIBUR ASHWAGANDHA** can be taken with or without food.

### If you take more PURNA EXCALIBUR ASHWAGANDHA 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 EXCALIBUR ASHWAGANDHA

If you forget to take your **PURNA EXCALIBUR ASHWAGANDHA**, 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 EXCALIBUR ASHWAGANDHA** can have side effects.

Not all side effects reported for **PURNA EXCALIBUR ASHWAGANDHA** are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking **PURNA EXCALIBUR ASHWAGANDHA**, please consult your healthcare provider for advice.

### If any of the following happens, stop taking PURNA EXCALIBUR ASHWAGANDHA 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 EXCALIBUR ASHWAGANDHA**. You may need urgent medical attention or hospitalisation.

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

- **Frequent:** Drowsiness, and tiredness.
- **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 EXCALIBUR ASHWAGANDHA**.

### 5. HOW TO STORE PURNA EXCALIBUR ASHWAGANDHA

- 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 EXCALIBUR ASHWAGANDHA CONTAINS

The active substances are:

Each gummy contains:

Cholecalciferol (Vitamin D3).....480 IU

*Withania somnifera* (Ashwagandha).....150mg

[Root powder]

**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 EXCALIBUR ASHWAGANDHA LOOKS LIKE AND CONTENTS OF THE PACK

Dark red to brownish, berry flavoured individually wrapped gummies.

**PURNA EXCALIBUR ASHWAGANDHA** 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 EXCALIBUR ASHWAGANDHA** is available on <https://www.vita-aid.co.za/purna-apple-excalibur-ashwagandha/> or can be requested from the contact details above.