

PURNA BEAUTY WITHIN GUMMIES

(PATIENT INFORMATION LEAFLET)

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 BEAUTY WITHIN GUMMIES

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

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

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

WHAT IS IN THIS LEAFLET

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

1. WHAT PURNA BEAUTY WITHIN IS AND WHAT IT IS USED FOR

PURNA BEAUTY WITHIN is a health supplement with plenty of antioxidants used to help revitalize the skin at a cellular level.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE PURNA BEAUTY WITHIN

Do not take **PURNA BEAUTY WITHIN**:

- If you are hypersensitive (allergic) to any of the ingredients (see **WHAT PURNA BEAUTY WITHIN CONTAINS**).
- If you suffer from high blood calcium levels.
- If you suffer from high blood pressure or has a history of heart failure.
- If you are suffering from bipolar disorders.
- If you are pregnant or breastfeeding.
- If you are under the age of 18 years.

Take special care with PURNA BEAUTY WITHIN:

- If you have a liver disease or kidney disease consult your healthcare practitioner before using **PURNA BEAUTY WITHIN**.
- If you suffer from a bleeding disorder, as **PURNA BEAUTY WITHIN** may increase effects of warfarin thereby increasing the risk of bleeding and bruising. Discontinue use of **PURNA BEAUTY WITHIN** at least 2 weeks before any scheduled surgery.
- If you suffer from diabetes mellitus, as **PURNA BEAUTY WITHIN** may excessively lower blood sugar levels.
- If you suffer from seizures, as **PURNA BEAUTY WITHIN** may increase the risk of seizures.
- If you have an underactive thyroid gland, as **PURNA BEAUTY WITHIN** may reduce the effectiveness of thyroid hormone therapy.
- If you have been diagnosed with intolerance to certain sugars. 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 BEAUTY WITHIN**.

OTHER MEDICINES AND PURNA BEAUTY WITHIN

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 BEAUTY WITHIN** with:

- Nitroglycerin (medication used to treat chest pain)
- Charcoal (medication used to treat paracetamol poisoning)
- Antiplatelets or Anticoagulants (medication used to thin the blood)
- Antidiabetes (medication used to treat diabetes mellitus or high sugar levels)
- Anticancer (medication used to treat cancer)
- Antiepileptics (medication used to treat epilepsy and seizures)
- Diuretics (medication used to treat high blood pressure by reducing water in the body)

Use PURNA BEAUTY WITHIN with care when taking:

- Fluoroquinolones and tetracyclines (medication used to treat infections)
- Penicillamine (medication used to treat rheumatoid arthritis and Wilson's disease)
- Antihypertensives (medication used to treat high blood pressure)
- Bisphosphonates (medication used to treat osteoporosis)
- Thyroid hormones (medication used to treat an under active thyroid gland)
- Chloroquine (medication used to treat malaria)
- Calcium channel blockers (medication used to treat high blood pressure)

PURNA BEAUTY WITHIN WITH FOOD, DRINK AND ALCOHOL

PURNA BEAUTY WITHIN should be taken with or without meals.

PREGNANCY, BREASTFEEDING AND FERTILITY

Do not take **PURNA BEAUTY WITHIN** if you are pregnant or breastfeeding. Safety and efficacy of **PURNA BEAUTY WITHIN** during pregnancy and breastfeeding have not been established.

DRIVING AND USING MACHINERY

PURNA BEAUTY WITHIN is not likely to affect your ability in performing tasks requiring your attention. Please exercise care when driving or operating machinery until you know how **PURNA BEAUTY WITHIN** affects you.

3. HOW TO TAKE PURNA BEAUTY WITHIN

Do not share your medicines with any other person.

Always take **PURNA BEAUTY WITHIN** 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: Take one (1) gummy once daily, or as prescribed by a healthcare provider.

Do not exceed the recommended dosage.

PURNA BEAUTY WITHIN can be taken with or without food.

If you feel that the effect of **PURNA BEAUTY WITHIN** is too strong or too weak, tell your doctor or pharmacist.

If you take more PURNA BEAUTY WITHIN 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 BEAUTY WITHIN

If you forget to take your **PURNA BEAUTY WITHIN**, 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 BEAUTY WITHIN can have side effects.

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

If any of the following happens, stop taking PURNA BEAUTY WITHIN 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.
- Fainting.

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

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- *Less frequent:* seizures (fits) in people with seizure disorders.

These are all serious side effects. You may need urgent medical attention.

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:* Bronchospasm (tightening of the chest).
- *Frequency unknown:* Skin rash.
- *Less frequent:* Fishy body odour.
- *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 BEAUTY WITHIN**.

5. HOW TO STORE PURNA BEAUTY WITHIN

- 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 BEAUTY WITHIN CONTAINS

Each gummy contains:

The active substances are:

Calcium Alpha Ketoglutarate.....	50 mg
- providing Calcium (elemental).....	9 mg
L-Arginine.....	20 mg
Acetyl-L-Carnitine.....	20 mg
N-Acetyl-L-Cysteine.....	20 mg

The other ingredients are Purified Water, Non-Artificial Sweetener, Sugar, Pectin, Citric Acid, 3H Oil, Carnauba Wax, Gamma Cyclodextrin, Trisodium Citrate, Flavour, Colourant, Sodium Chloride.

WHAT PURNA BEAUTY WITHIN LOOKS LIKE AND CONTENTS OF THE PACK

Red, cranberry flavoured, individually wrapped gummies.

PURNA BEAUTY WITHIN 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
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Johannesburg
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info@vita-aid.co.za

THIS LEAFLET WAS LAST REVISED IN

August 2023.

REGISTRATION NUMBER

To be allocated by SAHPRA upon registration.

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

The professional information for **PURNA BEAUTY WITHIN** is available on <https://www.vita-aid.co.za/purna-beauty-within/> or can be requested from the contact details above.

PURNA BEAUTY WITHIN GOMMETJIES (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

S0

PURNA BEAUTY WITHIN GOMMETJIES

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

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

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

1. WAT PURNA BEAUTY WITHIN IS EN WAARVOOR DIT GEBRUIK WORD.

PURNA BEAUTY WITHIN is 'n gesondheidsaanvulling met baie antioksidante wat gebruik word om te help om die vel op sellulêre vlak te laat herleef.

2. WAT JY MOET WEEËT VOORDAT JY PURNA BEAUTY WITHIN NEEM.

Moenie PURNA BEAUTY WITHIN neem:

- As jy hipersensitief (allergies) is vir enige van die bestanddele (sien **PURNA BEAUTY WITHIN BEVAT**).
- As jy aan hoë bloeddruk ly of 'n geskiedenis van hartversaking het.
- As jy aan bipolêre verstourings ly.
- As jy swanger is of borsvoed.
- As jy onder die ouderdom van 18 jaar is.

Wees veral versigtig met PURNA BEAUTY WITHIN:

- As jy 'n lewer- of niersiekte het, raadpleeg jou gesondheidsorgpraktisyn voordat **PURNA BEAUTY WITHIN** gebruik word.
- As jy aan 'n bloedingversteuring ly, aangesien **PURNA BEAUTY WITHIN** die effekte van warfarin kan verhoog en sodoende die risiko van bloeding en kneusing verhoog. Staak die gebruik van **PURNA BEAUTY WITHIN** ten minste 2 weke voor enige geskeduleerde operasie.
- As jy aan diabetes mellitus ly, aangesien **PURNA BEAUTY WITHIN** bloedsuikervlakke buitensporig kan verlaag.
- As jy aan aanvalle ly, aangesien **PURNA BEAUTY WITHIN** die risiko van aanvalle kan verhoog.
- As jy 'n onderaktiewe skildklier het, aangesien **PURNA BEAUTY WITHIN** die doeltreffendheid van tiroïedhormoonterapie kan verlaag.
- As jy met onverdraagsaamheid teenoor sekere suikers gediagnoseer is.

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 Beauty Within neem.

ANDER MEDISYNE EN PURNA BEAUTY WITHIN

Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medisyne gebruik.

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

Moenie **PURNA BEAUTY WITHIN** gebruik saam met:

- Nitrogliserien (medikasie wat gebruik word om pyn op die bors te behandel)
- Houtskool (medikasie wat gebruik word om parasetamolvergiftiging te behandel)
- Antiplaatjies of antikoagulantie (medikasie wat gebruik word om die bloed te verdun)
- Antidiabetes (medikasie wat gebruik word om diabetes mellitus of hoë suikervlakke te behandel)
- Antikanker (medikasie wat gebruik word om kanker te behandel)
- Anti-epileptika (medikasie wat gebruik word om epilepsie en aanvalle te behandel)
- Diuretika (medikasie wat gebruik word om hoë bloeddruk te behandel deur water in die liggaam te verminder)

Gebruik PURNA BEAUTY WITHIN versigtig wanneer jy die volgende neem:

- Fluorokinolone en tetrasiklene (medikasie wat gebruik word om infeksies te behandel)
- Penisillamien (medikasie wat gebruik word om rumatoïede artritis en Wilson se siekte te behandel)
- Antihipertensiewe middels (medikasie wat gebruik word om hoë bloeddruk te behandel)
- Bisfosfonate (medikasie wat gebruik word om osteoporose te behandel)
- Skildklierhormone (medikasie wat gebruik word om 'n onderaktiewe skildklier te behandel)
- Chlorokien (medikasie wat gebruik word om malaria te behandel)
- Kalsiumkanaalblokkeerders (medikasie wat gebruik word om hoë bloeddruk te behandel)

PURNA BEAUTY WITHIN MET KOS, DRANK EN ALKOHOL

PURNA BEAUTY WITHIN kan met of sonder kos geneem word.

SWANGERSKAP, BORSVOEDING EN VRUGBAARHEID

Moenie **PURNA BEAUTY WITHIN** neem as jy swanger is of jou baba borsvoed nie. Veiligheid en doeltreffendheid van **PURNA BEAUTY WITHIN** tydens swangerskap en borsvoeding is nie bevestig nie.

BESTUUR EN GEBRUIK VAN MASJINERIE

PURNA BEAUTY WITHIN sal waarskynlik nie jou vermoë beïnvloed om take uit te voer wat jou aandag verg nie. Wees asseblief versigtig wanneer jy bestuur of masjinerie gebruik totdat jy weet hoe **PURNA BEAUTY WITHIN** jou affekteer.

3. HOE OM PURNA BEAUTY WITHIN TE NEEM.

Moenie jou medisyne met enige ander persoon deel nie.

Neem altyd **PURNA BEAUTY WITHIN** 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 nes 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 BEAUTY WITHIN** te sterk of te swak is, vertel jou dokter of apteker.

Moenie die aanbevole dosis oorskry nie.

PURNA BEAUTY WITHIN kan met of sonder kos geneem word.

As jy meer PURNA BEAUTY WITHIN 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 BEAUTY WITHIN** saam sodat die dokter sal weet wat jy geneem het.

As jy vergeet om PURNA BEAUTY WITHIN te neem

Neem jou volgende dosis op die gewone tyd. Moenie 'n dubbeldosis neem om vergete individuele dosisse in te haal nie.

4. MOONTLIKE NUWE-EFFEKTE

PURNA BEAUTY WITHIN kan nuwe-effekte hê.

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

As enige van die volgende gebeur, hou op om PURNA BEAUTY WITHIN 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 met sluk of asemhaling.
- Erge uitslag of jeuk.
- Flou word.

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

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

- Minder gereeld: beslaglegging (aanvalle) by mense met aanvalafwykings.

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:** Opgeblase, buikkrampe of maagpyn.
- **Frekwensie onbekend:** Sooi-brand, dispepsie, gastritis, maagversteuring.
- **Frekwensie onbekend:** Braking.
- **Frekwensie onbekend:** Diarree (loperig, los stoelgang), hardlywigheid, winderigheid.
- **Frekwensie onbekend:** Brongospasma (toetrek van die bors).
- **Frekwensie onbekend:** Veluitslag.
- **Minder gereeld:** Visagtige liggaamsreuk.
- **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, praat met jou dokter of apteker. Jy kan ook nuwe-effekte aan SAHPRA rapporteer via die "6.04 Adverse Drug Reactions Reporting Form", wat aanlyn gevind word onder SAHPRA se publikasies: <https://www.sahpra.org.za/Publications/Index/8>. Deur nuwe-effekte aan te meld, kan jy help om meer inligting te verskaf oor die veiligheid van **PURNA BEAUTY WITHIN**.

5. HOE OM PURNA BEAUTY WITHIN 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 bottel 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 BEAUTY WITHIN BEVAT

Elke gometjie bevat:

Die aktiewe stowwe is:

Kalsium Alfa Ketoglutarat	50 mg
verskaf kalsium (elementêr)	9 mg
L-Arginien	20 mg
Asetiel-L-Karnitien	20 mg
N-Asetiel-L-Sisteïen	20 mg

Die ander bestanddele is Gesuiwerde Water, Nie-Kunsmatige Versoeter, Suiker, Pektien, Sitroensuur, 3H-Olie, Karnaubawas, Gamma-Siklodekstrien, Trinitriumsitraat, Geurmiddel, Kleurstof, Natriumchloried.

HOE LYK PURNA BEAUTY WITHIN TOEGEDRAE VAN DIE PAK

Rooi, losbessie-gegeurde, individueel en ingedraaide gometjies.

PURNA BEAUTY WITHIN word in 'n deursigtige PET-plastiekbottel met 'n wit peuterbestande afskroefdeksel verpak.

Pakgrootte: 30 Gometjies.

HOUER VAN SERTIFIKAAT VAN REGISTRASIE

Vita-Aid (Edms.) Bpk
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Johannesburg
2198
Suid-Afrika
info@vita-aid.co.za

HIERDIE PAMFLET IS LAAS IN HERSIEN

Augustus 2023.

REGISTRASIENOMMER

Word by registrasie deur SAHPRA toegeken.

TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING

Die professionele inligting vir **PURNA BEAUTY WITHIN** is beskikbaar op <https://www.vita-aid.co.za/purna-beauty-within/> of kan aangevra word by die kontakbesonderhede hierbo.