

PURNA GLUTATHIONE 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 GLUTATHIONE GUMMIES

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

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

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

WHAT IS IN THIS LEAFLET

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

1. WHAT PURNA GLUTATHIONE IS AND WHAT IT IS USED FOR

PURNA GLUTATHIONE is a health supplement for maintenance of good health by supporting a healthy immune function. It is also used to help improve a healthy looking skin texture.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE PURNA GLUTATHIONE

Do not take **PURNA GLUTATHIONE**:

- If you are hypersensitive (allergic) to any of the ingredients (see **WHAT PURNA GLUTATHIONE CONTAINS**).
- If you are suffering from high blood pressure.
- If you are suffering from any heart-related condition.
- If you are under the age of 18 years.
- If you are pregnant or breastfeeding your baby.

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 GLUTATHIONE**.

Use **PURNA GLUTATHIONE** with caution:

- If you are suffering from bleeding disorders.
- If you are suffering from epilepsy.
- If you are suffering from Irritable Bowel Syndrome.
- If you are suffering from Parkinson Disease.
- If you are suffering from mental disorder such as Schizophrenia.

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 GLUTATHIONE

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 GLUTATHIONE** with:

- Stimulants (medication that stimulates the mind).
- Caffeine-containing products (medication or food supplements that contains caffeine).
- Fluoroquinolones (medication used to treat bacterial infections).
- Estrogens (hormones use 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/Antiplatelets (medication used to thin the blood).
- Antidiabetes (medication use to treat diabetes mellitus – high sugar levels in the blood).

PURNA GLUTATHIONE WITH FOOD, DRINK AND ALCOHOL

PURNA GLUTATHIONE can be taken with or without food.

PREGNANCY, BREASTFEEDING AND FERTILITY

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

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

DRIVING AND USING MACHINERY

PURNA GLUTATHIONE is not likely to affect your ability in performing tasks requiring your attention.

3. HOW TO TAKE PURNA GLUTATHIONE

Do not share your medicines with any other person.

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

Do not exceed the recommended dosage.

PURNA GLUTATHIONE can be taken with or without food.

If you take more PURNA GLUTATHIONE 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 GLUTATHIONE

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

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

If any of the following happens, stop taking PURNA GLUTATHIONE 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 GLUTATHIONE**. 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:

- **Frequency unknown:** 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:

- **Frequent:** lack of sleep, headache, nervousness, restlessness, increased heart rate.
- **Frequency unknown:** Nausea (feeling nauseous).
- **Frequency unknown:** Abdominal cramps or stomach pains.
- **Frequency unknown:** Vomiting.
- **Frequency unknown:** Diarrhoea (runny, loose stool).
- **Frequency unknown:** Bronchospasm (tightening of the chest).
- **Frequency unknown:** Skin rash.
- **Less frequent:** Skin rash and itching.
- **Less frequent:** bruising and bleeding.

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

Less frequent: bruising and bleeding.

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

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 GLUTATHIONE**.

5. HOW TO STORE PURNA GLUTATHIONE

- 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 GLUTATHIONE CONTAINS

Each gummy contains:

The active substances are:

L-Glutathione.....100 mg
Caffeine Anhydrous.....25 mg

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 GLUTATHIONE LOOKS LIKE AND CONTENTS OF THE PACK

Brown, cola flavoured individually wrapped gummies.

PURNA GLUTATHIONE 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

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 GLUTATHIONE** is available on <https://www.vita-aid.co.za/purna-glutathione/> or can be reached on the contact details above.

PURNA GLUTATHIONE 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

50

PURNA GLUTATHIONE GOMMETJIES

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

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

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

1. WAT PURNA GLUTATHIONE IS EN WAARVOOR DIT GEBRUIK WORD.

PURNA GLUTATHIONE is 'n gesondheidsaanvulling vir die handhawing van goeie gesondheid deur 'n gesonde immuunfunksie. Dit word ook gebruik om 'n gesonde veltekstuur te help verbeter.

2. WAT JY MOET WEET VOORDAT JY PURNA GLUTATHIONE NEEM.

Moenie PURNA GLUTATHIONE neem nie:

- As jy hipersensitief (allergies) is vir enige van die bestanddele (sien **PURNA GLUTATHIONE**).
- As jy aan hoë bloeddruk ly.
- As jy aan enige hartverwante toestand ly.
- As jy onder die ouderdom van 18 jaar is.
- As jy swanger is of jou baba borsvoed.

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 GLUTATHIONE** neem.

Gebruik **PURNA GLUTATHIONE** met omsigtigheid:

- As jy aan bloedingsversteurings ly.
- As jy aan epilepsie ly.
- As jy aan prikkelbare derm-sindroom ly.
- As jy aan Parkinson-siekte ly.
- As jy aan geestesversteuring soos skisofrenie ly.

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 GLUTATHIONE

Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medisyne ook gebruik. (Dit sluit alle aanvullende medisyne, gesondheidsaanvullings of tradisionele medisyne in.)

Moenie **PURNA GLUTATHIONE** gebruik saam met:

- Stimulante (medikasie wat die verstand stimuleer).
- Kafieënbevattende produkte (medikasie of voedselaanvullings wat kafeïen bevat).
- Fluorokinolone (medikasie wat gebruik word om bakteriële infeksies te behandel).
- Estrogeen (hormone gebruik by vroue tydens hormoonvervangings terapie).
- Litium (medikasie wat gebruik word om geestesiektes soos bipolêre versteuring te behandel).
- Mono-amienoksidase Inhibeerders (medikasie wat gebruik word om depressie te behandel).
- Antistollmiddels/Teenplaatjies (medikasie wat gebruik word om die bloed te verdun).
- Antidiabetes (medikasie gebruik om diabetes mellitus te behandel – hoë suikervlakke in die bloed).

PURNA GLUTATHIONE MET KOS, DRANK EN ALKOHOOL

PURNA GLUTATHIONE kan met of sonder kos geneem word.

SWANGERSKAP, BORSVOEDING EN VRUGBAARHEID

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

BESTUUR EN GEBRUIK VAN MASJINERIE

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

3. HOE OM PURNA GLUTATHIONE TE NEEM.

Moenie jou medisyne met enige ander persoon deel nie.

Neem altyd **PURNA GLUTATHIONE** 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:

Volwassenes 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 GLUTATHIONE** te sterk of te swak is, vertel jou dokter of apteker.

Moenie die aanbevole dosis oorskry nie.

PURNA GLUTATHIONE kan met of sonder kos geneem word.

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

As jy vergeet om PURNA GLUTATHIONE 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 GLUTATHIONE kan nuwe-effekte hê.

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

As enige van die volgende gebeur, hou op om PURNA GLUTATHIONE 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 GLUTATHIONE**. Jy benodig dalk dringende mediese aandag of hospitalisasie.

Vertel jou dokter dadelik of gaan na die ongevalle-afdeling 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:

- **Dikwels:** gebrek aan slaap, hoofpyn, senuweeagtigheid, rusteloosheid, verhoogde hartklop.
- **Frekwensie onbekend:** Naarheid (voel naar).
- **Frekwensie onbekend:** Buikkrampe of maagpyn.
- **Frekwensie onbekend:** Braking.
- **Frekwensie onbekend:** Diarree (loperige, los stoelgang).
- **Frekwensie onbekend:** Brongospasma (toetrek van die bors).
- **Frekwensie onbekend:** Veluitslag.
- **Minder gereeld:** Veluitslag en jeuk.
- **Minder gereeld:** kneusing en bloeding.

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 GLUTATHIONE** te verskaf.

5. HOE OM PURNA GLUTATHIONE TE BÊRE.

- Bêre alle medisyne buite bereik van kinders.
- Bêre in 'n koel, droë plek by of onder 25°C.
- Bêre in die oorspronklike houer.
- Hou die houer 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 houer 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:

L-Glutathione.....100 mg

Kafeïen watervry.....25 mg

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 GLUTATHIONE EN INHOUD VAN DIE PAK

Bruin, loka-gegeurde individueel toegedraaide gommetjies.

PURNA GLUTATHIONE 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

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HIERDIE PAMFLET IS LAAS IN HERSIEN

Augustus 2023.

REGISTRASIENOMMER

Word by registrasie deur SAHPRA toegeken.

TOEGANG TOT DIE OORESTEMLENDE PROFESSIONELE INLIGTING

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