

PURNA YOUTHFUL YOU 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 YOUTHFUL YOU GOMMETJIES

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

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

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

1. WAT PURNA YOUTHFUL YOU IS EN WAARVOOR DIT GEBRUIK WORD.

PURNA YOUTHFUL YOU is 'n gesondheidsaanvulling vir die handhawing van goeie gesondheid. Dit help ook met die regenerasie van kollageen om 'n pragtige en gesonde vel te bevorder.

2. WAT JY MOET WEET VOORDAT JY PURNA YOUTHFUL YOU NEEM.

Moenie PURNA YOUTHFUL YOU neem nie:

- As jy hipersensitief (allergies) is vir enige van die bestanddele (sien wat **PURNA YOUTHFUL YOU** bevat).
- As jy aan hoë bloeddruk ly.
- As jy 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 u dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat u **PURNA YOUTHFUL YOU** neem.

Gebruik **PURNA YOUTHFUL YOU** met omsigtigheid:

- As jy aan 'n niersiekte ly.
- As jy aan 'n hartkwaal of hoë bloeddruk ly.
- As jy aan 'n bloedingsversteuring ly, aangesien dit die uitwerking van warfarin kan verhoog en sodoende die risiko van bloeding en kneusing verhoog.
- As jy aan diabetes mellitus ly, aangesien dit bloedsuikervlakke buitensporig kan verhoog.

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 YOUTHFUL YOU

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

Moenie **PURNA YOUTHFUL YOU** gebruik saam met:

- Retinofede (medikasie wat gebruik word om aknee te behandel).
- Penisillamien (medikasie wat gebruik word om rumatoïede artritis en Wilson se siekte te behandel).
- Anti-diabetes (medikasie wat gebruik word om diabetes mellitus te behandel – hoë suikervlakke in die bloed).

Gebruik **PURNA YOUTHFUL YOU** versigtig wanneer jy:

- 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).
- Anti-hipertensiewe middels (medikasie wat gebruik word om hoë bloeddruk te behandel).
- Bisfosfonate (medikasie wat gebruik word om osteoporose te behandel).

PURNA YOUTHFUL YOU MET KOS, DRANK EN ALKOHOL

PURNA YOUTHFUL YOU kan met of sonder kos geneem word.

SWANGERSKAP, BORSVOEDING EN VRUGBAARHEID

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

BESTUUR EN GEBRUIK VAN MASJINERIE

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

3. HOE OM PURNA YOUTHFUL YOU TE NEEM.

Moenie jou medisyne met enige ander persoon deel nie.

Neem altyd **PURNA YOUTHFUL YOU** presies soos beskryf in hierdie pamflet, of soos jou dokter of apteker jou voorgeskryf 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 YOUTHFUL YOU** te sterk of te swak is, vertel jou dokter of apteker.

Moenie die aanbevole dosis oorskry nie.

PURNA YOUTHFUL YOU kan met of sonder kos geneem word.

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

As jy vergeet om PURNA YOUTHFUL YOU te neem

As jy vergeet om **PURNA YOUTHFUL YOU** 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 YOUTHFUL YOU kan nuwe-effekte hê.

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

As enige van die volgende gebeur, hou op om PURNA YOUTHFUL YOU 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 om te sluk of asem te haal.
- Erge uitslag of jeuk.

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

Vertel jou dokter as jy enige van die volgende opmerk:

- *Frekwensie onbekend:* Naarheid (voel naar).
- *Frekwensie onbekend:* Opgeblasenheid, buikkrampe of maagpyn.
- *Frekwensie onbekend:* Sooibrand, dispepsie, gastritis, maagversteuring.
- *Frekwensie onbekend:* Braking.
- *Frekwensie onbekend:* Diarree (loperige, los stoelgang), hardlywigheid, winderigheid.
- *Frekwensie onbekend:* Veluitslag.
- *Minder gereeld:* Spierswakheid, hoofpyn, duisligheid, 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 YOUTHFUL YOU** te verskaf.

5. HOE OM PURNA YOUTHFUL YOU 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 YOUTHFUL YOU BEVAT

Elke gommetjie bevat:

| | |
|--|--------|
| Die aktiewe stowwe is: | |
| Retinielpalmiataat (Vitamien A)..... | 909 IE |
| Askorbiensuur (Vitamien C)..... | 90 mg |
| D-Alfa-Tokoferol (Vitamien E)..... | 15 IE |
| Sinksitraat..... | 20 mg |
| verskaffing van sink (elementeel)..... | 2 mg |
| Organiese Supervrugtemengsel..... | 200 mg |
| (Acai-bessie, Acarola-kersie, Amla-bessie, granaatjie, gojibessie, piesang, appel, aarbeï) | |
| <i>Bambusa sp.</i> (Bamboes)..... | 2 mg |
| [uittreksel gestandaardiseer tot 70% Silika] | |

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 YOUTHFUL YOU EN INHOUD VAN DIE PAK

Gemengde vrugtegeur individueel toegedraaide gommetjies.

PURNA YOUTHFUL YOU 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 YOUTHFUL YOU** is beskikbaar op <https://www.vita-aid.co.za/purna-youthful-you/> of kan aangevra word by die kontakbesonderhede hierbo.

V01.11.23.PYYPIIL

PURNA YOUTHFUL YOU 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 YOUTHFUL YOU GUMMIES

SUGAR/SWEETENER STATUS: Contains Sugar 1.53 g.

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

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

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

WHAT IS IN THIS LEAFLET

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

1. WHAT PURNA YOUTHFUL YOU IS AND WHAT IT IS USED FOR

PURNA YOUTHFUL YOU is a health supplement for maintenance of good health. It also assists with the regeneration of collagen to promote a beautiful and healthy looking skin.

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

Do not take **PURNA YOUTHFUL YOU**:

- If you are hypersensitive (allergic) to any of the ingredients (see **WHAT PURNA YOUTHFUL YOU CONTAINS**).
- You suffer from high blood pressure.
- 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 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 YOUTHFUL YOU**.

Use **PURNA YOUTHFUL YOU** 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 YOUTHFUL YOU** at least 2 weeks before any scheduled surgery.
- If you suffer from diabetes mellitus, as it may excessively increase blood sugar levels.

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

OTHER MEDICINES AND PURNA YOUTHFUL YOU

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 YOUTHFUL YOU** with:

- Retinoids (medication used to treat acne).
- Anticoagulants/Anti-platelets (medication used to thin the blood).
- Anti-diabetes (medication use to treat diabetes mellitus – high sugar levels in the blood).

Use **PURNA YOUTHFUL YOU** with care when taking:

- Fluoroquinolones and tetracyclines (medication used to treat infections).
- Penicillamine (medication used to treat rheumatoid arthritis and Wilson's disease).
- Anti-hypertensives (medication used to treat high blood pressure).
- Bisphosphonates (medication used to treat osteoporosis).

PURNA YOUTHFUL YOU WITH FOOD, DRINK AND ALCOHOL

PURNA YOUTHFUL YOU can be taken with or without food.

PREGNANCY, BREASTFEEDING AND FERTILITY

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

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

DRIVING AND USING MACHINERY

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

3. HOW TO TAKE PURNA YOUTHFUL YOU

Do not share your medicines with any other person.

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

Do not exceed the recommended dosage.

PURNA YOUTHFUL YOU can be taken with or without food.

If you take more PURNA YOUTHFUL YOU 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 YOUTHFUL YOU

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

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

If any of the following happens, stop taking PURNA YOUTHFUL YOU 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 YOUTHFUL YOU**. 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 YOUTHFUL YOU**.

5. HOW TO STORE PURNA YOUTHFUL YOU

- 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 YOUTHFUL YOU CONTAINS

The active substances are:

Each gummy contains:

| | |
|---|--------|
| Retinyl Palmitate (Vitamin A)..... | 909 IU |
| Ascorbic Acid (Vitamin C)..... | 90 mg |
| D-Alpha-Tocopherol (Vitamin E)..... | 15 IU |
| Zinc Citrate..... | 20 mg |
| providing Zinc (elemental)..... | 2 mg |
| Organic Superfruit Blend..... | 200 mg |
| (Acai Berry, Acerola Cherry, Amla Berry, Pomegranate, Goji Berry, Banana, Apple, Strawberry) | |
| <i>Bambusa sp.</i> (Bamboo) | 2 mg |
| [Shoot extract standardised to 70% Silica] | |

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 YOUTHFUL YOU LOOKS LIKE AND CONTENTS OF THE PACK

Mixed fruit flavoured, individually wrapped gummies.

PURNA YOUTHFUL YOU 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

November 2023.

REGISTRATION NUMBER

To be allocated by SAHPRA upon registration.

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

The Professional Information for **PURNA YOUTHFUL YOU** is available on <https://www.vita-aid.co.za/purna-youthful-you/> or can be requested from the contact details above.