

PACKAGE LEAFLET: INFORMATION FOR THE USER

SCHEDULING STATUS

S0

PROPRIETARY NAME (and dosage form)

B-Wellness Liver & Kidney Support Veggie-Caps 60's

ACTIVE INGREDIENTS:

EACH SERVING CONTAINS:	mg PER 2 CAPs	%NRV*
Vaccinium Marcocarpon (Cranberry) [Fruit, as a 4:1 extract]	200	***
Silybum Marianum (Milk Thistle) [Fruit, as powder standardised to 80% Silymarin] Providing: Silymarin	200 160	**
Taraxacum Officinale (Dandelion) [Root, as a 5:1 extract]	30	***
N-Acetyl L-Cysteine	150	**
Choline Bitartrate Providing: Choline	150 61.7	**
Agathosma Betulina (Buchu) [Leaf, as a 4:1 extract]	35	***
Cynara Cardunculus (Artichoke) [Leaf, as a 4:1 extract]	15	***
Astragalus Membranaceus (Milk Vetch/Huang Qi) [Root, as a 4:1 extract]	15	***
Alpha Lipoic Acid	50	**
Equisetum Arvense (Horsetail) [Stems, as a 4:1 extract]	10	***
Boswellia Serrata (Frankincense) [Bark, as powder standardised to 65% Boswellic acid] Providing: Boswellic acid	40 26	**
BioPerine®	2	**
Selenium AAC 0.2% Providing: Selenium (elemental)	0.1 0.2 mcg	0.36

* NRV (Nutrient Reference Values for persons 4 years and older)

** No NRV established

*** DHE = Dried Herb Equivalent

Contains No Sugar, Non-nutritive Sweeteners, colourant or flavourant

Excipients: Inulin, Silicon Dioxide

Category D

Complementary Medicine

Discipline: Western Herbal Medicine

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

Read all of this leaflet carefully because it contains important information for you. Keep this leaflet. You may need to read it again.

B-Wellness Liver & Kidney Support Capsules is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use B-Wellness Liver & Kidney Support Capsules carefully to get the best results from it.

Do not share B-Wellness Liver & Kidney Support Capsules with any other person.

Ask your healthcare provider or Pharmacist if you need more information or advice.

What is in this leaflet?

1. What B-Wellness Liver & Kidney Support Capsules is, and what it is used for
2. What you need to know before you take B-Wellness Liver & Kidney Support Capsules
3. How to take B-Wellness Liver & Kidney Support Capsules
4. Possible side effects
5. How to store B-Wellness Liver & Kidney Support Capsules
6. Contents of the pack and other information

1. What B-Wellness Liver & Kidney Support Capsules is, and what it is used for

Possible indications for B-Wellness Liver & Kidney Support Capsules include:

- Helps to support liver function
- May help to improve bile flow and prevent gallstones
- May help to support liver and kidney health
- May protect against alcohol-induced fatty liver disease
- May help to protect against and alleviate the symptoms of kidney stones
- May protect against kidney, liver and other conditions resulting from diabetes

2. What you need to know before you take B-Wellness Liver & Kidney Support Capsules

Do not take B-Wellness Liver & Kidney Support Capsules:

- If you are hypersensitive (allergic) to any of the active ingredients or any of the other ingredients of B-Wellness Liver & Kidney Support Capsules (listed in section 6)
- If you are receiving warfarin, heparin, or other anticoagulant/antiplatelet therapy
- If you are allergic to members of the daisy family (milk thistle, artichoke) or nicotine (Horsetail)
- If you are pregnant or breast feeding
- If you have a past or present cancer of the breast, uterus, or ovary; or a history of endometriosis or uterine fibroids

Warnings and precautions

Keep out of reach of children.

Unless otherwise prescribed, do not exceed the stated daily dose.

If you are using ANY prescribed medication FIRST consult your Doctor or Pharmacist before using B-Wellness Liver & Kidney Support Capsules.

If symptoms develop, worsen or persist, consult a relevant health care provider.

Not suitable for children unless under the care of a relevant health care provider.

Consult a relevant health care provider before use if you have a history of kidney stones, a stomach disorder; or if you are allergic to aspirin (due to Cranberry content).

Consult a relevant healthcare practitioner prior to use if you suffer from liver disease (due to Dandelion, Buchu, BioPerine); diabetes (Alpha-Lipoic Acid and some of the herbs can cause low blood sugar); a thyroid disorder; a thiamine deficiency (may be exacerbated by Horsetail) or if you drink large amounts of alcohol (as this may lead to a thiamine deficiency).

Consult a relevant health care provider before use if you have a history of gall stones, or bile duct obstruction (due to Artichoke content).

Consult a relevant health care provider before use if you suffer from an auto-immune disease (due to Astragalus content).

Other medicines and B-Wellness Liver & Kidney Support Capsules

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

All medications are metabolised in the liver, and therefore B-Wellness Liver & Kidney Support Capsules may interact with ANY medication that affects liver function. Consult a medical practitioner prior to use.

Alpha Lipoic Acid and several herbs may assist in lowering blood sugar.

Consult your healthcare practitioner prior to use if you are using diabetes medication or other herbs or supplements that affect blood sugar levels (to prevent hypoglycaemia).

Consult your healthcare practitioner prior to use if you are using lithium, certain anti-biotics, sedatives such as Valium, blood thinning or anti-clotting medications or diuretics (due to Dandelion, BioPerine content).

Consult a relevant health care provider before use if you have been prescribed an anti-retroviral drug (due to Horsetail content).

Consult a relevant health care provider before use if you have been prescribed Colchicine (due to Artichoke content).

See Warnings and Precautions

B-Wellness Liver & Kidney Support Capsules with food

Taking B-Wellness Liver & Kidney Support Capsules with alcohol over extended periods, may increase the risk of Thiamine deficiency (Beri-Beri).

Pregnancy and breastfeeding

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, do not use this medicine. Some of the herbs in B-Wellness Liver & Kidney support may have abortifacient (increased risk of spontaneous abortion) properties.

Safety in pregnancy and breastfeeding has not been established.

3. How to take B-Wellness Liver & Kidney Support Capsules

Do not share medicines prescribed for you, with any other person.

Take B-Wellness Liver & Kidney Support Capsules exactly as described in this leaflet or as prescribed by your Doctor or Pharmacist.

Dosage and Directions for use

Adults: Take 2 capsules with water daily, preferably in the evening before bed, or as prescribed by your Doctor or Pharmacist.

Not suitable for use in Children.

Do not exceed the stated daily dosage.

If you take more B-Wellness Liver & Kidney Support Capsules than you should.

you may experience irritability, nervousness, headache, increased bleeding, acne, gastrointestinal symptoms such as heartburn, bloating, diarrhoea, nausea or abdominal cramping.

In the event of overdosage, stop using B-Wellness Liver & Kidney Support Capsules and consult your Doctor or Pharmacist.

If neither is available, contact the nearest hospital or poison centre.

If you forget to take B-Wellness Liver & Kidney Support Capsules, do not take a double dose to make up for forgotten doses.

4. Possible side effects

B-Wellness Liver & Kidney Support Capsules can have side effects.

Not all side effects reported for B-Wellness Liver & Kidney Support Capsules are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking B-Wellness Liver & Kidney Support Capsules, please consult your healthcare provider for advice.

If any of the following happens, stop taking B-Wellness Liver & Kidney Support Capsules and tell your doctor:

- Swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in swallowing or breathing,
- Rash, acne or itching,
- Diarrhoea, nausea or vomiting, stomach pain,
- Difficulty breathing, tightness of chest or throat,
- Symptoms of low blood sugar such as headache, hunger, weakness, sweating, confusion, irritability, dizziness, fast heart rate, feeling jittery or light-headed,
- Increased menstrual bleeding,
- Increased urination.

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

5. How to store B-Wellness Liver & Kidney Support Capsules

Store all medicines out of reach of children.

- Store in a cool, dry place below 25°C.

6. Contents of the pack and other information

What B-Wellness Liver & Kidney Support Capsules contains

- The active ingredients of B-Wellness Liver & Kidney Support Capsules are (per 2 capsules): Cranberry [Fruit] (200 mg), Milk Thistle [Fruit] powder (200 mg), N-Acetyl L-Cysteine (150 mg), Choline Bitartrate (150 mg), Alpha Lipoic Acid (50 mg), Boswellia [Leaf] powder (40 mg), Buchu [Leaf] (35 mg), Dandelion [Root] (30 mg), Artichoke [Leaf] (15 mg), Astragalus [Root] (15 mg), Horsetail [Stems] (10 mg), BioPerine® (2 mg) and Selenium (0.2 mcg)
- Excipients: Inulin, Silicon Dioxide

What B-Wellness Liver & Kidney Support Capsules looks like and contents of the pack

- Clear vegetable capsule, size 00
- 60 capsules in a 140 ml glass frosted amber jar with 38 mm aluminum PRET screw cap

Applicant:

Bew Wellness (Pty) Ltd t/a b.wellness
Unit 6, 67 Regency Dr, Route 21 Corporate Park
Centurion, 0157, Gauteng, RSA

This leaflet was created in:

November 2022

PI available from:

Bew Wellness (Pty) Ltd t/a b.wellness
hello@bwellness.co.za
Manufactured in South Africa