

PACKAGE LEAFLET: INFORMATION FOR THE USER

SCHEDULING STATUS

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PROPRIETARY NAME (and dosage form)

B-Wellness Weight Control & Energy Veggie-Caps 30's

ACTIVE INGREDIENTS:

EACH SERVING CONTAINS:	mg PER CAP	%NRV*
Taraxacum Officinale (Dandelion) [Root & leaves, as a 5:1 extract]	50	***
Cinnamomum Cassia (Cinnamon) [Bark, as a 4:1 extract]	37.5	***
Citrus Aurantium (Bitter Orange) [Peels & flowers, standardized to 30% Synephrine] Providing: Synephrine	100 30	**
Coleus Forskholii (Coleus Mint) powder, standardised to 20% Forskolin Providing: Forskolin	100 20	**
Coffea Arabica/Canephora (Green Coffee Bean) [Fruit, as powder standardised to at least 50% Chlorogenic acid (CGA) and 3% Caffeine] Providing: CGA Providing: Caffeine	75 38 2.25	** **
Inositol	75	**
Uva Ursi (Bearberry) [Leaves, as powder standardised to 20% Arbutins] Providing: Arbutins	50 10	** **
Salix Alba (White Willow) [Bark, as powder standardised to 15% Salicin] Providing: Salicin	45 6.75	**
Alpha Lipoic Acid	25	**
Nicotinic Acid	7.5	47
BioPerine®	2	**
Chromium AAC 10% Providing: Chromium (elemental)	0.1 0.01	29

* 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: Silicon Dioxide (2.5 mg)

Contains Caffeine: 4.5 mg per serving. One normal cup of coffee contains approximately 80 mg of caffeine

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 Weight Control and Energy Capsules is available without a doctor's prescription, for you to maintain your health.

Nevertheless, you still need to use B-Wellness Weight Control and Energy Capsules carefully to get the best results from it.

Do not share B-Wellness Weight Control and Energy 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 Weight Control and Energy Capsules is, and what it is used for
2. What you need to know before you take B-Wellness Weight Control and Energy Capsules
3. How to take B-Wellness Weight Control and Energy Capsules
4. Possible side effects
5. How to store B-Wellness Weight Control and Energy Capsules
6. Contents of the pack and other information

1. What B-Wellness Weight Control and Energy Capsules is, and what it is used for

The active ingredients of B-Wellness Weight Control and Energy Capsules include a combination of herbs, minerals and other nutrients designed to optimise many of the important factors influencing the manner in which the body utilises and stores nutrients and energy (kilojoules).

These factors include: metabolic rate, metabolic efficiency, detoxification and excretion,

blood sugar control, cravings, inflammation and many more.

Possible indications for B-Wellness Weight Control and Energy Capsules include persons with;

- Slow metabolism, low energy levels
- Mid-life weight gain
- Weight fluctuations due to stress
- Blood sugar and triglyceride or cholesterol problems
- In conjunction with a kilojoule-restricted diet for weight reduction
- Source of an amino acid involved in muscle protein synthesis
- And more

2. What you need to know before you take B-Wellness Weight Control and Energy Capsules

Do not take B-Wellness Weight Control and Energy Capsules:

- If you are hypersensitive (allergic) to any of the ingredients of B-Wellness Weight Control and Energy Capsules (listed in section 6)
- If you are hypersensitive (allergic) to salicylates such as aspirin.
- If you are pregnant or breastfeeding
- If you suffer from kidney problems

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 Weight Control and Energy Capsules.

Consult a registered healthcare professional if you have high blood pressure, glaucoma,

and/or detrusor instability (overactive bladder syndrome).

Use of caffeine may result in sleep deprivation.

Consult your healthcare practitioner prior to use if you suffer from problems with potassium levels (due to Dandelion content).

Consult a relevant health care provider before use if you suspect that you may have insulin resistance, high blood glucose levels or diabetes (due to inositol content).

Discontinue use two weeks prior to lab tests and/or surgery.

Contra-indications:

Do not use this product if you suffer from Kidney problems or liver problems (due to Uva Ursi, Coleus Forskohlilii content).

Consult a relevant health care provider prior to use (due to the Coleus Forskohlilii, White Willow Bark and BioPerine content) if you suffer from:

- Blood pressure problems
- Stomach ulcers
- Heart problems
- Diabetes or blood sugar problems
- Bleeding issues
- Gout or
- Asthma

Consult a relevant health care provider if symptoms persist or worsen.

Other medicines and B-Wellness Weight Control and Energy Capsules

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

BioPerine may change the efficacy of ANY other medication.

If you are using medication, please consult a healthcare practitioner prior to use of this medication.

Consumption with other medicines (e.g. synephrine, octopamine, ephedra, ephedrine) which increase blood pressure is not recommended.

Do not use this product with foods or drugs that increase the acid in your urine (due to Uva Ursi content).

These include products like fruit juices, ascorbic acid (vitamin C; Chew-C), or methenamine hippurate (Hiprex).

Consult a relevant health care provider prior to use (due to the Coleus Forskohlilii, White Willow Bark and BioPerine content) if you are using:

- Blood thinners
- Antiplatelet medication
- Non-steroidal anti-inflammatories (NSAID's)

See *Warnings and Precautions*

B-Wellness Weight Control and Energy Capsules with food

Consumption with other caffeine-containing products or foods

(e.g. medications, coffee, tea, colas, cocoa, guarana, maté) is not recommended.

Do not use this product with foods such as fruit juices that increase the acid in your urine.

Do not use this product together with alcoholic beverages.

Sufficient protein is provided in normal well-balanced daily meals.

Pregnancy and breastfeeding

Do not use if you are pregnant, breast feeding or planning to have a baby.

Bearberry may cause abnormal contractions of the uterus.

Safety in pregnancy has not been established.

3. How to take B-Wellness Weight Control and Energy Capsules

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

Take B-Wellness Weight Control and Energy Capsules exactly as described in this leaflet or as prescribed by your Doctor or Pharmacist.

Dosage and Directions for use

Adults: Take 1 capsule per day with a glass of water in the morning,

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 Weight Control and Energy Capsules than you should

you may experience flushing, restlessness, dizziness, symptoms of low blood sugar or gastrointestinal symptoms.

In the event of overdosage, stop using B-Wellness Weight Control and Energy 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 Weight Control and Energy Capsules, do not take a double dose to make up for forgotten doses.

4. Possible side effects

B-Wellness Weight Control and Energy Capsules can have side effects.

Not all side effects reported for B-Wellness Weight Control and Energy Capsules are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking B-Wellness Weight Control and Energy Capsules, please consult your healthcare provider for advice.

If any of the following happens, stop taking B-Wellness Weight Control and Energy 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 or itching,
- Diarrhoea, nausea or vomiting,
- Dizziness, difficulty breathing, vision changes, ringing in the ears,
- Seizures.

5. How to store B-Wellness Weight Control and Energy 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 Weight Control and Energy Capsules contains

- The active ingredients of B-Wellness Weight Control and Energy Capsules are: Bitter Orange [Peel & flowers] powder (100 mg), Coleus Mint [Root] powder (100 mg), Green Coffee Bean [Fruit] powder (75 mg), Inositol (75 mg), Dandelion [Root] (50 mg), Bearberry [Leaves] powder (50 mg), White Willow [Bark] powder (45 mg), Cinnamon [Bark] (37.5 mg), Alpha Lipoic Acid (25 mg), Nicotinic Acid (7.5 mg), BioPerine® (2 mg) and Chromium (0.01 mg)
- Excipients: 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:

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