

PROFESSIONAL INFORMATION

SCHEDULING STATUS:

Not scheduled.

PROPRIETARY NAME AND DOSAGE FORM:



USN KETO FAT BURN

(capsules)

COMPOSITION:

Active ingredients:

Caffeine Anhydrous
Potassium (as Potassium Chloride)
TeaCrine® 97 %
Thermozine™ [Aframomum melegueta (Grains of Paradise) (seed; 10:1 extract)]
Chromium (from Chromium Picolinate)

*%Nutrient Reference Values (NRVs) for individuals 4 years & older (2010).

Other ingredients: Colloidal silicon dioxide (Aerosil®), magnesium stearate, maize starch, vegi capsules.

Sugar Free

CATEGORY AND CLASS:

D 33.7 Combination Product

PHARMACOLOGICAL ACTION:

Caffeine anhydrous: Caffeine increases resting energy expenditure (REE) or resting metabolic rate (RMR), and cellular thermogenesis. The thermogenic effects of caffeine may be due to vasoconstriction and increase in vascular smooth muscle tone. Caffeine also causes an increase in non-oxidative fatty acid turnover and lipid oxidation. The effects of caffeine on energy expenditure and lipid metabolism seem to be mediated by both sympathetic and non-sympathetic mechanisms.

Potassium: Potassium is the most abundant intracellular electrolyte found in the body. Potassium contributes to normal muscle function and plays a factor in the maintenance of good health.

TeaCrine® 97 %: TeaCrine® is pure theacrine. Theacrine is a naturally occurring purine alkaloid that is similar to caffeine. Theacrine's multi-faceted effects come from the reactions between the two neural pathways: dopaminergic and adenosinergic. By affecting these major pathways and supporting other neurotransmitters, Theacrine increases energy without irritability and enables competitive athletes and active individuals to better their physical and mental performance.

Thermozine™ (Grains of Paradise) extract: Grains of Paradise, is a standardised extract from seeds of the *Aframomum melegueta* plant. Grains of Paradise has been found to help convert White Adipose Tissue (WAT) into Brown Adipose Tissue (BAT), therefore converting the energy storing fat tissue into the fat tissue that helps increase thermogenesis and total calorie expenditure.

Chromium (from Chromium Picolinate): Contributes to the maintenance of normal blood glucose levels. Chromium's mechanism for decreasing insulin resistance is due to an improved first phase of secretion of insulin or facilitated post-receptor insulin sensitivity as a way of potentiating the action of insulin. Therefore, taking chromium before a high carbohydrate meal seems to lessen postprandial hyperglycaemia. Chromium picolinate may also reduce fat cravings and hunger by affecting the brain's hunger receptor. This is due to the fact that chromium might sensitise insulin-sensitive glucoreceptors in the brain, resulting in appetite suppression, stimulation of thermogenesis and down-regulation of insulin secretion.

INDICATIONS:

USN KETO FAT BURN is indicated as a thermogenic agent that provides added energy & mental focus as an aid to a weight management programme combined with a ketogenic diet and regular exercise.

CONTRAINDICATIONS:

This product is contraindicated for individuals that are hypersensitive (allergic) to any of the listed ingredients. This includes an allergy to ginger, as Grains of Paradise is a member of the *Zingiberaceae* (ginger) family.

Not for use in persons under the age of 18 years.

Do not use if you are pregnant or lactating.

WARNINGS AND SPECIAL PRECAUTIONS:

- Use with caution in patients with hypertension. Caffeine and sodium might increase blood pressure.
- Use with caution in patients with cardiac conditions. Caffeine, especially taken in high doses, can induce cardiac arrhythmias in individuals sensitive to caffeine.
- Discontinue at least two weeks before elective surgery. Due to its stimulant effects, **USN KETO FAT BURN** might interfere with surgical procedures by increasing heart rate and blood pressure.
- Use with caution in patients with diabetes. **USN KETO FAT BURN** can influence blood sugar levels in diabetic patients; monitor closely. Dose adjustments to antidiabetic medication might be necessary.
- **USN KETO FAT BURN** can inhibit platelet aggregation and increase the risk of bruising and bleeding in patients with bleeding disorders. Use with caution.
- Use with caution in patients with anxiety disorders; the caffeine might aggravate the symptoms.
- Use with caution in patients with liver disease; **USN KETO FAT BURN** might exacerbate liver dysfunction.
- Epileptic patients should use with caution. Caffeine can increase the risk for seizures and can decrease the activity of some anticonvulsant medicines.
- **USN KETO FAT BURN** might temporarily increase intracranial pressure in patients with narrow-angle glaucoma due to the caffeine content; glaucoma patients should use with caution.
- Use with caution in patients with renal disease; **USN KETO FAT BURN** might exacerbate renal dysfunction (who may also be on a potassium-restricted diet, due to the risk of potassium accumulation leading to hyperkalaemia). Closely monitor serum electrolytes when potassium is used by people with renal dysfunction.
- Do not exceed the daily recommended dose.

INTERACTIONS:

- **Anticoagulant/antiplatelet medicine:** **USN KETO FAT BURN** can inhibit platelet aggregation and therefore might increase the risk of bleeding when used concomitantly with anticoagulant or antiplatelet medicine, including aspirin, clopidogrel, heparin, indomethacin and warfarin.
- **Anticonvulsant medicine:** **USN KETO FAT BURN** could lower the effect of anticonvulsant medicine due to its caffeine content. Taking caffeine in combination with one of the following medicine could reduce the effect of the medicine and increase the risk of seizures: Carbamazepine, ethosuximide, felbamate, phenytoin and valproate.
- **Antidiabetic medicine:** Concomitant use of **USN KETO FAT BURN** and antidiabetic medicine might interfere with blood glucose control and increase the risk of hypoglycaemia. Consult your doctor before using. Antidiabetic medicine includes glimepiride, insulin, metformin, and others.
- **Ephedrine and other stimulants:** The use of **USN KETO FAT BURN** with ephedrine can increase the risk of stimulatory adverse effects. Using ephedrine with caffeine might increase the risk of serious life-threatening or debilitating adverse effects such as hypertension, myocardial infarction, stroke, seizures, and death. Avoid taking **USN KETO FAT BURN** with ephedrine, pseudoephedrine, phenylpropanolamine, and other stimulants.
- **Monamine oxidase inhibitors (MAOIs):** Concurrent use of MAOIs with caffeine might increase blood pressure raising effects and potentially cause a hypertensive crisis. Avoid using **USN KETO FAT BURN** with MAOIs. MAOIs include phenelzine, tranylcypromine and others.
- **Levothyroxine:** The use of **USN KETO FAT BURN** with levothyroxine might decrease serum levels of levothyroxine due to chromium that can bind levothyroxine in the intestinal tract and decrease absorption. Take levothyroxine at least 30 minutes before or 3-4 hours after taking **USN KETO FAT BURN**.
- **Potassium-sparing diuretics:** Potassium-sparing diuretics are diuretics that result in increased urine production and increasing serum levels of potassium. Concurrent use can result in increased potassium levels and side-effects. Some potassium-sparing diuretics include amiloride, spironolactone and others.
- **Herbs and supplements with stimulant properties:** Bitter orange supplements as well as other caffeine-containing herbs and supplements such as coffee, guarana and maté can increase the risk of hypertension and cardiovascular adverse effects when used with **USN KETO FAT BURN**.
- **Herbs and supplements with anticoagulant/antiplatelet properties:** Herbs that affect platelet aggregation such as garlic, ginger, turmeric and others, can increase the risk of bruising and bleeding when used with **USN KETO FAT BURN**.
- **Herbs and supplements with hypoglycaemic potential:** Herbs and supplements with hypoglycaemic potential (such as fenugreek, garlic, Panax ginseng and others) can have additive blood glucose lowering effects when used with **USN KETO FAT BURN**.

HUMAN REPRODUCTION:

Safety has not been established for use during pregnancy and lactation. Do not use **USN KETO FAT BURN** if you are pregnant or lactating.

DOSAGE AND DIRECTIONS FOR USE:

Adults: As a dietary supplement, take 1 to 2 capsules 1-2 times daily. Take first dosage on an empty stomach in the morning (ideally 30 minutes before exercise) and a second dosage 30 minutes prior to a light lunch. Start with 1 capsule to assess tolerance and increase dosage to a maximum of 2 capsules (full dosage) as tolerated (maximum of 4 capsules per day). Not suitable for use after 4 pm.

Take **USN KETO FAT BURN** for 5 consecutive days of the week and stop use for 2 days before continuing again.

Do not exceed the recommended daily dosage.

SIDE EFFECTS:

The following side effects may be associated with the use **USN KETO FAT BURN**:

- **Blood disorders:** Frequency unknown – Increased bleeding risk.
- **Immune system disorders:** Frequency unknown – Hypersensitivity and/or allergic reactions.
- **Endocrine disorders:** Frequency unknown – Hypoglycaemia.
- **Psychiatric disorders:** Frequency unknown – Anxiety, agitation, mood changes.
- **Nervous system disorders:** Frequency unknown – Dizziness, insomnia, headache, nervousness, restlessness.
- **Eye disorders:** Frequency unknown – Increased intraocular pressure in patients with narrow-angle glaucoma.
- **Cardiac disorders:** Frequency unknown – Elevated blood pressure, tachycardia/tachyarrhythmia.
- **Gastrointestinal disorders:** Frequency unknown – Abdominal cramps, gastric irritation, abdominal bloating, flatulence, constipation, dyspepsia, reflux, heartburn, nausea, vomiting, diarrhoea, decreased appetite.
- **Hepato-biliary disorders:** Frequency unknown – Hepatotoxicity.
- **Skin and subcutaneous tissue disorders:** Frequency unknown – Urticaria.
- **Musculoskeletal disorders:** Frequency unknown – Muscular tremors.
- **Renal and urinary disorders:** Frequency unknown – Diuresis, renal disease.

Should your general health worsen, or if you experience any untoward effects or allergic reactions while taking this medicine, please consult your doctor, pharmacist or other healthcare professional immediately.

KNOWN SYMPTOMS OF OVERDOSE AND PARTICULARS OF ITS TREATMENT:

None known. If suspected overdose occurs, please consult your healthcare practitioner immediately. Treatment should be symptomatic and supportive.

IDENTIFICATION:

White vegi capsules containing light brown powder with white and dark speckles.

PRESENTATION:

White HDPE plastic container with a white USN lid, containing 40 or 90 capsules.

STORAGE INSTRUCTIONS:

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

KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER:

To be allocated by the Authority.

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION:

USN Pty (Ltd)
Building C, Southdowns Office Park, 2nd Floor
21 Karee Street, Irene Ext 54
0157
Tel: 0861 111 876

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION:

October 2019.

COMPLEMENTARY MEDICINE:

Discipline: Combination Product – Western Herbal Medicine & Health Supplement.

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

JOB: USNSAK_KetoFatBurn_40s-90s	SIZE: 300mm x 385mm					
STOCK: Foil Substrate: <input type="checkbox"/> Clear Substrate: <input type="checkbox"/> White Substrate: <input checked="" type="checkbox"/> Paper: <input checked="" type="checkbox"/> Other: <input type="checkbox"/>						
COLOURS:						
<input checked="" type="checkbox"/> K	<input type="checkbox"/> Available Slot					
<input type="checkbox"/> Available Slot	<input type="checkbox"/> Available Slot	<input type="checkbox"/> Available Slot	<input type="checkbox"/> Available Slot	<input type="checkbox"/> Available Slot	<input type="checkbox"/> Available Slot	<input type="checkbox"/> Available Slot
FINISHING:						
<input type="checkbox"/> Foil / Holographic Foil	<input type="checkbox"/> Matte	<input type="checkbox"/> Gloss				
<input type="checkbox"/> Spot UV	<input type="checkbox"/> Domed	<input type="checkbox"/> Embossing				

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS:
Not scheduled.

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM:



USN KETO FAT BURN

(capsules)

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

USN KETO FAT BURN is available without a doctor's prescription. Nevertheless, you still need to use USN KETO FAT BURN carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share USN KETO FAT BURN with any other person.
- Ask your pharmacist if you need more information or advice.

1. WHAT USN KETO FAT BURN CONTAINS:

Active Ingredients:	Per Capsule	Per Dose	*%NRV
Caffeine Anhydrous	100 mg	200 mg	
Potassium (as Potassium Chloride)	100 mg	200 mg	
TeaCrine® 97 %	20 mg	40 mg	
Thermozine™ (Aframomum melegueta (Grains of Paradise) (seed; 10:1 extract))	20 mg	40 mg	
Chromium (from Chromium Picolinate)	50 µg	100 µg	286 %

*%Nutrient Reference Values (NRVs) for individuals 4 years & older (2010).

Other ingredients: Colloidal silicon dioxide (Aerosil®), magnesium stearate, maize starch, vegi capsules.

Sugar Free

2. WHAT USN KETO FAT BURN IS USED FOR:

USN KETO FAT BURN is indicated as a thermogenic agent that provides added energy & mental focus as an aid to a weight management programme combined with a ketogenic diet and regular exercise.

3. BEFORE YOU TAKE USN KETO FAT BURN:

Do not take USN KETO FAT BURN:

- If you are hypersensitive (allergic) to any of the active or inactive ingredients (see **WHAT USN KETO FAT BURN CONTAINS**). This includes an allergy to ginger, as Grains of Paradise is a member of the Zingiberaceae (ginger) family.
- If you are pregnant or breastfeeding your baby (see **Pregnancy and Breastfeeding**).
- If you are under 18 years of age.

Take special care with USN KETO FAT BURN:

- If you have high blood pressure. Caffeine and sodium can increase blood pressure.
- If you have any cardiac conditions. Caffeine, especially taken in high doses, can lead to irregular heartbeat in individuals sensitive to caffeine.
- If you are having elective surgery within two weeks. The stimulant effects of USN KETO FAT BURN might interfere with surgical procedures by increasing heart rate and blood pressure.
- If you have diabetes, USN KETO FAT BURN can influence blood sugar levels. Dose adjustments to antidiabetic medicine might be necessary. Monitor closely.
- If you have a bleeding disorder, USN KETO FAT BURN can inhibit platelet aggregation and increase the risk of bruising and bleeding; use with caution.
- If you have an anxiety disorder, the caffeine might worsen the symptoms.
- If you have a liver disease, USN KETO FAT BURN might worsen liver dysfunction. Use with caution.
- If you have epilepsy. Caffeine can increase the risk for seizures (fits) and can reduce the effectiveness of some anticonvulsant medicine.
- If you have narrow-angle glaucoma, USN KETO FAT BURN can temporarily increase intracranial pressure due to the caffeine content.
- If you have a kidney disease, had a kidney transplant or if you are on a potassium-restricted diet; increased potassium levels might worsen kidney dysfunction. Use with caution and closely monitor serum electrolytes.
- Do not exceed the daily recommended dose.

Taking USN KETO FAT BURN with food and drink:

- USN KETO FAT BURN should be taken 30 minutes before meals or snacks (preferably before breakfast and lunch).

Pregnancy and Breastfeeding:

- Safety has not been established for use during pregnancy and breastfeeding. Avoid use.

Driving and using machinery:

It is unlikely that USN KETO FAT BURN will affect your ability to drive a vehicle or operate machinery requiring your attention.

Taking other medicines with USN KETO FAT BURN:

Always tell your healthcare professional if you are taking any other medicine. (This includes complementary or traditional medicines).

If you are on any of the following medicine or treatment, you should discuss the use of USN KETO FAT BURN with your doctor or pharmacist first:

- Anticoagulant/antiplatelet medicine (such as aspirin, clopidogrel, heparin, indometacin and warfarin), as USN KETO FAT BURN can inhibit platelet aggregation and might increase the risk of bleeding when used with these medicines.
- Anticonvulsant medicine (such as carbamazepine, ethosuximide, felbamate, phenytoin and valproate), as the caffeine in USN KETO FAT BURN can lower the effect of these medicines and increase the risk of seizures (fits).
- Antidiabetic medicine (such as glimepiride, insulin, metformin, etc.). Use of these medicines with USN KETO FAT BURN might interfere with blood glucose control and increase the risk of low blood sugar.
- Ephedrine and other stimulants (such as pseudoephedrine, phenylpropanamine, etc.). These stimulants can increase the risk of stimulatory adverse effects when used with USN KETO FAT BURN. The use of ephedrine with caffeine might increase the risk of serious life-threatening adverse effects such as high blood pressure, heart attack, stroke, fits and death. Avoid using together.
- Monoamine oxidase inhibitors (MAOIs) (such as phenelzine, tranylcypromine and others), as these medicines used with caffeine might increase blood pressure and could cause a hypertensive crisis. Avoid using together.
- Levothyroxine, as the chromium in USN KETO FAT BURN can bind to levothyroxine in the intestinal tract and cause serum levels of levothyroxine to decrease. Take levothyroxine at least 30 minutes before or 3-4 hours after taking USN KETO FAT BURN.
- Potassium-sparing diuretics (such as amiloride, spironolactone and others), as they can increase serum potassium levels when used with USN KETO FAT BURN. Avoid using together.
- Herbs and supplements with stimulant properties (bitter orange supplements as well as other caffeine-containing herbs and supplements such as coffee, guarana, mate, etc.), can increase the risk of high blood pressure and cardiovascular adverse effects when used with USN KETO FAT BURN.
- Herbs and supplements with anticoagulant/antiplatelet properties (such as garlic, ginger, turmeric and others), can increase the risk of bruising and bleeding when used with USN KETO FAT BURN.
- Herbs and supplements with hypoglycaemic potential (such as fenugreek, garlic, Panax ginseng and others), as these supplements can increase the risk of low blood sugar when used with USN KETO FAT BURN.

4. HOW TO TAKE USN KETO FAT BURN:

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

Always take USN KETO FAT BURN exactly as directed.

You should check with your doctor or pharmacist if you are unsure.

The usual dose is:

Adults: As a dietary supplement, take 1 to 2 capsules 1-2 times daily. Take first dosage on an empty stomach in the morning (ideally 30 minutes before exercise) and a second dosage 30 minutes prior to a light lunch. Start with 1 capsule to assess tolerance and increase dosage to a maximum of 2 capsules (full dosage) as tolerated (maximum of 4 capsules per day). Not suitable for use after 4 pm.

Take USN KETO FAT BURN for 5 consecutive days of the week and stop use for 2 days before continuing again.

Do not exceed the recommended daily dosage.

If you take more USN KETO FAT BURN than you should:

In the event of over-dosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

If you forget to take USN KETO FAT BURN:

Take the missed dose as soon as you remember. If it is almost time for your next dose, do not take the missed dose but simply take your next dose at the normal time. Do not take a double dose to make up the one you missed.

5. POSSIBLE SIDE EFFECTS:

- USN KETO FAT BURN can have side effects.
- Not all side effects reported for USN KETO FAT BURN are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your health care provider for advice.
- If any of the following happens, stop taking USN KETO FAT BURN and tell your doctor immediately or go to the casualty department at your nearest hospital:
 - Swelling of your hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing.
 - Rash or itching.
 - Fainting.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to USN KETO FAT BURN. You may need urgent medical attention or hospitalisation.

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

- Seizure (fit).
- Stroke/ischaemic stroke.
- Heart attack.
- Angina (chest pain)

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

• Tell your doctor as soon as possible if you notice any of the following:

- High blood pressure.
- Increased/irregular heart rate.
- Increased bleeding.
- Low blood sugar.
- Increased anxiety/agitation*.
- Severe mood changes.
- Nervousness, restlessness.
- Dizziness.
- Insomnia (difficulty falling/staying asleep).
- Headache*.
- Abdominal cramps, stomach irritation.
- Abdominal bloating, flatulence (gas), constipation.
- Nausea*, vomiting.
- Diarrhoea.
- Decreased appetite.
- Dyspepsia, reflux, heartburn.
- Raised, itchy rash (urticaria).
- Muscular tremors.
- Increased production of urine (diuresis).
- Kidney pain.

*These side effects commonly occur with slimming agents that contain stimulants and usually subside within 2 weeks of use.

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

6. STORING AND DISPOSING OF USN KETO FAT BURN:

• Store all medicines out of reach of children.

• Store at or below 25 °C.

• Protect from light and moisture.

• Do not store in the bathroom.

• Store in its original container.

• Keep the container tightly closed.

• Do not use after the expiry date stated on the container.

• Do not use USN KETO FAT BURN if you notice visible signs of deterioration.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

7. PRESENTATION OF USN KETO FAT BURN:

White HDPE plastic container with a white USN lid, containing 40 or 90 capsules.

8. IDENTIFICATION OF USN KETO FAT BURN:

White vegi capsules containing light brown powder with white and dark speckles.

9. REGISTRATION NUMBER:

To be allocated by the Authority.

10. NAME AND ADDRESS OF REGISTRATION HOLDER:

USN Pty (Ltd)
Building C, Southdowns Office Park, 2nd Floor
21 Karee Street, Irene Ext 54
0157
Tel: 0861 111 876

11. DATE OF PUBLICATION:

October 2019.

12. COMPLEMENTARY MEDICINE:

Discipline: Combination Product – Western Herbal Medicine & Health Supplement.

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

PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSTATUS:
Nie geskelede nie.

HANDELSNAAM, STERKE EN FARMASEUTIESE VORM:



USN KETO FAT BURN

(capsules)

Lees die hele pamphlet noukeurig deur, aangesien dit belangrike inligting vir u bevat.

USN KETO FAT BURN is beskikbaar sonder 'n dokter se voorskryf. Nieemin moet u steeds USN KETO FAT BURN versigtig gebruik om die beste resultate te verkry.

- Bewaar hierdie pamphlet. U mag dit dalk weer moet lees.
- Moenie USN KETO FAT BURN met enige ander persoon deel nie.
- Vra u apteker indien u verdere inligting of advies benodig.

1. WAT USN KETO FAT BURN BEVAT:

Aanbiedende bestanddele:	Per Capsule	Per Dosering	*%NRV
Anhidriese Kafeïne	100 mg	200 mg	
Kalium (as Kaliumchloried)	100 mg	200 mg	
TeaCrine® 97 %	20 mg	40 mg	
Thermozine™ (Aframomum melegueta (Grains of Paradise) (saad; 10:1 ekstrak))	20 mg	40 mg	
Chroom (van Chroompikolinaat)	50 µg	100 µg	286 %

*%Nutriëntswissingswaarde (NRVs) vir individue 4 jaar en ouer (2010)

Andere bestanddele: Koloidiale silikondioksië (Aerosil®), magnesiumstearaat, mielieystsel, vegikapsules.

Suiker

2. WAARVOER USN KETO FAT BURN GEBRUIK WORD:

USN KETO FAT BURN word aangedui as 'n termogeneiese middel wat addisionele energie & fokus verskaf as 'n hulpmiddel in 'n gewigbeheerprogram wat 'n ketogeniese diëet en gereeld oefening insluit.

3. VOOR U USN KETO FAT BURN NEEM:

Moenie USN KETO FAT BURN neem:

- Indien u hypersensitiviteit (allergies) is vir enige van die aktiewe of onaktiewe bestanddele (sieen **WAT USN KETO FAT BURN BEVAT**). Dit sluit in 'n allergie vir gember, aangesien Grains of Paradise 'n lid is van die Zingiberaceae (ginger) familie.
- Indien u swanger is of u baba borsvoed (sieen **Swangerskap en Borsvoeding**).
- Indien u jonger is as 18 jaar is.

Neem spesiale sorg met USN KETO FAT BURN:

- Indien u aan hoë bloeddruk ly, Kafeïne en natrum kan bloeddruk verhoog.
- Indien u aan enige hartoestand ly, Kafeïne, veral wanneer dit in hoë dosis geneem word, kan lei tot onreëlmatige hartklop in individue wat sensitief is vir kafeïne.
- Indien u binneg twe weke elektrive chirurgie ondergaan. Die stimulantefek van USN KETO FAT BURN mag inmeng met chirurgiese prosedures deer hartklop en bloeddruk te verhoog.
- Indien u 'n diabète is, kan USN KETO FAT BURN bloedsuikervlakke beïnvloed. Dosisaanpassings ten opsigte van antidiabétiese medisyne mag nodig wees. Monitor noukeurig.
- Indien u aan 'n bloedingsleklik ly, mag USN KETO FAT BURN die sameklom