

SCHEDULING STATUS Not scheduled

PROPRIETARY NAME AND DOSAGE FORM



USN VO2 MAX

(capsule)

COMPOSITION

Active Ingredients

EACH CAPSULE CONTAINS:

		%NRV
Oxyjun® (<i>Terminalia arjuna</i> (Roxb.) Wight & Arn.) 7:1 bark extract	200 mg	
Of Which Polyphenols	60 mg	
Caffeine Anhydrous	100 mg	
Siberian Ginseng (<i>Eleutherococcus senticosus</i> Maxim.) 10:1 root extract	100 mg	
White Willow (<i>Salix alba</i> L.) bark extract (15 % salicin)	75 mg	
Cocoa Bean (<i>Theobroma cacao</i> L.) extract (10 % theobromine)	12.5 mg	
Folic Acid	200 µg	50 %
Vitamin B ₁₂	6.25 µg	260 %
Vitamin C (Ascorbic acid)	75 mg	75 %
Ferrous Sulphate	8.3 mg	
Ferrous Fumarate	8.3 mg	
Ferrous Gluconate	8.3 mg	
Of Which Total Elemental Iron	6.7 mg	37 %
Magnesium Orotate	121 mg	
Of Which Magnesium	7.6 mg	2 %

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

Other ingredients: Bovine gelatine capsules.

Sugar Free

CATEGORY AND CLASS

D 33.7 Combination Product

PHARMACOLOGICAL ACTION

Oxyjun® (Standardised Extract of *Terminalia arjuna*) is a proprietary solvent free extract of *Terminalia arjuna* delivering heart friendly polyphenols. Human studies demonstrate *Terminalia arjuna*'s efficacy for improving cardiovascular endurance by significantly increasing the maximum oxygen consumption capacity and improving time-to-fatigue.

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.

Siberian Ginseng (10:1 Extract) is used for stimulating immune function, improving physical and athletic stamina, improving cognitive function and concentration.

White Willow Bark Extract (15 % Salicin) has anti-oxidative properties, thus reducing inflammatory exudates, effects and preventing oxidative-stress-induced cytotoxicity.

Theobromine: Theobromine powder, enriched with flavonoid constituents, is used for preventing cardiovascular disease and cognitive impairment.

Folic acid: Folic acid or folate are forms of water-soluble Vitamin B₉. Folic acid is involved in red blood cell formation.

Vitamin B₁₂: Vitamin B₁₂ is an essential water-soluble vitamin. It is also involved in blood cell formation, and therefore indirectly assists oxygen transport.

Vitamin C: Vitamin C (ascorbic acid) is a water-soluble vitamin that helps in connective tissue formation. Vitamin C is also an antioxidant for the maintenance of good health.

Ferrous sulphate, Ferrous fumarate, Ferrous gluconate: Iron is an essential mineral and an important component of proteins involved in oxygen transport and metabolism. It is also used for improving athletic performance and fatigue.

Magnesium Orotate: Magnesium contributes to the maintenance of normal muscle function and tissue formation. Magnesium also helps with the reduction of tiredness and fatigue.

INDICATION

Indicated as an aid to help increase ventilatory breakpoint.

CONTRA-INDICATIONS

Haemorrhage, Thrombosis, Diabetes, High Blood Pressure. Do not use if you are pregnant or lactating.

WARNINGS AND SPECIAL PRECAUTIONS

Not recommended for use in children under the age of 18 years.

Use cautiously in patients with hypertension, due to possible hyper- and hypotensive effects.

Please discuss with your healthcare professional before taking this medicine.

PREGNANCY AND LACTATION

Do not take this medicine during pregnancy or lactation.

INTERACTIONS

Do not use with anticoagulants. Always tell your healthcare professional if you are taking any other medicine.

DOSAGE AND DIRECTIONS FOR USE

Adults:

PRIOR TO WORKOUT OR TRAINING SESSION

- Take one capsule on an empty stomach.
- Take another capsule on an empty stomach during the day.

4 DAY LOADING PHASE FOR SPORTING EVENTS

- Day 1-4: one capsule, twice daily.
- Day of event: one capsule 30 minutes before the start of event and another capsule halfway through the event.

Do not exceed the daily recommended dose. In the event of over dosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

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

SIDE-EFFECTS

The following side-effects may be associated with the use of USN VO2 MAX, especially if taken on a regular basis, and are listed under their corresponding body-organ class:

Cardiovascular: Hypotension, Reduced Arterial Pressure, Bradycardia, Tachycardia, Myocardial Infarction, Cardiac Events, Arrhythmias and Increased Blood pressure.

Dermatological: Pruritis.

Gastro Intestinal system: Nausea and vomiting, Dysphagia, Diarrhoea, Bloating, Flatulence, Abdominal Pain, Dry Mouth, Constipation.

Musculoskeletal system: Loss of Tendon Reflexes, Muscle Weakness, Bone Pain, Decreased Skeletal Muscle Tone, Limb Weakness, Hypocalcaemic Tetany.

Neurological system: Headaches, Dizziness, Drowsiness.

Ocular system: Visual Impairment, Nystagmus and swollen eyes.

Not all side-effects reported for this medicine are included in this leaflet. Should your general health worsen, or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

None known. Treatment is symptomatic and supportive.

IDENTIFICATION

White capsule containing mottled, light brown powder.

PRESENTATION

White HDPE plastic container with a white USN lid, containing 60 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 REGISTRATION CERTIFICATE

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 THIS PACKAGE INSERT

August 2014

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.

VO2001/PI/C

JOB: BRS_VO2_MAX_60s	SIZE: 195mm x 163 mm
STOCK: Foil Substrate: <input type="checkbox"/> Clear Substrate: <input type="checkbox"/> White Substrate: <input type="checkbox"/> Paper: <input checked="" type="checkbox"/> Other: <input type="checkbox"/>	
COLOURS:	FINISHING:
<input checked="" type="checkbox"/> K <input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot	<input type="checkbox"/> Foil / Holographic Foil <input type="checkbox"/> Matte <input type="checkbox"/> Gloss
<input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot	<input type="checkbox"/> Spot UV <input type="checkbox"/> Doming <input type="checkbox"/> Embossing

SKEDULERINGSSTATUS Nie geskeduleerd

HANDELSNAAM EN DOSEERVORM



USN VO2 MAX

(kapsule)

SAMESTELLING

Aktiewe bestanddele:

ELKE KAPSULE BEVAT:		%NWW
Oxyjun® (<i>Terminalia arjuna</i> (Roxb.) Wight & Arn.)	200 mg	
7:1 bas-ekstrak		
Waarvan Polifenole	60 mg	
Anhidriese Kafeïen	100 mg	
Siberiese Ginseng (<i>Eleutherococcus senticosus</i> Maxim.) 10:1 wortel-ekstrak	100 mg	
Wit Wilger (<i>Salix alba</i> L.) bas-ekstrak (15 % salisien)	75 mg	
Kakaoboön (<i>Theobroma cacao</i> L.) ekstrak (10 % teobromien)	12,5 mg	
Foliensuur	200 µg	50 %
Vitamiën B ₁₂ (Sianokobalamin)	6,25 µg	260 %
Vitamiën C (Askorbiensuur)	75 mg	75 %
Ystersulfaat	8,3 mg	
Ysterfumarat	8,3 mg	
Ysterglukonaat	8,3 mg	
Waarvan Totale Elemente Yster	6,7 mg	37 %
Magnesium-oroataat	121 mg	
Waarvan Magnesium	7,6 mg	2 %

*%Nutriëntverwysingswaardes (NWWs) vir individue 4 jaar en ouer (2010)

Ander bestanddele: Beesgelatienekapsule.

Suikervry

KATEGORIE EN KLAS

D 33.7 Kombinasie Produk

FARMAKOLOGIESE AKSIE

Oxyjun® (Gestandaardiseerde ekstrak van *Terminalia arjuna*) is 'n oplosmiddelvrye ekstrak van *Terminalia arjuna* wat hart-vriendelike polifenole lewer. Studies op mense toon dat *Terminalia arjuna* kardiovaskulêre uithouvermoë kan verbeter deur die maksimum suurstofverbruikskapasiteit beduidend te verhoog en die tyd-tot-moegheid te verbeter.

Anhidriese Kafeïen: Kafeïen verhoog rustende energieverbruik (REV) of rustende metabolisme tempo (RMT), en sellulêre termogenese. Die termogeniese effekte van kafeïen kan veroorsaak word deur vaatvernouing en toename in vasculêre gladde spier tonus. Kafeïen veroorsaak ook 'n toename in nie-oksidasiewe vetuuromskakeling en vetoksidasie. Die effek van kafeïen op energieverbruik en vetmetabolisme word blykbaar deur simpatiese en non-simpatiese meganismes gemedieer.

Siberiese Ginseng (10:1 ekstrak) word gebruik vir die stimulerende van immuunfunksie, verbeterde fisiese en atletiese stamina, asook die verbetering van kognitiewe funksie en konsentrasie.

Wit Wilgerbas Ekstrak (15 % Salisien) het anti-oksidasiewe eienskappe, derhalwe die vermindering van inflammatiese uitsekings, effekte en voorkoming van oksidasiewe-spannings-veroorsaakte sitotoksistiteit.

Teobromien: Teobromienpoëer, ryk aan flavonoïed bestanddele, word gebruik vir die voorkoming van kardiovaskulêre siekte en kognitiewe gebrek.

Foliensuur: Foliensuur of folaat is vorms van water-oplosbare vitamien B₉. Foliensuur is betrokke by rooibloedsewering.

Vitamiën B₁₂ Vitamiën B₁₂ is 'n noodsaaklike water-oplosbare vitamien. Dit is ook betrokke by bloedselwering en is dus indirek betrokke by suurstofvervoer.

Vitamiën C: Vitamiën C (askorbiensuur) is 'n water-oplosbare vitamien wat help met bindweefselwering. Vitamiën C is ook 'n antioksidant vir die handhawing van goeie gesondheid.

Ystersulfaat, Ysterfumarat, Ysterglukonaat: Yster is 'n noodsaaklike mineraal en 'n belangrike komponent van proteïene wat betrokke is by suurstofvervoer en metabolisme. Dit word ook gebruik vir die verbetering van atletiese prestasie en moegheid.

Magnesiumoroataat: Magnesium dra by tot die handhawing van normale spierfunksie en weefselwering. Magnesium help ook met die vermindering van moegheid en uitputting.

INDIKASIES

Aangedui as 'n hulpmiddel om ventilatoriese breekpunt te help verhoog.

KONTRA-INDIKASIES

Bloeding, Trombose, Diabetes, Hoë bloeddruk. Vermoed die gebruik van hierdie produk tydens swangerskap en laktasie.

WAARSKUIWINGS EN SPESIALE VOORSORGMATREËLS

Nie aanbeveel vir gebruik in kinders onder die ouderdom van 18 jaar.

Gebruik versigtig in mense met hipertensie, weens die kans dat die produk tot verdere hiper- of hipotensie mag lei.

Bespreek asseblief met jou gesondheidspraktisyn voordat u hierdie medisyne neem.

SWANGERSKAP EN LAKTASIE

Vermoed die gebruik van hierdie produk tydens swangerskap en laktasie.

INTERAKSIES

Moenie saam met antikoagulant gebruik nie. Lig altyd jou professionele gesondheidspraktisyn in as jy enige ander medisyne neem.

DOSIS EN GEBRUIKSAANWYSINGS

Volwassenes:

VOOR OEFENSESIE

- Neem een kapsule op 'n leë maag voor 'n oefensessie, en nog 'n kapsule op 'n leë maag gedurende die dag.

4-DAG LADINGSFASE VIR KOMPETISIES

- Dag 1-4: een kapsule, twee keer daaglik.
- Dag van die kompetisie: een kapsule 30 minute voor die begin van die sessie en nog 'n kapsule halfpad deur die sessie.

Moenie die aanbevole dosis oorskry nie. In die geval van oordosering skakel dringend u dokter of apteker. Indien hul nie beskikbaar is nie kontak jou naaste hospitaal of gifbeheersentrum.

Moenie medisyne wat vir jou voorgeskryf is met ander mense deel nie.

NEWE-EFFEKTE

Die volgende nuwe-effekte kan geassosieer word met die gebruik van USN VO2 MAX, veral as dit op 'n gereelde grondslag geneem word, en word onder hulle ooreenstemmende liggaams-organiese stelsels:

Kardiovaskulêr: Hipotensie, vertraagde arteriële druk, bradikardie, tagikardie, miokardiale infarctie, kardiële gebeure, aritmie en verhoogde bloeddruk.

Dermatologies: Pruritus.

Gastro-intestinale stelsel: Naarheid en braking, disfasie, diarree, opgeblasseerdheid, windigheid, abdominale pyn, droë mond, hardlywigheid.

Muskuloskeletale stelsel: Verlies van seningrefleksie, spierswakheid, been pyn, verminderde skeletale spiertonus, ledemaat swaakheid, hipokalsemiese tetanie.

Neurologiese stelsel: Hoofpyn, duiseligheid, lomerigheid.

Okulêre sisteem: Gesiggestremtheid, nistagmus en geswelde oë.

Nie alle nuwe-effekte wat vir hierdie medisyne aangemeld is, word in hierdie voubljet genoem nie. Indien jou algemene gesondheid agteruitgaan of jy enige ongunstige effekte ervaar terwyl jy hierdie medisyne neem, raadpleeg asseblief jou dokter, apteker of ander professionele gesondheidspraktisyn.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING

Geen. Behandeling is simptome en ondersteunend van aard.

IDENTIFIKASIE

Wit kapsule wat gespikkelde, ligbruin poëer bevat.

AANBIEDING

Wit HDPE plastiekhouer met 'n wit USN deksel, wat 60 kapsules bevat.

BERINGSAAANWYSINGS

Bêre op 'n koel, droë plek teen of benede 25 °C. HOU BUITE BEREIK VAN KINDERS.

REGISTRASIE NOMMER

Vir toekenning deur die Raad.

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

USN (Edms) Bpk
Gebou C, Southdowns Besigheidspark, 2de Floor, Karestraat 21,
Irene Uitr. 54, 0157.
Tel: 0861 111 876

DATUM VAN PUBLIKASIE VAN HIERDIE VOUBLJET

Augustus 2014

KOMPLEMENTÊRE MEDISYNE

Dissipline: Kombinasie Produk - Westerse Kruiemidisyne & Gesondheidsaanvulling.

Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer vir sy kwaliteit, veiligheid of beoogde gebruik nie.

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