

Instructions: Read these instructions carefully before you start using Synofit Premium. Synofit Premium is a Green-lipped mussel and Curcumin-based treatment for flexible joints. Both the product and accompanying information have been prepared with the utmost care. The instructions apply only to the use of Synofit Premium. Keep this instruction leaflet, as you may need to read it again. For more information consult your pharmacist or shop assistant or go to the website www.synofitusa.com.

Synofit Premium®

Synofit Premium, Dietary Supplement for joints

Synofit Premium helps you to maintain healthy, flexible joints. The main, natural ingredients help to promote a healthy inflammation response. Curcumin (*Curcuma longa*) is the main active component from the spice Turmeric. Curcumin is an anti-oxidant that has been shown to promote a healthy inflammation response on tissues and cells. In addition, Curcumin is good for the function of joints. Synofit Premium uses all-natural, highly concentrated, pure Bio-Curcumin (Bio-CM100®). Bio-CM100® contains more than 95% curcuminoids and is bioavailable for at least 8 hours after ingestion. The active compounds in Blackcurrant (*Ribes nigrum*) leaf also support healthy joints. Synofit Premium is formulated with GLMax® Green-lipped mussel (*Perna canaliculus*). The Green-lipped mussel is a mollusc that only survives in the pristine waters around New Zealand. Synofit Premium contains 100% pure Green-lipped mussel in a liquid, stabilized form (GLMax®). Synofit Premium Liquid also contains Boswellia (*Boswellia serrata*), which has a long history for treatment of joints, and Turmerosaccharides from the Turmeric root. Finally, Synofit Premium contains Vitamin C, D, and E. Vitamin C supports the immune system and helps to maintain healthy cartilage.



Content of this instruction leaflet:

1. What is Synofit Premium and what is it used for?
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Synofit Premium Liquid:

Supplement Facts	
Serving Size 10 mL - maintenance: 5 mL	
Servings Per Container 40 or 20	
Amount Per Serving	%Daily Value
Calories 3.9	
Total fat 0.07 g	<1% †
Vitamin C (as ascorbic acid) 59 mg	73%
Vitamin D3 (as cholecalciferol) 200 I.U.	100%
Vitamin E (as d-alpha-tocopherol) 5 mg	50%
Calcium (as calcium gluconate) 22 mg	2%
GLMax® Green-lipped mussel (<i>Perna canaliculus</i>) 390 mg	*
Blackcurrant (<i>Ribes nigrum</i>) (leaf) 167 mg	*
Full Spectrum Curcumin (<i>Curcuma longa</i>) (rhizome) 210 mg	*
Boswellia (<i>Boswellia serrata</i>) (resin) 50 mg	*
Omega-3 Fatty Acids 0.1 g	*
† Percent Daily Values are based on a 2,000 calorie diet	
*Daily Value not established	

Other ingredients: Water, aroma (banana), sweetener (steviol glycosides), conservation (citric acid, lactic acid, potassium sorbate)

Contains molluscs (Green-lipped mussel)

1. What is Synofit Premium and what is it used for?

Synofit Premium is a liquid joint treatment that helps to keep the joints flexible. It contains Green-lipped mussel, Bio-Curcumin, and Blackcurrant leaf. Synofit Premium Capsules are capsules with a liquid content.

2. What do you need to know before using Synofit Premium?

Synofit Premium is delivered as a pure liquid (Synofit Premium Liquid) or as capsules with a liquid content (Synofit Premium Capsules).

Synofit Premium Capsules:

Supplement Facts	
Serving Size 2 Capsules	
Servings Per Container 30	
Amount Per Serving	%Daily Value
Calories 8.5	
Total fat 0.5 g	<1% †
Vitamin C (as ascorbic acid) 34 mg	42%
Vitamin D3 (as cholecalciferol) 133 I.U.	67%
Vitamin E (as d-alpha-tocopherol) 3.0 mg	30%
Calcium (as calcium gluconate) 15 mg	1,5%
GLMax® Green-lipped mussel (<i>Perna canaliculus</i>) 260 mg	*
Blackcurrant (<i>Ribes nigrum</i>) (leaf) 110 mg	*
Bio-CM100® Curcumin (<i>Curcuma longa</i>) (rhizome) 80 mg	*
Omega-3 Fatty Acids 0.07 g	*
† Percent Daily Values are based on a 2,000 calorie diet	
*Daily Value not established	

Other ingredients: Fish oil, fish gelatin, sunflower lecithin, glycerin, beeswax, chlorophyllin

Contains molluscs (Green-lipped mussel), fish (oil and gelatin)

Make-up and package contents:

Synofit Premium Liquid comes in a white 200 mL or 400 mL BPA-free PET bottle, which is impenetrable to sunlight and has been approved for public consumption. The cap is covered by a shrink sleeve that breaks when opened. The packaging also contains a spoon with 5 mL and 2.5 mL measurement marks to measure out the correct amounts. Rinse with hot water and clean the spoon after each use. The pack size 400 mL is not suitable for the follow-up course of treatment, because of the limited storage life after opening (45 days).

Synofit Premium Capsules are contained in a blister which has

been approved for public consumption. Synofit Premium Capsules are available in packages of 60 pieces.

3. How to use Synofit Premium

Synofit Premium can be used as a pure liquid (Synofit Premium Liquid) or as capsules (Synofit Premium Capsules).

Synofit Premium Liquid: For the first 40-80 days, take 5 mL Synofit Premium Liquid each morning and evening with a meal. If, after this period, your joints feel supple and comfortable, you could reduce usage to 5 mL each morning with a meal; or to 2.5 mL each morning and evening with a meal.

Synofit Premium Capsules: As a dietary supplement for adults, take one (1) soft gel capsule twice daily, preferably with a meal or as directed by a healthcare professional.

It is possible to use Synofit Premium Liquid and Synofit Premium Capsules interchangeably.

4. Warnings, special precautions and side effects

Please note! Not suitable for people allergic to molluscs. Although some users allergic to molluscs and / or shellfish have experienced no ill effects from using Synofit, we still recommend not to use Synofit if you are allergic to molluscs and / or shellfish. Not for children. Do not use during pregnancy. Do not use if you have large gallstones. Do not use if packaging is damaged or if the product is past its expiration date. This date, which is printed on the bottle and blister, indicates when the product can no longer be guaranteed to be of the highest quality. For the follow-up treatment, the pack size 400 mL is not suitable, because of the limited shelf life after opening.

A nutritional supplement is not a substitute for a varied, balanced diet and a healthy lifestyle.

Cases of incompatibility:

Please consult your pharmacist if you will start using the following medication with Synofit Premium:
sulfasalazine (used for intestinal disorders, arthritis or skin problems); **talinolol** (a beta blocker); **imatinib** (used for malignancies); **digoxin** (used in heart failure and cardiac arrhythmias); **tamoxifen** (used with breast cancer). This is because the ingredient Curcumin may have an interaction with the above-mentioned drugs.

If you are taking a medicine with **levothyroxine** (thyroid hormone), you should take Synofit Premium at least 4 hours before or after this medicine. This is because Synofit Premium contains small amounts of calcium and iron, which may affect the effect of the drug on the thyroid gland.

To date, there have been no known problems with using Synofit Premium in combination with medication and nutritional supplements. Mixing Synofit with other compounds or taking Synofit at the same time is nevertheless not recommended.

Driving and diabetics:

Synofit Premium does not affect your ability to drive a vehicle. Synofit Premium Liquid does not contain any sugars, but the 100% natural sweetener steviol glycosides. **Please note! In rare cases, Synofit Premium can have an effect on blood sugar levels in diabetics.**

Side effects:

The following phenomena have been associated by users with Synofit Premium:

Occasionally: diarrhoea, constipation, reflux after ingestion, nausea (usually only with intake), heartburn

Rare: skin rash, (temporary) deterioration in the condition of the joints

In the case of persistent diarrhoea, nausea, constipation, rash, upset stomach, considerable deterioration in the condition of the joints or any other annoying side effect, you are advised to immediately stop using Synofit and to be examined whether there is a (molluscan shellfish) allergy. In the case of persistent gastrointestinal symptoms (nausea, heartburn) when using **Synofit Premium Liquid**, you may have a problem with Boswellia; you can then consider switching to **Synofit Premium Capsules**, which do not contain Boswellia. Always contact Synofit if you think you are experiencing side effects.

5. How to store Synofit Premium

Synofit Premium Liquid will keep for 45 days after opening if it is stored under the right conditions. Store in a cool place, between 5 and 15 degrees, preferably in the fridge. Close the cap firmly after each use. Keep away from sunlight. Shake well before each use!

Synofit Premium Capsules will keep for 15 months after opening. Store at room temperature. Keep away from sunlight.

Keep out of reach of children.

6. Production and guidelines

Firms that produce and sell dietary supplements must comply with the Commodities Act governing the manufacture and sale of such products. The manufacturer is bound by the HACCP* guidelines. This means that the manufacturer is required to compile an inventory of the risks associated with the ingredients used, including an examination of the legality of the use of these ingredients. Synofit Premium is produced in the Netherlands and as such it is bound by the Dutch law. The objective of these principles is to guarantee a production process that delivers a high quality end product. The location where Synofit is manufactured is certified with FSSC 22000** as well, which means that this location complies to even stricter safety and quality standards than required.

* HACCP, short for Hazard Analysis and Critical Control Points, which is an inventory of the risks associated with foods.

** FSSC, short for Food Safety System Certification, which is a globally accepted certification (standard)

Synofit is produced in the Netherlands for: Synofit Europe B.V. | Randstad 22 131 | 1316 BW Almere | The Netherlands

7. Questions

For more information and questions about Synofit, please contact us through:

Web: www.synofitusa.com