

WELLVITA GINKGO BILOBA

PROPRIETARY NAME AND DOSAGE FORM

WELLVITA GINKGO BILOBA (capsule)

COMPOSITION

Each capsule contains: Active ingredients: *Ginkgo biloba* powder 300 mg and *Ginkgo biloba* extract 140 mg.

PHARMACOLOGICAL CLASSIFICATION

D 33.6 Western herbal medicine.

Complementary medicine: Western herbal.

INDICATIONS

This product is used as an aid to maintain cognitive health, memory and alertness. This is based on traditional use only.

CONTRA-INDICATIONS

Do not use this medicine if you are hypersensitive (allergic) to any of the ingredients in the formulation. Use under medical supervision in children. Avoid use if you are suffering from seizures or epilepsy.

WARNINGS AND SPECIAL PRECAUTIONS

If you suffer from any serious ailments or conditions; or if you are taking any other medication, please check with your healthcare provider before taking this medicine.

- There is a possible cross-sensitivity in people allergic to urushiols (an allergen found in plants such as mango, poison ivy or cashews).
- This medicine might slow blood clotting and should be used cautiously with any other blood thinning medication. Discontinue use two weeks prior to any scheduled surgery.
- People suffering from hypertension or diabetes should use this medicine under medical supervision.
- This medicine might cause dizziness and sedation. It may affect your ability to drive and use machines. Please exercise care when driving or operating machinery until you know how it affects you.
- Porphyria: Safety has not been established.

Nutritional supplementation should not replace a balanced diet. Do not exceed the recommended dose without consulting a healthcare provider.

PREGNANCY AND LACTATION

If you are pregnant or breastfeeding, please consult your doctor, pharmacist or other healthcare provider for advice before taking this medicine.

INTERACTIONS

If you are taking other medicines regularly, including complementary or traditional medicines, or start taking any additional medicines while taking this medicine, consult your healthcare provider for advice. If you are taking herbs and supplements that may increase the risk of bleeding (such as garlic), anticoagulant or antiplatelet medication (such as aspirin, warfarin, heparin or clopidogrel) and/or non-steroidal anti-inflammatory medications (such as ibuprofen or naproxen), please check with your healthcare provider before taking this medicine. Do not use this medicine if you are taking MAOIs (monoamine oxidase inhibitor drugs). *Ginkgo biloba* may interfere with the way the body processes certain drugs using the liver's 'cytochrome P450' enzyme system. As a result, the levels of these drugs may be altered in the blood, and may cause decreased efficacy or potentially serious adverse reactions. Anyone using other medications is advised to consult with their healthcare provider about possible interactions before taking this medicine.

DOSAGE AND DIRECTIONS FOR USE

Adults: Take one capsule daily with a meal, or as directed by your healthcare provider.

SIDE EFFECTS

Side effects may include stomach upset, seizure, headache, dizziness, sedation, constipation, irregular heartbeat and allergic reactions. 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, discontinue use immediately and consult your doctor, pharmacist or other healthcare provider for advice.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

In case of an overdose, or if an overdose is suspected, contact your healthcare provider immediately. Treatment is symptomatic and supportive.

IDENTIFICATION

White capsule.

PRESENTATION

30 Capsules are packed in a plastic container.

STORAGE INSTRUCTIONS

Store all medicines out of reach of children. Store in a cool dry place below 25 °C and keep away from direct sunlight. Keep the container tightly closed.

NAME AND BUSINESS ADDRESS OF THE APPLICANT

Alveta Healthcare (Pty) Ltd, 1 Greenwich Grove, Station Road, Rondebosch, 7700. Company registration number: 2004/021899/07. Pharmacy audit number: Y53008.

DATE OF PUBLICATION OF THE PACKAGE INSERT

1 September 2020.

WELLVITA GINKGO BILOBA

HANDELSMERKNAAM EN DOSEERVORM

WELLVITA GINKGO BILOBA (kapsule)

SAMESTELLING

Elke kapsule bevat: Aktiewe bestanddele: *Ginkgo biloba* poeier 300 mg en *Ginkgo biloba* uittreksel 140 mg.

FARMAKOLOGIESE KLASSIFIKASIE

D 33.6 Westerse kruie medisyne.
Komplementêre medisyne: Westerse kruie.

INDIKASIES

Hierdie produk word gebruik as hulpmiddel om kognitiewe gesondheid, geheue en verstandelike helderheid te handhaaf. Hierdie is slegs gebaseer op tradisionele gebruik.

KONTRA-INDIKASIES

Vermý as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule. Gebruik in kinders slegs onder die toesig van 'n geneesheer. Moenie gebruik indien jy stuipaanvalle of epilepsie kry nie.

WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

As jy enige voorgeskrewe medisyne gebruik of aan enige ernstige siektes of toestande ly, raadpleeg jou geneesheer voordat jy hierdie medisyne begin gebruik.

- Daar is 'n moontlikheid vir 'n allergiese reaksie in persone sensitief vir urushiols ('n allergeen gevind in plante soos bv. veselperskes, gif klim-op, kasjoeneute ens.).
- Hierdie medisyne kan moontlik bloedstolling vertraag en moet met sorg gebruik word in pasiënte wat enige ander bloedverduunningsmedikasie gebruik. Staak gebruik ten minste twee weke voor enige beplande sjirurgie.
- Indien jy aan hipertensie of diabetes ly, moet die medisyne onder mediese toesig gebruik word.
- Die medisyne kan duiseligheid en lomerigheid veroorsaak. Wees asseblief versigtig wanneer jy bestuur of masjinerie gebruik totdat jy weet hoe die medisyne jou beïnvloed.
- Porfirie: Veiligheid is nie vasgestel nie.

Voedingsaanvullings moet nie 'n gebalanseerde dieët vervang nie. Moenie die aanbevole dosis oorskry sonder om 'n geneesheer te raadpleeg nie.

SWANGERSKAP EN BORSVOEDING

Indien jy swanger is of borsvoed, raadpleeg jou geneesheer voordat jy hierdie medisyne gebruik.

INTERAKSIES

As jy ander medisyne gereeld gebruik, insluitend aanvullende (komplementêre) of tradisionele medisyne, of as jy enige addisionele medisyne begin neem terwyl jy hierdie medisyne gebruik, raadpleeg jou geneesheer vir raad. Indien jy kruie of aanvullings gebruik wat die risiko van bloeding verhoog (soos knoffel), stollingsteelmiddels of bloedverduunningsmedikasie (soos aspirien, warfarien, heparien of klopidogrel) of nie-steroidale anti-inflammatoriese medikasie (soos ibuprofen of naproksen), raadpleeg eers 'n geneesheer voordat jy die medikasie gebruik. Moenie die medisyne gebruik indien jy op enig MAOI's (mono-amien oksidase inhibeerders) is nie. *Ginkgo biloba* kan inmeng met die metabolisme van sekere medisyne wat gemetaboliseer word via die lewer se 'sitochroom P450' ensiemstelsel. As gevolg van hierdie interaksie kan die vlakke van sekere middels verander in die bloedstroom wat kan lei tot oneffektiwiteit of potensieël ernstige nuwe-effekte. Indien jy enige ander medikasie gebruik, raadpleeg jou geneesheer vir raad aangaande enige interaksies voordat jy hierdie medikasie begin gebruik.

DOSES EN GEBRUIKSAANWYSINGS

Volwassenes: Neem een kapsule daaglik met 'n ete, of soos jou geneesheer voorskryf.

NEWE-EFFEKTE

Nuwe-effekte kan omgekrapte maag, stuipaanvalle, hoofpyn, duiseligheid, lomerigheid, konstipasie, onreëlmatige hartklop en allergiese reaksies insluit. Sommige aangemelde nuwe-effekte is nie in hierdie voubiljet ingesluit nie. Indien jy enige onaangename nuwe-effekte ervaar of voel dat jou algemene gesondheid verswak, hou onmiddellik op om die medisyne te gebruik en kontak jou geneesheer.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING

In geval van oordosering, of indien oordosering vermoed word, kontak jou geneesheer onmiddellik. Behandeling is simptome en ondersteunend.

IDENTIFIKASIE

Wit kapsule.

AANBIEDING

30 Kapsules verpak in 'n plastiek houer.

BERGINGSANWYSINGS

Berg alle medisyne buite bereik van kinders. Berg in 'n koel, droë plek onder 25 °C en hou weg van direkte sonlig. Hou die houer dig toe.

NAAM EN BESIGHEIDSADRES VAN DIE APPLIKANT

Alveta Healthcare (Pty) Ltd, Greenwich Grove 1, Station weg, Rondebosch, 7700. Maatskappy registrasie nommer: 2004/021899/07. Apteek oudit nommer: Y53008.

DATUM VAN VOUBILJET PUBLIKASIE

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