

## SCHEDULING STATUS S0

### PROPRIETARY NAME AND DOSAGE FORM

HUMEX K™ (capsule)

### COMPOSITION

Each capsule contains: Active ingredient: Zymate (a propriety blend of 92 % soluble potassium humate) 600 mg. [Propriety blend consist of: 13 % elemental potassium (equivalent to 78mg); 78 % humic and fulvic acid; and 67,5 % organic carbon.]

Other ingredients: 0.3% sulphur, magnesium stearate (vegetable), *oryza sativa* and gelatine bovine (capsule housing).

\*Capsules are free of sugar, gluten, preservatives, lactose and shellfish.

### PHARMACOLOGICAL CLASSIFICATION

D 32.2 Other.

Discipline: Health supplement.

### INDICATIONS

Humex K is indicated for joint aches, stiffness and discomfort.

### CONTRA-INDICATIONS

Do not use this medicine if you are hypersensitive (allergic) to any of the ingredients in the formulation or sulphur; or if you are pregnant or breastfeeding. Avoid if you suffer from porphyria. Not suitable for use in children under the age of 12 years unless under supervision of your healthcare provider.

### WARNINGS AND SPECIAL PRECAUTIONS

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

- This product does contain sulphur (at no more than 0,3 mg) and should be avoided in patients allergic to sulphur based compounds.
- The interaction of warfarin and Humex K has never been tested and warfarin is known to interact with numerous other substances including medicines and nutritional products. INR levels should be monitored if a patient uses both compounds concomitantly.
- Humex K is a chelator which means it can influence the absorption of other medicines. It is recommended that Humex K should be taken at least one hour apart from any other supplement or medication to avoid interference with the absorption of other chemicals.
- No studies on the effect on the ability to drive and use machines have been performed. Please exercise care when driving or operating machinery until you know how it affects you.

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 advise before taking this medicine.

### INTERACTIONS

If you are taking other medicines (such as warfarin) regularly, including complementary or traditional medicines, or start taking any additional medicines while taking this medicine, consult your healthcare provider for advice. Take Humex K at least one hour apart from any other supplement or medication to avoid absorption problems.

### DOSAGE AND DIRECTIONS FOR USE

Take one capsule three times a day, or as directed by your healthcare provider. Capsules should be taken an hour before or after any medication.

### SIDE EFFECTS

Side effects may include headaches, nausea, thirst, darkening of the faeces, sweating, skin rash and excessive urination. 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 and consult your doctor, pharmacist or other healthcare provider for advice.

### KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

No known symptoms of overdose. Treatment is symptomatic and supportive.

### IDENTIFICATION

Red and white capsule.

### PRESENTATION

Carton contains 60 capsules packed in a plastic bottle.

### 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.

### NAPPI CODE

702610001

### REGISTRATION NUMBER

To be allocated.

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

Alveta Healthcare (Pty) Ltd, 18 Greenwich Grove, Station Road, Rondebosch, 7700. Company registration number: 2004/021899/07. Pharmacy audit number: Y53008.

### DATE OF PUBLICATION OF THE PACKAGE INSERT

30 September 2013

## SKEDULERINGSSTATUS

### HANDELSMERKNAAM EN DOSEERVORM

HUMEX K™ (kapsule)

### SAMESTELLING

Elke kapsule bevat: Aktiewe bestanddeel: Zymate ('n vermenging van 92 % oplosbare kaliumhumaat) 600 mg. [Vermenging bestaan uit: 13 % elementêre kalium (ekwivalent aan 78mg); 78 % humus- en fulviensuur; en 67,5 % organiese koolstof.]

Onaktiewe bestanddele: Swawel 0,3 %, magnesium stearaat (plantaardig), *oryza sativa* en beesgelatien (kapsuuldoppie).

\*Kapsules bevat geen suiker, gluteen, preserveermiddels, laktose of skulpvis nie.

### FARMAKOLOGIESE KLASSIFIKASIE

D32.2 Ander.

Dissipline: Gesondheidsaanvulling.

### INDIKASIES

Humex K word aangedui vir gewrigspyn, styfheid en ongemak.

### KONTRA-INDIKASIES

Vermý as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule of swawel; of as jy swanger is of borsvoed. Moenie gebruik indien jy porfirie het nie. Nie geskik vir kinders onder die ouderdom van 12 jaar nie, behalwe onder die toesig van 'n geneesheer.

### WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

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

- Hierdie produk bevat swawel (nie meer as 0,3 mg) en moet vermy word indien pasiënt allergies is vir swawel produkte.
- Die interaksie tussen warfarien en Humex K is nog nooit getoets nie. Warfarien het vele interaksies met ander medisyne (insluitende aanvullende medisyne) en voedsel. INR vlakke moet gemonitor word indien Humex K en warfarien saam gebruik word.
- Humex K is 'n chelator wat beteken dat dit 'n invloed het op die absorpsie van ander medisyne. Daar word aanbeveel dat Humex K ten minste een uur voor of na enige ander medisyne geneem moet word om enige invloed wat dit op die absorpsie van ander middels kan hê te voorkom.
- Geen studies is gedoen om die effek wat die medisyne het op bestuur en die gebruik van masjinerie vas te stel nie. Wees asseblief versigtig wanneer jy bestuur of masjinerie gebruik totdat jy weet hoe die medisyne jou beïnvloed.

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

### SWANGERSKAP EN BORSVOEDING

Raadpleeg jou geneesheer as jy swanger is of borsvoed voordat jy hierdie medisyne begin gebruik.

### INTERAKSIES

As jy ander medisyne (soos warfarien) gereeld gebruik, insluitende komplimentêre of tradisionele medisyne, of as jy enige addisionele medisyne begin neem terwyl jy hierdie medisyne gebruik, raadpleeg jou geneesheer vir raad. Neem Humex K ten minste een uur voor of na enige ander medisyne om absorpsie probleme te voorkom.

### DOSIS EN GEBRUIKSAANWYSINGS

Neem een kapsule drie maal per dag, of soos deur jou geneesheer voorgeskryf. Die kapsules moet een uur voor of enige ander medikasie geneem word.

### NEWE-EFFEKTE

Neue-effekte sluit hoofpyn, naarheid, dors, donker stoelgang, sweet, veluitslag en oormatige urinering in. Sommige aangemelde neue-effekte is nie in hierdie voubiljet ingesluit nie. Indien jy enige onaangename neue-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

Simptome van oordosering is onbekend. Behandeling is simptomaties en ondersteunend.

### IDENTIFIKASIE

Rooi en wit kapsule.

### AANBIEDING

Karton met 60 kapsules verpak in 'n plastiek houer.

### BERGINGSAAWYSINGS

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.

### NAPPI KODE

702610001

### REGISTRASIE NOMMER

Sal toegeken word.

### NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

Alveta Healthcare (Pty) Ltd, Greenwich Grove 18, Station weg, Rondebosch, 7700. Maatskappy registrasie nommer: 2004/021899/07. Apteek oudit nommer: Y53008.

### DATUM VAN VOUBILJET PUBLIKASIE

30 September 2013

Die medisyne is nie deur die Medisyne Beheerraad geëvalueer nie.

Die medisyne is nie bedoel om te diagnoseer, behandel, voorkom of enige siekte toestand te genees nie.