

PROPRIETARY NAME AND DOSAGE FORM

L-LYSINE 1000 mg (tablet)

COMPOSITION

Each tablet contains: Active ingredient: L-Lysine 1000 mg.

Other ingredients (excipients): Silicon dioxide, microcrystalline cellulose and magnesium stearate.

*Tablets are free of sugar, gluten, preservatives and lactose.

PHARMACOLOGICAL CLASSIFICATION

D 34.1: Amino acids

Discipline: Complementary medicine - Health supplement

INDICATIONS

L-Lysine is an essential amino acid, a building block of protein. It's vital for proper growth, helps the body absorb calcium, and plays an important role in the formation of collagen, a substance essential for bones and connective tissues including skin, tendons and cartilage.

CONTRA-INDICATIONS

Do not use this medicine if you are hypersensitive (allergic) to any of the ingredients in the formulation; or if you are pregnant or breastfeeding. Not suitable for use in children, unless under medical supervision.

WARNINGS AND SPECIAL PRECAUTIONS

If you suffer from any serious ailments or conditions (including liver and kidney disease); or if you are taking any prescribed medication, please check with your healthcare provider before taking this medicine.

- 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.
- 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.

DOSAGE AND DIRECTIONS FOR USE

Take one tablet three times a day. Do not exceed the recommended dose without consulting a healthcare provider.

SIDE EFFECTS

Side effects can include diarrhoea, nausea and abdominal pain. 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

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

IDENTIFICATION

White tablet.

PRESENTATION

30 or 60 Tablets 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.

NAPPI CODE

30's: 723514002

60's: 723514001

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

30 October 2017

HANDELSMERKNAAM EN DOSEERVORM

L-LYSINE 1000 mg (tablet)

SAMESTELLING

Elke tablet bevat: Aktiewe bestanddeel: L-Lysien 1000mg

Onaktiewe bestanddele: Silikondioksied, mikro kristallien-sellulose en magnesiumstearaat.

*Tablette bevat geen suiker, glutteen, preserveermiddels of laktose nie.

FARMAKOLOGIESE KLASSIFIKASIE

D 34.1: Aminosure.

Dissipline: Komplimentêre medisyne - Gesondheidsaanvulling.

INDIKASIES

L-Lysine is 'n essensiële aminosuur, 'n boublok van proteïen. Dit word benodig vir normale groei, help die liggaam om kalsium te absorbeer en speel 'n belangrike rol in die vorming van kollageen, 'n stof wat noodsaaklik is vir bene en bindweefsel, insluitend vel, tendons en kraakbeen.

KONTRA-INDIKASIES

Verm y as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule; of as jy swanger is of borsvoed. Dit is nie geskik vir kinders, 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 (insluitend lewer en nier kwale), raadpleeg jou geneesheer voordat jy hierdie medisyne begin gebruik.

- 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.
- 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

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

INTERAKSIES

As jy ander medisyne gereeld gebruik, insluitend aanvullende (komplimentêre) of tradisionele medisyne, of as jy enige addisionele medisyne begin neem terwyl jy hierdie medisyne gebruik, raadpleeg jou geneesheer vir raad.

DOSIS EN GEBRUIKSAANWYSINGS

Neem een tablet drie maal per dag. Moenie die aanbevole dosis oorskry sonder om 'n geneesheer te raadpleeg nie.

NEWE-EFFEKTE

Nuwe-effekte kan diarree, naarheid en abdominale pyn insluit. Nie alle nuwe-effekte is ingesluit in hierdie voubiljet 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

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

IDENTIFIKASIE

Wit tablet.

AANBIEDING

30 of 60 Tablette is 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

30's: 723514002

60's: 723514001

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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