

WELLVITA TURMERIC

PROPRIETARY NAME AND DOSAGE FORM

WELLVITA TURMERIC (capsule)

COMPOSITION

Each capsule contains: Active ingredients: Turmeric (*Curcuma longa*) 425 mg and Piperine 5 mg.

PHARMACOLOGICAL CLASSIFICATION

D 34.8 Polyphenols.

Complementary medicine: Western herbal.

INDICATIONS

Turmeric is a spice that comes from the turmeric plant. The active compound in turmeric, known as curcumin, gives the herb its medicinal properties and is commonly used as a digestive aid. Our product is formulated with piperine for enhanced absorption.

CONTRA-INDICATIONS

Do not use this medicine if you are hypersensitive (allergic) to any of the ingredients in the formulation. Not suitable for children younger than 12 years, unless under medical supervision. Avoid use if you have gallstones or stomach ulcers.

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 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.
- No studies on the effect on the ability to drive and use machines have been performed. Do not drive or operate 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 *Ginkgo biloba* and 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.

DOSAGE AND DIRECTIONS FOR USE

Adults: Take one capsule three times a day with meals, or as directed by your healthcare provider.

SIDE EFFECTS

Side effects can include an upset stomach, nausea and diarrhoea. 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

60, 90 or 120 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 TURMERIC

HANDELSMERKNAAM EN DOSEERVORM

WELLVITA TURMERIC (kapsule)

SAMESTELLING

Elke kapsule bevat: Aktiewe bestanddeel: Borrie (*Curcuma longa*) 425 mg en Piperine 5mg.

FARMAKOLOGIESE KLASSIFIKASIE

D 34.8 Polyphenols.

Komplementêre medisyne: Westerse kruie.

INDIKASIES

Borrie is 'n spesery wat van die borrie plant afkomstig is. Die aktiewe bestanddeel in borrie, bekend as kurkumien, gee die spesery sy medisinale eienskappe en word algemeen gebruik as ondersteuning vir die spysverteringstelsel. Ons produk is geformuleer met piperine vir beter absorpsie.

KONTRA-INDIKASIES

Vermag as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule. Dit is nie geskik vir kinders jonger as 12 jaar nie, behalwe onder die toesig van 'n geneesheer. Moenie gebruik indien jy galstene of 'n maagseer het.

WAARSKUWINGS EN SPESIALE VOORSORGMAATREËLS

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

- Hierdie medisyne kan moontlik bloedstolling vertraag en moet met sorg gebruik word in pasiënte wat enige ander bloedverdunningsmedikasie gebruik. Staak gebruik ten minste twee weke voor enige beplande sjirurgie.
- Geen studies is gedoen om die effek wat die medisyne het op bestuur en die gebruik van masjinerie vas te stel nie. Moenie bestuur of masjinerie gebruik totdat jy weet hoe die medisyne jou beïnvloed nie.
- Porfirie: Veiligheid is nie vasgestel nie.

Voedingsaanvullings moet nie 'n gebalanseerde dieet 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 *Ginkgo biloba* of knoffel), stollingsteenmiddels of bloedverdunningsmedikasie (soos aspirien, warfarien, heparien of klopidogrel) of nie-steroidale anti-inflammatoriese medikasie (soos ibuprofen of naproksen), raadpleeg eers 'n geneesheer voordat jy die medisyne gebruik.

DOSES EN GEBRUIKSAANWYSINGS

Volwassenes: Neem een kapsule drie maal per dag met etes, of soos jou geneesheer voorskryf.

NEWE-EFFEKTE

Nuwe-effekte sluit omgekepte maag, naarheid en diarree in. 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

60, 90 of 120 Kapsules verpak in 'n plastiek houer.

BERGINGSAAANWYSINGS

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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