

ULTIMA APPLE CIDER VINEGAR

PATIENT INFORMATION LEAFLET

Discipline: Western Herbal Medicine

ULTIMA APPLE CIDER VINEGAR has not been evaluated by the Medicines Control Council. It is not intended to diagnose, treat, cure or prevent any disease. It does not purport to be a medicine and makes no claims whatsoever.

SCHEDULING STATUS

To be allocated by Council.

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM
ULTIMA APPLE CIDER VINEGAR (capsules)

Please read this leaflet carefully before you start taking ULTIMA APPLE CIDER VINEGAR

ULTIMA APPLE CIDER VINEGAR is available without a doctor’s prescription, for you to treat mild illness. Nevertheless you still need to use it carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share **ULTIMA APPLE CIDER VINEGAR** with any other person.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve after 10 days.

1. WHAT ULTIMA APPLE CIDER VINEGAR CONTAINS

The active ingredients per capsule are:

200 mg apple cider vinegar, 15 mg gotu kola extract, 10 mg eleutherococcus extract, 10 mg green tea leaf extract, 1 mg pyridoxine (vitamin B6) and 7,5 mg zinc oxide.

The other ingredients are magnesium stearate and starch.

2. WHAT ULTIMA APPLE CIDER VINEGAR IS USED FOR

ULTIMA APPLE CIDER VINEGAR is used to help with general health and wellbeing.

3. BEFORE YOU TAKE ULTIMA APPLE CIDER VINEGAR

Do not take ULTIMA APPLE CIDER VINEGAR:

If you are hypersensitive (allergic) to any of the ingredients in it (see **WHAT ULTIMA APPLE CIDER VINEGAR CONTAINS**).

Take special care with ULTIMA APPLE CIDER VINEGAR:

- If you are having trouble sleeping while taking **ULTIMA APPLE CIDER VINEGAR**. You may need to take less **ULTIMA APPLE CIDER VINEGAR** or take your dosage earlier.
- If you suffer from any chronic medical condition. Please contact your doctor before you start taking **ULTIMA APPLE CIDER VINEGAR**.
- If you are also taking other supplements (see Taking other medicines with **ULTIMA APPLE CIDER VINEGAR**.)
- If you are pregnant or breastfeeding (see Pregnancy and breastfeeding).

Taking ULTIMA APPLE CIDER VINEGAR with food or drink:

It can be taken with or shortly after food.

Pregnancy and breastfeeding:

If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or healthcare professional for advice before taking it.

Driving and using machinery:

ULTIMA APPLE CIDER VINEGAR may impair your ability to drive a vehicle and use machinery. Do not drive a vehicle, operate machinery, or do anything else that requires your attention until you know how **ULTIMA APPLE CIDER VINEGAR** affects you.

Taking other medicines with ULTIMA APPLE CIDER VINEGAR:

Always tell your healthcare professional if you are taking any other medicine (this includes complementary or traditional medicines). *See contra Indications on package insert provided.

The following medicines may cause an interaction when used in combination with **ULTIMA APPLE CIDER VINEGAR**: Not known.

4. HOW TO TAKE ULTIMA APPLE CIDER VINEGAR

Dosage may vary between patients and depends on your lifestyle, stress level, age.

Take 1 capsule twice daily with meals, or as directed by a health professional.

Do not exceed the recommended dose.

You can reduce your dose or take your dose earlier in the day if it is interfering with your sleep.

If you have the impression that the effect is too strong or too weak, talk to your doctor or pharmacist.

If you take more ULTIMA APPLE CIDER VINEGAR than you should:

In the event of over-dosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre. Take this leaflet and the rest of the remaining capsules with you so the doctor will know what you have taken.

If you forget to take ULTIMA APPLE CIDER VINEGAR:

If you have missed your dose by only a few hours, take the missed dose as soon as you remember. If it is almost time for your next dose, skip the missed dose and take it at the next regularly scheduled time. Do not take a double dose to make up for forgotten individual doses.

5. POSSIBLE SIDE EFFECTS

ULTIMA APPLE CIDER VINEGAR can have side effects.

Not all side effects reported for ULTIMA APPLE CIDER VINEGAR are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking it, please consult your doctor, pharmacist or other healthcare professional for advice.

If any of the following happens, stop taking **ULTIMA APPLE CIDER VINEGAR** and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Swelling of your hands, feet, ankles, face, mouth or throat, which may cause difficulty in swallowing or breathing.
- Rash or itching.
- Fainting.
- Yellowing of your skin and eyes, also called jaundice.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to **ULTIMA APPLE CIDER VINEGAR**. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- chest pain
- angina
- changes in the way your heart beats, for example, if you notice it beating faster,
- difficulty breathing,
- signs of recurrent infections such as fever or sore throat,
- less urine than is normal for you,

These are all serious side effects. You may need urgent medical attention.

Tell your doctor as soon as possible if you notice any of the following:

- nausea (feeling sick)
- abdominal cramps or stomach pains,
- headache,
- dizziness,
- tiredness,
- light-headedness,
- dry cough,
- muscle cramps,
- flatulence or wind,
- diarrhoea,
- loss of appetite.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

6. STORING AND DISPOSING OF ULTIMA APPLE CIDER VINEGAR

- Store at or below 25°C.
- Do not remove from outer carton until required for use.
- STORE ALL MEDICINES OUT OF REACH OF CHILDREN.**
- Do not use after the expiry date printed on the label or carton.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains and sewerage systems (e.g. toilets).

7. PRESENTATION OF ULTIMA APPLE CIDER VINEGAR

175 ml vitamin bottle with black screw cap. Bottle containing 60 capsules is packed in an outer container.

8. IDENTIFICATION OF ULTIMA APPLE CIDER VINEGAR

Off-white to cream powder in clear capsule. Please note due to ingredients powder colour may vary.

9. REGISTRATION NUMBER

To be allocated by Council.

10. NAME AND ADDRESS OF THE REGISTRATION HOLDER

P2Life (Pt) Ltd.
P.O. Box 30043
Tokai, 7966

11. DATE OF PUBLICATION

To be allocated by Council.

PRODUCT INFORMATION LEAFLET

ULTIMA APPLE CIDER VINEGAR has not been evaluated by the Medicines Control Council. ULTIMA APPLE CIDER VINEGAR is not intended to diagnose, treat, cure or prevent any disease.

SCHEDULING STATUS

To be allocated by Council.

PROPRIETARY NAME AND DOSAGE FORM
ULTIMA APPLE CIDER VINEGAR (capsules)

COMPOSITION

Active ingredients:
The active ingredients per capsule are: 200 mg apple cider vinegar, 10 mg eleutherococcus extract, 15 mg gotu kola extract (centella asiatica), 10 mg green tea extract, 1 mg pyridoxine (vitamin B6) and 7,5 mg zinc.
The other ingredients are magnesium stearate and silicon dioxide.

PHARMACOLOGICAL CLASSIFICATION

D 32.16 Other

PHARMACOLOGICAL ACTION

Apple Cider Vinegar: As a folk remedy, apple cider vinegar has been credited with curing everything from the flu to warts. Many of its supposed benefits are unproven, but some experts think that adding a little of this sour liquid to your life may have some health benefits.

Apple Cider Vinegar may lower Blood Sugar levels in Diabetes Mellitus Type 2 patients. (White, A. M., et al. Vinegar ingestion at bedtime moderates waking glucose concentrations in adults with well-controlled type 2 diabetes. Diabetes Care. 30(11):2814-2815, 2007. Department of Nutrition, Arizona State University, Mesa, Arizona, USA.)

Gotu Kola Extract: A medicinal herb in Ayurvedic medicine, traditional African medicine, and traditional Chinese medicine to assist with everyday ailments and to assist with general over all well being. Pharmacological Review on Gotu Kola (Centella asiatica): A Potential Herbal Cure-all. ". Indian J Pharm Sci: 546–56. September 2010.

Green Tea Extract: Source of antioxidants for the maintenance of good health (Camargo et al. 2006; Coimbra et al. 2006; Henning et al. 2004; Nakagawa et al. 1999; Van het Hof et al. 1997) To be used with a program of reduced intake of dietary calories and increased physical activity (if possible) to help in weight management (Nagao et al. 2005; Westerterp-Plantenga et al. 2005; Chantre and Lairon 2002; Dulloo et al. 1999)
Vitamin B6 and Zinc: Factors in the maintenance of good health (IOM 2006; IOM 1998).

INDICATIONS

ULTIMA APPLE CIDER VINEGAR is a combination of health enhancing vitamins that enable your body to maintain its natural PH levels, which is important for the body to function at its optimum strength. **ULTIMA APPLE CIDER VINEGAR** with its anti-stress, anti-oxidant and nutritious qualities revitalises your system helping you maximise your well being, vitality, longevity and quality of life.

CONTRAINDICATIONS

Hypersensitivity to any of the ingredients of **ULTIMA APPLE CIDER VINEGAR** (see **COMPOSITION**).

WARNINGS AND SPECIAL PRECAUTIONS

ULTIMA APPLE CIDER VINEGAR may interfere with the ability to fall asleep. Dosage adjustment may be required.

This product does not purport to be a medicine and makes no claims whatsoever.

Patients who are taking prescription medicine, suffering from any chronic medical condition or are pregnant or lactating, must consult a medical practitioner before taking **ULTIMA APPLE CIDER VINEGAR**.

Patients should be advised not to exceed the recommended daily dose. Patients should be advised to take special care if taking other supplements, since these supplementations may contain the same ingredients.

Apple Cider Vinegar may lower blood sugar levels in people with diabetes. Therefore, blood sugar levels need to be monitored closely. Dose adjustments may be necessary for diabetes medications that are taken.

Consult a health care practitioner prior to use if you have a liver disorder or develop symptoms of liver trouble (such as abdominal pain, dark urine or jaundice) (HC 2007a; Molinari et al. 2006; Gloro et al. 2005).

Consult a health care practitioner prior to use if you have an iron deficiency (Cooper et al. 2006; Nelson and Poulter 2004; Zijp et al. 2000). Gotu Kola contains actives that may have an effect on the liver. Diuretics (water pills) - Gotu Kola acts like a diuretic, meaning it helps the body get rid of excess fluid. Taking diuretic medications and Gotu Kola could cause your body to lose too much fluid, upsetting the balance of electrolytes you need.

Sedatives – Because Gotu Kola acts like a sedative, it may make drugs taken for anxiety or insomnia stronger. Gotu Kola may cause sleepiness if combined with medications used during and after surgery. Stop using Gotu Kola at least 2 weeks before a scheduled surgery.

Do not exceed the recommended dosage.

Effects on ability to drive and operate machines:

Patients should not drive a vehicle or operate machinery until the effects of **ULTIMA APPLE CIDER VINEGAR** are known.

Sedatives – Because Gotu Kola acts like a sedative, it may make drugs taken for anxiety or insomnia stronger.

INTERACTIONS

ULTIMA APPLE CIDER VINEGAR may interact with prescription medicine or other supplements.

Digoxin (Lanoxin) interacts with Apple Cider Vinegar. Large amounts of Apple Cider Vinegar can decrease potassium levels in the body. Low potassium levels can increase the side effects of digoxin (Lanoxin).

Insulin interacts with Apple Cider Vinegar. Insulin may decrease potassium levels in the body. Large amounts of Apple Cider Vinegar might also decrease potassium levels in the body. Taking Apple Cider Vinegar along with insulin may cause potassium levels in the body to be too low. Avoid taking large amounts of Apple Cider Vinegar if you take insulin.

Water pills (diuretic drugs) interact with Apple Cider Vinegar and Gotu Kola.

Large amounts of Apple Cider Vinegar can decrease potassium levels in the body. "Water pills" can also decrease potassium in the body. Taking Apple Cider Vinegar along with "water pills" may decrease potassium in the body too much. Sedative medications (CNS depressants) interact with Gotu Kola. Large amounts of Gotu Kola may cause sleepiness and drowsiness. Medications that cause sleepiness are called sedatives. Taking Gotu Kola along with sedative medications may cause too much sleepiness.

PREGNANCY AND LACTATION

Safety in pregnancy and lactation has not been established.

Do not take if you are pregnant or breast-feeding.

DOSAGE AND DIRECTIONS FOR USE

Dosage may vary between patients and depends on the lifestyle, stress level, and age.

Take 1 capsule twice daily with meals, or as directed by a health professional.

Do not exceed the recommended dosage.

Dosage should be reduced or taken earlier in the day if **ULTIMA APPLE CIDER VINEGAR** interferes with sleep patterns.

SIDE EFFECTS

Infections and infestations:

Frequency unknown: Apple Cider Vinegar
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

Neoplasms benign and malignant (including cysts and polyps)

Frequency unknown: Apple Cider Vinegar
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

Blood and the lymphatic system disorders

Frequency unknown: Apple Cider Vinegar
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

Immune system disorders

Frequency unknown: Apple Cider Vinegar
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

Endocrine disorders

Frequency unknown: Apple Cider Vinegar
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

Metabolism and nutrition disorders

Frequency unknown: Apple Cider Vinegar
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

Psychiatric disorders

Frequency unknown: Apple Cider Vinegar
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

Nervous system disorders

Frequency unknown: Apple Cider Vinegar
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

Eye disorders

Frequency unknown: Apple Cider Vinegar
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

Ear and labyrinth disorders

Frequency unknown: Apple Cider Vinegar
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

Cardiac disorders

Frequency unknown: Apple Cider Vinegar
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

Vascular disorders

Frequency unknown: Apple Cider Vinegar
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

Respiratory, thoracic and mediastinal disorders

Frequency unknown: Apple Cider Vinegar
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

Gastrointestinal disorders

Frequency unknown: Apple Cider Vinegar
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

Hepatobiliary disorders

Frequency unknown: Apple Cider Vinegar
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

Skin and subcutaneous tissue disorders

Frequency unknown: Apple Cider Vinegar
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

Musculoskeletal, connective tissue and bone disorders

Frequency unknown: Apple Cider Vinegar
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

Renal and urinary disorders

Frequency unknown: Apple Cider Vinegar
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

Pregnancy, puerperium and perinatal conditions

Frequency unknown: Apple Cider Vinegar
Frequage unknown: Eleutherococcus Extract
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

Reproductive system and breast disorders

Frequency unknown: Apple Cider Vinegar
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

Congenital and familial/genetic disorders

Frequency unknown: Apple Cider Vinegar
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

General disorders and administrative site conditions

Frequency unknown: Apple Cider Vinegar
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

Investigations

Frequency unknown: Apple Cider Vinegar
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Gotu Kola Extract & Green Tea Extract
Frequency unknown: Vitamin B6 and Zinc

KNOWN SYMPTOMS OF OVERDOSE AND PARTICULARS OF ITS TREATMENT

Treatment is symptomatic and supportive.

IDENTIFICATION

Off-white to cream powder in clear capsule. Please note due to ingredients powder colour may vary.

PRESENTATION

175 ml vitamin bottle with black screw cap. Bottle containing 60 capsules is packed in an outer container.

STORAGE INSTRUCTIONS

Store at or below 25°C.

KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER

To be allocated by Council.

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

P2Life (Pt) Ltd.
P.O. Box 30043
Tokai, 7966

DATE OF PUBLICATION OF PACKAGE INSERT

To be allocated by Council

ULTIMA APPLE CIDER VINEGAR

PASIËNTINLIGTINGSBLAADJIE

Dissipline: Wes Herbal Medisyne

ULTIMA APPLE CIDER VINEGAR is nie deur die Medisynebeheerraad geëvalueer nie. Hierdie medisyne is nie bedoel om te diagnoseer, te behandel, genees of enige siektes te voorkom nie. Dit wil nie voorgee om ’n medisyne to wees nie en maak geen eise hoegenaamd nie.

SKEDULERINGSSTATUS: Moet toegeken word deur die Raad.

EIENDOMSNAAM, STERKTE EN FARMASEUTIESE VORM
ULTIMA APPLE CIDER VINEGAR (kapsules)

Lees asseblief hierdie pamflet sorgvuldig voordat jy **ULTIMA APPLE CIDER VINEGAR** begin neem.

ULTIMA APPLE CIDER VINEGAR is beskikbaar sonder ’n voorskrif, om ligte siekte te behandel. Tog is dit nog nodig om dit versigtig te gebruik om die beste resultate te bekom.

- Hou hierdie pamflet. Jy sal dit dalk weer moet lees.
- Moenie **ULTIMA APPLE CIDER VINEGAR** met enige ander persoon deel nie.
- Vra jou apteker indien jy meer inligting of advies nodig het.
- Jy moet ’n dokter sien as jou simptome vererger of nie na (10) dae verbeter nie.

1. WAT BEVAT ULTIMA APPLE CIDER VINEGAR

Die aktiewe bestanddele in elke kapsel is: 200 mg appelasyn, 2 mg eleutherococcus ekstrak, 15 mg gotu kola ekstrak, 10 mg groen tee ekstrak, 1 mg piridoksien (vitamien B6) en 7,5 mg sink. Die ander bestanddele is: magnesium stearaat en silikondioksied.

2. WAT WORD ULTIMA APPLE CIDER VINEGAR GEBRUIK VIR

ULTIMA APPLE CIDER VINEGAR word gebruik om te help met die gesondheid en welstand.

3. VOOR JY ULTIMA APPLE CIDER VINEGAR NEEM

Moenie ULTIMA APPLE CIDER VINEGAR neem:

As jy hipersensitief (allergies) aan enige van die bestanddele is nie (Sien **WAT BEVAT ULTIMA APPLE CIDER VINEGAR**) **Neem spesiale sorg met ULTIMA APPLE CIDER VINEGAR:**

- Indien dit met jou vermoë om te slaap inmeng, verminder jou daaglikse dosis of neem vroeër in die dag.
- As jy aan enige chroniese mediese toestand ly, Kontak asseblief jou dokter voordat jy die produk begin neem.
- As jy ander aanvullings ook neem (sien **Om ander medisyne met ULTIMA APPLE CIDER VINEGAR te neem**).
- As jy swanger is of borsvoed (sien **Swanger en Borsvoeding**).

Neem **ULTIMA APPLE CIDER VINEGAR** met kos of drank Dit kan met of na elke ete geneem word.

Swangerskap en borsvoeding: As jy swanger is of jy jou baba borsvoed, raadpleeg jou dokter, apteker of gesondheidsorg professionele vir advies voordat jy die produk neem.

Ry en die gebruik van masjinerie: **ULTIMA APPLE CIDER VINEGAR** kan jou vermoë om ’n voertuig te bestuur en gebruik van masjinerie benadeel. Moet nie ’n voertuig bestuur, masjinerie bedryf, of enigiets anders wat jou aandag vereis doen nie, totdat jy weet hoe **ULTIMA APPLE CIDER VINEGAR** jou raak.

Om ander medisyne met ULTIMA APPLE CIDER VINEGAR te neem:

Vertel altyd vir jou gesondheidsorg professionele as jy enige ander medisyne neem (dit sluit komplimentêre of tradisionele medisyne ook in). * Sien Kontra-indikasies op voublijet verskak.

4. HOE OM ULTIMA APPLE CIDER VINEGAR TE NEEM

Dosis kan tussen pasiënte wissel en hang af van jou leefstyl, stres vlak en ouderdom.

Neem 1 Kapsel twee keer per dag met etes, of soos voorgeskryf deur ’n gesondheidswerker.

Moenie die aanbevole dosis oorskry nie.

As jy die indruk kry dat die effek te sterk of te swak is, praat met jou dokter of apteker.

As jy te veel ULTIMA APPLE CIDER VINEGAR neem

In die geval van ’n oordosis, raadpleeg jou dokter of apteker. Indien nie beskikbaar nie, kontak die naaste hospitaal of gif sentrum. Neem hierdie pamflet en die res van die oorblywende kapsules met jou saam, sodat die dokter weet wat jy geneem het.

As jy vergeet om ULTIMA APPLE CIDER VINEGAR te neem:

As jy jou dosis deur slegs ’n paar uur gemis het, neem die dosis so gou as wat jy onthou. As dit amper tyd vir jou volgende dosis is, moet nie die vergete dosis neem nie. Neem dit by die volgende gereelde geskeduleerde tyd. Moenie ’n dubbele dosis neem om op te maak vir die vergete dosis nie.

5. MOONTLIKE NEWE-EFFEKTE
ULTIMA APPLE CIDER VINEGAR kan dalk newe-effekte hê. **Nie alle newe-effekte vir ULTIMA APPLE CIDER VINEGAR is in hierdie pamflet ingesluit nie. Indien u algemene gesondheid versleg of indien u enige ongewenste effekte ervaar, terwyl jy die produk neem, raadpleeg jou dokter, apteker of ander professionele gesondheidsorgwerker vir advies.**

Indien enige van die volgende plaasvind, staak gebruik van **ULTIMA APPLE CIDER VINEGAR** en vertel onmiddelik vir jou dokter; of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- Swelling van jou hande, voete, enkels, gesig, mond of keel, wat probleme met insluk en asemhaling kan veroorsaak.
- Uitslag of jeuk.
- Flou word.
- Vergeling van jou vel en oë, Geelsug ook genoem.

Hierdie is baie ernstige newe-effekte. As jy enige simptome het, is dit dalk ’n allergiese reaksie. Jy kan dalk dringende mediese aandag of hospitalisasie benodig.

Vertel jou dokter onmiddellik of gaan na die ongevalle-afdeling by jou naaste hospitaal as jy enige van die volgende ervaar:

- borspyn
- angina
- veranderinge in die manier waarop jou hart klop, byvoorbeeld, as jy voel dit klop vinniger
- moeilike asemhaling,
- tekens van herhaalde infeksies soos koors of seer keel,
- minder urine as normaal,

Hierdie is die ernstige newe-effekte. Jy kan dalk dringende mediese aandag benodig.

Vertel jou dokter so gou as moontlik as jy enige van die volgende ervaar:

- naarheid (siek voel)
- maagkrampe of maag pyn,
- hoofpyn,
- duiseligheid,
- moegheid,
- lighoofdigheid,
- droë hoes,
- spierkrampe,
- winderigheid of wind,
- diarree,
- verlies van eetlus.

As jy enige newe-effekte ervaar wat nie in hierdie pamflet genoem is nie, raadpleeg asseblief jou dokter of apteker.

6. DIE STOOR EN BERGING VAN ULTIMA APPLE CIDER VINEGAR

- Berê op of onder 25°C.
- Moet nie uit die buitenste box verwyder totdat dit benodig word nie.

• BERÊ ALLE MEDISYNE BUITE BEREIK VAN KINDERS.

- Moet nie na die vervaldatum, wat op die etiket of karton gedruk is, gebruik nie.
- Gee alle ongebruikte medisyne na u apteker.
- Moet nie ontslae raak van ongebruikte medisyne in dreine en rioelstelsels (bv. toilette) nie.

7. AANBIEDING VAN ULTIMA APPLE CIDER VINEGAR

Box met 175ml vitamien bottel met swart skroefdoop – bevat 60 kapsules.

8. IDENTIFIKASIE VAN ULTIMA APPLE CIDER VINEGAR

Roomkleurige kapsules. Te danke aan die bestanddele, kan die poeier kleur wissel.

9. REGISTRASIE NOMMER

Moet toegeken word deur die Raad.

10. NAAM EN ADRES VAN DIE REGISTRASIEHOUER
P2Life (Pty) Ltd.
Posbus 30043
Tokai, 7966

11. DATUM VAN PUBLIKASIE

Moet toegeken word deur die Raad.

PRODUKINLIGTINGSBLAADJIE

Dissipline: Wes Herbal Medisyne

ULTIMA APPLE CIDER VINEGAR is nie deur die Medisynebeheerraad geëvalueer nie. Hierdie medisyne is nie bedoel om te diagnoseer, te behandel, genees of enige siekte te voorkom nie. Dit wil nie voorgee om ’n medisyne te wees nie en maak geen eise hoegenaamd nie.

SKEDULERINGSSTATUS: Moet toegeken word deur die Raad.

EIENDOMSNAAM, STERKTE EN FARMASEUTIESE VORM
ULTIMA APPLE CIDER VINEGAR (kapsules)

SAMESTELLING
Aktiewe Bestanddele:
Elke kapsel bevat: 200 mg appelasyn, 2 mg eleutherococcus ekstrak, 15 mg gotu kola ekstrak, 10 mg groen tee ekstrak, 1 mg piridoksien (vitamien B6) en 7,5 mg sink. Onaktiewe Bestanddele: magnesium stearaat en silikondioksied.

FARMAKOLOGIESE KLASSIFIKASIE
D32.16 Ander

FARMAKOLOGIESE WERKING
Appelasyn: As ’n boereraat, is appelasyn met die genesing van alles van die griep tot vratte gekrediteer. Baie van die voordele is nie bewys nie, maar sommige kenners meen dat die byvoeging van ’n bietjie van hierdie suur verhoog die effek van die voordele van die gesondheid kan hê. Appelasyn kan laer bloed suiker vlakke in Diabetes Mellitus Tipe 2 pasiënte veroorsaak. (White, PM, et al Asyn inname by slaaptyd gee wakker glukose konsentrasies in volwassenes met ’n goed-beheerde diabetes tipe 2 Diabetes Care 30 (11):.. 2814-2815, 2007.Department van voeding, Arizona State University, Mesa, Arizona, USA.)
Gotu Kola Ekstrak: ’n Medisinalle plant in Ayurvediese medisyne, tradisionele Afrika-medisyne, en tradisionele Chinese medisyne – help met alledaagse kwale en help met die algemene welstand. (Farmakologiese Review op Gotu Kola (Centella asiatica):...’n Potensieëlle Kruid genees-alles ’Indiese J Pharm Sci. 546-56 September 2010.)

Groen Tee Ekstrak: Bron van antioksidante vir die handhawing van goeie gesondheid. (Camargo et al. 2006; Coimbra et al. 2006; Henning et al. 2004; Nakagawa et al. 1999; Van het Hof et al. 1997) Gebruik met ’n program van verminderde inname van kalorieë en verhoogde fisiese aktiwiteit (indien moontlik) om met gewig te help(Nagao et al 2005; Wester-Plantenga et al 2005;; Chantre en Lairon 2002. Dulloo et al 1999)
Vitamien B6 en Sink: Faktore in die handhawing van goeie gesondheid (IOM 2006; IOM 1998).

INDIKASIES

ULTIMA APPLE CIDER VINEGAR is ’n kombinasie van gesondheid verbetering vitamieni wat jou liggaam in staat stel om sy natuurlike PH vlakke te behou, wat belangrik is om die liggaam op sy optimum krag te help funksioneer. **ULTIMA APPLE CIDER VINEGAR** met sy anti-stress, anti-oksidant en voedsame eienskappe vernuut jou stelsel en help om jou welsyn te maksimeer, vitaliteit, lang lewe en die kwaliteit van die lewe te help verbeter.

KONTRA-INDIKASIES

Hipersensitieweit vir enige van die bestanddele van **ULTIMA APPLE CIDER VINEGAR** (sien **SAMESTELLING**).

WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

ULTIMA APPLE CIDER VINEGAR kan dalk met die vermoë om te slaap inmeng. Aanpassing in die dosis kan nodig wees.

Hierdie produk wil nie voorgee om ’n medisyne te wees nie en maak geen eise hoegenaamd nie.

Pasiënte wat voorskrif medisyne neem, ly aan enige chroniese mediese toestand of swanger is of borsvoed, moet ’n mediese praktisyn voordat **ULTIMA APPLE CIDER VINEGAR** gebruik word, raadpleeg.

Pasiënte moet ingelig word om nie die aanbevole daaglikse dosis te oorskry nie. Pasiënte moet ingelig word om spesiale sorg te neem as ander aanvullings gebruik word, aangesien hierdie aanvullings kan dalk dieselfde bestanddele bevat.

Appelasyn kan dalk in mense met diabetes se bloedsuikervlakke verlaag. Daarom, moet bloedsuiker vlakke noukeurig gemonitor word. Dosis aanpassings mag nodig wees vir diabetes-medikasie wat geneem word.

Raadpleeg ’n gesondheidsorg praktisyn voor gebruik as jy ’n lewer siekte het of simptome van lewer probleme ontwikkel (soos abdominale pyn, donker urine of geelsug) (HK 2007a; Molinari et al 2006; Gloro et al 2005).

Raadpleeg ’n gesondheidsorg praktisyn voor gebruik as jy van ’n tekort aan yster ly(Cooper et al 2006; Nelson en Poulter 2004; Zijp et al 2000). Gotu Kola bevat aktiewe bestanddele wat dalk ’n persoon se lewer kan beskadig. Diuretika (water pille) – Gotu Kola kan dalk soos ’n diuretikum optree, wat beteken dat dit help om die liggaam van oortollige vloeistof ontslae te raak. Om diuretiese medikasie en Gotu Kola saam te neem kan veroorsaak dat jou liggaam te veel vloeistof verloor, deurdat dit die balans van elektroliete wat jy nodig het verander.

Kalmeermiddels – Omdat Gotu Kola dalk soos ’n kalmeermiddel optree, kan dit ’n paar middels vir angs of slapeloosheid sterker maak. Gotu Kola kan dalk te veel slaperigheid veroorsaak as dit gekombineer met medikasie wat tydens en na ’n operasie gebruik is. Staak gebruik van Gotu Kola produkte ten minste 2 weke voor ’n geskeduleerde operasie.

Moenie die aanbevole dosis oorskry nie.

Uitwerking op die vermoë om te bestuur en masjiene te werk:

Pasiënte behoort nie ’n voertuig te bestuur nie of met masjinerie te werk nie, voordat die gevolge van **ULTIMA APPLE CIDER VINEGAR** bekend is. Kalmeermiddels – Omdat Gotu Kola soos ’n kalmeermiddel optree, kan dit ’n paar middels vir angs of slapeloosheid sterker maak.

INTERAKSIES

ULTIMA APPLE CIDER VINEGAR mag interaksie met voorskrif medisyne of ander aanvullings hê.

Digoksien (Lanoxin) het ’n interaksie met appelasyn. Groot hoeveelhede van appelasyn kan kalium vlakke in die liggaam laat afneem. Lae kaliumvlakke kan die newe-effekte van digoksien (Lanoxin) verhoog.

Insulien het ’n interaksie met appelasyn. Insulien kan kalium vlakke in die liggaam laat daal. Groot hoeveelhede appelasyn kan ook die vlakke van kalium in die liggaam verminder. Om appelasyn saam met insulien te neem kan veroorsaak dat kalium vlakke in die liggaam te laag is. Vermy groot hoeveelhede appelasyn as jy insulien neem.

Kalmeermiddel medikasie (SSS depressante) het ’n interaksie met Gotu Kola. Groot hoeveelhede Gotu Kola kan slaperigheid en lomerigheid veroorsaak. Medikasie wat slaperigheid veroorsaak word kalmeermiddels genoem. Om Gotu Kola saam met kalmerende medikasie te neem kan te veel slaperigheid veroorsaak.

SWANGERSKAP EN LAKTASIE
Veiligheid tydens swangerskap en laktasie is nie vasgestel nie. Moet nie neem nie as jy swanger is of as jy borsvoed.

DOSIS EN GEBRIUKSAANWYSINGS: Dosis kan tussen pasiënte wissel en hang af van jou leefstyl, stres vlak en ouderdom.

Neem 1 kapsel twee keer per dag met etes, of soos voorgeskryf deur ’n gesondheidswerker.

Moenie die aanbevole dosis oorskry nie.

Dosis moet verminder word of vroeër in die dag geneem word as **ULTIMA APPLE CIDER VINEGAR** met slaap patrone inmeng.

NEWE-EFFEKTE
Infeksies en infestasies:
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

Neoplasmas benigne en maligne (insluitend siste en poliepe)
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

Bloed en die limfatiese stelsel
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

Immuunstelsel versteurings
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

Endokriene afwykings
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

Metabolisme en voeding
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

Psigiatriese versteurings
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

Senusisteamversteurings
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

Oogversteurings
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

Oor en labirint versteurings
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

Hartsiektes
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

Vaskulêre toestand
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

Respiratoriese, torakale en mediastinale versteurings
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

Gastroïntestinale versteurings
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

Hepatobiliêre versteurings
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

Vel en subkutane weefsel
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

Muskuloskeletale, bindweefsel en been-afwykings
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

Renale en urinêre versteurings
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

Swangerskap, puerperium en perinatale voorwaardes
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

Voortplantingstelsel en bors versteurings
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

Aangebore en erflike/genetiese afwykings
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

Algemene versteurings en administratiewe terrein toestand
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

Ondersoeke
Frekwensie onbekend: Appelasyn
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Gotu Kola Ekstrak & Groen Tee Ekstrak
Frekwensie onbekend: Vitamien B6 and Sink

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING
Behandeling is simptomaties en ondersteunend.

IDENTIFIKASIE
Roomkleurige kapsules. Te danke aan die bestanddele, kan die poeier kleur wissel.

AANBIEDING
Box wat ’n 175ml vitamieni bottel met swart skroefdoop bevat – bottel bevat 60 kapsules.

BERGINGSAAWYSINGS
Bêre op of onder 25°C.

HOU BUITE BEREIK VAN KINDERS.

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