

ULTIMA ADAPTOGENS

PATIENT INFORMATION LEAFLET

Discipline: Western Herbal Medicine

ULTIMA ADAPTOGENS have 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 ADAPTOGENS (tablets)

Please read this leaflet carefully before you start taking ULTIMA ADAPTOGENS **ULTIMA ADAPTOGENS** are 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 ADAPTOGENS** 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 ADAPTOGENS CONTAIN

The active ingredients in each tablet are 8,33 mg angelica sinensis, 1,6 µg cholecalciferol (vitamin D3), 20 mg cinnamon powder, 110 mg eleutherococcus (siberian ginseng), 165 µg folic acid, 1,66 mg licorice extract, 5 µg methylcobalamin (vitamin B12), 8,3 mg niacin (vitamin B3), 8,3 mg pantothenic acid (vitamin B5), 3,33 mg pyridoxine (vitamin B6), 40 mg rhodiola rosea, 3 mg riboflavin (vitamin B2), 2,5 mg thiamine (vitamin B1), 10 mg tri calcium phosphate and 121,79 mg schisandra. The other ingredients are aerosol, magnesium stearate, starch, microcrystalline cellulose and syloid.

2. WHAT ULTIMA ADAPTOGENS ARE USED FOR

ULTIMA ADAPTOGENS are used to assist with stress relief and to help increase energy and stamina.

3. BEFORE YOU TAKE ULTIMA ADAPTOGENS Do not take ULTIMA ADAPTOGENS:

- If you are hypersensitive (allergic) to any of the ingredients in it (see **WHAT ULTIMA ADAPTOGENS CONTAIN**).
- Take special care with ULTIMA ADAPTOGENS:**
- If you are having trouble sleeping while taking **ULTIMA ADAPTOGENS**, you may need to take less **ULTIMA ADAPTOGENS** or take your dosage earlier.
 - If you suffer from any chronic medical condition. Please contact your doctor before you start taking **ULTIMA ADAPTOGENS**.
 - If you are also taking other supplements (see Taking other medicines with **ULTIMA ADAPTOGENS**.)
 - If you are pregnant or breastfeeding (see Pregnancy and breastfeeding).

Taking ULTIMA ADAPTOGENS with food or drink:

Can be taken with 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 ADAPTOGENS 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 ADAPTOGENS** affect you.

Taking other medicines with ULTIMA ADAPTOGENS:

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

The following medicines may cause an interaction when used in combination with ULTIMA ADAPTOGENS:

Not known.

4. HOW TO TAKE ULTIMA ADAPTOGENS

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

Children (8-11): 1 tablet daily, first thing each morning.
Teenagers (12-15): 1 to 2 tablets daily, first thing each morning. If playing sport then add a third tablet if signs of fatigue are experienced during school or sport.
Normal Adult Daily Dosage (16+): 1 tablet for every 20-25 kgs of body weight, taken first thing each morning. If you work afternoons or at night, take 1 tablet for every 15-20 kgs of body weight before work.

ADDITIONAL Sport and Performance Dosage:

In addition to your "Daily Dosage", take an additional tablet for each 15-20 kgs body weight before each period of training or competition depending on required result. Contains NO caffeine or banned substances.

Do not exceed the recommended dose.

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 ADAPTOGENS than you should:

In the event of overdose, 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 tablets with you so the doctor will know what you have taken.

If you forget to take ULTIMA ADAPTOGENS:

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 ADAPTOGENS can have side effects.

Not all side effects reported for ULTIMA ADAPTOGENS 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 ADAPTOGENS** 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 ADAPTOGENS**. 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 ADAPTOGENS

- 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 ADAPTOGENS

175 ml vitamin bottle with black screw cap. Bottle containing 90 tablets is packed in an outer container.

8. IDENTIFICATION OF ULTIMA ADAPTOGENS

Light brown round tablet. Please note due to ingredients tablet colour may vary.

9. REGISTRATION NUMBER

To be allocated by Council.

10. NAME AND ADDRESS OF THE REGISTRATION HOLDER

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

11. DATE OF PUBLICATION

To be allocated by Council.

PRODUCT INFORMATION LEAFLET

Discipline: Western Herbal Medicine

ULTIMA ADAPTOGENS have not been evaluated by the Medicines Control Council. ULTIMA ADAPTOGENS are not intended to diagnose, treat, cure or prevent any disease.

SCHEDULING STATUS

To be allocated by Council.

PROPRIETARY NAME AND DOSAGE FORM

ULTIMA ADAPTOGENS (tablets)

COMPOSITION

Active ingredients:
Each tablet contains: 8,33 mg angelica sinensis, 1,6 µg cholecalciferol (vitamin D3), 20 mg cinnamon powder, 110 mg eleuthero-coccus (siberian ginseng), 165 µg folic acid, 1,66 mg licorice extract, 5 µg methylcobalamin (vitamin B12), 8,3 mg niacin (vitamin B3), 8,3 mg pantothenic acid (vitamin B5), 3,33 mg pyridoxine (vitamin B6), 40 mg rhodiola rosea, 3 mg riboflavin (vitamin B2), 2,5 mg thiamine (vitamin B1), 10 mg tri calcium phosphate and 121,79 mg schisandra chinensis. The other ingredients are aerosol, magnesium stearate, starch, microcrystalline cellulose and syloid.

PHARMACOLOGICAL CLASSIFICATION

D 32.16 Other

PHARMACOLOGICAL ACTION

Angelica Sinensis (Dong Quai): Used in Traditional Chinese Medicine (TCM) to invigorate and harmonize/ tonify the blood (PPRC 2010; Bensky et al. 2004; Chen and Chen 2004). *Cinnamon:* Provides antioxidants (Gruenwald et al. 2010; Roussel et al. 2009; Halvorsen et al. 2006; Shan et al. 2005). (Traditionally) used in Ayurveda for bowel complaints such as dyspepsia, flatulency, diarrhea and vomiting (Paranjpe 2005[2001]; Kapoor 2001). (Traditionally) used in Herbal Medicine for digestive disturbances/digestive complaints such as mild spasms/cramps of the gastrointestinal tract/gastrointestinal colic, feeling of repletion/ bloating, and flatulence/crminative (Godfrey et al. 2010; BHC 2006; Wichtl 2004; Blumenthal et al. 2000, 1998). (Traditionally) used in Herbal Medicine for loss of appetite (BHC 2006; Wichtl 2004; Blumenthal et al. 2000, 1998). *Eleutherococcus (Siberian Ginseng):* Used in Herbal Medicine as a tonic to help relieve general debility and/or to aid during convalescence (Bradley 2006; ESCOP 2003; Blumenthal et al. 2000; Mills and Bone 2000).

Used in Herbal Medicine to help improve mental and/or physical performance after periods of mental and/or physical exertion (Bradley 2006; ESCOP 2003; Hoffmann 2003; Mills and Bone 2000). (Effects of Adaptogens on the Central Nervous System and the Molecular Mechanisms Associated with Their Stress—Protective Activity Alexander Panossian * and Georg Wikman Swedish Herbal Institute Research & Development, Spårvägen 2, SE-432 96 Åskloster, Sweden) *Folic acid:* Factors in the maintenance of good health (IOM 2006; IOM 1998). *Licorice Extract:* Traditionally used in Herbal Medicine as an expectorant to help relieve chest complaints, such as coughs and bronchitis (Mills and Bone 2005; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000; Bradley 1992; Felter and Lloyd 1983 [1898], Grieve 1971 [1931]).

Used in Herbal Medicine to help relieve inflammatory conditions of the gastrointestinal tract, such as gastritis in adults (ESCOP 2003; Hoffmann 2003; Bradley 1992).

Rhodiola Rosea Extract: Used in Herbal Medicine as an adaptogen to help(s) temporary relieve symptoms of stress (such as mental fatigue and sensation of weakness) (EMA 2012a; Olsson et al. 2009; Winston and Maimes 2007; Pizzorno and Murray 2006; Hoffman 2003). Used in Herbal Medicine to help(s) support cognitive function (such as mental focus and mental stamina) (Olsson et al. 2009; Winston and Maimes 2007). Provides antioxidants (Skarpanska-Stejnborn et al. 2009; Winston and Maimes 2007; Kim et al. 2006). (Effects of Adaptogens on the Central Nervous System and the Molecular Mechanisms Associated with Their Stress—Protective Activity Alexander Panossian * and Georg Wikman Swedish Herbal Institute Research & Development, Spårvägen 2, SE-432 96 Åskloster, Sweden) *Schisandra Chinensis:* Used as an "adaptogen" for increasing resistance to disease and stress, increasing energy, and increasing physical performance and endurance. (Sandberg, F. Schisandrae fructus wuweizi. Gothenburg. 1993.)Schisandra is also used for preventing early aging and increasing lifespan; normalizing blood sugar and blood pressure; and stimulating the immune system and speeding recovery after surgery.

(Effects of Adaptogens on the Central Nervous System and the Molecular Mechanisms Associated with Their Stress—Protective Activity Alexander Panossian * and Georg Wikman Swedish Herbal Institute Research & Development, Spårvägen 2, SE-432 96 Åskloster, Sweden) *Vitamins B1,B2,B3,B5, B6, B12 and D3:* Factors in the maintenance of good health (IOM 2006; IOM 1998).

INDICATIONS

ULTIMA ADAPTOGENS contains adaptogenic herbs that have been shown to reduce stress, fight fatigue, increase physical performance and energy levels. With added vitamins and minerals that are important in the maintenance of overall good health.

CONTRAINDICATIONS

Hypersensitivity to any of the ingredients of **ULTIMA ADAPTOGENS** (see **COMPOSITION**). If you experience irritability or insomnia, discontinue use (Pizzorno and Murray 2006; Kelly 2001).

Care should be taken in patients with peptic ulcers.

Patients that suffer from Epilepsy should not use Schisandra.

Use with caution if you have high blood pressure (Barnes et al. 2007; Brinker 2001; Blumenthal et al. 2000; Mills and Bone 2000; McGuffin et al. 1997).

If you are taking antidepressant medication, consult a health care practitioner prior to use (Iovieno et al. 2011; Olsson et al. 2009; Brown et al. 2002).

If you are taking hormone replacement therapy (HRT) or birth control pills, consult a health care practitioner prior to use (HC 2013; Brown et al. 2002).

If you have bipolar disorder or bipolar spectrum disorder, do not use this product (Iovieno et al. 2011; Winston and Maimes 2007; Brown et al. 2002).

WARNINGS AND SPECIAL PRECAUTIONS

ULTIMA ADAPTOGENS 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 ADAPTOGENS**.

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 supplements may contain the same ingredients.

Care should be taken in patients with hypertension.

Care should be taken in patients with peptic ulcers.

Patients that suffer from Epilepsy should not use Schisandra.

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 ADAP-TOGENS** are known.

INTERACTIONS

ULTIMA ADAPTOGENS may interact with prescription medicine or other supplements. Warfarin could interact with Schisandra. Schisandra might decrease the effectiveness of warfarin (Coumadin). Decreasing the effectiveness of warfarin (Coumadin) might increase the risk of clotting. Be sure to have your blood checked regularly. The dose of your warfarin (Coumadin) might need to be changed.

Schisandra might increase how quickly the liver breaks down some medications. Some medications changed by the liver include celecoxib (Celebrex), diclofenac (Voltaren), fluvastatin (Lescol), glipizide (Glucotrol), ibuprofen (Advil, Motrin), irbesartan (Avapro), losartan (Cozaar), phenytoin (Dilantin), piroxicam (Feldene), tamoxifen (Nolvadex), tolbutamide (Tolinase), torsemide (Demadex), and warfarin (Coumadin).Before taking schisandra, talk to your healthcare provider if you are taking any medications that are changed by the liver.

Care should be taken in patients with peptic ulcers.

Patients that suffer from Epilepsy should not use Schisandra.

Use with caution if you have high blood pressure (Barnes et al. 2007; Brinker 2001; Blumenthal et al. 2000; Mills and Bone 2000; McGuffin et al. 1997).

If you are taking antidepressant medication, consult a health care practitioner prior to use (Iovieno et al. 2011; Olsson et al. 2009; Brown et al. 2002).

If you are taking hormone replacement therapy (HRT) or birth control pills, consult a health care practitioner prior to use (HC 2013; Brown et al. 2002).

If you have bipolar disorder or bipolar spectrum disorder, do not use this product (Iovieno et al. 2011; Winston and Maimes 2007; Brown et al. 2002).

If you experience irritability or insomnia, discontinue use (Pizzorno and Murray 2006; Kelly 2001).

No other interaction studies have been performed.

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.

Children (8-11): 1 tablet daily, first thing each morning.
Teenagers (12-15): 1 to 2 tablets daily, first thing each morning. If playing sport then add a third tablet if signs of fatigue are experienced during school or sport.

Normal Adult Daily Dosage (16+): 1 tablet for every 20-25 kgs of body weight, taken first thing each morning. If you work afternoons or at night, take 1 tablet for every 15-20 kgs of body weight before work.

ADDITIONAL Sport & Performance Dosage:
In addition to your "Daily Dosage", take an additional tablet for each 15-20 kgs body weight before each period of training or competition depending on required result.

Do not exceed the recommended dosage.

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

SIDE EFFECTS

Infections and infestations:

Frequency unknown: Angelica Sinensis & Licorice Extract
Frequency unknown: Cinnamon Powder
Frequency unknown: Eleutherococcus (Siberian Ginseng)
Frequency unknown: Rhodiola Rosea
Frequency unknown: Schisandra
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Neoplasms benign and malignant (including cysts and polyps)

Frequency unknown: Angelica Sinensis & Licorice Extract
Frequency unknown: Cinnamon Powder
Frequency unknown: Eleutherococcus (Siberian Ginseng)
Frequency unknown: Rhodiola Rosea
Frequency unknown: Schisandra
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Blood and the lymphatic system disorders

Frequency unknown: Angelica Sinensis & Licorice Extract
Frequency unknown: Cinnamon Powder
Frequency unknown: Eleutherococcus (Siberian Ginseng)
Frequency unknown: Rhodiola Rosea
Frequency unknown: Schisandra
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Immune system disorders

Frequency unknown: Angelica Sinensis & Licorice Extract
Frequency unknown: Cinnamon Powder
Frequency unknown: Eleutherococcus (Siberian Ginseng)
Frequency unknown: Rhodiola Rosea
Frequency unknown: Schisandra
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Endocrine disorders

Frequency unknown: Angelica Sinensis & Licorice Extract
Frequency unknown: Cinnamon Powder
Frequency unknown: Eleutherococcus (Siberian Ginseng)
Frequency unknown: Rhodiola Rosea
Frequency unknown: Schisandra
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Metabolism and nutrition disorders

Frequency unknown: Angelica Sinensis & Licorice Extract
Frequency unknown: Cinnamon Powder
Frequency unknown: Eleutherococcus (Siberian Ginseng)
Frequency unknown: Rhodiola Rosea
Frequency unknown: Schisandra
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Psychiatric disorders

Frequency unknown: Angelica Sinensis & Licorice Extract
Frequency unknown: Cinnamon Powder
Frequency unknown: Eleutherococcus (Siberian Ginseng)
Frequency unknown: Rhodiola Rosea
Frequency unknown: Schisandra
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Nervous system disorders

Frequency unknown: Angelica Sinensis & Licorice Extract
Frequency unknown: Cinnamon Powder
Frequency unknown: Eleutherococcus (Siberian Ginseng)
Frequency unknown: Rhodiola Rosea
Frequency unknown: Schisandra
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Eye disorders

Frequency unknown: Angelica Sinensis & Licorice Extract
Frequency unknown: Cinnamon Powder
Frequency unknown: Eleutherococcus (Siberian Ginseng)
Frequency unknown: Rhodiola Rosea
Frequency unknown: Schisandra
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Ear and labyrinth disorders

Frequency unknown: Angelica Sinensis & Licorice Extract
Frequency unknown: Cinnamon Powder
Frequency unknown: Eleutherococcus (Siberian Ginseng)
Frequency unknown: Rhodiola Rosea
Frequency unknown: Schisandra
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Cardiac disorders

Frequency unknown: Angelica Sinensis & Licorice Extract
Frequency unknown: Cinnamon Powder
Frequency unknown: Eleutherococcus (Siberian Ginseng)
Frequency unknown: Rhodiola Rosea
Frequency unknown: Schisandra
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Vascular disorders

Frequency unknown: Angelica Sinensis & Licorice Extract
Frequency unknown: Cinnamon Powder
Frequency unknown: Eleutherococcus (Siberian Ginseng)
Frequency unknown: Rhodiola Rosea
Frequency unknown: Schisandra
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Respiratory, thoracic and mediastinal disorders

Frequency unknown: Angelica Sinensis & Licorice Extract
Frequency unknown: Cinnamon Powder
Frequency unknown: Eleutherococcus (Siberian Ginseng)
Frequency unknown: Rhodiola Rosea
Frequency unknown: Schisandra
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Gastrointestinal disorders

Frequency unknown: Angelica Sinensis & Licorice Extract
Frequency unknown: Cinnamon Powder
Frequency unknown: Eleutherococcus (Siberian Ginseng)
Frequency unknown: Rhodiola Rosea
Frequency unknown: Schisandra
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Hepatobiliary disorders

Frequency unknown: Angelica Sinensis & Licorice Extract
Frequency unknown: Cinnamon Powder
Frequency unknown: Eleutherococcus (Siberian Ginseng)
Frequency unknown: Rhodiola Rosea
Frequency unknown: Schisandra
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Skin and subcutaneous tissue disorders

Frequency unknown: Angelica Sinensis & Licorice Extract
Frequency unknown: Cinnamon Powder
Frequency unknown: Eleutherococcus (Siberian Ginseng)
Frequency unknown: Rhodiola Rosea
Frequency unknown: Schisandra
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Musculoskeletal, connective tissue and bone disorders

Frequency unknown: Angelica Sinensis & Licorice Extract
Frequency unknown: Cinnamon Powder
Frequency unknown: Eleutherococcus (Siberian Ginseng)
Frequency unknown: Rhodiola Rosea
Frequency unknown: Schisandra
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Renal and urinary disorders

Frequency unknown: Angelica Sinensis & Licorice Extract
Frequency unknown: Cinnamon Powder
Frequency unknown: Eleutherococcus (Siberian Ginseng)
Frequency unknown: Rhodiola Rosea
Frequency unknown: Schisandra
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Pregnancy, puerperium and perinatal conditions

Frequency unknown: Angelica Sinensis & Licorice Extract
Frequency unknown: Cinnamon Powder
Frequency unknown: Eleutherococcus (Siberian Ginseng)
Frequency unknown: Rhodiola Rosea
Frequency unknown: Schisandra
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Reproductive system and breast disorders

Frequency unknown: Angelica Sinensis & Licorice Extract
Frequency unknown: Cinnamon Powder
Frequency unknown: Eleutherococcus (Siberian Ginseng)
Frequency unknown: Rhodiola Rosea
Frequency unknown: Schisandra
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Congenital and familial/genetic disorder

Frequency unknown: Angelica Sinensis & Licorice Extract
Frequency unknown: Cinnamon Powder
Frequency unknown: Eleutherococcus (Siberian Ginseng)
Frequency unknown: Rhodiola Rosea
Frequency unknown: Schisandra
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

General disorders and administrative site conditions

Frequency unknown: Angelica Sinensis & Licorice Extract

ULTIMA ADAPTOGENS

PASIËNTINLIGTINGSBLAADJIE

Dissipline: Wes Herbal Medisyne

ULTIMA ADAPTOGENS 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.

SKEDULERINGSTATUS:

Moet toegeken word deur die Raad.

EIENDOMSNAAM, STERKTE EN FARMASEUTIESE VORM
ULTIMA ADAPTOGENS (tablette)

Lees asseblief hierdie pamflet sorgvuldig voor- dat jy **ULTIMA ADAPTOGENS** begin neem.

ULTIMA ADAPTOGENS 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 ADAPTOGENS** 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 DAPTOGENS
Die aktiewe bestanddele in elke tablet is 8,33 mg angelica sinensis, 1,6 µg cholekalsiferol (vitamien D3), 1,66 mg drop wortel ekstrak,110 mg eleutherococcus (sibieriese ginseng), 165 µg foliensuur, 10 mg kalsium fosfaat, 20 mg kaneel, 5 µg methylcobalamin (vitamien B12), 8,3 mg niasien (vitamien B3), 8,3 mg pantothenaat (vitamien B5), 3,33 mg piridoksien (vitamien B6), 40 mg rhodiola rosea, 3 mg riboflaven (vitamien B2), 2,5 mg tiamien (vitamien B1) en 121.79 mg schizandra chinensis. Die ander bestanddele is magnesium-steearaat, stysel mikrokristallyne sellulose en silikondioksied.

2. WAT WORD ULTIMA ADAPTOGENS GEBRUIK VIR ULTIMA ADAPTOGENS word gebruik om met stres verligting te help en om energie en stamina te help verhoog.

3. VOOR JY ULTIMA ADAPTOGENS NEEM Moenie ULTIMA ADAPTOGENS neem: As jy hipersensitief (allergies) aan enige van die bestanddele is nie (Sien **WAT BEVAT ULTIMA ADAPTOGENS**) **Neem spesiale sorg met ULTIMA ADAPTOGENS:**

- Indien dit met jou vermoë om te slaap innemng, 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 ADAPTOGENS te neem**).
- As jy swanger is of borsvoed (sien **Swanger en Borsvoeding**).

Neem **ULTIMA ADAPTOGENS** met kos of drank: Dit kan met kos 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 ADAPTOGENS** 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 ADAPTOGENS** jou raak.

Om ander medisyne met ULTIMA ADAPTOGENS te neem: Vertel altyd vir jou gesondheidsorg professio-nelle as jy enige ander medisyne neem (dit sluit komplimentêre of tradisionele medisyne ook in). * Sien Kontra-indikasies op voubljet verskaf.

Die volgende medisyne mag 'n interaksie veroorsaak wanneer dit in kombinasie met **ULTIMA ADAPTOGENS** geneem word. Nie Bekend nie.

4. HOE OM ULTIMA ADAPTOGENS TE NEEM
Dosis kan tussen pasiënte wissel en hang af van jou leefstyl, stres vlak en ouderdom.

Kinders (8-12): 1 tablet daagliks, eerste ding elke oggend.
Tieners (13-15): 1 tot 2 tablette daagliks, eerste ding elke oggend. Indien sport gespeel word of daar tekens van moegheid tydens skool of sport is, voeg 'n 3de tablet by.
Normale Volwassenes Daaglikse Dosis (16+): 1 tablet vir elke 20-25 kg liggaams-massa, om eerste ding elke oggend te neem. Indien jy middagê en aande werk, neem 1 tablet vir elke 15-20 kg liggaamsmassa, voor werk.
BYKOMENDE Sport & Prestasie Dosis: Bykomend tot jou daaglikse dosis, neem 'n bykomende tablet vir elke 15-20 kg liggaams-massa voor opleiding, oefening of kompetisie, afhagende van gewenste resultate. Bevat GEEN kafeïen of verbode middels nie.

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 ADAPTOGENS neem In die geval van 'n oordosis, raadpleeg jou dok-ter of apteker. Indien nie beskikbaar nie, kontak die naaste hospitaal of gif sentrum. Neem hierdie pamflet en die res van die oorblywende tablette met jou saam, sodat die dokter weet wat jy geneem het.

As jy vergeet om ULTIMA ADAPTOGENS 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 ADAPTOGENS kan dalk newe-effekte hê. **Nie alle newe-effekte vir ULTIMA ADAPTO-GENS 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 ADAPTOGENS** en vertel onmiddelik vir jou dokter; of gaan na die ongevallê-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 aandaag of hospitalisasie benodig.

Vertel jou dokter onmiddellik of gaan na die ongevallê-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
- moelike 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 aandaag 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 hoës,
- spierkrampe,
- winderigheid of wind,
- diarree,
- verlies van eetlus.

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

6. DIE STOOR EN BERGING VAN **ULTIMA ADAPTOGENS**

- Beër op of onder 25°C.
- Moet nie uit die buitenste box verwyder totdat dit benodig word nie.
- BERÉ 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 ontlaes raak van ongebruikte medisyne in dreine en rioolstelsels (bv. toilette) nie.

7. AANBIEDING VAN ULTIMA ADAPTOGENS
Box met 175ml vitamien bottel met swart skroefdoop – bevat 90 tablette.

8. IDENTIFIKASIE VAN ULTIMA ADAPTOGENS
Lig bruin ronde tablet. Te danke aan die bestanddele, kan die tablet 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 ADAPTOGENS 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.

SKEDULERINGSTATUS:

Moet toegeken word deur die Raad.

EIENDOMSNAAM, STERKTE EN FARMASEUTIESE VORM
ULTIMA ADAPTOGENS (tablette)

SAMESTELLING
Aktiewe Bestanddele: **Elke tablet bevat:** 8,33 mg angelica sinensis, 1,6 µg cholekalsiferol (vitamien D3), 1,66 mg drop wortel ekstrak,110 mg eleutherococcus (sibieriese ginseng), 165 µg foliensuur, 10 mg kalsium fosfaat, 20 mg kaneel, 5 µg methyl-cobalamin (vitamien B12), 8,3 mg niasien (vitamien B3), 8,3 mg pantothenaat (vitamien B5), 3,33 mg piridoksien (vitamien B6), 40 mg rhodiola rosea, 3 mg riboflaven (vitamien B2), 2,5 mg tiamien (vitamien B1) en 121.79 mg schisandra chinensis. Die ander bestanddele is magnesium-steearaat, stysel mikrokristallyne sellulose en silikondioksied.

FARMAKOLOGIESE KLASIFIKASIE
D32.16 Ander

FARMAKOLOGIESE WERKING
Angelica Sinensis (Dong Qua): Gebruik in Tradisionêle Chinese Medisyne (TCM) om die bloed te versterk en te harmoniseer.(PPRC 2010; Bensky et al 2004;Chen en Chen 2004). **Dropwortel Ekstrak:** Tradisioneel gebruik in kruië medisyne as 'n ekspektorant om bors klagtes, soos hoës en bronchitis te help verlig (Mills en Bone 2005; ESCOP 2003 Hoffmann 2003 Blumenthal et al 2000; Bradley 1992; Felter en Lloyd 1983 [1898], treur 1971 [1931]). Gebruik in kruië medisyne om inflammatoriese toestande van die spysverteringstelsel, soos gastritis in volwassenes te help verlig (ESCOP 2003 Hoffmann 2003 Bradley 1992). **Eleutherococcus (Sibieriese Ginseng):** Gebruik in kruië medisyne om algemene swakheid te help verlig. (Bradley 2006; ESCOP 2003 Blumenthal et al 2000; Mills en been 2000). Gebruik in kruië medisyne te help geestelike en/ of fisiese prestasie na tydperke van geestelike en/of fisiese inspanning verbter (Bradley 2006; ESCOP 2003 Hoffmann 2003; Mills en been 2000). Gevolge van Adaptogens op die sentrale senuweestelsel en die molekulêre meganismes in verband met hul Stres beskermende aktiviteit Alexander Panossian * en Georg Wikman Sweedse Herbal Instituut Research & Development, Spårvägen 2, SE-432 96 Åskloster, Swede) **Folien**suur: Faktore in die handhawing van goeie gesondheid ((IOM 2006; IOM 1998). **Kaneel:** Bied antioksidante aan (Gruenwald et al 2010;Roussel et al 2009; Halvorsen et al 2006; Shan et al 2005). (Tradisioneel) gebruik in Ayurveda vir derm klagtes soos dispepsie, winderigheid, diarree en braking (Paranjpe 2005 [2001]; Kapoor 2001). (Tradisioneel) in kruië medisyne gebruik vir spysverteringstelsel versteurings/spysverteringstelsel klagtes soos ligte spasmas/Gastrointestinale koliek,

gevoel van lading/blaas, en winderigheid/ windadrijvend (Godfrey et al 2010; BHC 2006; Wichtl 2004; Blumenthal et al. 2000, 1998). (Tradisioneel) in kruië medisyne gebruik vir die verlies van eetlus (BHC 2006; Wichtl 2004; Blumenthal et al 2000, 1998)

Rhodiola Rosea Ekstrak: Gebruik in 'herbal' medisyne as 'n adaptogen vir tydelike verligting van simptome van stres (soos geestelike moegheid en gevoel van swakheid) te help. (EMA 2012a; Olsson et al. 2009; Winston and Maimes 2007; Pizzomo and Murray 2006; Hoffman 2003). Gebruik in 'herbal' medisyne om kognitiewe funksie (soos geestelike fokus en geestelike stamina) te help ondersteun. (Olsson et al. 2009; Winston and Maimes 2007). Bied antioksidante aan(Skarpanska-Stejnborn et al. 2009; Winston and Maimes 2007; Kim et al. 2006). (Gevolge van Adaptogens op die sentrale senuweestelsel en die molekulêre meganismes in verband met hul Stres beskermende aktiviteit Alexander Panossian * en Georg Wikman Sweedse Herbal Instituut Research & Development, Spårvägen 2, SE-432 96 Åskloster, Swede) **Vitamiene B1,B2,B3,B5,B6,B12 & D3:** Faktore in die handhawing van goeie gesondheid ((IOM 2006; IOM 1998).

INDIKASIES

ULTIMA ADAPTOGENS bevat 'adaptogenic' kruië wat bewys is om stres te verminder, om moegheid te veg, fisiese prestasie en energie vlakke te verhoog. Met vitamiene en minerale bygevoeg wat belangrik in die handhawing van algehele goeie gesondheid is.

KONTRA-INDIKASIES

Hipersensitieweit vir enige van die bestanddele van **ULTIMA ADAPTOGENS** (sien **SAMESTELLING**). As jy geïrriteerdheid of slapeloosheid ervaar, staak gebruik. (Pizzomo and Murray 2006; Kelly 2001).

Sorg moet in pasiënte met maagsere geneem word.

Pasiënte wat aan epilepsie ly moet nie Schisandra gebruik.

Gebruik met versigtigheid as jy hoë bloed-druk het (Barnes et al 2007;. Brinker 2001 Blumenthal et al 2000;. Mills en been 2000;. McGuffin et al 1997).

As jy antidepressant medikasie neem, raadpleeg 'n gesondheidsorg praktisyen voor gebruik (Iovieno et al 2011;. Olsson et al 2009;. Brown et al 2002.).

As jy bipolêre versteuring of bipolêre spek-trum versteuring het, moet nie hierdie produk gebruik nie. (Iovieno et al. 2011; Winston and Maimes 2007; Brown et al 2002).

WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS
ULTIMA ADAPTOGENS kan dalk met die vermoë om te slaap innemng. 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 praktisyen voordat **ULTIMA ADAPTOGENS** 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.

Moenie die aanbevole dosis oorskry nie.

Uitwerking op die vermoë om te bestuur en masjien te werk: Pasiënte behoort nie 'n voertuig te bestuur nie of met masjinerie te werk nie, voordat die gevolge van **ULTIMA ADAPTOGENS** bekend is.

INTERAKSIES

ULTIMA ADAPTOGENS mag interaksie met voorskrif medisyne of ander aanvullings hê.

Warfarin kan 'n interaksie met Schisandra hê. Schisandra kan die doeltreffendheid van warfarin (Coumadin) verminder. Vermindering van die doeltreffendheid van warfarin (Couma-din) kan die risiko van stolling verhoog. Maak seker dat jou bloed gereeld nagegaan word. Die dosis van jou warfarin (Coumadin) moet dalk verander word.

Schisandra kan hoe vinnig die lewer sommige medikasie afbreek, verminder. Som-mige medikasie verander deur die sluit selu-celecoxib (Celebrex), diklofenak (Voltaren), Flu-vastatin (Lescol), glipizide (Glucotrol), ibuprofen (Advil, Motrin), Irbesartan (Avapro), losartan (Cozaar), fenitioin (Dilantin), piroxicam (Feldene), tamoxifen (Nolvadex), tolbutamied (Tolinase), torsemide (Demadex) en warfarin (Coumadin) in. Voor jy schisandra neem, praat met jou gesond-heidsorg verskaffer as jy op enige medikasie wat deur die lewer verander word neem.

Sorg moet in pasiënte met maagsere geneem word.

Pasiënte wat aan epilepsie ly moet nie Schisandra gebruik.

Gebruik met versigtigheid as jy hoë bloed-druk het (Barnes et al 2007;. Brinker 2001 Blumenthal et al 2000;. Mills en been 2000;. McGuffin et al 1997).

As jy antidepressant medikasie neem, raadpleeg 'n gesondheidsorg praktisyen voor gebruik (Iovieno et al 2011;. Olsson et al 2009;. Brown et al 2002.).

As jy bipolêre versteuring of bipolêre spektrum versteuring het, moet nie hierdie produk gebruik nie. (Iovieno et al. 2011; Winston and Maimes 2007; Brown et al. 2002).

As jy geïrriteerdheid of slapeloosheid ervaar, staak gebruik. (Pizzomo and Murray 2006; Kelly 2001).

Geen ander interaksie studies is uitgevoer nie.

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 GEBRUIKSAANWYSINGS:

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

Kinders (8-12): 1 tablet daagliks, eerste ding elke oggend.
Tieners (13-15): 1 tot 2 tablette daagliks, EERSTE DING ELKE OGGEND. Indien sport, gespeel word of daar tekens van moegheid tydens skool of sport is, voeg 'n 3de tablet by.
Normale Volwassenes Daaglikse Dosis (16+): 1 tablet vir elke 20-25 kg liggaams-masa, om eerste ding elke oggend te neem. Indien jy middagê en aande werk, neem 1 tablet vir elke 15-20 kg liggaamsmassa, voor werk.
BYKOMENDE Sport & Prestasie Dosis: Bykomend tot jou daaglikse dosis, neem 'n bykomende tablet vir elke 15-20 kg liggaams-massa voor opleiding, oefening of kompetisie, aghagende van gewenste resultate.

Moenie die aanbevole dosis oorskry nie. Dosis moet verminder word of vroeër in die dag geneem word as **ULTIMA ADAPTOGENS** met slaap patrone innemng.

NEWE-EFFEKTE

Infeksies en infestasies: Frekwensie onbekend: Angelica Sinensis & Dropwortel Ekstrak Frekwensie onbekend: Eleutherococcus (Sibierese Ginseng) Frekwensie onbekend: Kaneel poeier Frekwensie onbekend: Rhodiola Rosea Frekwensie onbekend: Schisandra Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 & Folien-suur

Neoplasmas benigne en maligne (insluitend siste en poliepe) Frekwensie onbekend: Angelica Sinensis & Dropwortel Ekstrak Frekwensie onbekend: Eleutherococcus (Sibierese Ginseng) Frekwensie onbekend: Kaneel poeier Frekwensie onbekend: Rhodiola Rosea Frekwensie onbekend: Schisandra Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 & Folien-suur

Bloed en die limfatiese stelsel Frekwensie onbekend: Angelica Sinensis & Dropwortel Ekstrak Frekwensie onbekend: Eleutherococcus (Sibierese Ginseng) Frekwensie onbekend: Kaneel poeier Frekwensie onbekend: Rhodiola Rosea Frekwensie onbekend: Schisandra Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 & Folien-suur

Immuunstelsel versteurings Frekwensie onbekend: Angelica Sinensis & Dropwortel Ekstrak Frekwensie onbekend: Eleutherococcus (Sibierese Ginseng) Frekwensie onbekend: Kaneel poeier Frekwensie onbekend: Rhodiola Rosea Frekwensie onbekend: Schisandra Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 & Folien-suur

Endokriene afwykings Frekwensie onbekend: Angelica Sinensis & Dropwortel Ekstrak Frekwensie onbekend: Eleutherococcus (Sibierese Ginseng) Frekwensie onbekend: Kaneel poeier Frekwensie onbekend: Rhodiola Rosea Frekwensie onbekend: Schisandra Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 & Folien-suur

Metabolisme en voeding Frekwensie onbekend: Angelica Sinensis & Dropwortel Ekstrak Frekwensie onbekend: Eleutherococcus (Sibierese Ginseng) Frekwensie onbekend: Kaneel poeier Frekwensie onbekend: Rhodiola Rosea Frekwensie onbekend: Schisandra Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 & Folien-suur

Psigiatriese versteurings Frekwensie onbekend: Angelica Sinensis & Dropwortel Ekstrak Frekwensie onbekend: Eleutherococcus (Sibierese Ginseng) Frekwensie onbekend: Kaneel poeier Frekwensie onbekend: Rhodiola Rosea Frekwensie onbekend: Schisandra Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 & Folien-suur

Senusistestemversteurings Frekwensie onbekend: Angelica Sinensis & Dropwortel Ekstrak Frekwensie onbekend: Eleutherococcus (Sibierese Ginseng) Frekwensie onbekend: Kaneel poeier Frekwensie onbekend: Rhodiola Rosea Frekwensie onbekend: Schisandra Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 & Folien-suur

Oogversteurings Frekwensie onbekend: Angelica Sinensis & Dropwortel Ekstrak Frekwensie onbekend: Eleutherococcus (Sibierese Ginseng) Frekwensie onbekend: Kaneel poeier Frekwensie onbekend: Rhodiola Rosea Frekwensie onbekend: Schisandra Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 & Folien-suur

Oor en labirint versteurings Frekwensie onbekend: Angelica Sinensis & Dropwortel Ekstrak Frekwensie onbekend: Eleutherococcus (Sibierese Ginseng) Frekwensie onbekend: Kaneel poeier Frekwensie onbekend: Rhodiola Rosea Frekwensie onbekend: Schisandra Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 & Folien-suur

Hartsiektes Frekwensie onbekend: Angelica Sinensis & Dropwortel Ekstrak Frekwensie onbekend: Eleutherococcus (Sibierese Ginseng) Frekwensie onbekend: Kaneel poeier Frekwensie onbekend: Rhodiola Rosea Frekwensie onbekend: Schisandra Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 & Folien-suur

Vaskulêre toestande Frekwensie onbekend: Angelica Sinensis & Dropwortel Ekstrak Frekwensie onbekend: Eleutherococcus (Sibierese Ginseng) Frekwensie onbekend: Kaneel poeier Frekwensie onbekend: Rhodiola Rosea Frekwensie onbekend: Schisandra Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 & Folien-suur

Respiratoriese, torakale en mediastinale versteurings

Frekwensie onbekend: Angelica Sinensis & Dropwortel Ektrak Frekwensie onbekend: Eleutherococcus (Sibierese Ginseng) Frekwensie onbekend: Kaneel poeier Frekwensie onbekend: Rhodiola Rosea Frekwensie onbekend: Schisandra Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 & Folien-suur

Gastrointestinale versteurings Frekwensie onbekend: Angelica Sinensis & Dropwortel Ekstrak Frekwensie onbekend: Eleutherococcus (Sibierese Ginseng) Frekwensie onbekend: Kaneel poeier Frekwensie onbekend: Rhodiola Rosea Frekwensie onbekend: Schisandra Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 & Folien-suur

Hepatobiliêre versteurings Frekwensie onbekend: Angelica Sinensis & Dropwortel Ekstrak Frekwensie onbekend: Eleutherococcus (Sibierese Ginseng) Frekwensie onbekend: Kaneel poeier Frekwensie onbekend: Rhodiola Rosea Frekwensie onbekend: Schisandra Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 & Folien-suur

Vel en subkutane weefsel Frekwensie onbekend: Angelica Sinensis & Dropwortel Ekstrak Frekwensie onbekend: Eleutherococcus (Sibierese Ginseng) Frekwensie onbekend: Kaneel poeier Frekwensie onbekend: Rhodiola Rosea Frekwensie onbekend: Schisandra Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 & Folien-suur

Muskuloskeletale, bindweefsel en been-afwykings Frekwensie onbekend: Angelica Sinensis & Dropwortel Ekstrak Frekwensie onbekend: Eleutherococcus (Sibierese Ginseng) Frekwensie onbekend: Kaneel poeier Frekwensie onbekend: Rhodiola Rosea Frekwensie onbekend: Schisandra Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 & Folien-suur

Renale en urinêre versteurings Frekwensie onbekend: Angelica Sinensis & Dropwortel Ekstrak Frekwensie onbekend: Eleutherococcus (Sibierese Ginseng) Frekwensie onbekend: Kaneel poeier Frekwensie onbekend: Rhodiola Rosea Frekwensie onbekend: Schisandra Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 & Folien-suur

Swangerskap, puerperium en perinatale voorwaardes Frekwensie onbekend: Angelica Sinensis & Dropwortel Ekstrak Frekwensie onbekend: Eleutherococcus (Sibierese Ginseng) Frekwensie onbekend: Kaneel poeier Frekwensie onbekend: Rhodiola Rosea Frekwensie onbekend: Schisandra Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 & Folien-suur

Voortplantingstelsel en bors versteurings Frekwensie onbekend: Angelica Sinensis & Dropwortel Ekstrak Frekwensie onbekend: Eleutherococcus (Sibierese Ginseng) Frekwensie onbekend: Kaneel poeier Frekwensie onbekend: Rhodiola Rosea Frekwensie onbekend: Schisandra Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3