

ULTIMA BRAIN FUEL

PATIENT INFORMATION LEAFLET

Discipline: Western Herbal Medicine

ULTIMA BRAIN FUEL 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 BRAIN FUEL (capsules)

Please read this leaflet carefully before you start taking ULTIMA BRAIN FUEL

ULTIMA BRAIN FUEL 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 BRAIN FUEL** 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 BRAIN FUEL CONTAINS

The active ingredients in each capsule are 5 mg acetyl carnitine, 30 mg choline bitartrate, 123.75 µg folic acid, 35 mg ginkgo biloba extract, 2,5 mg L-arginine pyroglutamate, 10 mg L-tyrosine, 1,25 mg lecithin, 75 µg methylcobalamin (vitamin B12), 6,225 mg nicotinamide (vitamin B3), 6,225 mg pantothenic acid (vitamin B5), 5 mg Phosphatidylcholine 23%, 5 mg Phosphatidylserine 20%, 6,225 mg pyridoxine HCl (vitamin B6), 51,25 mg rhodiola rosea extract, 1,125 mg riboflavin (vitamin B2), 937.5 µg thiamine HCl (vitamin B1) and 25 mg tri calcium phosphate.

The other ingredients are magnesium stearate, starch and sylold.

Allergens: Soya from lecithin
Caffeine free.

2. WHAT ULTIMA BRAIN FUEL IS USED FOR
ULTIMA BRAIN FUEL is used to help with your memory, concentration and brain function.

3. BEFORE YOU TAKE ULTIMA BRAIN FUEL
Do not take ULTIMA BRAIN FUEL:
If you are hypersensitive (allergic) to any of the ingredients in it (see **WHAT ULTIMA BRAIN FUEL CONTAINS**).

Take special care with ULTIMA BRAIN FUEL:

- If you are having surgery done. You should stop taking it 2 weeks before you have any surgery done.
- If you are having trouble sleeping while taking it, you may need to take less or take your dosage earlier.
- If you suffer from any chronic medical condition. Please contact your doctor before you start taking it.
- If you are also taking other supplements (see **Taking other medicines with ULTIMA BRAIN FUEL**).
- If you are pregnant or breastfeeding (see **Pregnancy and breastfeeding**).

Taking ULTIMA BRAIN FUEL with food or drink:
It can be taken with or without 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 BRAIN FUEL 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 BRAIN FUEL** affects you.

Taking other medicines with ULTIMA BRAIN FUEL:

Always tell your healthcare professional if you are taking any other medicine (this includes complementary or traditional medicines). The following medicines may cause an interaction when used in combination with **ULTIMA BRAIN FUEL**:

- Blood thinning medication i.e. Warfarin
- Omega 3 Fish Oil

4. HOW TO TAKE ULTIMA BRAIN FUEL

Dosage may vary between patients and depends on your lifestyle, stress level, age, concentration requirements and whether you are working during the day or at night.

The usual dose is 2 – 4 capsules daily for adults, and 1 – 2 capsules daily for students. 1 – 2 capsules should be taken in the morning and 1 – 2 capsules taken at lunchtime. The minimum dose is 2 capsules per day. 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 BRAIN FUEL 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 capsules with you so the doctor will know what you have taken.

If you forget to take ULTIMA BRAIN FUEL: 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 BRAIN FUEL can have side effects. **Not all side effects reported for ULTIMA BRAIN FUEL 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 BRAIN FUEL 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. 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 BRAIN FUEL

- 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 BRAIN FUEL
175 ml vitamin bottle with black screw cap. Bottle containing 80 capsules is packed in an outer container.

8. IDENTIFICATION OF ULTIMA BRAIN FUEL
Off-white to cream powder in clear capsule.

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

SCHEDULING STATUS

To be allocated by Council.

PROPRIETARY NAME AND DOSAGE FORM
ULTIMA BRAIN FUEL (capsules)

COMPOSITION

Active ingredients:
Each capsule contains 5 mg acetyl carnitine, 30 mg choline bitartrate, 123.75 µg folic acid, 35 mg ginkgo biloba extract, 2,5 mg L-arginine pyroglutamate, 10 mg L-tyrosine, 1,25 mg lecithin, 75 µg methylcobalamin (vitamin B12), 6,225 mg nicotinamide (vitamin B3), 6,225 mg pantothenic acid (vitamin B5), 5 mg Phosphatidylcholine 23%, 5 mg Phosphatidylserine 20%, 6,225 mg pyridoxine HCl (vitamin B6), 51,25 mg rhodiola rosea extract, 1,125 mg riboflavin (vitamin B2), 940 µg thiamine HCl (vitamin B1) and 25 mg tricalcium phosphate.

Inactive ingredients: magnesium stearate, starch and sylold
Allergens: Soya from lecithin
Caffeine free.

PHARMACOLOGICAL CLASSIFICATION
D 32.16 Other

PHARMACOLOGICAL ACTION

Folic Acid:
Factors in the maintenance of good health (IOM 2006; IOM 1998).
Ginkgo Biloba Extract:
Helps to enhance cognitive function in adults (*Cieza et al. 2003, Santos et al. 2003, Mix and Crews 2002, Stough et al. 2001, Kennedy et al. 2000, Mix and Crews 2000*) Helps to enhance memory in adults (*Santos et al. 2003, Stough et al. 2001, Kennedy et al. 2000, Mix and Crews 2000*) Helps to support peripheral circulation (*Boelsma et al. 2004, Mehlsen et al. 2002, Pittler and Ernst 2000*)
L-Tyrosine:
Helps to decrease cognitive fatigue due to physically stressful situations (e.g. extended wakefulness, exposure to cold, excessive noise) (*Mahoney et al. 2007; O’Brien et al. 2006; Magill et al. 2003; Thomas et al. 1999; Dollins et al. 1995; Neri et al. 1995*).
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).

Phosphatidylcholine 23%:
Phosphatidylcholine is the largest reservoir of Choline in the body. Choline is a precursor to acetylcholine. Acetylcholine is thought to be involved in memory. Since Phosphatidylcholine might increase acetylcholine, there is interest in using it for improving memory and for conditions such as Alzheimer’s disease. (*Chung, S. Y., et al. Administration of Phosphatidylcholine increases brain acetylcholine concentration and improves memory. Journal of Nutrition. 125(6): 1484 – 1489, 1995.*)
Phosphatidylserine 20%:
Helps to support cognitive function (*Schreiber et al. 2000, Cenacchi et al. 1993, Crook et al. 1992, Engel et al. 1992, Crook et al. 1991, Maggioni et al. 1990*) Demonstrated some usefulness in treating cognitive impairment, including age associated memory impairment and dementia. (*Life Extension PS Caps, PTD-L-Ser, DB00144*)
Vitamins B1,B2,B3,B5, B6 and B12:
Factors in the maintenance of good health (IOM 2006; IOM 1998).

INDICATIONS

ULTIMA BRAIN FUEL contains Rhodiola Rosea, Ginkgo Biloba, Choline and B vitamins that are often associated with memory, concentration and brain function.

ULTIMA BRAIN FUEL also contains the nutrients Phosphatidylcholine and Phosphatidylserine, L-tyrosine and L-Arginine Pyroglutamate, which may assist with brain function.

CONTRAINDICATIONS

Hypersensitivity to any of the ingredients of **ULTIMA BRAIN FUEL** (see COMPOSITION).
Ginkgo Biloba can slow blood clotting. Ibuprofen can also slow blood clotting. Taking ginkgo with ibuprofen can slow blood clotting too much and increase the chance of bruising and bleeding. Medications that slow blood clotting (Anticoagulant / Antiplatelet drugs) interacts with GINKGO.

Taking Ginkgo along with medications that also slow clotting might increase the chances of bruising and bleeding.

Do not use if you are taking health products that affect blood coagulation (e.g. blood thinners, clotting factor replacements, acetylsalicylic acid, ibuprofen, fish oils, vitamin E) as this may increase the risk of spontaneous bleeding (Brinker 2009, Bent et al. 2005)
Some medications that slow blood clotting include aspirin, clopidogrel (Plavix), diclofenac (Voltaren, Cataflam, others), ibuprofen (Advil, Motrin, others), naproxen (Anaprox, Naprosyn, others), dalteparin (Fragmin), enoxaparin (Lovenox), heparin, warfarin (Coumadin), and others.

Ginkgo might decrease how quickly the liver breaks down some medications. Taking ginkgo along with some medications that are changed by the liver might increase the effects and side effects of some medications. Before taking ginkgo talk to your healthcare provider if you take any medications that are changed by the liver.

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 (Pizzomo and Murray 2006; Kelly 2001).

WARNINGS AND SPECIAL PRECAUTIONS

ULTIMA BRAIN FUEL should be discontinued two weeks prior to surgery.

Ginkgo Biloba should only be used under medical supervision in individuals suffering with epilepsy, diabetes or bleeding disorders.

ULTIMA BRAIN FUEL 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 BRAIN FUEL**.

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.
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 BRAIN FUEL** are known.

Allergens:
Soya from lecithin

INTERACTIONS

ULTIMA BRAIN FUEL may interact with prescription medicine or other supplements.

Care must be taken when using products that affect blood coagulation (e.g. blood thinners, clotting factor replacements, acetylsalicylic acid, ibuprofen, fish oils, vitamin E) as this may increase the risk of spontaneous bleeding (Brinker 2009, Bent et al. 2005)
Ginkgo can slow blood clotting. Ibuprofen can also slow blood clotting. Taking ginkgo with ibuprofen can slow blood clotting too much and increase the chance of bruising and bleeding.

Medications that slow blood clotting (Anticoagulant / Antiplatelet drugs) interacts with GINKGO

Taking Ginkgo along with medications that also slow clotting might increase the chances of bruising and bleeding.

Some medications that slow blood clotting include aspirin, clopidogrel (Plavix), diclofenac (Voltaren, Cataflam, others), ibuprofen (Advil, Motrin, others), naproxen (Anaprox, Naprosyn, others), dalteparin (Fragmin), enoxaparin (Lovenox), heparin, warfarin (Coumadin), and others.

Ginkgo might decrease how quickly the liver breaks down some medications. Taking ginkgo along with some medications that are changed by the liver might increase the effects and side effects of some medications. Before taking ginkgo talk to your healthcare provider if you take any medications that are changed by the liver.

Ginkgo Biloba has been shown to reduce platelet aggregation and blood clotting. The use of anticoagulants should be avoided or carefully monitored. Medicines that have anticoagulant effects include Warfarin, Aspirin and others.

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, age, concentration requirements and whether working during the day or at night.

Adults:
2 – 4 capsules daily
Students:
1 – 2 capsules daily
1 – 2 capsules should be taken in the morning and 1 – 2 capsules taken at lunchtime. The minimum dosage is 2 capsules per day. Do not exceed the recommended dosage. Dosage should be reduced or taken earlier in the day if **ULTIMA BRAIN FUEL** interferes with sleep patterns.

SIDE EFFECTS

Infections and infestations:
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Frequency unknown: L-Tyrosine
Frequency unknown: Acetyl L Carnitine
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
Frequency unknown: Phosphatidylcholine
Frequency unknown: Phosphatidylserine

Neoplasms benign and malignant (including cysts and polyps)
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Frequency unknown: L-Tyrosine
Frequency unknown: Acetyl L Carnitine
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
Frequency unknown: Phosphatidylcholine
Frequency unknown: Phosphatidylserine

Blood and the lymphatic system disorders
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Frequency unknown: L-Tyrosine
Frequency unknown: Acetyl L Carnitine
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
Frequency unknown: Phosphatidylcholine
Frequency unknown: Phosphatidylserine

Immune system disorders
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Frequency unknown: L-Tyrosine
Frequency unknown: Acetyl L Carnitine
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
Frequency unknown: Phosphatidylcholine
Frequency unknown: Phosphatidylserine

Endocrine disorders
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Frequency unknown: L-Tyrosine
Frequency unknown: Acetyl L Carnitine
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
Frequency unknown: Phosphatidylcholine
Frequency unknown: Phosphatidylserine

Metabolism and nutrition disorders
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Frequency unknown: L-Tyrosine
Frequency unknown: Acetyl L Carnitine
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
Frequency unknown: Phosphatidylcholine
Frequency unknown: Phosphatidylserine

Psychiatric disorders
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Frequency unknown: L-Tyrosine
Frequency unknown: Acetyl L Carnitine
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
Frequency unknown: Phosphatidylcholine
Frequency unknown: Phosphatidylserine

Nervous system disorders
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Frequency unknown: L-Tyrosine
Frequency unknown: Acetyl L Carnitine
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
Frequency unknown: Phosphatidylcholine
Frequency unknown: Phosphatidylserine

Eye disorders
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Frequency unknown: L-Tyrosine
Frequency unknown: Acetyl L Carnitine
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
Frequency unknown: Phosphatidylcholine
Frequency unknown: Phosphatidylserine

Ear and labyrinth disorders
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Frequency unknown: L-Tyrosine
Frequency unknown: Acetyl L Carnitine
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
Frequency unknown: Phosphatidylcholine
Frequency unknown: Phosphatidylserine

Cardiac disorders
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Frequency unknown: L-Tyrosine
Frequency unknown: Acetyl L Carnitine
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
Frequency unknown: Phosphatidylcholine
Frequency unknown: Phosphatidylserine

Vascular disorders
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Frequency unknown: L-Tyrosine
Frequency unknown: Acetyl L Carnitine
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
Frequency unknown: Phosphatidylcholine
Frequency unknown: Phosphatidylserine

Respiratory, thoracic and mediastinal disorders
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Frequency unknown: L-Tyrosine
Frequency unknown: Acetyl L Carnitine
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
Frequency unknown: Phosphatidylcholine
Frequency unknown: Phosphatidylserine

Gastrointestinal disorders
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Frequency unknown: L-Tyrosine
Frequency unknown: Acetyl L Carnitine
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
Frequency unknown: Phosphatidylcholine
Frequency unknown: Phosphatidylserine

Hepatobiliary disorders
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Students:
1 – 2 capsules daily
1 – 2 capsules should be taken in the morning and 1 – 2 capsules taken at lunchtime. The minimum dosage is 2 capsules per day. Do not exceed the recommended dosage. Dosage should be reduced or taken earlier in the day if **ULTIMA BRAIN FUEL** interferes with sleep patterns.

Skin and subcutaneous tissue disorders
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Frequency unknown: L-Tyrosine
Frequency unknown: Acetyl L Carnitine
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
Frequency unknown: Phosphatidylcholine
Frequency unknown: Phosphatidylserine

Musculoskeletal, connective tissue and bone disorders
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Frequency unknown: L-Tyrosine
Frequency unknown: Acetyl L Carnitine
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
Frequency unknown: Phosphatidylcholine
Frequency unknown: Phosphatidylserine

Renal and urinary disorders
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Frequency unknown: Acetyl L Carnitine
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
Frequency unknown: Phosphatidylcholine
Frequency unknown: Phosphatidylserine

Pregnancy, puerperium and perinatal conditions
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Frequency unknown: L-Tyrosine
Frequency unknown: Acetyl L Carnitine
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
Frequency unknown: Phosphatidylcholine
Frequency unknown: Phosphatidylserine

Reproductive system and breast disorders
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Frequency unknown: L-Tyrosine
Frequency unknown: Acetyl L Carnitine
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
Frequency unknown: Phosphatidylcholine
Frequency unknown: Phosphatidylserine

Congenital and familial/genetic disorders
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Frequency unknown: L-Tyrosine
Frequency unknown: Acetyl L Carnitine
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
Frequency unknown: Phosphatidylcholine
Frequency unknown: Phosphatidylserine

General disorders and administrative site conditions
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Frequency unknown: L-Tyrosine
Frequency unknown: Acetyl L Carnitine
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
Frequency unknown: Phosphatidylcholine
Frequency unknown: Phosphatidylserine

Investigations
Frequency unknown: Ginkgo Biloba
Frequency unknown: Rhodiola Rosea
Frequency unknown: L-Tyrosine
Frequency unknown: Acetyl L Carnitine
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid
Frequency unknown: Phosphatidylcholine
Frequency unknown: Phosphatidylserine

KNOWN SYMPTOMS OF OVERDOSE AND PARTICULARS OF ITS TREATMENT
Treatment is symptomatic and supportive.

IDENTIFICATION
Off-white to cream powder in clear capsule.

PRESENTATION
175 ml vitamin bottle with black screw cap. Bottle containing 80 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 (Pty) Ltd.
P.O. Box 30043
Tokai, 7966

DATE OF PUBLICATION OF PACKAGE INSERT
To be allocated by Council.

ULTIMA BRAIN FUEL

PASIËNTINLIGTINGSBLAADJIE

Dissipline: Wes Herbal Medisyne

ULTIMA BRAIN FUEL 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 BRAIN FUEL (kapsules)

Lees asseblief hierdie pamflet sorgvuldig voordat jy UTLIMA BRAIN FUEL begin neem.

ULTIMA BRAIN FUEL 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 BRAIN FUEL** 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 BRAIN FUEL

Die aktiewe bestanddele in elke kapsel is 5 mg asetiel carnitine, 123.75 µg foliensuur, 5 mg fosfaatdielkollen 23%, 5 mg fosfaatdielseriesen 20%, 35 mg ginkgo biloba ekstrak, 25 mg kalsiumfosfaat , 30 mg kolien bitartraat , 2,5 mg L-arginine pyroglutamaat, 10 mg l-tirosien, 1,25 mg lesitiën, 75 µg methylcobalamin (vitamien B12), 6,225 mg nikotienamied (vitamien B3), 6,225 mg pantooteensuur (vitamien B5), 6,225 mg piridoksieën HCl (vitamien B6), 51,25 mg rhodiola rosea ekstrak, 1,125 mg riboflaviën (vitamien B2) en 937.5 µg tiamien HCl (vitamien B1).

Ander bestanddele is magnesium stearaat, stysel en silikondioksied.

Allergene: Soja van lesitiën
Bevat geen kafeïen nie.

2. WAT WORD ULTIMA BRAIN FUEL GEBRUIK VIR ULTIMA BRAIN FUEL word gebruik om met jou geheue, konsentrasie en brein funksioneering te help.

3. VOOR JY ULTIMA BRAIN FUEL NEEM Moenie ULTIMA BRAIN FUEL neem: As jy hipersensitief (allergies) aan enige van die bestanddele is nie (**Sien WAT BEVAT ULTIMA BRAIN FUEL**)

Neem spesiale sorg met ULTIMA BRAIN FUEL:

- Indien jy vir ’n operasie gaan. Jy moet 2 weke voor enige chirurgie met **ULTIMA BRAIN FUEL** ophou.
- 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 jy. Kontak asseblief jou dokter voordat jy die produk begin neem.
- As jy ander aanvullings ook neem (**Sien Om ander medisyne met ULTIMA BRAIN FUEL te neem**).
- As jy swanger is of borsvoed (sien **Swanger en Borsvoeding**).

Neem ULTIMA BRAIN FUEL met kos of drank: Dit kan met of sonder 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 BRAIN FUEL** 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 BRAIN FUEL** jou raak.

Om ander medisyne met ULTIMA BRAIN FUEL te neem:

Vertel altyd vir jou gesondheidsorg professionele as jy enige ander medisyne neem (dit sluit komplimentêre of tradisionele medisyne ook in). Die volgende medisyne mag ’n interaksie veroorsaak wanneer dit in kombinasie met **ULTIMA BRAIN FUEL** geneem word:

- bloedverdunnend medikasie m.a.w. Warfarin
- Omega 3 Vis Olie

4. HOE OM ULTIMA BRAIN FUEL TE NEEM
Dosis kan tussen pasiënte wissel en hang af van jou leefstyl, stres vlak, ouderdom, konsentrasie vereistes en of jy gedurende die dag of nag besig is.

Die normale dosis is 2 – 4 kapsules per dag vir volwassenes en 1 – 2 kapsules per dag vir studente.
1 – 2 kapsules moet in die oggend geneem word en 1 – 2 kapsules geneem tydens middagete.
Die minimum dosis is 2 kapsules per dag. Moenie die aanbevole dosis oorskry nie.
Jy kan jou dosis verminder of jou dosis vroeër in die dag neem indien dit met jou slaap inmeng.
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 BRAIN FUEL 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 oorbywende kapsules met jou saam, sodat die dokter weet wat jy geneem het.

As jy vergeet om ULTIMA BRAIN FUEL 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 gemiste 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 BRAIN FUEL kan dalk newe-effekte hê. **Nie alle newe-effekte vir ULTIMA BRAIN FUEL 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, stak gebruik van **ULTIMA BRAIN FUEL** en vertel onmiddellik vir jou dokter; of gaan na die ongevalle-afdeling vir 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,
- wierigheid 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 BRAIN FUEL

- 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 rioolstelsels (bv. toilette) nie.

7. AANBIEDING VAN ULTIMA BRAIN FUEL
Box met 175ml vitamien bottel met swart skroefdoop – bevat 80 kapsules.

8. IDENTIFIKASIE VAN ULTIMA BRAIN FUEL
Roomkleurige poeier in kapsel.

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 BRAIN FUEL 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 BRAIN FUEL (kapsules)

SAMESTELLING
Aktiewe Bestanddele:
Elke kapsel bevat 5 mg asetiel carnitine, 123.75 µg foliensuur, 5 mg fosfaatdielkollen 23%, 5 mg fosfaatdielseriesen 20%, 35 mg ginkgo biloba ekstrak, 25 mg kalsiumfosfaat, 30 mg kolien bitartraat , 2,5 mg L-arginine pyroglutamaat, 10 mg l-tirosien, 1,25 mg lesitiën, 75 µg methylcobalamin (vitamien B12), 6,225 mg nikotienamied (vitamien B3), 6,225 mg pantooteensuur (vitamien B5), 6,225 mg piridoksieën HCl (vitamien B6), 51,25 mg rhodiola rosea ekstrak, 1,125 mg riboflaviën (vitamien B2) en 937.5 µg tiamien HCl (vitamien B1).
Ander bestanddele is magnesium stearaat, stysel en silikondioksied.
Allergene: Soja van lesitiën.
Bevat geen kafeïen nie.

FARMAKOLOGIESE KLASSIFIKASIE
D32.16 Ander

FARMAKOLOGIESE WERKING

Foliensuur:
Faktore in die handhawing van goeie gesondheid (IOM 2006; IOM 1998).
Ginkgo Biloba Ekstrak:
Help om kognitiewe funksie in volwassenes te verbeter (*Ciezza et al. 2003, Santos et al. 2003, Mix and Crews 2002, Stough et al. 2001, Kennedy et al. 2000, Mix and Crews 2000*)
Help om geheue in volwassenes te verbeter (*Santos et al. 2003, Stough et al. 2001, Kennedy et al. 2000, Mix and Crews 2000*)
Help om perifere sirkulasie te ondersteun (*Boelsma et al. 2004, Mehlsen et al. 2002, Pittler and Ernst 2000*)

L-Tirosien:
Help om kognitiewe moegheid as gevolg van fisies stresvolle situasies te verminder (bv. blootstelling aan koue, oormatige geraas) (*Mahoney et al. 2007; O'Brien et al. 2006; Magill et al. 2003; Thomas et al. 1999; Dollins et al. 1995; Neri et al. 1995*).

Rhodiola Rosea Ekstrak:
Gebruik in ’herbal’ medisyne as ’n adaptogeen 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; Pizzorno 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).

Fosfatidielkollen 23 %:
Fosfatidielkollen is die grootste reservoer van choline in die liggaam. Kolien is ’n voorloper tot asetielkollen. Asetielkollen word met geheue geassosieer.
As Fosfatidielkollen asetielkollen kan verhoog, is daar belangstelling in die gebruik daarvan vir die verbetering van geheue en vir toestande soos Alzheimer se siekte. (*Chung, S. Y., et al. Administration of phosphatidylcholine increases brain acetylcholine concentration and improves memory. Journal of Nutrition. 125(6): 1484 – 1489, 1995.*)
Fosfatidielseriesen 23 %:
Help om kognitiewe funksie te ondersteun. (*Schreiber et al. 2000, Cenacchi et al. 1993, Crook et al. 1992, Engel et al. 1992, Crook et al. 1991, Maggioni et al. 1990*)
Demonstreer sommige nut in die behandeling van kognitiewe inkorting, insluitende ouderdom-verband-hou-geheue inkorting en demensie. (*Life Extension PS Caps, PTD-L-Ser, DB00144*)
Vitamiene B1,B2,B3,B5, B6 en B12:
Faktore in die handhawing van goeie gesondheid (IOM 2006; IOM 1998).

INDIKASIES
ULTIMA BRAIN FUEL bevat Rhodiola Rosea, Ginkgo Biloba, Kolien en B-vitamiene wat dikwels verband hou met die geheue, konsentrasie en brein funksioneer.
ULTIMA BRAIN FUEL bevat ook die voedingstowwe fosfatidielkollen en fosfatidielseriesen, L-tirosien en L-Arginine Pyroglutamate, wat kan met brein funksie help.

KONTRA-INDIKASIES
Hipersensitieweit vir enige van die bestanddele van **ULTIMA BRAIN FUEL** (sien SAMESTELLING).
Ginkgo Biloba kan bloedstolling verswak.
Ibuprofen kan ook bloedstolling verswak.
Om ginkgo en ibuprofen te neem kan dalk bloedstolling baie verswak en verhoog die kans van kneusings en bloeding.
Om ginkgo saam met bloedstolling medikasie te neem kan dalk die kans van kneusing en bloeding verhoog.
Moet nie gebruik as jy enige gesondheidsorg produkte wat ’n invloed op bloedstolling het nie (bv. bloed verdunner, stollingsfaktor plaasvervangers, asetielsalsielsuur, ibuprofen, vis olies, vitamien E), want dit kan die risiko van spontane bloeding dalk verhoog. (Brinker 2009, Bent et al.2005)

Sommige medikasie wat bloedstolling verswak sluit aspirien, Clopidogrel (Plavix), diklofenak (Voltaren, Cataflam, ander), ibuprofen (Advil, Motrin, ander), Naproxen (Anaprox, Naprosyn, ander), dalteparin (Fragmin), enoxaparin (Lovenox) , heparien, warfarin (Coumadin), en ander in.

Ginkgo kan dalk die uiteensetting van medikasie in die lever verminder.
Om ginkgo saam met sommige medikasie wat deur die lever verander word te neem, kan dalk die effekte en newe-effekte van sommige medikasie verhoog.
Voor jy ginkgo neem praat met jou gesondheidsorgverskaffer indien jy enige medikasie wat deur die lever verander word neem.

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. (Pizzorno and Murray 2006; Kelly 2001).

WAARSKUWINGS EN SPEZIALE VOORSORGMATREËLS

ULTIMA BRAIN FUEL moet twee weke voor enige operasie gestaak word.
Ginkgo Biloba moet slegs onder mediese toesig in individue wat met epilepsie, diabetes of bloeding versteurings ly, gebruik word.

ULTIMA BRAIN FUEL 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 BRAIN FUEL** 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 masjie te werk:
Pasiënte behoort nie ’n voertuig te bestuur nie of met masjinerie te werk nie, voordat die gevolge van **ULTIMA BRAIN FUEL** bekend is.

Allergene: Soja van lesitiën.

INTERAKSIES

ULTIMA BRAIN FUEL mag interaksie met voorskrif medisyne of ander aanvullings hê.
Sorg moet geneem word wanneer produkte wat ’n invloed op bloedstolling geneem word (bv. bloed verdunner, stollingsfaktor plaasvervangers, asetielsalsielsuur, ibuprofen, vis olies, vitamien E), want dit kan die risiko van spontane bloeding dalk verhoog. (Brinker 2009, Bent et al.2005)

Ginkgo Biloba kan bloedstolling verswak.
Ibuprofen kan ook bloedstolling verswak.
Om ginkgo en ibuprofen te neem kan dalk bloedstolling baie verswak en verhoog die kans van kneusings en bloeding.
Om ginkgo saam met bloedstolling medikasie te neem kan dalk die kans van kneusing en bloeding verhoog.
Sommige medikasie wat bloedstolling verswak sluit aspirien, Clopidogrel (Plavix), diklofenak (Voltaren, Cataflam, ander), ibuprofen (Advil, Motrin, ander), Naproxen (Anaprox, Naprosyn,

ander), dalteparin (Fragmin), enoxaparin (Lovenox) , heparien, warfarin (Coumadin), en ander in.
Ginkgo kan dalk die uiteensetting van medikasie in die lever verminder.
Om ginkgo saam met sommige medikasie wat deur die lever verander word te neem, kan dalk die effekte en newe-effekte van sommige medikasie verhoog.
Voor jy ginkgo neem praat met jou gesondheidsorgverskaffer indien jy enige medikasie wat deur die lever verander word neem.

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. (Pizzorno and Murray 2006; Kelly 2001).

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:
Die dosis kan tussen pasiënte wissel en hang af van die lewenstyl, stres vlak, ouderdom, konsentrasie vereistes en of jy gedurende die dag of nag werk.
Volwassenes: 2 – 4 kapsules per dag
Studente: 1 – 2 kapsules per dag
1 – 2 kapsules moet in die oggend geneem word en 1 – 2 kapsules geneem tydens middagete.
Die minimum dosis is 2 kapsules per dag. Moenie die aanbevole dosis oorskry nie.
Dosis moet verminder word of vroeër in die dag geneem word as **ULTIMA BRAIN FUEL** met slaap patrone inmeng.

NEWE-EFFEKTE

Infeksie en infestasie:
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: Rhodiola Rosea
Frekwensie onbekend: L-Tyrosine
Frekwensie onbekend: Asetiel L carnitine
Frekwensie onbekend: vitamiene B1, B2, B3, B5, B6, B12 en foliensuur
Frekwensie onbekend: Fosfatidielkollen
Frekwensie onbekend: Fosfatidielseriesen

Neoplasmas benigne en maligne (insluitend siste en poliepe)
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: Rhodiola Rosea
Frekwensie onbekend: L-Tyrosine
Frekwensie onbekend: Asetiel L carnitine
Frekwensie onbekend: vitamiene B1, B2, B3, B5, B6, B12 en foliensuur
Frekwensie onbekend: Fosfatidielkollen
Frekwensie onbekend: Fosfatidielseriesen

Bloed en die limfatiese stelsel
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: Rhodiola Rosea
Frekwensie onbekend: L-Tyrosine
Frekwensie onbekend: Asetiel L carnitine
Frekwensie onbekend: vitamiene B1, B2, B3, B5, B6, B12 en foliensuur
Frekwensie onbekend: Fosfatidielkollen
Frekwensie onbekend: Fosfatidielseriesen

Immunstelsel versteurings
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: Rhodiola Rosea
Frekwensie onbekend: L-Tyrosine
Frekwensie onbekend: Asetiel L carnitine
Frekwensie onbekend: vitamiene B1, B2, B3, B5, B6, B12 en foliensuur
Frekwensie onbekend: Fosfatidielkollen
Frekwensie onbekend: Fosfatidielseriesen

Endokriene afwykings
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: Rhodiola Rosea
Frekwensie onbekend: L-Tyrosine
Frekwensie onbekend: Asetiel L carnitine
Frekwensie onbekend: vitamiene B1, B2, B3, B5, B6, B12 en foliensuur
Frekwensie onbekend: Fosfatidielkollen
Frekwensie onbekend: Fosfatidielseriesen

Metabolisme en voeding
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: Rhodiola Rosea
Frekwensie onbekend: L-Tyrosine
Frekwensie onbekend: Asetiel L carnitine
Frekwensie onbekend: vitamiene B1, B2, B3, B5, B6, B12 en foliensuur
Frekwensie onbekend: Fosfatidielkollen
Frekwensie onbekend: Fosfatidielseriesen

Psigiatriese versteurings
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: Rhodiola Rosea
Frekwensie onbekend: L-Tyrosine
Frekwensie onbekend: Asetiel L carnitine
Frekwensie onbekend: vitamiene B1, B2, B3, B5, B6, B12 en foliensuur
Frekwensie onbekend: Fosfatidielkollen
Frekwensie onbekend: Fosfatidielseriesen

Senusisteestemversteurings
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: Rhodiola Rosea
Frekwensie onbekend: L-Tyrosine
Frekwensie onbekend: Asetiel L carnitine
Frekwensie onbekend: vitamiene B1, B2, B3, B5, B6, B12 en foliensuur
Frekwensie onbekend: Fosfatidielkollen
Frekwensie onbekend: Fosfatidielseriesen

Oogversteurings
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: Rhodiola Rosea
Frekwensie onbekend: L-Tyrosine
Frekwensie onbekend: Asetiel L carnitine
Frekwensie onbekend: vitamiene B1, B2, B3, B5, B6, B12 en foliensuur
Frekwensie onbekend: Fosfatidielkollen
Frekwensie onbekend: Fosfatidielseriesen

Oor en labirint versteurings
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: Rhodiola Rosea
Frekwensie onbekend: L-Tyrosine
Frekwensie onbekend: Asetiel L carnitine
Frekwensie onbekend: vitamiene B1, B2, B3, B5, B6, B12 en foliensuur
Frekwensie onbekend: Fosfatidielkollen
Frekwensie onbekend: Fosfatidielseriesen

Hartsiektes
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: Rhodiola Rosea
Frekwensie onbekend: L-Tyrosine
Frekwensie onbekend: Asetiel L carnitine
Frekwensie onbekend: vitamiene B1, B2, B3, B5, B6, B12 en foliensuur
Frekwensie onbekend: Fosfatidielkollen
Frekwensie onbekend: Fosfatidielseriesen

Vaskulêre toestande
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: Rhodiola Rosea
Frekwensie onbekend: L-Tyrosine
Frekwensie onbekend: Asetiel L carnitine
Frekwensie onbekend: vitamiene B1, B2, B3, B5, B6, B12 en foliensuur
Frekwensie onbekend: Fosfatidielkollen
Frekwensie onbekend: Fosfatidielseriesen

Respiratoriese, torakale en mediastinale versteurings
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: Rhodiola Rosea
Frekwensie onbekend: L-Tyrosine
Frekwensie onbekend: Asetiel L carnitine
Frekwensie onbekend: vitamiene B1, B2, B3, B5, B6, B12 en foliensuur
Frekwensie onbekend: Fosfatidielkollen
Frekwensie onbekend: Fosfatidielseriesen

Gastroïntestinale versteurings
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: Rhodiola Rosea
Frekwensie onbekend: L-Tyrosine
Frekwensie onbekend: Asetiel L carnitine
Frekwensie onbekend: vitamiene B1, B2, B3, B5, B6, B12 en foliensuur
Frekwensie onbekend: Fosfatidielkollen
Frekwensie onbekend: Fosfatidielseriesen

Hepatobiliêre versteurings
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: Rhodiola Rosea
Frekwensie onbekend: L-Tyrosine
Frekwensie onbekend: Asetiel L carnitine
Frekwensie onbekend: vitamiene B1, B2, B3, B5, B6, B12 en foliensuur
Frekwensie onbekend: Fosfatidielkollen
Frekwensie onbekend: Fosfatidielseriesen

Vel en subkutane weefsel
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: Rhodiola Rosea
Frekwensie onbekend: L-Tyrosine
Frekwensie onbekend: Asetiel L carnitine
Frekwensie onbekend: vitamiene B1, B2, B3, B5, B6, B12 en foliensuur
Frekwensie onbekend: Fosfatidielkollen
Frekwensie onbekend: Fosfatidielseriesen

Muskuloskeletale, bindweefsel en been-afwykings
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: Rhodiola Rosea
Frekwensie onbekend: L-Tyrosine
Frekwensie onbekend: Asetiel L carnitine
Frekwensie onbekend: vitamiene B1, B2, B3, B5, B6, B12 en foliensuur
Frekwensie onbekend: Fosfatidielkollen
Frekwensie onbekend: Fosfatidielseriesen

Renale en urinêre versteurings
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: Rhodiola Rosea
Frekwensie onbekend: L-Tyrosine
Frekwensie onbekend: Asetiel L carnitine
Frekwensie onbekend: vitamiene B1, B2, B3, B5, B6, B12 en foliensuur
Frekwensie onbekend: Fosfatidielkollen
Frekwensie onbekend: Fosfatidielseriesen

Swangerskap, puerperium en perinatale voorwaardes
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: Rhodiola Rosea
Frekwensie onbekend: L-Tyrosine
Frekwensie onbekend: Asetiel L carnitine
Frekwensie onbekend: vitamiene B1, B2, B3, B5, B6, B12 en foliensuur
Frekwensie onbekend: Fosfatidielkollen
Frekwensie onbekend: Fosfatidielseriesen

Voortplantingstelsel en bors versteurings
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: Rhodiola Rosea
Frekwensie onbekend: L-Tyrosine
Frekwensie onbekend: Asetiel L carnitine
Frekwensie onbekend: vitamiene B1, B2, B3, B5, B6, B12 en foliensuur
Frekwensie onbekend: Fosfatidielkollen
Frekwensie onbekend: Fosfatidielseriesen

Aangebore en erflike / genetiese afwykings
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: Rhodiola Rosea
Frekwensie onbekend: L-Tyrosine
Frekwensie onbekend: Asetiel L carnitine
Frekwensie onbekend: vitamiene B1, B2, B3, B5, B6, B12 en foliensuur
Frekwensie onbekend: Fosfatidielkollen
Frekwensie onbekend: Fosfatidielseriesen

Algemene versteurings en administratiewe terrein toestande
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: Rhodiola Rosea
Frekwensie onbekend: L-Tyrosine
Frekwensie onbekend: Asetiel L carnitine
Frekwensie onbekend: vitamiene B1, B2, B3, B5, B6, B