

ULTIMA ENERGY

PATIENT INFORMATION LEAFLET

Discipline: Western Herbal Medicine

ULTIMA ENERGY 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 ENERGY (tablets)

Please read this leaflet carefully before you start taking ULTIMA ENERGY
ULTIMA ENERGY 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 ENERGY** 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 ENERGY CONTAINS

Each tablet contains: 75 µg biotin, 3 µg cholecalciferol (vitamin D3), 1,25 mg eleutherococcus extract, 123,75 µg folic acid, 2,5 mg inositol, 6.23 µg methylcobalamin (vitamin B12), 6,225 mg nicotinamide (vitamin B3), 12,5 mg paba (para-amino-benzoic-acid), 52,5 mg panax ginseng extract, 6,225 mg pantothenic acid (vitamin B5), 2,5 mg pyridoxine (vitamin B6), 2,25 mg riboflavin (vitamin B2), 375 mg spirulina and 3,75 mg thiamine (vitamin B1).
The other ingredients are magnesium stearate and silicone dioxide.

2. WHAT ULTIMA ENERGY IS USED FOR
ULTIMA ENERGY is used to help energise the body.

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

- 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 ENERGY**).
- If you are pregnant or breastfeeding (see **Pregnancy and breastfeeding**).

Taking ULTIMA ENERGY with food or drink:
It 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 ENERGY 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 ENERGY** affects you.

Taking other medicines with ULTIMA ENERGY:

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 ENERGY**:

- No known medication

4. HOW TO TAKE ULTIMA ENERGY

Dosage may vary between patients and depends on your lifestyle, stress level and age.
Children (8-12): 1 tablet daily, 1 tablet daily with breakfast.

Teenagers (13-15): 2 tablets daily, preferably 1 tablet with breakfast and 1 with lunch.

For Sporting Teens: Take 2 tablets each morning and 2 additional tablets at lunch or before training. At competitions, take an additional 2 tablets.

Adults (16+): Normal Daily Dosage is 4 tablets, ideally 2 with breakfast and 2 with lunch.

Additional Sport & Performance Dosage: Take an additional 2-4 tablets before training or competition depending on desired result.
Maximum Dosage: Do not exceed 10 tablets in any 24 hour period, increasing above this amount will not increase the benefit and may affect your ability to fall asleep.

IMPORTANT: Contains NO caffeine or other banned stimulants. Please note due to all organic ingredients, tablet colour may vary.

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

If you forget to take ULTIMA ENERGY:

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 ENERGY can have side effects. **Not all side effects reported for ULTIMA ENERGY 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 ENERGY** 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 ENERGY

- 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 ENERGY
175 ml vitamin bottle with black screw cap. Bottle containing 120 tablets is packed in an outer container.

8. IDENTIFICATION OF ULTIMA ENERGY
Dark green 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
P2Llife (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 ENERGY has not been evaluated by the Medicines Control Council. ULTIMA ENERGY is not intended to diagnose, treat, cure or prevent any disease.

SCHEDULING STATUS

To be allocated by Council.

PROPRIETARY NAME AND DOSAGE FORM
ULTIMA ENERGY (tablets)

COMPOSITION
Active ingredients:
The active ingredients in each tablet are: 75 µg biotin, 3 µg cholecalciferol (vitamin D3), 1,25 mg eleutherococcus extract, 123,75 µg folic acid, 2,5 mg inositol, 6.23 µg methylcobalamin (vitamin B12), 6,225 mg nicotinamide (vitamin B3), 12,5 mg paba (para-amino-benzoic-acid), 52,5 mg panax ginseng extract, 6,225 mg pantothenic acid (vitamin B5), 2,5 mg pyridoxine (vitamin B6), 2,25 mg riboflavin (vitamin B2), 375 mg spirulina and 3,75 mg thiamine (vitamin B1).
Inactive ingredients are: magnesium stearate and silicon dioxide.

PHARMACOLOGICAL CLASSIFICATION
D 32.16 Other

PHARMACOLOGICAL ACTION
PABA: Para Aminobenzoic Acid is a type of water-soluble Vitamin of the “B” Group. PABA is an antioxidant vitamin. (Vayda, W. Prevention of aging: How to keep your cells younger, longer. Australian Wellbeing. 9:33-42, 1985)(The Directory of Life Extension Technologies. Life Extension Foundation. Florida, USA. 2001:246.) PABA deficiency can cause fatigue. (Arlashchenko, N. I., et al. [The enhancement of animal physical endurance under the influence of para-aminobenzoic acid.] Izv Akad Nauk SSSR Biol. 2:224-231, 1991.

Panax Ginseng: Used in Herbal Medicine to help support cognitive function and/or reduce mental fatigue (in cases of mental stress) (Reay et al. 2006, Reay et al. 2005, Sunram-Lea et al. 2005, Kennedy et al. 2004, ESCOP 2003, Kennedy et al. 2002, Scholey and Kennedy 2002, Kennedy et al. 2001, Sorensen and Sonne 1996, Bradley 1992, D’Angelo et al. 1986, BHP 1983). Used in Herbal Medicine to help enhance physical capacity/performance (in cases of physical stress) (Kim et al. 2005, ESCOP 2003, Gross et al. 2002, WHO 1999, Gross et al. 1995, Sotaniemi et al. 1995, Schepdael 1993)
Spirulina: Source of iron for the maintenance of good health (CNF 2010; IOM 2006). Source of protein for the maintenance of good health (CNF 2010; IOM 2005). Source of essential amino acids for the maintenance of good health (CNF 2010; IOM 2005).
Vitamins B1,B2,B3,B5,B6,B12 and D3: Factors in the maintenance of good health (IOM 2006; IOM 1998).

INDICATIONS

ULTIMA ENERGY is a totally unique formula with nature’s most potent, natural energizing nutrients offering you a wide range of therapeutic benefits for a fitter and more energetic you.

ULTIMA ENERGY also contains a full spectrum of energizing vitamins B.

CONTRAINDICATIONS

Hypersensitivity to any of the ingredients of **ULTIMA ENERGY** (see **COMPOSITION**).

PABA may counteract and nullify the effects of Sulfuric Drugs – If your doctor prescribes a Sulfur Drug for you, then discontinue PABA use for the course of the medication.

WARNINGS AND SPECIAL PRECAUTIONS

ULTIMA ENERGY should be discontinued two weeks prior to surgery.

ULTIMA ENERGY 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 ENERGY**.

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.

Consult a health care practitioner prior to use if you are taking antidepressant medications (Brinker 2009, Gonzalez-Seijo et al. 1995, Shader and Greenblatt 1988, Jones and Runikis 1987, Shader and Greenblatt 1985)

Consult a health care practitioner prior to use if you are taking blood thinners or digoxin (Brinker 2009, Lee et al. 2008a, Dasgupta and Reyes 2005, Janetzki and Morreale 1997)

Consult a health care practitioner prior to use if you have diabetes (Brinker 2009, Vuksan et al. 2008, Sievenpiper et al. 2006, ESCOP 2003, Tetsutani et al. 2000, Sotaniemi et al. 1995)

Some people may experience insomnia, anxiety, or headaches, in which case, discontinue use (Lee et al. 2008b, Vuksan et al. 2008, de Andrade et al. 2007, Sievenpiper et al. 2006, Coon and Ernst 2002, Ellis and Reddy 2002, Scaglione et al. 2001, Siegel 1979)

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 ENERGY** are known.

INTERACTIONS

ULTIMA ENERGY may interact with prescription medicine or other supplements. PABA may counteract and nullify the effects of Sulfuric Drugs – If your doctor prescribes a Sulfur Drug for you, then discontinue PABA use for the course of the medication.

Consult a health care practitioner prior to use if you are taking antidepressant medications (Brinker 2009, Gonzalez-Seijo et al. 1995, Shader and Greenblatt 1988, Jones and Runikis 1987, Shader and Greenblatt 1985)

Consult a health care practitioner prior to use if you are taking blood thinners or digoxin (Brinker 2009, Lee et al. 2008a, Dasgupta and Reyes 2005, Janetzki and Morreale 1997)

Consult a health care practitioner prior to use if you have diabetes (Brinker 2009, Vuksan et al. 2008, Sievenpiper et al. 2006, ESCOP 2003, Tetsutani et al. 2000, Sotaniemi et al. 1995)

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.
Children (8-12): 1 tablet daily, 1 tablet daily with breakfast.
Teenagers (13-15): 2 tablets daily, preferably 1 tablet with breakfast and 1 with lunch.
For Sporting Teens: Take 2 tablets each morning and 2 additional tablets 1 hour at lunch or before training. At competitions, take an additional 2 tablets.
Adults (16+): Normal Daily Dosage is 4 tablets, ideally 2 with breakfast and 2 with lunch.

Additional Sport & Performance Dosage: Take an additional 2-4 tablets before training or competition depending on desired result.

Maximum Dosage: Do not exceed 10 tablets in any 24 hour period, increasing above this amount will not increase the benefit and may affect your ability to fall asleep.

Contains NO caffeine or other banned stimulants.

Do not exceed the recommended dosage.

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

SIDE EFFECTS

Infections and infestations:
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

Neoplasms benign and malignant (including cysts and polyps)
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

Blood and the lymphatic system disorders
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

Immune system disorders
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

Endocrine disorders
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

Metabolism and nutrition disorders
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

Psychiatric disorders
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

Nervous system disorders
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

Eye disorders
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

Ear and labyrinth disorders
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

Cardiac disorders
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

Vascular disorders
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

Respiratory, thoracic and mediastinal disorders
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

Gastrointestinal disorders
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

Hepatobiliary disorders
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid
Skin and subcutaneous tissue disorders
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

Musculoskeletal, connective tissue and bone disorders

Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

Renal and urinary disorders
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

Pregnancy, puerperium and perinatal conditions
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

Reproductive system and breast disorders
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

Congenital and familial/genetic disorders
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

Congenital and familial/genetic disorders
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

General disorders and administrative site conditions
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

Investigations
Frequency unknown: PABA
Frequency unknown: Panax Ginseng and Eleutherococcus Extract
Frequency unknown: Spirulina
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid

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

IDENTIFICATION
Dark green round tablet. Please note due to ingredients, tablet colour may vary.

PRESENTATION
175 ml vitamin bottle with black screw cap. Bottle containing 120 tablets 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
P2Llife (Pty) Ltd.
P.O. Box 30043
Tokai, 7966

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

ULTIMA ENERGY

PASIËNTINLIGTINGSBLAADJIE

Dissipline: Wes Herbal Medisyne

ULTIMA ENERGY is nie deur die Medisynebeheerraad geëvalueer nie. Hierdie medisyne is nie bedoel om te diagnoseer, te behandel, genes of enige siektes 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 ENERGY (tablette)

Lees asseblief hierdie pamflet sorgvuldig voordat jy ULTIMA ENERGY begin neem.

ULTIMA ENERGY 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 ENERGY** 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.

WAT BEVAT ULTIMA ENERGY
Elke tablet bevat: 75 µg biotin, 3 µg cholecalciferol (vitamien D3), 1,25 mg eleutherococcus ekstrak, 123,75 µg foliensuur, 2,5 mg inositol, 6.23 µg methylcobalamin (vitamien B12), 6,225 mg niasien (vitamien B3), 12,5 mg paba (para-amino-bensoësuur-suur), 52,5 mg panax ginseng ekstrak, 6,225 mg pantothenaat (vitamien B5), 2,5 mg piridoksien (vitamien B6), 2,25 mg riboflaven (vitamien B2), 375 mg spirulina en 3,75 mg tiamien (vitamien B1). Die ander bestanddele is: magnesiumstearaat en silikondioksied.

2. WAT WORD ULTIMA ENERGY GEBRUIK VIR ULTIMA ENERGY word gebruik om te help om energie aan die liggaam te verskaf.

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

- 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 ENERGY te neem**).
- As jy swanger is of borsvoed (sien **Swanger en Borsvoeding**).

Neem ULTIMA ENERGY met kos of drank: Dit kan met of sonder kos geneem word.

Swangerskap en borsvoeding:

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

Ry en die gebruik van masjinerie:
ULTIMA ENERGY 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 ENERGY** jou raak.

Om ander medisyne met ULTIMA ENERGY te neem:

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

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

Kinders (8-12): 1 Tablet daagliks, met ontbyt.
Tieners (13-15): 2 Tablette elke oggend en 2 bykomende tablette met middagete of voor oefening. By kompetesies, neem 2 bykomende tablette.
Volwassenes (16+): Gewone daaglikse dosis is 4 tablette, 2 met ontbyt en 2 met middagete.
BYKOMENDE Sport & Prestasie Dosis: neem 2-4 tablette voor opleiding, oefening of kompetisie – afhangende van gewenste resultate.
Maksimum Dosis: 10 Tablette is die maksimum dosis in 'n 24 uur-tydperk. Toenemende bo dit sal nie die voordele verhoog nie, en kan jou vermoë om te slaap benadeel.
BELANGRIK: Bevat GEEN kafeïen of verbode middels nie. Te danke aan al die organiese bestanddele, kan die tablet kleur wissel.

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 ENERGY 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 tablette met jou saam, sodat die dokter weet wat jy geneem het.

As jy vergeet om ULTIMA ENERGY te neem: As jy jou dosis deur sleigs '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 ENERGY kan dalk newe-effekte hê. **Nie alle newe-effekte vir ULTIMA ENERGY 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 ENERGY** en vertel onmiddelik vir jou dokter; of gaan na die ongevalle-afdeling by jou naaste hospitaal:

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

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

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

- borspyn
- angina
- verandering 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,
- sperkrampe,
- winderigheid of wind,
- diarree,
- verlies van eetlus.

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

6. DIE STOEEN EN BERGING VAN ULTIMA ENERGY

- 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 ENERGY Box met 175ml vitamien bottel met swart skroefdoop – bevat 120 tablette.

8. IDENTIFIKASIE VAN ULTIMA ENERGY Donker groen 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 ENERGY is nie deur die Medisynebeheerraad geëvalueer nie. Hierdie medisyne is nie bedoel om te diagnoseer, te behandel, genes of enige siekte te voorkom nie. Dit wil nie voorgee om 'n medisyne te wees nie en maak geen eise hoegenaamd nie.

SKEDULERINGSTATUS:

EIENDOMSNAAM, STERKTE EN FARMASEUTIESE VORM
ULTIMA ENERGY (tablette)

SAMESTELLING
Aktiewe Bestanddele: Die aktiewe bestanddele in elke tablet is: 75 µg biotin, 3 µg cholecalciferol (vitamien D3), 1,25 mg eleutherococcus ekstrak, 123,75 µg foliensuur, 2,5 mg inositol, 6.23 µg methylcobalamin (vitamien B12), 6,225 mg niasien (vitamien B3), 12,5 mg paba (para-amino-bensoësuur-suur), 52,5 mg panax ginseng ekstrak, 6,225 mg pantothenaat (vitamien B5), 2,5 mg piridoksien (vitamien B6), 2,25 mg riboflaven (vitamien B2), 375 mg spirulina en 3,75 mg tiamien (vitamien B1). Onaktiewe bestanddele is: magnesium stearaat en silikondioksied.

FARMAKOLOGIESE KLASSIFIKASIE D32.16 Ander

FARMAKOLOGIESE WERKING
PABA: Para Aminobenzoïc Suur is 'n tipe water-oplosbare vitamien van die "B"-groepe. PABA is 'n antioksidant vitamïene. (Vayda, W. Voorkoming van veroudering: Hoe om jou selle jonger te hou, meer Australiese Being 9:33-42, 1985.) (Directory of Life Extension Technologies Life Extension Foundation Florida, VSA 2001:246.) PABA tekort kan lei tot moegheid. (Arlashchenko, Nl, et al [Die verbetering van die dier fisiese uithouvermoë onder die invloed van para-Aminobenzoïc suur.] Izv Akad Nauk SSSR Biol 2: 224-231, 1991. **Panax Ginseng:** In kruie medisyne gebruik om te help met ondersteuning van kognitiewe funksie en/of verstandelike moegheid te verminder (in gevalle van geestelike spanning) (Reay et al. 2006, Reay et al. 2005, Sunram-Lea et al. 2005, Kennedy et al. 2004 ESCOP

2003, Kennedy et al. 2002 Scholey en Kennedy 2002, Kennedy et al. 2001 Sorensen en Sonne 1996, Bradley 1992, D'Angelo et al. 1986, BHP 1983). Gebruik in kruie medisyne om fisiese kapasiteit/prestasie te verbeter (in gevalle van fisiese stres) (Kim et al. 2005 ESCOP 2003, Bruto et al. 2002, WHO 1999 Bruto et al. 1995, Sotaniemi et al. 1995, Schepdael 1993) **Spirulina:** Bron van yster vir die handhawing van goeie gesondheid (CNF 2010; IOM 2006). Bron van proteïen vir die handhawing van goeie gesondheid (CNF 2010; IOM 2005). Bron van essensiële aminosure vir die handhawing van goeie gesondheid (CNF 2010; IOM 2005). **Vitamïene B1,B2,B3,B5, B6,B12 & D3;** Faktore in die handhawing van goeie gesondheid (IOM 2006; IOM 1998).

INDIKASIES

ULTIMA ENERGY is 'n heetleemal unieke formule met die natuur se mees kragtige, natuurlike energieke voedingstowwe wat jou 'n wye verskeidenheid van terapeutiese voordele aanbied.

ULTIMA ENERGY bevat ook 'n volle spektrum van die energie van vitamïene B.

KONTRA-INDIKASIES

Hipersensitiwiteit vir enige van die bestanddele van **ULTIMA ENERGY** (sien **SAMESTELLING**). PABA kan die werking van swaelsuur dwelms affekteer – As jou dokter 'n swael dwelm vir jou voorskryf, dan behoort jy PABA se gebruik te staak vir die verloop van die medikasie.

WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

ULTIMA ENERGY 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 ENERGY 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.

Raadpleeg 'n gesondheidsorg praktisyn voor gebruik as jy 'n antidepressant medikasie neem (Brinker 2009, et al. Gonzalez-Seijo 1995, Shader en Greenblatt 1988, Jones en Runikis 1987, Shader en Greenblatt 1985) Raadpleeg 'n gesondheidsorg praktisyn voor gebruik as jy 'bloed verdunner of digoksien neem (Brinker 2009, Lee et al. 2008a, Dasgupta en Reyes 2005 Janetzki en Morreale 1997)

Raadpleeg 'n gesondheidsorg praktisyn voor gebruik as jy 'n diabeet is (Brinker 2009 Vuksan et al. 2008 Sievenpiper et al. 2006 ESCOP 2003, Tetsutani et al. 2000 Sotaniemi et al. 1995) Sommige mense kan slapeloosheid, angs, of hoofpyn ervaar, in welke geval, staak gebruik (Lee et al. 2008b, Vuksan et al. 2008 de Andrade et al. 2007 Sievenpiper et al. 2006, Coon en Ernst 2002, Ellis en Reddy 2002 Scaglione et al. 2001, Siegel 1979)

Moenie die aanbevole dosis oorskry nie.

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

INTERAKSIES

ULTIMA ENERGY mag interaksie met voorskrif medisyne of ander aanvullings hê. PABA kan die werking van swaelsuur Dwelms affekteer – As jou dokter 'n Swael Dwelm vir jou voorskryf, dan behoort jy PABA se gebruik te staak vir die verloop van die medikasie Raadpleeg 'n gesondheidsorg praktisyn voor gebruik as jy 'n antidepressant medikasie neem (Brinker 2009, et al. Gonzalez-Seijo 1995, Shader en Greenblatt 1988, Jones en Runikis 1987, Shader en Greenblatt 1985) Raadpleeg 'n gesondheidsorg praktisyn voor gebruik as jy 'bloed verdunner of digoksien neem (Brinker 2009, Lee et al. 2008a, Dasgupta en Reyes 2005 Janetzki en Morreale 1997) Raadpleeg 'n gesondheidsorg praktisyn voor gebruik as jy 'n diabeet is (Brinker 2009 Vuksan et al. 2008 Sievenpiper et al. 2006 ESCOP 2003, Tetsutani et al. 2000 Sotaniemi et al. 1995)

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, met ontbyt.
Tieners (13-15): 2 Tablette elke oggend en 2 bykomende tablette met middagete of voor oefening. By kompetesies, neem 2 bykomende tablette.
Volwassenes (16+): Gewone daaglikse dosis is 4 tablette, 2 met ontbyt en 2 met middagete.

BYKOMENDE Sport & Prestasie Dosis: Neem 2-4 tablette voor opleiding, oefening of kompetisie – afhangende van gewenste resultate.
Maksimum Dosis: 10 Tablette is die maksimum dosis in 'n 24 uur-tydperk. Toenemende bo dit sal nie die voordele verhoog nie, en kan jou vermoë om te slaap benadeel.
BELANGRIK: Bevat GEEN kafeïen of verbode middels nie. Te danke aan al die organiese bestanddele, kan die tablet kleur wissel.

As jy die indruk kry dat die effek te sterk of te swak is, praat met jou dokter of apteker. Dosis moet verminder word of vroeër in die dag geneem word as **ULTIMA ENERGY** met slaap patrone inmeng.

NEWE-EFFEKTE

Infeksies en infestasies: Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Neoplasmas benigne en maligne (insluitend siste en poliepe) Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Bloed en die limfatiese stelsel Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Immuunstelsel versteurings Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Endokriene afwykings Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Metabolisme en voeding Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Psigiatriese versteurings Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Senusisteeemversteurings Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Oogversteurings Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Oor en labirint versteurings Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Hartsiektes Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Vaskulêre toestand Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Respiratoriese, torakale en mediastinale versteurings Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Gastrointestinale versteurings Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Hepatobiliêre versteurings Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Vel en subkutane weefsel Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Muskuloskeletale, bindweefsel en been-afwykings

Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Renale en urinêre versteurings Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Swangerskap, puerperium en perinatale voorwaardes

Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Voortplantingstelsel en bors versteurings Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Aangebore en erflike/genetiese afwykings Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Algemene versteurings en administratiewe terrein toestand Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Ondersoeke Frekwensie onbekend: PABA Frekwensie onbekend: Panax Ginseng en Eleutherococcus Ekstrak Frekwensie onbekend: Spirulina Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

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

IDENTIFIKASIE Donker groen ronde tablet. Te danke aan die bestanddele, kan die tablet kleur wissel.

AANBIEDING Box wat 'n 175ml vitamïene bottel met swart skroefdoop bevat – bottel bevat 120 tablette.

BERGINGSAAANWYSINGS Bêre op of onder 25°C.

HOU BUITE BEREIK VAN KINDERS.

REGISTRASIE NOMMER Moet toegeken word deur die Raad.

NAAM EN BESIGHEADSADRES VAN DIE HOUER VAN DIE REGISTRASIEERTIFIKAAT P2Life (Pty) Ltd. P.O. Box 30043 Tokai, 7966

DATUM VAN PUBLIKASIE VAN VOUBILJET Moet toegeken word deur die Raad.