

ULTIMA KAN JANG

PATIENT INFORMATION LEAFLET

Discipline: Western Herbal Medicine

ULTIMA KAN JANG 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 KAN JANG (tablets)

Please read this leaflet carefully before you start taking ULTIMA KAN JANG

ULTIMA KAN JANG 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 KAN JANG** 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 KAN JANG CONTAINS
Each tablet contains: 66,66 mg ascorbic acid (vitamin C), 8,33 mg ascorbyl palmitate (vitamin C), 16,66 mg astragalus extract, 4 µg cholecalciferol (vitamin D), 8,33 mg echinaceae extract, 25 mg eleutherococcus extract 8%, 8,33 mg eucalyptus extract, 165 µg folic acid, 5 mg licorice extract, 8,3 µg methylcobalamin (vitamin B12), 8,3 mg pantothenic acid (vitamin B5), 1,66 mg pyridoxine (vitamin B6), 1,5 mg riboflavin (vitamin B2) and 2,5 mg thiamine (vitamin B1).
The other ingredients are: magnesium stearate and silicon dioxide.

2. WHAT ULTIMA KAN JANG IS USED FOR
ULTIMA KAN JANG is used to help with coughs, colds and flu.

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

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

Taking ULTIMA KAN JANG 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 KAN JANG 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 KAN JANG** affects you.

Taking other medicines with ULTIMA KAN JANG:
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 KAN JANG**:
Note: See contra indications and interactions on package insert provided.

4. HOW TO TAKE ULTIMA KAN JANG
Dosage may vary between patients and depends on your lifestyle, stress level and age.

Children (5-12): Take **half** the daily adult dosage.
Adults (13 yrs and older): At first sign of any symptoms – for the first 3 days take 4 tablets 3 times daily (breakfast, lunch and dinner).
Beginning the 4th day – take 2 tablets 3 times daily.
For Daily Immune Support: 2 tablets daily, to be taken in the morning.

Do not exceed the recommended dosage.

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 KAN JANG than you should:
In the event of overdosage, 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 KAN JANG:
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 KAN JANG can have side effects.

Not all side effects reported for **ULTIMA KAN JANG** 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 KAN JANG** 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 KAN JANG

- 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 KAN JANG
175 ml vitamin bottle with black screw cap. Bottle containing 90 Tablets is packed in an outer container.

8. IDENTIFICATION OF ULTIMA KAN JANG
Beige to 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 KAN JANG has not been evaluated by the Medicines Control Council. ULTIMA KAN JANG is not intended to diagnose, treat, cure or prevent any disease.

SCHEDULING STATUS

To be allocated by Council.

PROPRIETARY NAME AND DOSAGE FORM
ULTIMA KAN JANG (tablets)

COMPOSITION:
The active ingredients in each tablet are: 66,66 mg ascorbic acid (vitamin C), 8,33 mg ascorbyl palmitate (vitamin C), 16,66 mg astragalus extract, 4 µg cholecalciferol (vitamin D), 8,33 mg echinaceae extract, 25 mg eleutherococcus extract, 8,33 mg eucalyptus extract, 165 µg folic acid, 5 mg licorice extract, 8,3 µg methylcobalamin (vitamin B12), 8,3 mg pantothenic acid (vitamin B5), 1,66 mg pyridoxine (vitamin B6), 1,5 mg riboflavin (vitamin B2) and 2,5 mg thiamine (vitamin B1).
Inactive ingredients: magnesium stearate and silicon dioxide.

Allergens: Rare cases of severe allergic reactions to Echinacea have been known to occur; use caution if you are allergic to plants of the Daisy family. (MHRA 2012; EMA 2010; Kligler 2003; WHO 1999).

PHARMACOLOGICAL CLASSIFICATION
D 32.16 Other

PHARMACOLOGICAL ACTION

Astragalus Extract: Used in Herbal Medicine to help maintain a healthy immune system (Winston and Kuhn 2008; Mills and Bone 2005; Hoffman 2003; Upton 1999).
Echinacea Extract: Traditionally used in Herbal Medicine to help relieve cold symptoms (Moerman 1998; Grieve 1971; Remington and Wood 1918). (Traditionally) used in Herbal Medicine to help fight off infections, especially of the upper respiratory tract (Hoffmann 2003; Mills and Bone 2000; Grieve 1971; Remington and Wood 1918). Supportive therapy in the treatment of upper respiratory tract infections (p.ex. common colds) (Goel et al. 2004; Schulten et al. 2001; Brinkeborn et al 1999; Hoheisel et al. 1997; Bräunig et al. 1992). Helps to relieve the symptoms (Goel et al. 2004; Schulten et al. 2001; Brinkeborn et al. 1999; Hoheisel et al. 1997; Bräunig et al. 1992) and shorten the duration of upper respiratory tract infections (Goel et al. 2004; Schulten et al. 2001; Hoheisel et al. 1997; Bräunig et al. 1992).

Fleutherococcus Extract (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)
Eucalyptus Extract: May temporarily alleviate the nasal congestion associated with the Common Cold.

Vitamins B1, B2, B3, B5, B6, B12 and Folic Acid: Factors in the maintenance of good health (IOM 2006; IOM 1998).
Vitamin C in the form of ascorbic acid and ascorbyl palmitate: An antioxidant (IOM 2006; Shils et al. 2006; Groff and Gropper 2000; IOM 2000) for the maintenance of good health.

INDICATIONS

ULTIMA KAN JANG is a non – alcohol based herbal alternative that helps shield and relieve you and your loved ones from the discomfort associated with Coughs, Colds, Flu and related conditions.
ULTIMA KAN JANG assists in reducing both symptoms and the duration of illness.

CONTRAINDICATIONS

Hypersensitivity to any of the ingredients of **ULTIMA KAN JANG** (see **COMPOSITION**).
If you have an auto-immune disorder, consult a health care practitioner prior to use (Brinker 2010; McGuffin et al. 1997).
If you are taking immunosuppressants, consult a health care practitioner prior to use (Brinker 2010; Mills and Bone 2005).
Do not use if you have high blood pressure (Barnes et al. 2007; Brinker 2001; Blumenthal et al. 2000; Mills and Bone 2000; McGuffin et al. 1997).

WARNINGS AND SPECIAL PRECAUTIONS
ULTIMA KAN JANG 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 KAN JANG**.

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.

If you have a progressive systemic disease such as tuberculosis, collagenosis, multiple sclerosis, AIDS, or HIV infection, consult a health care practitioner prior to use (Brinker 2010; Brinker 2001; McGuffin et al. 1997).

If you have an auto-immune disorder, consult a health care practitioner prior to use (Brinker 2010; McGuffin et al. 1997).

If you are taking immunosuppressants, consult a health care practitioner prior to use (Brinker 2010; Mills and Bone 2005).
Rare cases of severe allergic reactions to Echinacea have been known to occur; use caution if you are allergic to plants of the Daisy family. (MHRA 2012; EMA 2010; Kligler 2003; WHO 1999).

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 KAN JANG** are known.

Allergens:
Rare cases of severe allergic reactions to Echinacea have been known to occur; use caution if you are allergic to plants of the Daisy family. (MHRA 2012; EMA 2010; Kligler 2003; WHO 1999).

INTERACTIONS

ULTIMA KAN JANG may interact with prescription medicine or other supplements.
Do not use if you have high blood pressure (Barnes et al. 2007; Brinker 2001; Blumenthal et al. 2000; Mills and Bone 2000; McGuffin et al. 1997).
Medications that decrease the immune system (Immunosuppressants) may interact with astragalus.

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 (5-12): Take **half** the daily adult dosage.

Adults (13 yrs and older): At first sign of any symptoms – for the first 3 days take 4 tablets 3 times daily (breakfast, lunch and dinner).

Beginning the 4th day – take 2 tablets 3 times daily.

For Daily Immune Support: 2 tablets daily, to be taken in the morning.

Do not exceed the recommended dosage.

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

SIDE EFFECTS
Infections and infestations:
Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

Neoplasms benign and malignant (including cysts and polyps)
Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

Blood and the lymphatic system disorders
Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

Immune system disorders
Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

Endocrine disorders
Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

Metabolism and nutrition disorders
Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

Psychiatric disorders
Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

Nervous system disorders
Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

Eye disorders
Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

Ear and labyrinth disorders
Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

Cardiac disorders
Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

Vascular disorders
Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

Respiratory, thoracic and mediastinal disorders
Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

Gastrointestinal disorders
Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

Hepatobiliary disorders
Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

Skin and subcutaneous tissue disorders
Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

Musculoskeletal, connective tissue and bone disorders
Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

Renal and urinary disorders
Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

Pregnancy, puerperium and perinatal conditions

Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

Reproductive system and breast disorders
Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

Congenital and familial/genetic disorders
Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

General disorders and administrative site conditions
Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

Investigations
Frequency unknown: Astragalus & Licorice
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Eucalyptus & Echinaceae
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, C, D3 & Folic Acid

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

IDENTIFICATION

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

PRESENTATION
175 ml vitamin bottle with black screw cap. Bottle containing 90 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
P2Life (Pty) Ltd.
P.O. Box 30043
Tokai, 7966

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

ULTIMA KAN JANG

PASIËNTINLIGTINGSBLAADJIE

Dissipline: Wes Herbal Medisyne

ULTIMA KAN JANG 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 KAN JANG (tablette)

Lees asseblief hierdie pamflet sorgvuldig voordat jy ULTIMA KAN JANG begin neem.

ULTIMA KAN JANG 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 KAN JANG** 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 KAN JANG
Elke tablet bevat: 66.66 mg askorbiensuur (vitamien C), 8.33 mg askorbaatperoksidase (vitamien C), 16.66 mg astralagus ekstrak, 4 µg cholecalciferol (vitamien D), 5 mg dropwortel ekstrak, 8.33 mg echinacea ekstrak, 25 mg eleutherococcus ekstrak, 8.33 mg eucalyptus ekstrak, 165 µg foliensuur, 8.3 µg methylcobalamin (vitamien B12), 8.3 mg pantothenaat (vitamien B5), 1.66 mg piridoksien (vitamien B6), 1.5 mg riboflaviën (vitamien B2) en 2.5 mg tiamien (vitamien B1). Die ander bestanddele is: magnesiumstearaat en silikondioksied.

2. WAT WORD ULTIMA KAN JANG GEBRUIK VIR
ULTIMA KAN JANG word gebruik om met hoes, verkoue en griep te help.

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

- Neem spesiale sorg met ULTIMA KAN JANG:**
- 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 KAN JANG** te neem).
 - As jy swanger is of borsvoed (sien **Swanger en Borsvoeding**).

Neem ULTIMA KAN JANG met kos of drank: Dit kan met of onmiddellik na elke ete geneem word.

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

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

Om ander medisyne met ULTIMA KAN JANG 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 voubiljet verskaaf.

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

Kinders (5-12): Neem **helfte** van 'n volwassene se dosis.
Volwassene (13 jaar en ouer): Die eerste tekens van enige simptome – vir die eerste 3 dae neem 4 tablette 3 maal 'n dag (ontbyt, middagete en aandete). Aan die begin van die 4de dag – neem 2 tablette 3 maal 'n dag.
Vir Daaglikse Imuun Ondersteuning: Neem 2 tablette daagliks in die oggend.

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 KAN JANG 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 KAN JANG 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 KAN JANG kan dalk newe-effekte hê.

Nie alle newe-effekte vir ULTIMA KAN JANG 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 KAN JANG** en vertel onmiddellik vir jou dokter; of gaan na die ongevale-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 ongevale-afdeling by jou naaste hospitaal as jy enige van die volgende ervaar:

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

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

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

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

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

6. DIE STOOR EN BERGING VAN ULTIMA KAN JANG

- 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 KAN JANG
Box met 175ml vitamien bottel met swart skroefdoop – bevat 90 tablette.

8. IDENTIFIKASIE VAN ULTIMA KAN JANG
Beige tot 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 KAN JANG 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: Moet toegeken word deur die Raad.

EIENDOMSNAAM, STERKTE EN FARMASEUTIESE VORM
ULTIMA KAN JANG (tablette)

SAMESTELLING
Aktiewe Bestanddele:
Die aktiewe bestanddele in elke tablet is: 66.66 mg askorbiensuur (vitamien C), 8.33 mg askorbaatperoksidase (vitamien C), 16.66 mg astralagus ekstrak, 4 µg cholecalciferol (vitamien D), 5 mg dropwortel ekstrak, 8.33 mg echinacea ekstrak, 25 mg eleutherococcus ekstrak, 8.33 mg eucalyptus ekstrak, 165 µg foliensuur, 8.3 µg methylcobalamin (vitamien B12), 8.3 mg pantothenaat (vitamien B5), 1.66 mg piridoksien (vitamien B6), 1.5 mg riboflaviën (vitamien B2) en 2.5 mg tiamien (vitamien B1). Onaktiewe bestanddele: magnesium stearaat en silikondioksied.

Allergene: Skaars gevalle van ernstige allergiese reaksies tot Echinacea is bekend om voor te kom; wees versigtig as jy allergies vir plante van die Daisy familie is. (MHRA 2012; EMA 2010; Kligler 2003 WHO 1999).

FARMAKOLOGIESE KLASSIFIKASIE
D32.16 Änder

FARMAKOLOGIESE WERKING
Astragalus Ekstrak: Gebruik in kruie medisyne om 'n gesonde immuunstelsel te help handhaaf (Winston en Kuhn 2008; Mills en Bone 2005; Hoffman 2003 Upton 1999).
Echinacea Ekstrak: Tradisioneel gebruik in kruie medisyne om te help met verligting van verkoue simptome (Moerman 1998; treur 1971; Remington en Wood 1918). (Tradisioneel) in kruie medisyne om te help infeksies beveg, veral van die boonste lugweê (Hoffmann 2003; Mills en Bone 2000, treur 1971; Remington en Wood 1918). Ondersteunende terapie in die behandeling van die boonste respiratoriese kanaal infeksies (p.ex. algemene verkoue) (Goel et al 2004; Schulten et al 2001; Brinkeborn et al 1999; Hoheisel et al 1997; Bräunig et al 1992). Help om die simptome en die duur van die boonste respiratoriese kanaal infeksies te verlig en verkort (Goel et al 2004; Schulten et al 2001; Brinkeborn et al 1999; Hoheisel et al 1997; Bräunig et al 1992.)

Fleutherococcus (Siberiese Ginseng): Gebruik in kruie medisyne om algemene swakheid te help verlig. (Bradley 2006; ESCOP 2003 Blumenthal et al 2000.; Mills en Bone 2000). Gebruik in kruie medisyne om te help met geestelike en/ of fisiese prestasie ná tydperke van geestelike en/of fisiese inspanning te verbeter (Bradley 2006; ESCOP 2003 Hoffmann 2003; Mills en Bone 2000). (Gevolge van Adaptogens op die sentrale senuweestelsel en die molekulêre meganismes in verband met hul Stres beskermdende aktiwiteit Alexander Panossian * en Georg Wikman Sweedse Herbal Instituut Research & Development, Spårvägen 2, SE-432 96 Åsklöster, Swede)
Eucalyptus Ekstrak: Mag tydelikke verligting van die neusverstopping wat verband hou met die gewone verkoue.
Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur: Faktore in die handhawing van goeie gesondheid (IOM 2006; IOM 1998).
Vitamien C in die vorm askorbiensuur en askorbaatperoksidase: 'n Antioksidant (IOM 2006; Shils et al 2006;. Groff en Gropper 2000; IOM 2000) vir die handhawing van goeie gesondheid.

INDIKASIES

ULTIMA KAN JANG is 'n nie – alkohol gebaseer kruie alternatief wat jy en jou gelieftes help met die verligting wat verband hou met hoes, verkoues, griep en verwante toestande help.

ULTIMA KAN JANG help in die vermindering van beide die simptome en die duur van die siekte.

KONTRA-INDIKASIES

Hipersensitiwiteit vir enige van die bestanddele van **ULTIMA KAN JANG** (sien **SAMESTELLING**).
As jy 'n motor-immuun siekte het, raadpleeg 'n gesondheidsorg praktisyen voor gebruik (Brinker 2010; McGuffin et al 1997.).
As jy immuunonderdrukkers neem, raadpleeg 'n gesondheidsorg praktisyen voor gebruik. (Brinker 2010; Mills en Bone 2005)
Moet nie gebruik as jy aan hoë bloeddruk ly nie (Barnes et al 2007.; Brinker 2001. Blumenthal et al 2000.; Mills en Bone 2000;. McGuffin et al 1997).

WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

ULTIMA KAN JANG 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 praktisyen voordat

ULTIMA KAN JANG 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.

As jy aan 'n progressiewe sistemiese siekte soos tuberkulose, collagenosis, veelvuldige sklerose, vigs, of MIV-infeksie ly, raadpleeg 'n gesondheidsorg praktisyen voor gebruik (Brinker 2010; Brinker 2001; McGuffin et al 1997.).

As jy 'n motor-immuun siekte het, raadpleeg 'n gesondheidsorg praktisyen voor gebruik (Brinker 2010; McGuffin et al 1997.).

As jy immuunonderdrukkers neem, raadpleeg 'n gesondheidsorg praktisyen voor (Brinker 2010; Mills en Bone 2005) te gebruik. Skaars gevalle van ernstige allergiese reaksies tot Echinacea is bekend om voor te kom; wees versigtig as jy allergies vir plante van die Daisy familie is. (MHRA 2012; EMA 2010; Kligler 2003 WHO 1999).

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 KAN JANG** bekend is.

Allergene:
Skaars gevalle van ernstige allergiese reaksies tot Echinacea is bekend om voor te kom; wees versigtig as jy allergies vir plante van die Daisy familie is. (MHRA 2012; EMA 2010; Kligler 2003 WHO 1999).

INTERAKSIES

ULTIMA KAN JANG mag interaksie met voorskrif medisyne of ander aanvullings hê. Moet nie gebruik as jy aan hoë bloeddruk ly nie(Barnes et al 2007;. Brinker 2001. Blumenthal et al 2000.; Mills en Bone 2000;. McGuffin et al 1997). Medisyne wat die immuunstelsel verminder (immuunonderdrukkers) mag interaksie met astragalus hê.

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

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

Kinders (5-12): Neem helfte van 'n volwassene se dosis.
Volwassene (13 jaar en ouer): Die eerste tekens van enige simptome – vir die eerste 3 dae neem 4 tablette 3 maal 'n dag (ontbyt, middagete en aandete). Aan die begin van die 4de dag – neem 2 tablette 3 maal 'n dag.
Vir Daaglikse Imuun Ondersteuning: Neem 2 tablette daagliks in die oggend.

Moenie die aanbevole dosis oorskry nie.

Dosis moet verminder word of vroeër in die dag geneem word as **ULTIMA KAN JANG** met slaap patrone inmeng.

NEWE-EFFEKTE

Infeksies en infestasies:
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

Neoplasmas benigna en maligne (insluitend siste en poliepe)
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

Bloed en die limfatiese stelsel
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

Immuunstelsel versteurings
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

Endokriene afwykings
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

Metabolisme en voeding
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

Psigiatriese versteurings
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

Senusisteevemverteurings
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

Oogversteurings
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

Oor en labirint versteurings
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

Hartsiektes
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

Vaskulêre toestande
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

Respiratoriese, torakale en mediastinale versteurings
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

Gastroïntestinale versteurings
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

Hepatobiliêre versteurings
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

Vel en subkutane weefsel
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

Muskuloskeletale, bindweefsel en been-afwykings
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

Renale en urinêre versteurings
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

Swangerskap, puerperium en perinatale voorwaardes
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak

Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

Voortplantingstelsel en bors versteurings
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

Aangebore en erflike/genetiese afwykings
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

Algemene versteurings en administratiewe terrein toestande
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

Ondersoeke
Frekwensie onbekend: Astragalus en Drop Wortel Ekstrak
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Eucalyptus en Echinaceae
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, C, D3 en Foliensuur

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

IDENTIFIKASIE
Beige tot bruin ronde tablet. Te danke aan die bestanddele, kan die tablet kleur wissel.

AANBIEDING
Box wat 'n 175ml vitamieni bottel met swart skroefdoop bevat – bottel bevat 90 tablette.

BERGINGSAAANWYSINGS
Bêre op of onder 25°C.

HOU BUITE BEREIK VAN KINDERS.

REGISTRASIEKOMMER
Moet toegeken word deur die Raad.

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

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