

ULTIMA ST JOHN'S WORT

PATIENT INFORMATION LEAFLET

Discipline: Western Herbal Medicine

ULTIMA ST JOHN'S WORT 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 ST JOHN'S WORT (capsules)

Please read this leaflet carefully before you start taking ULTIMA ST JOHN'S WORT.
ULTIMA ST JOHN'S WORT 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 ST JOHN'S WORT** 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 ST JOHN'S WORT CONTAINS

The active ingredients per capsule are: 5 µg biotin, 6 µg cholecalciferol (vitamin D), 2,5 mg choline bitartrate, 100 mg eleutherococcus extract, 247.5 µg folic acid, 12,5 mg ginkgo biloba, 2,5 mg inositol, 7,5 µg methylcobalamin (vitamin B12), 10 mg niacin (vitamin B3), 10 mg pantothenic acid, 2 mg pyridoxine (vitamin B6), 1,8 mg riboflavin (vitamin B2), 250 mg st. john’s wort extract, 1,5 mg thiamine (vitamin B1), 2 mg tri calcium phosphate.
The other ingredients are magnesium stearate, starch and syloid.

2. WHAT ULTIMA ST JOHN'S WORT IS USED FOR

ULTIMA ST JOHN'S WORT is used to help with mild depression.

3. BEFORE YOU TAKE ULTIMA ST JOHN'S WORT

Do not take ULTIMA ST JOHN'S WORT:
If you are hypersensitive (allergic) to any of the ingredients in it (see **WHAT ULTIMA ST JOHN'S WORT CONTAINS**).

Take special care with ULTIMA ST JOHN'S WORT:

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

Taking ULTIMA ST JOHN'S WORT 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 ST JOHN'S WORT 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 ST JOHN'S WORT** affects you.

Taking other medicines with ULTIMA ST JOHN'S WORT:

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

The following medicines may cause an interaction when used in combination with **ULTIMA ST JOHN'S WORT:**

- Blood thinning medication i.e. Warfarin
- Oral Contraception

4. HOW TO TAKE ULTIMA ST JOHN'S WORT
Dosage may vary between patients and depends on your lifestyle, stress level, age.

Adults (13+): 2 capsules daily to be taken first thing in the morning. Some may feel the benefit in as little as 2 weeks, but allow 6 weeks for maximum results. Safe for teenagers aged 13 and over.

IMPORTANT NOTE: If you are already taking anti-depressant drugs, or any other medication, please consult your physician BEFORE taking. Not for use by children. May reduce the effectiveness of oral contraceptives. Not to be taken with alcohol.

May also increase skin’s sensitivity to the sun – apply sun block.

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 ST JOHN'S WORT 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 ST JOHN'S WORT:

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 ST JOHN'S WORT can have side effects.

Not all side effects reported for ULTIMA ST JOHN'S WORT 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 ST JOHN'S WORT** and tell your doctor immediately or go to the casualty department at your nearest hospital:

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

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to **ULTIMA ST JOHN'S WORT**. 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 ST JOHN'S WORT

- 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 ST JOHN'S WORT

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

8. IDENTIFICATION OF ULTIMA ST JOHN'S WORT

Dark green powder in clear capsule. Please note due to ingredients powder colour may vary.

9. REGISTRATION NUMBER

To be allocated by Council.

10. NAME AND ADDRESS OF THE REGISTRATION HOLDER

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

11. DATE OF PUBLICATION

To be allocated by Council.

PRODUCT INFORMATION LEAFLET

Discipline: Western Herbal Medicine

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SCHEDULING STATUS

To be allocated by Council.

PROPRIETARY NAME AND DOSAGE FORM

ULTIMA ST JOHN'S WORT (capsules)

COMPOSITION

The active ingredients per capsule are: 5 µg biotin, 6 µg cholecalciferol (vitamin D), 2,5 mg choline bitartrate, 100 mg eleutherococcus extract, 247.5 µg folic acid, 12,5 mg ginkgo biloba, 2,5 mg inositol, 7,5 µg methylcobalamin (vitamin B12), 10 mg niacin (vitamin B3), 10 mg pantothenic acid (vitamin B5), 2 mg pyridoxine (vitamin B6), 1,8 mg riboflavin (vitamin B2), 250 mg st. john’s wort standardized extract (equivalent to st john’s wort 2 000 mg), 1,5 mg thiamine (vitamin B1) and 2 mg tri calcium phosphate.
The other ingredients are magnesium stearate, starch and syloid.

PHARMACOLOGICAL CLASSIFICATION

D 32.16 Other

PHARMACOLOGICAL ACTION

Eleutherococcus (Siberian Ginseng): Used in Herbal Medicine as a tonic to help relieve general debility and/or to aid during convalescence (Bradley 2006; ESCOP 2003; Blumenthal et al. 2000; Mills and Bone 2000). Used in Herbal Medicine to help improve mental and/or physical performance after periods of mental and/or physical exertion (Bradley 2006; ESCOP 2003; Hoffmann 2003; Mills and Bone 2000). (Effects of Adaptogens on the Central Nervous System and the Molecular Mechanisms Associated with Their Stress—Protective Activity Alexander Panossian * and Georg Wikman Swedish Herbal Institute Research & Development, Spårvägen 2, SE-432 96 Åskloster, Sweden)

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)

St John’s Wort Extract: (Traditionally) used in Herbal Medicine to help relieve restlessness and/or nervousness (sedative and/or calmative) (Mills and Bone 2005, Hoffmann 2003, Blumenthal et al. 2000, Felter and Lloyd 1983[1898], Grieve 1971[1931])
Vitamins B1, B2, B3, B5, B6, B12, D3 and Folic Acid: Factors in the maintenance of good health (IOM 2006; IOM 1998).

INDICATIONS

ULTIMA ST JOHN'S WORT consists of herbs and vitamins that have been used for thousands of years in the treatment of mild to moderate depression. If you are unfortunate enough to suffer from depression, you could be at risk of losing relationships with friends and family, forming addictions, developing eating disorders and performing poorly in work or study. You should not let this go unchecked. Of the many treatments available, one of the most effective herbal remedies is St John’s Wort (Hypericum perforatum).

If you are seeking a natural, healthy way to banish the constant unhappiness and lack of energy of mild to moderate depression, you couldn’t do better than **Ultima St John’s Wort**.

CONTRAINDICATIONS

Hypersensitivity to any of the ingredients of **ULTIMA ST JOHN'S WORT** (see **COMPOSITION**).

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.

Do not use if you are taking anti-cancer medications, blood thinners, antidepressant medications (e.g. selective serotonin reuptake inhibitors (SSRI), anti-HIV agents, cardiovascular medications, immunosuppressants, and/or contraceptive medications.

WARNINGS AND SPECIAL PRECAUTIONS

ULTIMA ST JOHN'S WORT 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 ST JOHN'S WORT**.

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.

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

Avoid prolonged exposure to sunlight, ultraviolet light (UV) or UV therapy (Brinker 2010, Barnes et al. 2007, Mills and Bone 2005, ESCOP 2003, Hoffmann 2003, McGuffin et al. 1997).

Consult a health care practitioner prior to use if you are taking anti-anxiety medications, seizure medications, antihistamines, bronchodilators, muscle relaxants and/or opiates.

Hypersensitivity, such as an allergy, has been known to occur; in which case, discontinue use (Barnes et al. 2007, ESCOP 2003)

Some people may experience mild gastrointestinal disturbances, nausea, restlessness and/or headaches (Barnes et al. 2007, ESCOP 2003)

Effects on ability to drive and operate machines:
Patients should not drive a vehicle or operate machinery until the effects of **ULTIMA ST JOHN'S WORT** are known.

Allergens:
Hypersensitivity, such as an allergy, has been known to occur; in which case, discontinue use (Barnes et al. 2007, ESCOP 2003)

INTERACTIONS

ULTIMA ST JOHN'S WORT 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)

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, and age.

Adults (13+): 2 Capsules daily to be taken first thing in the morning. Some may feel the benefit in as little as 2 weeks, but allow 6 weeks for maximum results. Safe for teenagers aged 13 and over.

IMPORTANT NOTE: If you are already taking anti-depressant drugs, or any other medication, please consult your physician BEFORE taking. Not for use by children. May reduce the effectiveness of oral contraceptives. Not to be taken with alcohol. May also increase skin’s sensitivity to the sun – apply sun block.

Do not exceed the recommended dosage.

Dosage should be reduced or taken earlier in the day if **ULTIMA ST JOHN'S WORT** interferes with sleep patterns.

SIDE EFFECTS

Infections and infestations:
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Neoplasms benign and malignant (including cysts and polyps)

Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Blood and the lymphatic system disorders

Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Immune system disorders
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Endocrine disorders
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Metabolism and nutrition disorders
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Psychiatric disorders
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Nervous system disorders
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Eye disorders
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Ear and labyrinth disorders
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Cardiac disorders
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Vascular disorders
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Respiratory, thoracic and mediastinal disorders
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Gastrointestinal disorders
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Hepatobiliary disorders
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Skin and subcutaneous tissue disorders
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Musculoskeletal, connective tissue and bone disorders
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Renal and urinary disorders
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Pregnancy, puerperium and perinatal conditions

Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Reproductive system and breast disorders
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Congenital and familial/genetic disorders
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

General disorders and administrative site conditions
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Investigations
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

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

IDENTIFICATION
Dark green powder in clear capsule. Please note due to ingredients powder colour may vary.

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

STORAGE INSTRUCTIONS
Store at or below 25°C.

KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER
To be allocated by Council.

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION
P2Life (Pty) Ltd.
P.O. Box 30043
Tokai, 7966

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

ULTIMA ST JOHN'S WORT

PASIËNTINLIGTINGSBLAADJIE

Dissipline: Wes Herbal Medisyne

ULTIMA ST JOHN'S WORT is nie deur die Medisynebeheerraad geëvalueer nie. Hierdie medisyne is nie bedoel om te diagnoseer, te behandel, genees of enige siektes te voorkom nie. Dit wil nie voorgee om 'n medisyne te wees nie en maak geen eise hoegenaamd nie.

SKEDULERINGSTATUS:

Moet toegeken word deur die Raad.

EIENDOMSNAAM, STERKTE EN FARMASEUTIESE VORM
ULTIMA ST JOHN'S WORT (kapsules)

Lees asseblief hierdie pamflet sorgvuldig voordat jy ULTIMA ST JOHN'S WORT begin neem.

ULTIMA ST JOHN'S WORT 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 ST JOHN'S WORT** 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 ST JOHN'S WORT
Die aktiewe bestanddele in elke kapsel is: 5 ug biotin, 6 µg cholekalfiferol (vitamien D3), 100 mg eleutherococcus ekstrak, 247,5 µg foliensuur, 12,5 mg ginkgo biloba, 2,5 mg inositol, 2 mg kalsiumfosfaat, 10 mg kalsium pantothenaat (vitamien B5), 2,5 mg kolien bitartraat, 7,5 µg methylcobalamin (vitamien B12), 10 mg niasien (vitamien B3), 2 mg piridoksien (vitamien B6), 1,8 mg riboflaviën (vitamien B2), 250 mg st john's wort ekstrak en 1,5 mg tiamien (vitamien B1).
Die ander bestanddele in elke kapsel is: magnesium stearaat, silikondioksied en stysel.

2. WAT WORD ULTIMA ST JOHN'S WORT GEBRUIK VIR
ULTIMA ST JOHN'S WORT word gebruik om met ligte depressie te help.

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

- As jy aan enige chroniese mediese toestand ly. Kontak asseblief jou dokter voordat jy die produk begin neem.
- As jy ander aanvullings ook neem (sien **Om ander medisyne met ULTIMA ST JOHN'S WORT te neem**).
- As jy swanger is of borsvoed (sien **Swanger en Borsvoeding**).

Neem ULTIMA ST JOHN'S WORT 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 ST JOHN'S WORT 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 ST JOHN'S WORT** jou raak.

Om ander medisyne met ULTIMA ST JOHN'S WORT 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 voubljiet verskaef.

4. HOE OM ULTIMA ST JOHN'S WORT TE NEEM
Dosis kan tussen pasiënte wissel en hang af van jou leefstyl, stres vlak en ouderdom.

Volwassenes (13+): 2 Kapsules daaglik, eerste ding elke oggend. Party mense sal die voordele binne 2 weke se tyd voel, maar gee 6 weke se tyd om die maksimum resultate te voel. Veilig vir tieners ouer as 13 jaar.

BELANGRIK: Indien jy reeds anti-depressant middels neem, of op enige ander medikasie is, raadpleeg 'n dokter voordat jy die produk neem. Die produk is nie vir kinders geskik nie. Kan dalk die doeltreffenhêid van mondelinge swangervoorbehoedmiddels verminder. Moet nie met alkohol neem nie. Kan die vel se sensitiviteit tot sonlig verhoog gebruik sonskerm.

Moenie die aanbevole dosis oorskry nie.

Indien dit met jou vermoë om te slaap inmeng, verminder jou daaglikse dosis of neem vroeër in die dag.

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 ST JOHN'S WORT 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 ST JOHN'S WORT 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 ST JOHN'S WORT kan dalk newe-effekte hê.

Nie alle newe-effekte vir ULTIMA ST JOHN'S WORT 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 ST JOHN'S WORT** en vertel onmiddellik vir jou dokter; of gaan na die ongevalle-afdeling by jou naaste hospitaal:

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

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

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

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

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

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

- naarheid (siek voel)
- maagkrampe of maag pyn,
- hoofpyn,
- duiseligheid,
- moegheid,
- lighoofdigheid,
- droë hoës,
- 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 ST JOHN'S WORT

- Berê op of onder 25°C.
- Moet nie uit die buitenste box verwyder totdat dit benodig word nie.
- BERÊ ALLE MEDISYNE BUIE 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 ST JOHN'S WORT
Box met 175ml vitamien bottel met swart skroefdoop – bevat 60 kapsules.

8. IDENTIFIKASIE VAN ULTIMA ST JOHN'S WORT
Donker groen poeier in kapsel. Te danke aan die bestanddele, kan die poeier kleur wissel.

9. REGISTRASIE NOMMER
Moet toegeken word deur die Raad.

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

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

PRODUKINLIGTINGSBLAADJIE

Dissipline: Wes Herbal Medisyne

ULTIMA ST JOHN'S WORT 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 ST JOHN'S WORT (kapsules)

SAMESTELLING
Aktiewe Bestanddele:
Elke kapsel bevat: 5 µg biotin, 6 µg cholekalfiferol (vitamien D), 100 mg eleutherococcus ekstrak 8%, 247,5 µg foliensuur, 12,5 mg ginkgo biloba, 2,5 mg inositol, 2 mg kalsiumfosfaat, 2,5 mg kolien bitartraat, 7,5 µg methylcobalamin (vitamien B12), 10 mg niasien (vitamien B3), 10 mg pantothenaat (vitamien B5), 2 mg piridoksien (vitamien B6), 1,8 mg riboflaviën (vitamien B2), 250 mg st. john's wort gestandaardiseerde ekstrak gelykstaande aan st. john's wort 2 000 mg) en 1,5 mg tiamien (vitamien B1).
Ontaktiewe bestanddele: magnesium stearaat, silikondioksied en stysel

FARMAKOLOGIESE KLASSIFIKASIE
D32.16 Ander

FARMAKOLOGIESE WERKING
Eleutherococcus (Siberiese Ginseng): Gebruik in kruid medisyne om algemene swaakheid te help verlig. (Bradley 2006; ESCOP 2003
Blumenthal et al 2000;. Mills en Bone 2000).
Gebruik in kruid medisyne te help geestelike en/of fisiese prestasie ná typerke van geestelike en/of fisiese inspanning 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 beskermerende aktiwiteit
Alexander Panossian * en Georg

Wikman Sweedse Herbal Instituut Research & Development, Spånvägen 2, SE-432 96 Åskloster, Swede)
Ginkgo Biloba Ekstrak: Help om kognitiewe funksie in volwassenes te verbeter (Cieza 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)
St John's Wort Ekstrak: (Tradisioneel) gebruik in kruid medisyne om rusteloosheid en/of senuweeagtigheid (kalmeermiddel)te help verlig. (Mills en Bone 2005
Hoffmann 2003, Blumenthal et al 2000, Felter en Lloyd 1983 [1898], treur 1971 [1931])
Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur: Faktore in die handhawing van goeie gesondheid (IOM 2006; IOM 1998).

INDIKASIES

ULTIMA ST JOHN'S WORT, bestaan uit kruid en vitamien wat vir duisende jare in die behandeling van ligte tot matige depressie gebruik is. As jy ongelukkig genoeg is om aan depressie te ly, kan jy die risiko van die verlies van verhoudings met vriende en familie, die vorming van verslawing, die ontwikkeling van eetversteurings en swak presteer in die werk of studie miskien ervaar. Jy moet iemand hier oor spreek. Van die baie behandelings beskikbaar, is een van die mees doeltreffende kruid St John’s Wort (Hypericum perforatum). As jy op soek is na 'n natuurlike, gesonde manier om die konstante ongelukkigheid en 'n gebrek aan energie van ligte tot matige depressie te verdryf, kan jy nie beter as **ULTIMA ST JOHN'S WORT** doen nie.

KONTRA-INDIKASIES

Hipersensitiwiteit vir enige van die bestanddele van **ULTIMA ST JOHN'S WORT** (sien **SAMESTELLING**).

Moet nie gebruik as jy enige gesondheidsorg produkte wat 'n invloed op bloedstolling het nie (bv. bloed verdunner, stollingsfaktor plaasvervangers, asetielsaliëlsuur, ibuprofen, vis olieë, 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 lewer verminder. Om ginkgo saam met sommige medikasie wat deur die lewer 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 lewer verander word neem.

Moet nie gebruik as jy op anti-kanker medikasie, bloed verdunner, antidepressant medikasie (bv selektiewe serotonien heropname inhibeerders (SSRI)), anti-MIV-middels, kardiovaskulêre medikasie, immuunonderdrukkers en/of voorbehoedende medikasie is nie.

WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

ULTIMA ST JOHN'S WORT 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 praklysin voordat

ULTIMA ST JOHN'S WORT 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.

Ginkgo biloba moet net onder mediese toesig gebruik word in individue wat met epilepsie, diabetes of bloeding versteurings ly.

Verny langdurige blootstelling aan sonlig, ultraviolet lig (UV) of UV-terapie (Brinker 2010, Barnes et al. 2007, Mills en Bone 2005
ESCOPE 2003, Hoffmann 2003, McGuffin et al. 1997)
Raadpleeg 'n gesondheidsorg praklysin voor gebruik as jy 'n anti-angs medikasie, beslaglegging medikasie, antihistamiene, bronkoddilators, spierverslappers en/of dwelms neem.

Hipersensitiwiteit, soos 'n allergie, is bekend om plaas te vind; in welke geval, staak gebruik. (al. Barnes et 2007, ESCOP 2003)

Sommige mense mag ligte gastroïntestinale versteurings, naarheid, rusteloosheid en/of hoofpyn ervaar (al. Barnes et 2007, ESCOP 2003)

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

Pasiënte behoort nie 'n voertuig te bestuur nie of met masjinerie te werk nie, voordat die gevolge van **ULTIMA ST JOHN'S WORT** bekend is.

Allergene:
Hipersensitiwiteit, soos 'n allergie, is bekend om plaas te vind; in welke geval, staak gebruik. (al. Barnes et 2007, ESCOP 2003)

INTERAKSIES

ULTIMA ST JOHN'S WORT mag interaksie met voorskrif medisyne of ander aanvullings hê.

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 lewer verminder. Om ginkgo saam met sommige medikasie wat deur die lewer 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 lewer verander word neem.

Geen ander interaksie studies is uitgevoer nie.

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

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

Volwassenes (13+): 2 Kapsules daaglik, eerste ding elke oggend. Party mense sal die voordele binne 2 weke se tyd voel, maar gee 6 weke se tyd om die maksimum resultate te voel. Veilig vir tieners ouer as 13 jaar.

BELANGRIK: Indien jy reeds anti-depressant middels neem, of op enige ander medikasie is, raadpleeg 'n dokter voordat jy die produk neem. Die produk is nie vir kinders geskik nie. Kan dalk die doeltreffenhêid van mondelinge swangervoorbehoedmiddels verminder. Moet nie met alkohol neem nie. Kan die vel se sensitiviteit tot sonlig verhoog – gebruik sonskerm.

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 ST JOHN'S WORT** met slaap patrone inmeng.

NEWE-EFFEKTE

Infeksie en infestasies:
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: St John’s Wort Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Neoplasmas benigne en maligne (insluitend siste en poliepe)
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: St John’s Wort Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Bloed en die limfatiese stelsel
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: St John’s Wort Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Immuunstelsel versteurings
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: St John’s Wort Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Endokriene afwykings
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: St John’s Wort Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Metabolisme en voeding
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: St John’s Wort Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Psigiatriese versteurings
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: St John’s Wort Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Senusisteemversteurings
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: St John’s Wort Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Oogversteurings
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: St John’s Wort Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Oor en labirint versteurings
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: St John’s Wort Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Hartsiektes
Frekwensie onbekend: Eleutherococcus Ekstrak
Frekwensie onbekend: Ginkgo Biloba
Frekwensie onbekend: St John’s Wort Ekstrak
Frekwensie onbekend: Vitamiene B1, B2, B3, B5, B6, B12, D3 en Foliensuur

Vaskulêre toestande
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Respiratoriese, torakale en mediastinale versteurings
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Gastroïntestinale versteurings
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Hepatobiliêre versteurings
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Vel en subkutane weefsel
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Muskuloskeletale, bindweefsel en been-afwykings
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Renale en urinêre versteurings
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Swangerskap, puerperium en perinatale voorwaardes
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Voortplantingstelsel en bors versteurings
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Aangebore en erflike/genetiese afwykings
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Algemene versteurings en administratiewe terrein toestande
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

Ondersoeke
Frequency unknown: Eleutherococcus Extract
Frequency unknown: Ginkgo Biloba
Frequency unknown: St. John’s Wort Extract
Frequency unknown: Vitamins B1, B2, B3, B5, B6, B12, D3 & Folic Acid

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

IDENTIFIKASIE

Donker groen poeier in kapsel. Te danke aan die bestanddele, kan die poeier kleur wissel.

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

BERIGSAANWYSINGS
Bêre op of onder 25°C.

HOU BUIE BEREIK VAN KINDERS.

REGISTRASIE NOMMER
Moet toegeken word deur die Raad.

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

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