

PROPRIETARY NAME AND DOSAGE FORM:

SAFFLOWER CLA SOFTGELS (30)

DISCLAIMER: This medicine has not been evaluated by SAHPRA for its quality, safety or intended use. This medicine is not intended to diagnose, treat, cure, or prevent any disease.

SCHEDULING STATUS: Unscheduled

COMPOSITION: Each softgel contains:

Ingredients	Elemental value	*NRV
Safflower Oil (Seed) (Carthamus tinctorius L.)	1,000 mg	-
Conjugated Linoleic Acid (CLA)	800 mg	-
* South African Nutrient reference values for individuals 4 years and older - Not established		

Other Ingredients: Gelatine (bovine), glycerine & purified water. Gelatine ingredient is HALAL certified,

PHARMACOLOGICAL CLASSIFICATION:

34.6 Category D (Health Supplement) [S0]

PHARMACOLOGICAL ACTION: Health supplement.

INDICATIONS: Indicated as a supplement where poor dietary intake of the listed active ingredients exist.

CONTRA-INDICATIONS:

- Hypersensitivity to any of the ingredients.

WARNINGS AND SPECIAL PRECAUTIONS:

- Large doses may give rise to mild gastrointestinal discomfort, nausea, diarrhoea, or bloating.

INTERACTIONS:

Medicines that could interact with this supplement are:

- Blood Thinners: May have mild blood-thinning effects, potentially enhancing the action of anticoagulant medications.
- Blood Sugar Medications: May influence insulin sensitivity and glucose metabolism, requiring monitoring in diabetic patients.
- Cholesterol-Lowering Medications: May affect lipid metabolism and interfere with the efficacy of statins or other lipid-lowering drugs.
- Blood Pressure Medications: May cause slight reductions in blood pressure, which could interact with antihypertensive drugs.
- Anti-Inflammatory Medications: May impact inflammatory responses and interact with non-steroidal anti-inflammatory drugs (NSAIDs).

DOSAGE AND DIRECTIONS FOR USE:

The recommended usage is:

- Adults take 1 softgel daily with meals.

Do not exceed the recommended dose. This product should not be used as a substitute for a balanced diet.

SIDE EFFECTS AND SPECIAL PRECAUTIONS:

This supplement should be used with caution in individuals with the following medical conditions:

- Gastrointestinal Disorders** – May cause mild digestive discomfort, nausea, or diarrhea, especially in individuals with sensitive stomachs.

- Hypersensitivity** – Individuals allergic to safflower or related plants (such as ragweed, daisies, or marigolds) may experience allergic reactions.
- Diabetes** – CLA may impact insulin sensitivity and glucose metabolism, requiring monitoring in individuals with diabetes or insulin resistance.
- Blood Pressure** – CLA may slightly lower or raise blood pressure; individuals with hypertension or hypotension should monitor their levels.
- Bleeding Disorders** – Safflower oil has mild blood-thinning properties and should be used with caution in individuals with bleeding disorders or those taking anticoagulants.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT:

In case of an accidental overdose, discontinue use and seek medical professional assistance immediately. Treatment is symptomatic and supportive.

Symptoms overdose may include:

IDENTIFICATION:

Yellow softgel capsule.

PRESENTATION:

Packaged as a printed box with tamperproof seal, labelled with clear, detailed information printed on the box.

Contents are 3 blister packs of 10 oblong softgels each, containing 30 softgels in total.

STORAGE INSTRUCTIONS:

Store in a cool, dry place below 25 °C. Do not leave container open.

KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER:

To be allocated.

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION:

Vitatech

Physical address: Cnr Parkin & Delson Street

North End, Gqeberha, 6001, South Africa.

Tel: 041 816 3100

Email: ask@vitatechhealth.com

Website: www.vitatechhealth.com

DATE OF PUBLICATION OF THE PACKAGE INSERT:

March 2025

PROPRIETARY NAME AND DOSAGE FORM:

SAFFLOWER CLA SOFTGELS (30)

DISCLAIMER: This medicine has not been evaluated by SAHPRA. This medicine is not intended to diagnose, treat, cure, or prevent any disease.

Read all this leaflet carefully because it contains important information for you. This medicine is available without a doctor's prescription, for you to use as a vitamin supplement. 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.
- Ask your pharmacist if you need more information or advice.
- You must go see a doctor if you experience worrying symptoms.

SCHEDULING STATUS: Unscheduled

CONTAINS: Each softgel contains:

Ingredients	Elemental value	*NRV
Safflower Oil (Seed) (Carthamus tinctorius L.)	1,000 mg	-
Conjugated Linoleic Acid (CLA)	800 mg	-
* South African Nutrient reference values for individuals 4 years and older - Not established		

Other Ingredients: Gelatine (bovine), glycerine & purified water. Gelatine ingredient is HALAL certified,

WHAT IS THIS SUPPLEMENT USED FOR:

This supplement provides Conjugated Linoleic Acid (CLA) from Safflower Oil, which supports weight management and metabolic health.

- Fat Metabolism & Weight Control – CLA has been studied for its role in promoting the breakdown of stored fat while helping to maintain lean muscle mass.
- Reducing Fat While Preserving Muscle – May support body composition by encouraging fat loss while reducing muscle breakdown, especially when combined with exercise.
- Healthy Cholesterol Levels – CLA may help regulate lipid metabolism, contributing to balanced cholesterol levels.
- Energy Production & Metabolism – Plays a role in supporting metabolic function, helping the body convert stored fat into energy.
- Cardiovascular Health – May contribute to heart health by influencing fat metabolism and supporting healthy cholesterol levels.

BEFORE YOU TAKE THIS SUPPLEMENT:

Do not take if you are allergic to any of the ingredients.

Take special care when taking any supplement:

- Do not exceed the daily recommended amount.
- Seek professional advice if suffering from any **allergies**.
- Seek professional advice if **any other medications** are being taken or another medical condition is present.
- If you are taking other supplements, read the label as these supplements may contain the same ingredients.

- Not recommended for individuals who are **pregnant or breast feeding**.
- This supplement should not impair or affect your ability to **drive or operate heavy machinery**.

TAKING/USING OTHER MEDICATION:

There are no known interactions at the recommended dosage for healthy individuals. See "PACKAGE INSERT Interactions."

HOW TO TAKE:

The recommended usage is:

- Adults take 1 softgel daily with meals.

IF YOU TAKE MORE THAN YOU SHOULD:

In the event of an overdose, consult your doctor or pharmacist immediately. If neither is available, contact that nearest hospital or medical centre. Treatment is symptomatic and supportive.

POSSIBLE SIDE EFFECTS:

These supplements are generally well-tolerated when taken as directed. Symptoms of overdose may include:

- Stomach upset, nausea, diarrhoea, increased bowel movements, headache, dizziness, fatigue, and possible changes in blood sugar levels or blood pressure.

If you experience any unusual or severe side effects, discontinue use, and seek medical attention.

IDENTIFICATION:

Yellow softgel capsule.

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