

PROPRIETARY NAME AND DOSAGE FORM:

BERBERINE PLUS CAPSULES (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 capsule contains:

Ingredients	Elemental value	*NRV
Dihydroberberine (Whole Plant) (Berberis aristata L.)	100 mg	-
Milk Thistle Extract 80% Silymarin (Seed) (Silybum marianum L.)	100 mg	-
Turmeric Extract 95% Curcuminoids (Root) (Curcuma longa L.)	50 mg	-
Banaba Leaf Extract (1% Corosolic Acid) (Lagerstroemia speciosa L.)	50 mg	-
Black Pepper Extract 95% Piperine (Fruit) (Piper nigrum L.)	10 mg	-
* South African Nutrient reference values for individuals 4 years and older - Not established		

Other Ingredients: Magnesium stearate, silicon dioxide and capsule shell (HPMC and purified water)

WHAT IS THIS SUPPLEMENT USED FOR:

PHARMACOLOGICAL CLASSIFICATION:

34.13 Category D (Health Supplement) [SO]

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 stomach upset, increased bowel movements, loose stools, rash, headache, dizziness, lower blood pressure.

INTERACTIONS:

Medicines that could interact with this supplement are:

- Antidiabetic Medications: May enhance blood sugar-lowering effects, increasing the risk of hypoglycemia.
- Blood Pressure Medications: May further lower blood pressure when combined with antihypertensive drugs.
- Anticoagulants/Antiplatelets: May increase bleeding risk due to turmeric's mild blood-thinning properties.
- Lipid-Lowering Medications: May enhance the cholesterol-lowering effects of statins.
- Immunosuppressants: Milk thistle may alter liver enzymes, affecting drug metabolism.
- Antibiotics: Berberine may interfere with gut microbiota and antibiotic efficacy.
- Thyroid Medications: Piperine may enhance thyroid medication absorption, altering efficacy.

DOSAGE AND DIRECTIONS FOR USE:

The recommended usage is:

- Adults take 1 capsule 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:

- Diabetes: May lower blood sugar, requiring medication adjustments.
- Low Blood Pressure: May enhance effects of antihypertensive drugs.
- Liver Conditions: Milk thistle may alter liver enzyme activity.
- Gallbladder Disease: Turmeric may stimulate bile, worsening gallstones.
- Bleeding Disorders: Turmeric and berberine may increase bleeding risk.
- Iron Deficiency: Turmeric may reduce iron absorption.
- Gastrointestinal Disorders: Berberine and banaba leaf may cause digestive discomfort.
- Thyroid Disorders: Piperine may affect thyroid medication absorption.
- Surgery: May interfere with clotting and anesthesia; stop two weeks before surgery.

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:

- stomach upset, increased bowel movements, loose stools, rash, headache, dizziness, low blood pressure

IDENTIFICATION:

White 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 capsules each, containing 30 capsules 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:

BERBERINE PLUS CAPSULES (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 capsule contains:

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Other Ingredients: Magnesium stearate, silicon dioxide and capsule shell (HPMC and purified water)

WHAT IS THIS SUPPLEMENT USED FOR:

This formula combines natural plant extracts and bioactive compounds to support metabolic health, energy production, and cardiovascular function.

- Weight management – Berberine and banaba leaf extract help regulate fat metabolism and glucose balance, supporting healthy weight control.
- Metabolic regulation – Berberine activates key metabolic pathways that influence energy balance and lipid metabolism, promoting overall metabolic efficiency.
- AMPK activation for cellular energy – Berberine is known to activate AMPK, a crucial enzyme that supports cellular energy production and enhances mitochondrial function.
- Improved insulin sensitivity – Banaba leaf extract and berberine may enhance insulin function, supporting glucose uptake and utilization to maintain healthy blood sugar levels.
- Blood sugar balance – Berberine, banaba leaf extract, and milk thistle help regulate glucose metabolism, reducing fluctuations in blood sugar levels.
- Cardiovascular health – Berberine and turmeric extract support healthy cholesterol levels, promote circulation, and provide antioxidant protection for heart health.

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 if you 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 capsule 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, increased bowel movements, loose stools, rash, headache, dizziness, changes in blood pressure

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

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