

## PROPRIETARY NAME AND DOSAGE FORM:

## FOCUS SUPPORT TABLETS (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 tablet contains:

| Ingredients                                                                                      | Elemental value | *NRV |
|--------------------------------------------------------------------------------------------------|-----------------|------|
| L-Theanine                                                                                       | 200,0 mg        | -    |
| Ginkgo Biloba Extract (24% Flavonoids, 6% Terpenoids) - Ginkgo biloba L. (Parts: Leaf)           | 100,0 mg        | -    |
| L-Tyrosine                                                                                       | 100,0 mg        | -    |
| * South African Nutrient reference values for individuals 4 years and older<br>- Not established |                 |      |

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, silicon dioxide & coating.

**PHARMACOLOGICAL CLASSIFICATION:**

34.13 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 gastrointestinal discomfort and dizziness.

**INTERACTIONS:**

No known interactions with existing conditions at recommended dose.

Medicines that will interact with Focus Support Tablets are:

- Antihypertensive Medications: Ginkgo Biloba Extract may interact with antihypertensive medications, potentially leading to low blood pressure (hypotension).
- Anticoagulant Medications: Ginkgo Biloba Extract can interact with anticoagulant medications, like Warfarin, increasing the risk of bleeding and bruising.
- Anticonvulsant Medications: L-Theanine might decrease the effectiveness of anticonvulsant medications, like Phenytoin, potentially leading to increased seizures.
- Antidepressant Medications: L-Theanine can interact with antidepressant medications, such as Selective Serotonin Reuptake Inhibitors (SSRIs), possibly enhancing the sedative effects.
- Blood Pressure Medications: Ginkgo Biloba Extract might interact with blood pressure medications, potentially causing blood pressure fluctuations.
- Blood-Thinning Medications: Ginkgo Biloba Extract may increase the risk of bleeding when used with blood-thinning/ antiplatelet medications like aspirin clopidogrel.

**DOSAGE AND DIRECTIONS FOR USE:**

The recommended usage is:

- Adults take 1 tablet 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:

- Low Blood Pressure (Hypotension): Ginkgo Biloba Extract may cause low blood pressure, which could be problematic for individuals with already low blood pressure.
- Bleeding Disorders: Ginkgo Biloba Extract may increase the risk of bleeding in individuals with bleeding disorders or those taking blood-thinning medications.
- Seizure Disorders: L-Theanine might potentially lower the threshold for seizures, making it a concern for individuals with seizure disorders.
- Pregnancy and Breastfeeding: Limited information is available on the safety of L-Theanine and Ginkgo Biloba during pregnancy and breastfeeding, so caution is advised.

**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:

- nausea, vomiting, digestive discomfort, dizziness, and increased heart rate.

**IDENTIFICATION:**

Pale teal oblong pressed tablet.

**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 tablets each, containing 30 tablets 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](mailto:ask@vitatechhealth.com)

Website: [www.vitatechhealth.com](http://www.vitatechhealth.com)

**DATE OF PUBLICATION OF THE PACKAGE INSERT:**

July 2023

vitatech® NAPPI CODE:

**3001496001**

Claim it from your medical aid.

## FOCUS SUPPORT TABLETTE (30)

**VRYSWARING:** Hierdie medisyne is nie deur SAHPRA geëvalueer ten opsigte van die kwaliteit, veiligheid of beoogde gebruik daarvan nie. Hierdie medisyne is nie bedoel vir die diagnose, behandeling, genesing of voorkoming van enige siekte nie.

**SKEDULERINGSSTATUS:** Ongeskeduleerd

**SAMESTELLING:** Elke tablet bevat:

| Bestanddele                                                                                    | Elementeel waarde | *NRV |
|------------------------------------------------------------------------------------------------|-------------------|------|
| L-Theanien                                                                                     | 200,0 mg          | -    |
| Ginkgo Biloba-ekstrak (24% Flavonoïede, 6% Terpenoïede) - Ginkgo biloba L. (Dele: Blad)        | 100,0 mg          | -    |
| L-Tirosien                                                                                     | 100,0 mg          | -    |
| * Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer<br>- Nie vasgestel nie |                   |      |

**Ander bestanddele is:** Mikrokristalyn sellulose, magnesiumstearaat, silikoondioksied & omhulsel

**FARMAKOLOGIESE KLASSEKASIE:**

34.13 Kategorie D (Gesondheidsaanvuller) [S0]

**FARMAKOLOGIESE WERKING:** Gesondheidsaanvuller

**INDIKASIES:** Aangedui as 'n aanvulling waar swak dieetinname van die genoemde aktiewe bestanddele voorkom.

**KONTRA-LNDIKASIES:**

- Hipersensitiwiteit vir enige van die bestanddele.

**WAASKUWINGS EN SPESIALE VOORSORGMATREËLS:**

- Groot dosisse mag lei tot maag- en dermsimptome en duiseligheid.

**INTERAKSIES:**

Geen bekende interaksies teen die aanbevole dosis.

Medikasies wat sal interakteer met Focus-ondersteuningstabellen is:

- Antihypertensiewe medikasies: Ginkgo Biloba-ekstrak kan interakteer met antihypertensiewe medikasies en moontlik lei tot lae bloeddruk (hipotensie).
- Antikoagulantmedikasies: Ginkgo Biloba-ekstrak kan interakteer met antikoagulantmedikasies, soos Warfarin, en die risiko van bloeding en kneusing verhoog.
- Antikonvulsantmedikasies: L-Theanine mag die doeltreffendheid van antikonvulsantmedikasies, soos Fenitoin, moontlik verminder en tot verhoogde aanvalle lei.
- Antidepressantmedikasies: L-Theanine kan interakteer met antidepressantmedikasies, soos Selektiewe Serotonien Heropname-Inhibitors (SSRI's), en moontlik die sedatiewe effekte versterk.
- Bloeddrukmedikasies: Ginkgo Biloba-ekstrak kan interakteer met bloeddrukmedikasies en moontlik bloeddrukschommeling veroorsaak.
- Bloedverduunningsmedikasies: Ginkgo Biloba-ekstrak kan die risiko van bloeding verhoog wanneer dit saam met bloedverduunningsmedikasies soos asperien of Clopidogrel gebruik word.

**DOSIS EN GEBRUIKSAANWYSINGS:**

Die aanbevole gebruik is:

Volwassenes neem daagliks 1 tablet saam met etes.

Moenie die aanbevole dosis oorskry nie. Die produk moenie 'n gebalanseerde dieet vervang nie.

**MOONTLIKE NEWE-EFFEKTE EN SPESIALE****VOORBERGING:**

Hierdie aanvulling moet met versigtigheid gebruik word by individue met die volgende mediese toestande:

- Lae Bloeddruk (Hipotensie): Ginkgo Biloba-ekstrak kan lae bloeddruk veroorsaak, wat 'n probleem kan wees vir individue met reeds lae bloeddruk.
- Bloedingversteurings: Ginkgo Biloba-ekstrak kan die risiko van bloeding verhoog by individue met bloedingversteurings of dié wat bloedverduunnende medikasies gebruik.
- Aanvalsversteurings: L-Theanine kan moontlik die drempel vir aanvalle verlaag, wat 'n kommer vir individue met aanvalsversteurings kan wees.
- Swangerskap en Borsvoeding: Beperkte inligting is beskikbaar oor die veiligheid van L-Theanine en Ginkgo Biloba tydens swangerskap en borsvoeding, dus moet daar versigtigheid betrach word.

**BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN**

In geval van 'n toevallige oordosis, staak die gebruik en soek onmiddellik mediese hulp. Behandeling is simptomaties en ondersteunend.

Simptome van 'n oordosis kan insluit:

- naarheid, braking, spierverswakking, duiseligheid, en 'n verhoogde hartklop.

**IDENTIFIKASIE:**

Vaalblougroen langwerpige gedrukte tablet.

**AANBIEDING:**

Verpak as 'n gedrukte boks met 'n verseëldde sertifikaat, gemerk met duidelike, gedetailleerde inligting wat op die boks gedruk is. Die inhoud bestaan uit 3 blaaspakke met elk 10 langwerpige tablette, wat 'n totaal van 30 tablette bevat.

**BERGINGSAAANWYSINGS:**

Bêre op 'n koel, droë plek onder 25 °C. Moenie die houer oop laat. HOU BUITE BEREIK VAN KINDERS

**REGISTRASIE NOMMER:**

Word ge-allockeer.

**NAAM EN BESIGHEIDS ADRES VAN DIE APPLIKANT:**

Vitatech

Adress: Cnr Parkin & Delson Street

North End, Gqeberha, 6001, Suid Afrika.

Tel: 041 816 3100

E-pos: [ask@vitatechhealth.com](mailto:ask@vitatechhealth.com)

Webwerf: [www.vitatechhealth.com](http://www.vitatechhealth.com)

**DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNT INLIGTING****PAMFLET:**

Julie 2023

vitatech® NAPPI CODE:

**3001496001**

Claim it from your medical aid.

## PROPRIETARY NAME AND DOSAGE FORM:

## FOCUS SUPPORT TABLETS (30)

**DISCLAIMER:** This medicine has not been evaluated by SAPHRA. 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 tablet contains:

| Ingredients                                                                                   | Elemental value | *NRV |
|-----------------------------------------------------------------------------------------------|-----------------|------|
| L-Theanine                                                                                    | 200,0 mg        | -    |
| Ginkgo Biloba Extract (24% Flavonoids, 6% Terpenoids) - Ginkgo biloba L. (Parts: Leaf)        | 100,0 mg        | -    |
| L-Tyrosine                                                                                    | 100,0 mg        | -    |
| * South African Nutrient reference values for individuals 4 years and older - Not established |                 |      |

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, silicon dioxide & coating.

**WHAT IS THIS SUPPLEMENT USED FOR:**

Focus Support Tablets are designed to support:

- Enhanced Concentration: L-Theanine promotes relaxation without drowsiness, aiding in sustained concentration.
- Mental Clarity: Ginkgo Biloba Extract is thought to enhance cognitive clarity and memory recall.
- Improved Cognitive Function: L-Tyrosine may support cognitive function and alertness, especially in stressful situations.
- Sharpened Memory and Focus: The combination of ingredients is believed to enhance memory and focus.
- Increased Alertness and Mental Energy: L-Tyrosine may help maintain mental alertness, even during challenging tasks.

**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.
- If you are **pregnant or breast feeding** your baby, please consult your health care provider for advice before taking this medicine. **Limited information is available on the**

**safety of L-Theanine and Ginkgo Biloba during pregnancy and breastfeeding, so caution is advised.**

- 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 tablet 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:

- nausea, vomiting, digestive discomfort, dizziness, and increased heart rate.

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

**IDENTIFICATION:**

Pale teal oblong pressed tablet.

**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 tablets each, containing 30 tablets 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](mailto:ask@vitatechhealth.com)

Website: [www.vitatechhealth.com](http://www.vitatechhealth.com)

**DATE OF PUBLICATION OF THE PACKAGE INSERT:**

July 2023

vitatech® NAPPI CODE:

**3001496001**

Claim it from your medical aid.

**HANDELSNAAM EN DOSERINGSVORM:**

## FOCUS SUPPORT TABLETTE (30)

**VRYWARING:** Hierdie medisyne is nie deur SAPHRA geëvalueer nie. Hierdie medisyne is nie bedoel om enige siekte te diagnoseer, behandel, genees of voorkom nie.

Lees alle inligting in die inligtingsblad noukeurig, dit bevat belangrike inligting vir die verbruiker. Die medisyne is beskikbaar sonder 'n dokters voorskrif, vir gebruik as 'n vitamien aanvulling. Nieteenstaande, dit is belangrik dat die produk korrek gebruik moet word om die beste resultate te verkry.

- Moenie die pamflet weggooi nie, dit mag dalk nodig wees om dit weer te lees
- Vra jou apteker indien jy meer inligting of advies nodig het
- Besoek die dokter indien daar kommerwekkende simptome is.

**SKEDULERINGSSTATUS:** Ongeskeduleerd

**SAMESTELLING:** Elke tablet bevat:

| Bestanddele                                                                                 | Elementeel waarde | *NRV |
|---------------------------------------------------------------------------------------------|-------------------|------|
| L-Theanien                                                                                  | 200,0 mg          | -    |
| Ginkgo Biloba-ekstrak (24% Flavonoïede, 6% Terpenoïede) - Ginkgo biloba L. (Dele: Blad)     | 100,0 mg          | -    |
| L-Tirosien                                                                                  | 100,0 mg          | -    |
| * Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer - Nie vasgestel nie |                   |      |

**Ander bestanddele is:** Mikrokristallyn sellulose, magnesiumstearaat, silikoondioksied & omhulsel

**WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:**

Focus Support Tablette is ontwerp om die volgende te ondersteun:

- Verbeterde Konsentrasie: L-Theanine bevorder ontspanning sonder slaaprigting, wat bydra tot volgehoue konsentrasie.
- Mentale Duidelikheid: Dit word gedink dat Ginkgo Biloba Extract kognitiewe duidelikheid en geheueherroeping verbeter.
- Verbeterde Kognitiewe Funksie: L-Tirosien kan kognitiewe funksie en waaksaamheid ondersteun, veral in stresvolle situasies.
- Verskerpte Geheue en Fokus: Die kombinasie van bestanddele word beskou as 'n verbetering van geheue en fokus.
- Verhoogde Waaksaamheid en Mentale Energie: L-Tirosien kan help om mentale waaksaamheid te handhaaf, selfs tydens uitdagende take.

**VOORDAT JY HIERDIE AANVULLING NEEM:**

Moenie dit inneem as jy allergies is vir enige van die bestanddele nie.

Wees versigtig wanneer jy enige aanvulling gebruik:

- Moet nie die daaglikse aanbevole hoeveelheid oorskry nie.
- Raadpleeg 'n professionele persoon as jy aan enige **allergieë** ly.

- Raadpleeg 'n professionele persoon as enige **ander medikasie** gebruik word of 'n ander mediese toestand teenwoordig is.
- As jy ander aanvullings gebruik, lees die etiket aangesien hierdie aanvullings dieselfde bestanddele kan bevat.
- As jy **swanger is of jou baba borsvoed**, raadpleeg asseblief jou gesondheidsorgverskaffer vir advies voordat jy hierdie medisyne gebruik. **Daar is beperkte inligting beskikbaar oor die veiligheid van L-Theanine en Ginkgo Biloba tydens swangerskap en borsvoeding, so voorsoorsigheid word aanbeveel.**
- Hierdie aanvulling behoort nie jou vermoë om te **bestuur of swaar masjinerie** te bedryf nie, te benadeel of te beïnvloed nie.

**INTERAKSIES MET ANDER MEDISYNE:**

Daar is geen bekende interaksies by die aanbevole dosis vir gesonde individue nie. Verwys na die «VOUBILJET interaksies»

**HOE OM DIT TE GEBRUIK:**

Die aanbevole gebruik is:

- Volwassenes neem daaglik 1 tablet saam met etes.

**AS JY MEER NEEM AS WAT JY MOET:**

In geval van 'n oordosis, raadpleeg onmiddellik jou dokter of apteker. As hulle nie beskikbaar is nie, kontak die naaste hospitaal of mediese sentrum. Behandeling is simptome en ondersteunend.

**MOONTLIKE NEWE-EFFEKTE:**

Hierdie aanvullings word gewoonlik goed verdra as dit soos voorgeskryf geneem word. Simptome van 'n oordosis kan insluit:

- naarheid, braking, spierverswakking, duiseligheid, en 'n verhoogde hartklop.

**IDENTIFIKASIE:**

Vaalblougroen langwerpige gedrukte tablet.

**AANBIEDING:**

Verpak as 'n gedrukte boks met 'n verseëelde sertifikaat, gemerk met duidelike, gedetailleerde inligting wat op die boks gedruk is. Die inhoud bestaan uit 3 blaaspakke met elk 10 langwerpige tablette, wat 'n totaal van 30 tablette bevat.

**BERGINGSAAWYSINGS:**

Bêre op 'n koel, droë plek onder 25 °C. Moenie die houer oop laat.

HOU BUITE BEREIK VAN KINDERS

**REGISTRASIE NOMMER:**

Word ge-allockeer.

**NAAM EN BESIGHEIDS ADRES VAN DIE APPLIKANT:**

Vitatech

Adress: Cnr Parkin & Delson Street

North End, Gqeberha, 6001, Suid Afrika.

Tel: 041 816 3100

E-pos: [ask@vitatechhealth.com](mailto:ask@vitatechhealth.com)

Webwerf: [www.vitatechhealth.com](http://www.vitatechhealth.com)

**DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNT INLIGTING**

**PAMFLET:**

Julie 2023

vitatech® NAPPI CODE:

**3001496001**

Claim it from your medical aid.