

PROPRIETARY NAME AND DOSAGE FORM:

GREENS POWDER (200g)
Plant-Based Unflavoured Superfood

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

TYPICAL NUTRITIONAL INFORMATION (AS PACKED)

Servings Per container: 40

Single Serving size: ±5 g (1 flat scoop)

	Per 100 g	Per 5 g Serving	%NRV
Energy (kJ)	1623	81	-
Protein (g)	75,0	3,8	7%
Glycaemic carbohydrate (g)	5	0	-
of which total sugar (g)	1,2	0,1	-
of which sucrose (g)	0,0	0,0	-
of which fructose (g)	1,2	0,1	-
Total fat (g)	7,9	0,4	-
of which saturated fat (g)	1,7	0,1	-
of which monounsaturated fat (g)	0,1	0,0	-
of which polyunsaturated fat (g)	0,4	0,0	-
of which cholesterol (mg)	0,0	0,0	-
Dietary fibre (g)	2,6	0,1	-
Total sodium (mg)	1453	73	-

Ingredients: Protein blend [pea protein, spirulina powder, hemp protein powder. Greens powder blend (soy lecithin, spirulina, apple fibre, barley grass, wheat grass, oats flour, alfalfa grass, chlorella, soy flour, acerola berry, pomegranate, Siberian ginseng, carrot, tomato, astragalus root, broccoli, spinach, ginkgo biloba, green tea extract (45% ECGC -95% polyphenols), grape seed extract (95% polyphenols), elderberry & bilberry fruit)] and steviol glycosides.

PHARMACOLOGICAL CLASSIFICATION:

34.12 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.

INTERACTIONS:

No known interactions with existing conditions at recommended dose.

DOSAGE AND DIRECTIONS FOR USE:

The recommended usage is:

Mix 1 scoop (approx. 5g) with 200ml water, juice or add to smoothie.

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:

- People with allergies to soy, gluten, or any listed ingredients should avoid this product.
- Those new to high-fiber foods may experience bloating, gas, or loose stools.
- Spirulina and chlorella may cause nausea or headaches in sensitive individuals.
- Green tea extract could lead to jitteriness or insomnia if taken in high doses.
- Ginkgo biloba may increase the risk of bleeding, especially for those on blood thinners.
- Individuals with autoimmune conditions or kidney stone history should consult a healthcare professional before use.
- Pregnant or breastfeeding individuals and those on medications should seek medical advice before consumption.
- Excessive intake should be avoided to prevent adverse effects from concentrated compounds like ECGC.

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.

Overdose symptoms for greens powders are not well-documented. However, excessive intake may cause digestive discomfort, including bloating, gas, or diarrhoea. High doses of certain ingredients, such as green tea extract, may result in jitteriness, headaches, or nausea.

IDENTIFICATION:

Green powder

PRESENTATION:

Packaged in a tub with clear label and tamperproof seal.

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:

January 2025

vitatech® NAPPI CODE:

3001508001

Claim it from your medical aid.

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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.

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TYPICAL NUTRITIONAL INFORMATION (AS PACKED)

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WHAT IS THIS SUPPLEMENT USED FOR:

Vitatech Greens Powder supports the following benefits:

- Energy and Vitality: Ingredients like green tea extract and ginseng provide a natural energy boost.
- Gut Health: Rich in fiber from apple and oat flours, it promotes digestion and a healthy gut microbiome.
- Immune Support: Acerola berry, elderberry, and bilberry deliver potent antioxidants to help strengthen immune defenses.
- Detoxification: Chlorella, spirulina, and barley grass support the body's natural detox processes.

- Skin and Cellular Health: Polyphenols from grape seed extract and green tea extract combat oxidative stress for healthy skin and cells.
- Cognitive Function: Ginkgo biloba enhances mental clarity and focus.
- Overall Wellness: Packed with superfoods like broccoli, spinach, and alfalfa grass, it supports balanced nutrition for optimal health.
- Muscle Recovery: Pea, hemp, and spirulina proteins aid in post-exercise recovery.

This all-in-one superfood blend is ideal for individuals looking to enhance their daily nutrition and overall well-being.

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 supplement.
- 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:

Mix 1 scoop (approx. 5g) with 200ml water, juice or add to smoothie

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. Overdose symptoms for greens powders are not well-documented. However, excessive intake may cause digestive discomfort, including bloating, gas, or diarrhoea. High doses of certain ingredients, such as green tea extract, may result in jitteriness, headaches, or nausea.

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

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