

PROPRIETARY NAME AND DOSAGE FORM:
TURMERIC CURCUMIN 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
Turmeric Extract 95% - Curcuma longa (LINN.)	300 mg	-
Piperine – Piper nigrum (LINN.)	5 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)

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.

INTERACTIONS:

No known interactions with existing conditions at recommended dose.

Medicines that will interact with Turmeric are:

- Blood-thinners (e.g., warfarin) – Increased risk of bleeding due to potential additive effects.
- Antiplatelet drugs – Elevated risk of bleeding due to potential synergistic effects.
- Diabetes medications – Turmeric Curcumin may lower blood sugar levels; monitor closely.
- Iron supplements – May hinder iron absorption if taken together.
- Calcium supplements – Potential interference with calcium absorption.
- Medications that reduce stomach acid – Reduced absorption of curcumin may occur.

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:

- Gallbladder issues or bile duct obstruction – Turmeric Curcumin may stimulate bile production.
- History of kidney stones – Excessive turmeric intake could contribute to stone formation..

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:

- Gastrointestinal discomfort, including nausea, vomiting, and diarrhoea.
- Rarely, potential liver problems may occur.

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 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:

July 2023

vitatech® NAPPI CODE:

3001503001

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HANDELSNAAM EN DOSERINGSVORM:**TURMERIC CURCUMIN KAPSULES (30)**

VRYWARING: 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 kapsule bevat:

Bestanddele	Elementeel waarde	*NRV
Borrie Ekstrak 95% - Curcuma longa (LINN.)	300 mg	-
Piperine – Piper nigrum (LINN.)	5 mg	-
* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer - Nie vasgestel nie		

Anders bestanddele is: Magnesiumstearaat, silikoondioksied en kapsule-dop (HPMC en gesuiwerde water)

FARMAKOLOGIESE KLASSEFIKASIE:

34.13 Kategorie D (Gesondheidsaanvuller) [S0]

FARMAKOLOGIESE WERKING: Gesondheidsaanvuller

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

KONTRA-INDIKASIES:

- Hipersensitiwiteit vir enige van die bestanddele.

WAASKUWINGS EN SPESIALE VOORSORGMAATREËLS:

Groot dosisse kan maag-darmongemak veroorsaak.

INTERAKSIES:

Geen bekende interaksies teen die aanbevole dosis.

Medisyne wat kan interaksioneer met Borrie is:

- Bloedverduuners (bv. warfarin) - 'n Verhoogde risiko van bloeding as gevolg van potensiële additiewe effekte.
- Antiplatelet-medikasie - 'n Verhoogde risiko van bloeding as gevolg van potensiële sinergistiese effekte.
- Diabetesmedikasie - Borrie Curcumin mag bloedsuikervlakke verlaag; monitor noukeurig.
- Ystersupplemente - Mag ysterabsorpsie belemmer indien saam gebruik.
- Kalsiumsupplemente - Potensiële inmenging met kalsiumabsorpsie.
- Medikasie wat maagsuur verminder - Verminderde absorpsie van kurkumin kan voorkom.

DOSIS EN GEBRUIKSAANWYSINGS:

Die aanbevole gebruik is:

Volwassenes neem daaglik 1 kapsule 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:

- Galblaasprobleme of galbuisverstopping - Borrie Curcumin mag galproduksie stimuleer.

- Geskiedenis van niërweëstene - Overmatige gebruik van borrie kan bydra tot die vorming van stene.

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:

- Maag-darmongemak, insluitend naarheid, braking en diarree.
- Seldsaam, moontlike lewerprobleme kan voorkom.

IDENTIFIKASIE:

Wit kapsule.

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 kapsules wat 'n totaal van 30 kapsules bevat.

BERGINGSANWYSINGS:

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

Webwerf: www.vitatechhealth.com

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

Julie 2023

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PROPRIETARY NAME AND DOSAGE FORM:

TURMERIC CURCUMIN CAPSULES (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 capsule contains:

Ingredients	Elemental value	*NRV
Turmeric Extract 95% - Curcuma longa (LINN.)	300 mg	-
Piperine – Piper nigrum (LINN.)	5 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:

Turmeric Curcumin offers various potential benefits, including: Supports joint health and enhances mobility. Bolsters the body's antioxidant defenses. Promotes a healthy immune system. Aids in improving digestion. May potentially enhance cognitive function.

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.
- 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 overdose may include:

- Gastrointestinal discomfort, including nausea, vomiting, and diarrhoea.
- Rarely, potential liver problems may occur.

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

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 capsules each, containing 30 capsules in total.

STORAGE INSTRUCTIONS:

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TURMERIC CURCUMIN KAPSULES (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 kapsule bevat:

Bestanddele	Elementeel waarde	*NRV
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WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:

Borrie Curcumin bied verskeie potensiele voordele, insluitend:

- Ondersteun die gesondheid van gewigte en verbeter beweeglikheid.
- Versterk die liggaam se antioksidantverdedigings.
- Bevorder 'n gesonde immuunstelsel.
- Help om die spijsvertering te verbeter.
- Mag potensieel kognitiewe funksie verbeter.

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.
- 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 daagliks 1 kapsule 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:

- Maag-darmongemak, insluitend naarheid, braking en diarree.
- Seldsaam, moontlike lewerprobleme kan voorkom.

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