

PROPRIETARY NAME AND DOSAGE FORM:

WEIGHT LOSS SUPPORT 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
Chromium (as Picolinate)	1,8 mcg	5%
Vita Turmeric Extract 95% - Curcuma longa (LINN.)	200,0 mg	-
Cayenne Pepper - Capsicum maximum (ROXB.)	60,0 mg	-
Garcinia Cambogia -Garcinia gummi-gutta (L.) N.Robson	50,0 mg	-
N-Acetyl L-Carnitine	25,0 mg	-
Piperine – Piper nigrum (LINN.)	5,0 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 mild stomach upset, increased bowel movements, loose stools, rash, headache, dizziness, lower blood pressure.

INTERACTIONS:

Medicines that could interact with Weight Loss Support are:

- Blood Sugar Medications: Chromium, a key ingredient, may affect blood sugar levels.
- Blood Thinners: Turmeric extract contains compounds that can have mild blood-thinning effects.
- Gastrointestinal Medications: Cayenne pepper may increase stomach acid production.
- Antidepressants: Garcinia Cambogia can potentially interact with certain antidepressant medications e.g. selective serotonin reuptake inhibitors (SSRIs)
- Acetylcholinesterase Inhibitors: N-Acetyl L-Carnitine may interact with medications that are acetylcholinesterase inhibitors, such as those used to treat Alzheimer's disease.
- Absorption of Medications: Piperine, found in black pepper, may enhance the absorption of certain medications.

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:

- Gastrointestinal disorders - Cayenne, Garcinia and N-Acetyl-L-Carnitine supplements may irritate the stomach in pre-existing conditions like ulcers
- Hypersensitivity: Individuals with known hypersensitivity to any of the ingredients.
- Diabetes - Chromium may affect blood sugar levels, so individuals with diabetes should monitor their glucose levels closely while using this supplement.
- Blood Pressure - Cayenne pepper may have a temporary impact on blood pressure due to its capsaicin content.

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:

July 2023

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3001505001

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HANDELSNAAM EN DOSERINGSVORM:WEIGHT LOSS SUPPORT 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
Chroom (as Pikolinaat)	1,8 mcg	5%
Borrie Ekstrak 95% - Curcuma longa (LINN.)	200,0 mg	-
Rooipeper - Capsicum maximum (ROXB.)	60,0 mg	-
Garcinia Cambogia - Garcinia gummi-gutta (L.) N.Robson	50,0 mg	-
N-asietiel L-karnitien	25,0 mg	-
Piperine – Piper nigrum (LINN.)	5,0 mg	-
* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer - Nie vasgestel nie		

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

FARMAKOLOGIESE KLASSIFIKASIE:

34.13 Kategorie D (Gesondheidsaanvuller) [S0]

FARMAKOLOGIESE WERKING: Gesondheidsaanvuller

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

KONTRA-LNDIKASIES:

- Hipersensitiwiteit vir enige van die bestanddele.

WAASKUWINGS EN SPESIALE VOORSORGMAATREËLS:

- Groot dosisse kan aanleiding gee tot ligte maagongemak, verhoogde ontlasting, los ontlasting, uitslag, hoofpyn, duiseligheid, laer bloeddruk.

INTERAKSIES:

Medisyne wat met Gewigsverliesondersteuning kan interageer, sluit in:

- Bloedsuikermidikasies: Chromium, 'n belangrike bestanddeel, kan bloedsuikervlakke beïnvloed.
- Bloedverduuners: Turmeriekstrak bevat verbindinge wat 'n ligte bloedverdundende effek kan hê.
- Maagmedisyne: Kajennepeper kan die produksie van maagsuur verhoog.
- Antidepressante: Garcinia Cambogia kan potensieel interageer met sekere antidepressante medikasies, byvoorbeeld selektiewe serotonien heropname-inhibeerders (SSRI's).
- Asetielcholinesterase-inhibeerders: N-Asetiel L-Karnitien kan interageer met medikasies wat asetielcholinesterase-inhibeerders is, soos die wat gebruik word vir die behandeling van Alzheimer se siekte.

- Absorpsie van medisyne: Piperien, wat in swart peper gevind word, kan die absorpsie van sekere medisyne versterk.

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:

- Maagkwaal - Cayenne, Garcinia en N-Acetyl-L-Carnitine aanvullings kan die maag irriteer in bestaande toestande soos maagsere.
- Hipersensitiwiteit: Individue met bekende hipersensitiwiteit vir enige van die bestanddele.
- Diabetes - Chromium mag bloedsuikervlakke beïnvloed, dus moet individue met diabetes hul glukosevlakke noukeurig monitor terwyl hulle hierdie aanvulling gebruik.
- Bloeddruk - Cayennepeper mag 'n tydelike invloed op bloeddruk hê as gevolg van sy capsaisieninhoud.

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 simptome en ondersteunend.

Simptome van 'n oordosis kan insluit:

- maagongemak, verhoogde stoelgang, los ontlasting, uitslag, hoofpyn, duiseligheid, lae bloeddruk

IDENTIFIKASIE:

Wit kapsule.

AANBIEDING:

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

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WEIGHT LOSS SUPPORT 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
Chromium (as Picolinate)	1,8 mcg	5%
Vita® Turmeric Extract 95% - Curcuma longa (LINN.)	200,0 mg	-
Cayenne Pepper - Capsicum maximum (ROXB.)	60,0 mg	-
Garcinia Cambogia -Garcinia gummi-gutta (L.) N.Robson	50,0 mg	-
N-Acetyl L-Carnitine	25,0 mg	-
Piperine – Piper nigrum (LINN.)	5,0 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:

This formula utilizes 100% natural ingredients like chromium, extracts and spices to support weight management goals without risky stimulants.

- Boosted metabolism - Chromium, N-Acetyl L-Carnitine and Turmeric help convert fat into energy through metabolic pathways. A faster metabolism can help your body burn calories more efficiently.
- Fat burning - Piperine, cayenne and turmeric increase thermogenesis to support weight loss through "calorie burning" This can assist in reducing overall body fat.
- Prevention of fat storage - Garcinia cambogia is thought to block alpha-glucose production that contributes to fat storage. This can help you maintain a healthy body composition.
- Hunger reduction - Piperine helps in reducing hunger. The blend may help control appetite and also promote fullness through increases in leptin and serotonin.

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 of overdose may include:

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

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

IDENTIFICATION:

White capsule.

PRESENTATION:

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WEIGHT LOSS SUPPORT 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 2dvise2t weggooi nie, dit mag dalk nodig wees om dit weer te lees
- Vra jou apteker indien jy meer inligting of 2dvise nodig het
- Besoek die dokter indien daar kommerwekkende simptome is.

SKEDULERINGSSTATUS: Ongeskeduleerd

SAMESTELLING: Elke kapsule bevat:

Bestanddele	Elementeel waarde	*NRV
Chroom (as Pikolinaat)	1,8 mcg	5%
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Anders bestanddele is: Magnesiumstearaat, silikoondioksied en kapsule-dop (HPMC en gesuiwerde water)

WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:

Hierdie formule maak gebruik van 100% natuurlike bestanddele soos chroom, uittreksels en speserye om gewigsbestuursdoelwitte te ondersteun sonder risikovolte stimulanse.

- Versnelde metabolisme - Chroom, N-Acetyl L-Karnitien en Kurkuma help om vet in energie om te omskep deur middel van metabolisme roetes. 'n Vinniger metabolisme kan jou liggaam help om kalorieë meer effektief te verbrand.
- Vetverbranding - Piperien, kajennepeper en kurkuma verhoog termogenese om gewigsverlies deur "kalorieverbranding" te ondersteun. Dit kan help om die totale liggaamsvet te verminder.
- Voorkoming van vetberging - Daar word gedink dat Garcinia cambogia alfa-glukoseproduksie wat tot vetberging bydra, kan blokkeer. Dit kan jou help om 'n gesonde liggaamssamestelling te behou.
- Hongervermindering - Piperien help om honger te verminder. Die mengsel kan help om eetlus te beheer en ook 'n gevoel van volheid te bevorder deur verhogings in leptien en serotonien.

WOORDAT 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.

INTERAKSIJES 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 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:

- maagongemak, verhoogde stoelgang, los ontlasting, uitslag, hoofpyn, duiseligheid, lae bloeddruk

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