

PROFESSIONAL INFORMATION

SCHEDULING STATUS: **S0**

Category D: Complementary medicine.

Discipline: Health Supplement

34.12 Multiple substance formulation

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

ENDURA® ELECTROLYTE POWDER , 30 Packets

COMPOSITION

Each one (1) packet of ENDURA® ELECTROLYTE POWDER contains the following active ingredients:

| | |
|-------------------------------------------|---------|
| Taurine | 500 mg |
| Chloride (as sodium chloride) | 270 mg |
| L-Glutamine (as Alanylglutamine) | 150 mg |
| Magnesium (as magnesium bis-glycinate) | 150 mg |
| Vitamin C (as ascorbic acid) | 120 mg |
| Potassium (as dipotassium phosphate) | 100 mg |
| Sodium (as sodium chloride) | 80 mg |
| Calcium (as calcium citrate) | 50 mg |
| Vitamin B5 (as calcium D-pantothenate) | 28 mg |
| Vitamin E (as d-alpha tocopheryl acetate) | 20.1 mg |
| Phosphorous (as dipotassium phosphate) | 20 mg |
| Vitamin B3 (as niacinamide) | 10 mg |
| Vitamin B2 (as riboflavin) | 5 mg |
| Vitamin B6 (as pyridoxine HCl) | 5 mg |
| Vitamin B1 (as thiamine mononitrate) | 2 mg |
| Chromium (as chromium picolinate) | 83 µg |

Inactive Ingredients: Citric acid, natural flavours.

Contains Sweetener: Rebaudioside A (from Stevia rebaudiana leaf Extract)

This product is dairy and gluten free and non-GMO.

PHARMACOLOGICAL CLASSIFICATION

Complementary Medicine

INDICATION & PHARMACOLOGICAL ACTION

ENDURA® ELECTROLYTE POWDER - Electrolytes are vital to hydration and our bodily function, especially in muscle and nervous tissue, allowing us to move and exercise optimally. Endura® is a scientifically designed hydration powder that replenishes electrolytes, helping to support fluid balance and maintaining hydration during exercise, activity or hot weather.

| Ingredient | Uses for Ingredient |
|-------------------------------------------|----------------------------------------------------------------------------------------------|
| Taurine | Regulates cellular hydration and electrolyte stability, especially in the heart and muscles. |
| Chloride (as sodium chloride) | Maintains fluid balance, blood pressure, and nerve/muscle function. |
| L-Glutamine (as Alanylglutamine) | Supports gut health and fluid balance, aiding in electrolyte stability. |
| Magnesium (as magnesium bis-glycinate) | Essential for muscle function and electrolyte balance, especially potassium and calcium. |
| Vitamin C (as ascorbic acid) | Supports hydration and helps iron absorption, which aids in fluid balance. |
| Potassium (as dipotassium phosphate) | Crucial for fluid balance, nerve transmission, and muscle function. |
| Sodium (as sodium chloride) | Maintains fluid balance, blood volume, and muscle/nerve function. |
| Calcium (as calcium citrate) | Important for muscle contraction, nerve function, and electrolyte balance. |
| Vitamin B5 (as calcium D-pantothenate) | Supports adrenal function, indirectly aiding fluid balance. |
| Vitamin E (as d-alpha tocopheryl acetate) | Protects cells from damage, supporting organs involved in electrolyte regulation. |
| Phosphorous (as dipotassium phosphate) | Works with calcium for bone health and helps regulate fluid balance. |
| Vitamin B3 (as niacinamide) | Supports blood flow and energy metabolism, indirectly aiding electrolyte balance. |
| Vitamin B2 (as riboflavin) | Aids in energy production, supporting electrolyte balance through cellular function. |
| Vitamin B6 (as pyridoxine HCl) | Supports nerve and muscle health, influencing fluid balance and electrolyte regulation. |
| Vitamin B1 (as thiamine mononitrate) | Aids cellular energy production, helping maintain fluid and electrolyte balance. |
| Chromium (as chromium picolinate) | Regulates blood sugar, indirectly supporting electrolyte balance. |

CONTRA INDICATIONS:

If you are taking any chronic medication, do not use this product without consulting your healthcare professional. Do not take **ENDURA® ELECTROLYTE POWDER** if you are hypersensitive (allergic) to any of the ingredients. If you have allergies, be sure to check with your healthcare professional before taking this supplement. **SURGERY:** **ENDURA® ELECTROLYTE POWDER** should be discontinued at least 2 weeks prior to reduce bleeding risks. **LABORATORY TESTS:** Active ingredients in **ENDURA® ELECTROLYTE POWDER** may alter the results of tests. Please tell your healthcare practitioner that you are taking **ENDURA® ELECTROLYTE POWDER** before having any laboratory tests. **Antibiotics:** The active ingredients in **ENDURA® ELECTROLYTE POWDER** may alter efficacy of certain antibiotics (e.g., tetracyclines), take antibiotics 2 hours before or 4 hours after **ENDURA® ELECTROLYTE POWDER**.

WARNING AND SPECIAL PRECAUTIONS

Patients with the who have been advised not to consume sugar, should not take **ENDURA® ELECTROLYTE POWDER** as it contains stevia.

Document reference: ENDA30PK.P1.V1 02-25



Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: Severe kidney dysfunction (caution), Hyponatremia (high sodium levels), Renal failure (caution), Hypermagnesemia (excess magnesium), Severe heart block, Kidney stones, Iron overload (e.g., in hemochromatosis), Hyperkalemia (high potassium levels), Hyponatremia (high sodium levels), Hypervitaminosis E (excessive vitamin E), Vitamin K deficiency (may increase bleeding risk), Hyperphosphatemia (excess phosphorus), Liver disease (caution), Peptic ulcer disease, Neuropathy, Parkinson's disease (caution with levodopa therapy). If you are taking the following medication, please consult with your healthcare practitioner before taking: May enhance the effects of antihypertensive drugs, Potential interaction with lithium, May interact with diuretics (e.g., spironolactone), May interact with anticonvulsants (affects glutamate metabolism), Potential interaction with chemotherapy drugs (increased cell proliferation), May interact with calcium channel blockers, Interferes with absorption of certain antibiotics (e.g., tetracycline, quinolones), May interact with anticoagulants (e.g., warfarin), ACE inhibitors (e.g., lisinopril), Potassium-sparing diuretics (e.g., spironolactone), Can affect drugs for hypertension and heart failure (e.g., ACE inhibitors, ARBs), Interacts with bisphosphonates, May reduce the efficacy of statins, Antacids (especially those containing aluminum), Alcohol may increase the risk of liver toxicity, Can interfere with blood sugar management in diabetics, - May interact with statins (increases risk of muscle damage), Levodopa (used in Parkinson's disease), May interact with insulin or oral hypoglycemic drugs, May reduce the effectiveness of certain antidepressants (e.g., fluoxetine). If any of the following happens, stop using **ENDURA® ELECTROLYTE POWDER** and tell your doctor or go to the casualty department at your nearest hospital:

- Allergic reactions— rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing;

These are all very serious effects. If you have them, you may have had a serious reaction to **ENDURA® ELECTROLYTE POWDER**. You may need urgent medical attention or hospitalisation.

Side effects that usually do not require medical attention (report to your healthcare professional if they continue):

- nausea/vomiting, constipation, loss of appetite.
- These are all very serious effects. If you have them, you may have had a serious reaction to **ENDURA® ELECTROLYTE POWDER**. You may need urgent medical attention or hospitalisation. Seek advice from a healthcare professional if you have any medical condition. Discontinue use immediately should any adverse reaction occur. Read this leaflet carefully because it contains important information for you. This product is available without a doctor's prescription.
- Keep this leaflet. You may need to read it again.
 - Do not share medication with any other person.
 - Ask your pharmacist if you need more information or advice.
 - You must consult a doctor should your condition worsen or does not improve.

DO NOT USE THIS PRODUCT:

- If you are hypersensitive (allergic) to any of the ingredients listed.
- Do not accept this package if seals are broken.

INTERACTIONS

Always tell your healthcare professional if you are taking any other medicine. It is possible that exposure of certain supplement ingredients may interfere with certain medications. (See **Warnings & Special precautions**)

DOSAGE AND DIRECTIONS FOR USE

Adults: Adults: Mix one (1) packet into a glass of water and start taking 10-15 minutes before exercise and every 15 minutes when exercising or as directed by your healthcare practitioner.

Do not take more than the recommended dose.

SIDE EFFECTS

Should your general health worsen, or if you experience any untoward effects while being exposed to this product, please consult your doctor, pharmacist or other healthcare professional for advice.

KNOWN SYMPTOMS OF OVER DOSAGE AND PARTICULARS OF ITS TREATMENT

See side-effects.

Treatment:

Discontinue use and consult your doctor, pharmacist or other healthcare professional for advice.

STORAGE INSTRUCTION

Store in a cool, dark place, below 25 °C.

Protect from direct sunlight and heat.

Store in the original bottle.

Keep the bottle tightly closed.

Replace the protective cap after each use.

Do not use after the expiry date stated on the bottle.

Do not use **ENDURA® ELECTROLYTE POWDER** if you notice visible signs of deterioration.

IDENTIFICATION

Off-white powder.

PRESENTATION

Branded carton with 30 individually packed packets.

REGISTRATION NUMBER

To be allocated by SAHPRA upon registration.

This medicine has not been evaluated by SAHPRA for quality, safety, or intended use.

NAME AND BUSINESS ADDRESS OF APPLICANT

Distributed by:

Ampro Advanced Development Products (Pty) Ltd
Unit 3, Eastgate Business Park, 1 South Road, Eastgate Extension,
Sandton, 2146 Tel: 011-802-8101

DATE OF PUBLICATION - To be allocated by the regulatory authority.

PROFESSIELE INLIGTINGSBLAD

SKEDULERINGSTATUS: [50]

Kategorie D: Komplementêre medisyne.

Disipliene: Gesondheidsaanvulling

34.12 Meervoudige Bestanddeel Formulase

HANDELSNAAM EN DOSEERVORM,

ENDURA® ELECTROLYTE POWDER , 30 Pakkies

SAMESTELING

Elke (1) pakkie van ENDURA® ELECTROLYTE POWDER bevat die volgende aktiewe stowwe:

| | |
|------------------------------------------|---------|
| Taurien | 500 mg |
| Chloried (as natriumchloried) | 270 mg |
| L-Glutamien (as Alanylglutamien) | 150 mg |
| Magnesium (as magnesiumbis-glycinaat) | 150 mg |
| Vitamiën C (as askorbienuur) | 120 mg |
| Kalium (as dikaliumfosfaat) | 100 mg |
| Natrium (as natriumchloried) | 80 mg |
| Kalsium (as kalsiumsitraat) | 50 mg |
| Vitamiën B5 (as kalsium D-pantothenaat) | 28 mg |
| Vitamiën E (as d-alfa-tokoferielasetaat) | 20,1 mg |
| Fosfor (as dikaliumfosfaat) | 20 mg |
| Vitamiën B3 (as niacinamide) | 10 mg |
| Vitamiën B2 (as riboflavin) | 5 mg |
| Vitamiën B6 (as piridoksin HCl) | 5 mg |
| Vitamiën B1 (as tiamienmononitraat) | 2 mg |
| Chroom (as chroompikolinaat) | 83 µg |

Onaktiewe bestanddele: Sitroensuur, natuurlike geure.

Bevat versoeter: Rebadioside A (van Stevia rebaudiana blaarekstrak)

Hierdie produk is suiwel- en glutenvry en nie-GGO.

FARMAKOLOGIESE KLASSIFIKASIE

Komplementêre medisyne

AANDUIDING EN FARMAKOLOGIESE WERKING

ENDURA® ELECTROLYTE POWDER - Elektroliete is noodsaaklik vir hidrasie en ons liggaamfunksie, veral in spier- en senueweefsel, wat ons in staat stel om optimaal te beweeg en te oefen. Endura® is 'n wetenskaplik ontwerpte hidrasie poeier wat elektroliete aanval, wat help om vloeistof te ondersteun balans en handhawing van hidrasie tydens oefening, aktiwiteit of warm weer.

| Bestanddeel | Gebruik vir bestanddeel |
|------------------------------------------|-------------------------------------------------------------------------------------------------|
| Taurien | Reguleer sellulêre hidrasie en elektrolietstabiliteit, veral in die hart en spiere. |
| Chloried (as natriumchloried) | Handhaaf vloeistofbalans, bloeddruk en senuwee-/spierfunksie. |
| L-Glutamien (as Alanylglutamien) | Ondersteun dermgesondheid en vloeistofbalans, wat help met elektrolietstabiliteit. |
| Magnesium (as magnesiumbis-glycinaat) | Noodsaaklik vir spierfunksie en elektrolietbalans, veral kalsium en kalsium. |
| Vitamiën C (as askorbienuur) | Ondersteun hidrasie en help ysterabsorpsie, wat help met vloeistofbalans. |
| Kalium (as dikaliumfosfaat) | Van kardinale belang vir vloeistofbalans, senuwee-oordrag en spierfunksie. |
| Natrium (as natriumchloried) | Handhaaf vloeistofbalans, bloedvolume en spier-/senuweefunksie. |
| Kalsium (as kalsiumsitraat) | Belangrik vir spiersametrekking, senuweefunksie en elektrolietbalans. |
| Vitamiën B5 (as kalsium D-pantothenaat) | Ondersteun adrenele funksie, wat indirek vloeistofbalans help. |
| Vitamiën E (as d-alfa-tokoferielasetaat) | Beskermt selle teen skade, ondersteunende organe wat betrokke is by elektrolietregulering. |
| Fosfor (as dikaliumfosfaat) | Werk met kalsium vir beoogdehidrasie en help om vloeistofbalans te reguleer. |
| Vitamiën B3 (as niacinamide) | Ondersteun bloedvloei en energiemetabolisme, wat indirek elektrolietbalans help. |
| Vitamiën B2 (as riboflavin) | Hulpmiddels in energieproduksie, ondersteuning van elektrolietbalans deur sellulêre funksie. |
| Vitamiën B6 (as piridoksin HCl) | Ondersteun senuwee- en spiergesondheid, wat vloeistofbalans en elektrolietregulering beïnvloed. |
| Vitamiën B1 (as tiamienmononitraat) | Help sellulêre energieproduksie, help om vloeistof- en elektrolietbalans te handhaaf. |
| Chroom (as chroompikolinaat) | Reguleer bloedsuiker en ondersteun indirek elektrolietbalans. |

KONTRA-INDIKASIES:

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie ENDURA® ELECTROLYTE POWDER neem as jy hipersensitief (allergies) is vir enige van die bestanddele nie. As jy allergieë het, maak seker dat jy met jou gesondheidsorgpraktisyn gaan voordat jy hierdie aanvulling neem.

CHIRURGIE: ENDURA® ELECTROLYTE POWDER moet minstens 2 weke voor die tyd gestaak word om bloedsrisiko's te verminder.

LABORATORIUMTOETSE: Aktiewe bestanddele in ENDURA® ELECTROLYTE POWDER kan die resultate van toetse verander. Vertel asseblief jou gesondheidsorgpraktisyn dat jy ENDURA® ELECTROLYTEPOEIER neem voordat jy enige laboratoriumtoetse ondergaan. Antibiotika: Die aktiewe bestanddele in ENDURA® ELECTROLYTE POWDER kan die doeltreffendheid van sekere antibiotika (bv. tetrasielkline) verander, neem antibiotika 2 ure voor of 4 ure na ENDURA® ELECTROLYTE POWDER.

WAARSKUIWING EN SPESIALE VOORSORGMATREËLS

Pasiënte met die wat aangeraal is om nieurgar te verbruik nie, moet nie ENDURA® ELECTROLYTE POWDER neem nie, aangesien dit stewia bevat.

Indien jy enige van die volgende gedagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: Erge nierrisikofunksie (versigtig), Hipernatriemie (hoë natriumvlakke), Niersversaking (versigtig), Hipermagnesemie (oortollige magnesium), Erge hartbloe, Nierstene, Ysteroorlading (bv. in hemochromatose), Hiperkalemie (hoë kaliumvlakke), Hipernatriemie (hoë natriumvlakke), Hipervitaminose E (oormatige vitamien E), Vitamien K-tekort (kan bloedsrisiko verhoog), Hiperfosfatemie (oortollige fosfor), lewersiekte (versigtig), maagseriese, neuropatie, Parkinson se siekte (versigtig met levodopa-terapie).

As jy die volgende medikasie neem, raadpleeg asseblief jou gesondheidsorgpraktisyn voordat jy neem: Kan die effek van antihypertensiewe middels verbeter. Potensiese interaksie met litium, Kan interaksie hê met diuretika (bv. spironolakton), Kan interaksie hê met antikonvulsante (beïnvloed glutamaatmetabolisme), Potensiese interaksie met chemoterapiemiddels (verhoogde selproliferasie), Kan interaksie hê met kalsiumkanaalblokkers, Meng in met absorpsie van sekere antibiotika (bv. tetrasielkline, kinolone), Kan interaksie hê met antikoagulant (bv. warfarin), ACE-remmers (bv. lisinopril), Kaliumbesparende diuretika (bv. spironolakton), Kan dwelms vir hipertensie en hartversaking beïnvloed (bv. ACE-remmers, ARB's), Interaksie met hartfonsioneel, Kan die doeltreffendheid van statiene verminder, Teensuurmiddels (veral die wat aluminium bevat), Alkohool kan die risiko van lewertsistiteit verhoog, Kan inmeng met bloedsuikerbestuur by diabetie, - Kan interaksie hê met statiene (verhoog die risiko van spierskade), Levodopa (gebruik in Parkinson se siekte), Kan interaksie hê met insulien of orale hipoglisemiese middels, Kan die doeltreffendheid van sekere antidepressante.

Dit is alles baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op ENDURA® ELECTROLYTE POWDER gehad. Jy sal dalk dringende mediese hulp of hospitalisasie nodig hê. As enige van die volgende gebeur, hou op om ENDURA® ELECTROLYTE POWDER te gebruik en vertel jou dokter of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- Allergiese reaksie-uitslag, jeuk / swelling (veral van die gesig / tong / keel), erge duiseligheid, probleme met asemhaling;

Nuwe-effekte wat gewoonlik nie mediese hulp benodig nie (rapporteer aan jou gesondheidsorgpraktisyn as hulle voortduur):

- naarheid / braking, hardwygheid, verlies aan eetlust,

Dit is alles baie ernstige gevolge. As u dit het, het u moontlik 'n ernstige reaksie op ENDURA® ELECTROLYTE POWDER gehad. Miskien het u dringende mediese hulp of hospitalisasie nodig. Raadpleeg 'n gesondheidsorgpraktisyn as u nadelige toestande het. Staak gebruik onmiddellik indien enige nadelige reaksie plaasvind. Lees hierdie inligtingsblad aandagdig deur, want dit bevat belangrike inligting vir u. Hierdie produk is beskikbaar sonder doktersvoorskrif

- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
- Moenie medisyne met enige ander persoon deel nie.
- Vra jou apteker of jy meer inligting of advies benodig.
- Jy moet 'n dokter raadpleeg indien jou toestand vererger of nie verbeter nie.

MOENIE HIERDIE PRODUK GEBRUIK NIE:

- As jy hipersensitief (allergies) is vir enige van die bestanddele wat gelys word.
- Jy moet nie hierdie produk aanvaar as seëls gebreek word nie.

INTERAKSIES

Vertel altyd jou gesondheidsorgpraktisyn as jy enige ander medisyne gebruik. Dit is moontlik dat blootstelling van sekere aanvullingsbestanddele met sekere medisyne 'n interaksie mag hê. (Sien Waarskuwings en Spesiale voorsorgmatreëls)

DOSES EN AANWYSINGS VIR GEBRUIK

Volwassenes: Volwassenes: Meng een (1) pakkie in 'n glas water en begin 10-15 minute voor oefening en elke 15 minute neem wanneer jy oefen of soos voorgeskryf deur jou gesondheidsorgpraktisyn.

Moenie meer as die aanbevole dosis neem nie.

NEWE-EFFEKTE

Indien jou algemene gesondheid vererger of as jy enige nadelige effekte ervaar tydens die gebruik van hierdie medisyne, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgpraktisyn vir raad. As jy enige nuwe-effekte sien wat nie in hierdie inligtingsblad genoem word nie, stel asseblief jou dokter, apteker of gesondheidsorgpraktisyn in kennis.

BEKENDE SIMPTOME VAN OORDOSEERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN

Sien nuwe-effekte.

Behandeling:

Staak gebruik en raadpleeg jou dokter, apteker of ander gesondheidsorgpraktisyn vir advies.

BERGING INSTRUKSIE

Bêre in 'n koel, donker plek, onder 25 °C.

Beskermt teen direkte sonlig en hitte.

Bêre n die oorspronklike bottel.

Hou die bottel styf toe.

Vervang die beskermer dop na elke gebruik.

Moet nie gebruik word na die vervaldatum wat op die bottel aangedui word nie.

Moenie ENDURA® ELECTROLYTE POWDER gebruik as u sigbare tekens van agteruitgang opmerk nie.

IDENTIFIKASIE - Naaswit poeier.

AANBIDING - Handelsmerk karton met 30 individueel verpakte pakkies.

REGISTRASIE NOMMER

Om by registrasie deur SAHPRA toegeken te word.

Hierdie medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.

NAAM EN BESIGHEIDSADRES VAN APPLIKANT

Versprei deur: Ampro Advanced Development Products (Pty) Ltd Unit 3, Eastgate Business Park, 1 South Road,

Eastgate Extension, Sandton, 2146, Tel: 011- 802-8101

DATUM VAN PUBLIKASIE

Om deur die regulerende owerheid toegeken te word.

