

PATIENT INFORMATION LEAFLET

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

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

- **ENDURA® ELECTROLYTE POWDER** is available without a doctor's prescription.
- Nevertheless, you still need to use **ENDURA® ELECTROLYTE POWDER** carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share **ENDURA® ELECTROLYTE POWDER** with any other person.
- Ask your pharmacist or healthcare professional if you need more information or advice.

WHAT IS IN THIS LEAFLET

- What **ENDURA® ELECTROLYTE POWDER** is and what it is used for.
- What you need to know before you take **ENDURA® ELECTROLYTE POWDER**.
- How to take **ENDURA® ELECTROLYTE POWDER**.
- Possible side effects.
- How to store **ENDURA® ELECTROLYTE POWDER**.
- Contents of the pack and other information.

WHAT ENDURA® ELECTROLYTE POWDER CONTAINS

Each one (1) packet of **ENDURA® ELECTROLYTE POWDER** contains the following actives:

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
Phosphorus (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.

WHAT ENDURA® ELECTROLYTE POWDER® IS AND WHAT IT IS USED FOR
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.

BEFORE YOU TAKE ENDURA® ELECTROLYTE POWDER

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. 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**.

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

IMPORTANT INFORMATION ABOUT SOME OF THE INGREDIENTS OF

ENDURA® ELECTROLYTE POWDER

ENDURA® ELECTROLYTE POWDER contains stevia. If you have been told that you have an intolerance to some sugars, you should not take **ENDURA® ELECTROLYTE POWDER**.

PREGNANCY AND BREASTFEEDING

Safety during pregnancy and breastfeeding has not been established. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare practitioner for advice before taking this supplement.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent **ENDURA® ELECTROLYTE POWDER** may interfere with the daily activities of a patient. Patients should ensure that they do not engage in activities relating to requiring mental alertness, judgement and/or sound co-ordination and vision e.g. driving, riding, flying, sailing, operating machines/equipment, until they are aware of the measure to which **ENDURA® ELECTROLYTE POWDER** may affect you.

TAKING OTHER MEDICINES WITH ENDURA® ELECTROLYTE POWDER

Complementary medicine products contain ingredients which may interact with some medication. If you are taking any chronic medication, do not use this product without consulting your medical practitioner

HOW TO TAKE ENDURA® ELECTROLYTE POWDER

Do not share medicines prescribed for you with any other person. Always take **ENDURA® ELECTROLYTE POWDER** exactly as described in this leaflet, or as your doctor, healthcare provider has instructed you. You should check with your doctor, pharmacist or healthcare provider if you are unsure.

Directions for use: 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 prescribed by your healthcare provider.

Do not take more than the recommended dose.



IF YOU TAKE MORE ENDURA® ELECTROLYTE POWDER THAN YOU SHOULD

In the event of overdosage, consult your doctor, pharmacist. Should none of these be available, contact the nearest hospital or poison control centre
IF YOU FORGET TO TAKE ENDURA® ELECTROLYTE POWDER
Do not take a double dose to make up for a missed dose.

POSSIBLE SIDE EFFECTS

ENDURA® ELECTROLYTE POWDER may have side effects. 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.
- Not all side effects and interactions reported for **ENDURA® ELECTROLYTE POWDER** are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor, pharmacist or healthcare professional.

REPORTING OF SIDE EFFECTS

If you experience side effects, talk to your doctor, pharmacist or other healthcare professional. You can also report side effects to SAHPRA via "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of **ENDURA® ELECTROLYTE POWDER**.

STORAGE AND DISPOSING OF ENDURA® ELECTROLYTE POWDER

Store all medicines out of the reach of children.

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

Protect from direct sunlight and heat.

Store in the original packaging.

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

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

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF ENDURA® ELECTROLYTE POWDER

Branded carton with 30 individually packed packets.

IDENTIFICATION OF ENDURA® ELECTROLYTE POWDER

Off-white powder.

REGISTRATION NUMBER –

To be allocated by SAHPRA upon registration.

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

Scan QR code.

THIS LEAFLET WAS LAST REVISED ON

04 February 2025

NAME AND ADDRESS OF REGISTRATION HOLDER

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PASIËNT INLIGTINGSBLAD

SEKEDULERINGSSTATUS ⁵⁰

Kategorie D: Komplementêre medisyne.
Disipliene: Gesondheidsaanvulling
34.12 Meervoudige Bestanddeel Formulase

HANDELSNAAM EN DOSEERVORM,

Endura® Electrolyte Powder, 30 Pakkies

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT

BELANGRIKE INLIGTING VIR U

- **ENDURA® ELECTROLYTE POWDER** is beskikbaar sonder doktersvoorskrif.
- U moet steeds **ENDURA® ELECTROLYTE POWDER** versigtig gebruik om die beste resultate daaruit te kry.
- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
- Moenie **ENDURA® ELECTROLYTE POWDER** met enige ander persoon deel nie.
- Vra jou apteker of gesondheidsorgpraktisyn of jy meer inligting of advies benodig.

WAT IS IN HIERDIE INLIGTINGSBLAD

- Wat **ENDURA® ELECTROLYTE POWDER** is en waarvoor dit gebruik word.
- Wat jy moet weet voordat jy **ENDURA® ELECTROLYTE POWDER** neem.
- Hoe om **ENDURA® ELECTROLYTE POWDER** te neem.
- Moontlike nuwe-effekte.
- Hoe om **ENDURA® ELECTROLYTE POWDER** te bêre.
- Inhoud van die pak en ander inligting

WAT ENDURA® ELECTROLYTE POWDER BEVAT

Elke een (1) pakkie gom van **ENDURA® ELECTROLYTE POWDER** bevat die volgende aktiewe:

Taurien	500 mg
Chloried (as natriumchloried)	270 mg
L-Glutamien (as Alanylglutamien)	150 mg
Magnesium (as magnesiumbis-glycinaat)	150 mg
Vitamiën C (as askorbiensuur)	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-tokoferylasetaat)	20,1 mg
Fosfor (as dikaliumfosfaat)	20 mg
Vitamiën B3 (as niacinamide)	10 mg
Vitamiën B2 (as riboflavin)	5 mg
Vitamiën B6 (as piridoksien HCl)	5 mg
Vitamiën B1 (as tiamienmononitraat)	2 mg
Chroom (as chroompolikolinaat)	83 µg

Onaktiewe bestanddele: Sitroensuur, natuurlike geure.

Bevat versoeter: Rebaudioside A (van Stevia rebaudiana blaarekstrak)

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

WAT IS ENDURA® ELECTROLYTE POWDER EN WAARVOOR WORD DIT GEBRUIK

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

VOORDAT JY ENDURA® ELECTROLYTE POWDER NEM

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 ten minste 2 weke voor die tyd gestak word om bloedingrisiko's te verminder.

LABORATORIUMTOETSE: Aktiewe bestanddele in **ENDURA® ELECTROLYTE POWDER** kan die resultate van toetse verander. Vertel asseblief jou gesondheidsorgpraktisyn dat jy **ENDURA® ELECTROLYTE POWDER** 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**.

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

BELANGRIKE INLIGTING OOR SOMMIGE VAN DIE BESTANDELE VAN ENDURA® ELECTROLYTE POWDER

ENDURA® ELECTROLYTE POWDER bevat stewia. As daar vir jou gesê is dat jy 'n onverdraagsaamheid teenoor sommige suikers het, moet jy nie **ENDURA® ELECTROLYTE POWDER** neem nie.

SWANGERSKAP EN BORSVOEDING

Veiligheid tydens swangerskap en borsvoeding is nie vasgestel, raadpleeg u gesondheidsorgpraktisyn voor gebruik. As u swanger is of borsvoed, dink dat u swanger is of beplan om 'n baba te hê, raadpleeg u gesondheidsorgpraktisyn voordat u hierdie aanvulling neem.

BESTUUR EN GEBRUIK VAN MASJIE

Dit is nie altyd moontlik om te voorspel in watter mate **ENDURA® ELECTROLYTE POWDER** die daaglikse aktiwiteite van 'n pasiënt kan belemmer nie. Pasiënte moet seker maak dat hulle nie betrokke raak by aktiwiteite wat verband hou met die vereiste van verstandelike

waaksamheid, oordeel en/of gesonde koördinasie en visie nie, byvoorbeeld bestuur, ry, vlieg, seil, bedryfsmasjiene/toerusting, totdat hulle bewys is van die mate waartoe **ENDURA® ELECTROLYTE POWDER** jou beïnvloed.

NEM VAN ANDER MEDISYNE SAAM MET ENDURA® ELECTROLYTE POWDER

Komplementêre medisyne produkte bevat bestanddele wat met sommige medisyne 'n interaksie kan hê. As jy enige chroniese medisyne gebruik, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie.

HOE OM ENDURA® ELECTROLYTE POWDER TE NEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **ENDURA® ELECTROLYTE POWDER** presies soos beskryf in hierdie inligtingsblad, of soos u dokter, gesondheidsorgpraktisyn voorgeskryf het. Raadpleeg jou dokter, apteker of gesondheidsorgpraktisyn as jy onseker is.

Aanwysings vir gebruik:

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

Moenie meer as die aanbevole dosis neem nie.

AS JY MEER ENDURA® ELECTROLYTE POWDER NEM AS WAT JY MOET

In die geval van oordosering, raadpleeg u dokter of apteker. Indien nie een hiervan beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

AS JY VERGET OM ENDURA® ELECTROLYTE POWDER TE NEM

Moenie 'n dubbele dosis neem om op te maak vir 'n dosis wat oorgeslaan is nie.

MOONTLIKE NUWE-EFFEKTE

ENDURA® ELECTROLYTE POWDER kan nuwe-effekte hê. Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik. Erge niërfunksie (versigtig), Hipernatriëmie (hoë natriumvlakke), Niërversaking (versigtig), Hipermagnesiumie (oortollige magnesium), Erge hartblik, Nierstene, Ysteroorlading (bv. in hemochromatose), Hiperkalemie (hoë kaliumvlakke), Hipernatriëmie (hoë natriumvlakke), Hipervitaminose E (oormatige vitamien E), Vitamiën K-etkort (kan bloedingrisiko verhoog),

Hiperfosfatemie (oortollige fosfor), Iewersiekte (versigtig), maagserieseke, neuropatie, Parkinson se siekte (versigtig met levodopa-terapie).

As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidsorgpraktisyn voordat jy neem: Kan die effekte van antihypertensiewe middels verbeter, Potensieë interaksie met litium, Kan interaksie hê met diuretika (bv. spironolakton), Kan interaksie hê met antikonvulsante (beïnvloed glutamaatmetabolisme), Potensieë interaksie met chemoterapiemiddels (verhoogde selproliferasie), Kan interaksie hê met kalsiumkanaalblokkers, Meng in met absorpsie van sekere antibiotika (bv. tetrasielkline, kinolone), Kan interaksie hê met antikoagulantia (bv. warfariën), ACE-remmers (bv. lisinopriël), Kaliumbesparende diuretika (bv. spironolakton), Kan dwelms vir hipertensie en hartversaking beïnvloed (bv. ACE-remmers, ARB's), interaksie met bisfosfonate, Kan die

doeltreffendheid van statiene verminder, Teensuurmiddels (veral dié wat aluminium bevat), Alkohol kan die risiko van lewertoksisiteit verhoog, Kan inmeng met bloedsuikerbestuur by diabeë, 'n 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. 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 reaksies- uitslag, jeuk / swelling (veral van die gesig / tong / keel), erge duiseligheid, probleme met asemhaling;

Dit is alles baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op **ENDURA® ELECTROLYTE POWDER** gehad. Jy mag dalk dringende mediese hulp of hospitalisasie nodig hê.

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

• naardeel / braking, hardlywag, verlies aan eetlus,

Nie alle nuwe-effekte en interaksies wat vir **ENDURA® ELECTROLYTE POWDER** gerapporteer word, is by hierdie inligtingsblad ingesluit nie. 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.

AANMELDING VAN NUWE-EFFEKTE

As jy nuwe-effekte ervaar, praat met jou dokter, apteker of ander gesondheidsorgpraktisyn. U kan ook nuwe-effekte aan SAHPRA rapporteer via "6.04 Adverse Drug Reaction Reporting Form", wat aanlyn gevind word onder SAHPRA se publikasies:

<https://www.sahpra.org.za/Publications/Index/8>. Deur nuwe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van **ENDURA® ELECTROLYTE POWDER**.

HOE OM ENDURA® ELECTROLYTE POWDER TE BÊRÊ

Bêre alle medisyne buite bereik van kinders. Bêre in 'n koel, donker plek, onder 25 °C. Beskerm teen direkte sonlig en hitte. Bêre in die oorspronklike verpakking. 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. Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

AANBIEDING VAN ENDURA® ELECTROLYTE POWDER

Handelsmerk karteron met 30 individueel verpakte pakkies.

IDENTIFIKASIE VAN ENDURA® ELECTROLYTE POWDER - Naaswit poeier.

REGISTRASIONUMMER - Om deur SAHPRA toegestaan te word by registrasie.

TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING Skandeer QR-kode.

HIERDIE INLIGTINGSBLAD IS LAAS HERSIEN OP

04 Februarie 2025

NAAM EN ADRES VAN REGISTRASIEHOUER

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