

## PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: **S2**

Category D: Complementary medicine.

Discipline: Health Supplement

34.12 Multiple Substance Formulation

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM -

### GLYCOGENICS B-COMPLEX, 60 Tablets

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS

IMPORTANT INFORMATION FOR YOU

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

#### WHAT IS IN THIS LEAFLET

- What **GLYCOGENICS B-COMPLEX** is and what it is used for.
- What you need to know before you take **GLYCOGENICS B-COMPLEX**.
- How to take **GLYCOGENICS B-COMPLEX**.
- Possible side effects.
- How to store **GLYCOGENICS B-COMPLEX**.
- Contents of the pack and other information.

#### WHAT GLYCOGENICS B-COMPLEX CONTAINS

Each one (1) tablet of **GLYCOGENICS B-COMPLEX** contains the following actives:

Vitamin B3 (Niacinamide)	200 mg
Vitamin C (as ascorbic acid)	125 mg
Choline (as Choline bitartrate)	100 mg
Inositol (as Myo-Inositol)	94 mg
Vitamin B5 (as Calcium D-pantothenate)	75 mg
Vitamin B6 (as Pyridoxine HCl)	22 mg
Vitamin B2 (Riboflavin)	16 mg
Para-aminobenzoic acid (PABA)	15 mg
Vitamin B1 (as Thiamine mononitrate)	14 mg
Folate (as Calcium-L-methylfolate)	250 µg
Vitamin H (as biotin)	250 µg

**Inactive Ingredients:** Dicalcium phosphate, hydroxypropyl cellulose, magnesium carbonate, magnesium salts of fatty acids, microcrystalline cellulose, silicon dioxide.

**This product is suitable for non-GMO, gluten free and dairy free (Sugar Free)**

#### WHAT GLYCOGENICS B-COMPLEX IS AND WHAT IT IS USED FOR

**GLYCOGENICS B-COMPLEX** provides a balanced blend of B vitamins and other supportive nutrients. **GLYCOGENICS B-COMPLEX** supports healthy energy metabolism and reduces tiredness and fatigue. It also contributes to normal mental performance, by assisting with a healthy stress response.

#### BEFORE YOU TAKE GLYCOGENICS B-COMPLEX

If you are taking any chronic medication, do not use this product without consulting your healthcare practitioner. Do not take **GLYCOGENICS B-COMPLEX** if you are hypersensitive (allergic) to any of the ingredients. If you have allergies, be sure to check with your healthcare practitioner before taking this supplement. **Laboratory tests:** Taking Biotin supplements might interfere with the results of many different blood lab tests. This might lead to missed or incorrect diagnoses. Tell your doctor if you are taking biotin supplements, especially if you are having lab tests done. This medicine has not been evaluated by the SAHPRA for quality, safety, or intended use.

#### PREGNANCY AND BREASTFEEDING

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

#### DRIVING AND USING MACHINES

It is not always possible to predict to what extent **GLYCOGENICS B-COMPLEX** 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 **GLYCOGENICS B-COMPLEX** may affect you.

#### TAKING OTHER MEDICINES WITH GLYCOGENICS B-COMPLEX

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 healthcare practitioner.

#### HOW TO TAKE GLYCOGENICS B-COMPLEX

Do not share medicines prescribed for you with any other person. Always take **GLYCOGENICS B-COMPLEX** exactly as described in this leaflet, or as your doctor, healthcare practitioner has instructed you. You should check with your doctor, pharmacist or healthcare practitioner if you are unsure.

#### Directions for use:

**Adult:** Take one (1) to two (2) tablets daily or as directed by your healthcare practitioner.

**Do not take more than the recommended dose.**

#### IF YOU TAKE MORE GLYCOGENICS B-COMPLEX THAN YOU SHOULD

In the event of overdose, consult your doctor, pharmacist. Should none of these be available, contact the nearest hospital or poison control centre.



#### IF YOU FORGET TO TAKE GLYCOGENICS B-COMPLEX

Do not take a double dose to make up for a missed dose.

#### POSSIBLE SIDE EFFECTS

**GLYCOGENICS B-COMPLEX** may have side effects.

Should you have any of the following diagnosed conditions, consult with your healthcare practitioner before use: Angina, Diabetes, Kidney disease, Liver disease, Low blood pressure, Stomach ulcers, Alcohol use disorder, Kidney stones, Gout, Gallbladder disease, Thyroid disorder, Seizure disorder, Stent placement. If you are taking the following medication, please consult with your healthcare practitioner before taking: Antidiabetics, Cholesterol lowering (Statins), Antihypertensives, Anticoagulants (Warfarin), Nicotine patch, Aspirin, Cortisone. If any of the following happens, stop using **GLYCOGENICS B-COMPLEX** 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 **GLYCOGENICS B-COMPLEX**. You may need urgent medical attention or hospitalisation. Side effects that usually do not require medical attention (report to your healthcare practitioner if they continue):

- Stomach discomfort, Flushing.

Not all side effects and interactions reported for **GLYCOGENICS B-COMPLEX** 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 practitioner for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor, pharmacist or healthcare practitioner.

#### REPORTING OF SIDE EFFECTS

If you experience side effects, talk to your doctor, pharmacist or other healthcare practitioner. 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 **GLYCOGENICS B-COMPLEX**.

#### STORAGE AND DISPOSING OF GLYCOGENICS B-COMPLEX

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 **GLYCOGENICS B-COMPLEX** if you notice visible signs of deterioration.

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

#### PRESENTATION OF GLYCOGENICS B-COMPLEX

A white 175 ml HDPE bottle with a white cap, induction seal, tamper shrink seal, wadding and silica gel sachet.

#### IDENTIFICATION OF GLYCOGENICS B-COMPLEX

Uncoated, light orange, oblong tablet.

**REGISTRATION NUMBER** - To be allocated by SAHPRA upon registration.

#### ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

Scan QR code.

#### THIS LEAFLET WAS LAST REVISED ON

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#### NAME AND ADDRESS OF REGISTRATION HOLDER

Distributed by:

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# PASIËNT INLIGTINGSBLAD

SKEDULERINGSSTATUS: **S0**

Kategorie D: Komplementêre medisyne.

Disipliene: Gesondheidsaanvulling

34.12 Meervoudige Bestandeel Formulase

HANDELSNAAM EN DOSEERVORM,

## GLYCOGENICS B-COMPLEX, 60 tablette

### LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT

#### BELANGRIKE INLIGTING VIR U

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

#### WAT IS IN HIERDIE INLIGTINGSBLAD

- Wat **GLYCOGENICS B-COMPLEX** is en waarvoor dit gebruik word.
- Wat jy moet weet voordat jy **GLYCOGENICS B-COMPLEX** neem.
- Hoe om **GLYCOGENICS B-COMPLEX** te neem.
- Moontlike nuwe-effekte.
- Hoe om **GLYCOGENICS B-COMPLEX** te bere.
- Inhoud van die pak en ander inligting

#### WAT GLYCOGENICS B-COMPLEX BEVAT

Elke een (1) tablet van **GLYCOGENICS B-COMPLEX** bevat die volgende aktiewe:

Vitamien B3 (Niasienamied)	200 mg
Vitamien C (as askorbiensuur)	125 mg
Cholien (as Cholienbitartraat)	100 mg
Inositol (as Mio-Inositol)	94 mg
Vitamien B5 (as kalsium D-pantothenaat)	75 mg
Vitamien B6 (as Pyridoksien HCl)	22 mg
Vitamien B2 (riboflavien)	16 mg
Para-aminobensoësuur (PABA)	15 mg
Vitamien B1 (as tiamienmononitraat)	14 mg
Folaat (as kalsium-L-metiefolaat)	250 µg
Vitamien H (as Biotien)	250 µg

**Onaktiewe bestanddele:** Dikalsiumfosfaat, hidrokspriopriësellose, magnesiumkarbonaat, magnesiumsoute van vetsure, mikrokristallyn-sellulose, silikondioksied.

**Hierdie produk is geskik vir nie-GGO, glutenvry en suiwelvry (suikervry)**

**WAT IS GLYCOGENICS B-COMPLEX EN WAARVOOR WORD DIT GEBRUIK**  
**GLYCOGENICS B-COMPLEX** bied 'n gebalanseerde mengsel van B-vitamiene en ander ondersteunende nutriente. **GLYCOGENICS B-COMPLEX** ondersteun gesonde energie metabolisme en vermind moegheid. Dit dra ook by tot normale verstandelike prestasie, deur te help met 'n gesonde stresreaksie.

#### VOORDAT JY GLYCOGENICS B-COMPLEX NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisynt te raadpleeg nie. Moenie **GLYCOGENICS B-COMPLEX** neem as jy hipersensief (allergies) is vir enige van die bestanddele nie. As jy allergieë het, maak seker dat jy met jou gesondheidsorgpraktisynt gaan praat voordat jy hierdie aanvulling neem. **Laboratoriumtoetse:** Die neem van biotien aanvullings kan die resultate van baie verskillende bloedlaboratoriumtoetse beïnvloed. Dit kan lei tot gemiste of verkeerde diagnoses. Vertel jou dokter as jy biotien aanvullings neem, veral as jy laboratoriumtoetse laat doen. Hierdie medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.

#### SWANGERSKAP EN BORSVOEDING

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

#### BESTUUR EN GEBRUIK VAN MASIËNE

Dit is nie altyd moontlik om te voorspel in watter mate **GLYCOGENICS B-COMPLEX** 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 waaksaamheid, oordeel en/of gesonde koördinasie en visie nie, byvoorbeeld bestuur, ry, vlieg, seil, bedryfsmasjien/toerusting, totdat hulle bewus is van die mate waartoe **GLYCOGENICS B-COMPLEX** jou beïnvloed.

#### NEEM ANDER MEDISYNE MET GLYCOGENICS B-COMPLEX

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

#### HOE OM GLYCOGENICS B-COMPLEX TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **GLYCOGENICS B-COMPLEX** presies soos beskryf in hierdie inligtingsblad, of soos u dokter, of gesondheidsorgpraktisynt voorgeskryf het. – Raadpleeg jou dokter, apteker of gesondheidsorgpraktisynt as jy onseker is.

#### Aanwysings vir gebruik:

**Volwasse:** Neem een (1) tot twee (2) tablette daaglik of soos aanbeveel deur jou gesondheidsorgpraktisynt.

**Moenie meer as die aanbevole dosis neem nie.**

#### AS JY MEER GLYCOGENICS B-COMPLEX NEEM AS WAT JY MOET

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

#### AS JY VERGET OM GLYCOGENICS B-COMPLEX TE NEEM

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

#### MOONTLIKE NUWE-EFFEKTE

**GLYCOGENICS B-COMPLEX** kan nuwe-effekte hê. Indien jy enige van die volgende gedagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisynt voor gebruik: Angina, Diabetes, Niersiekte, Lewersiekte, Lae bloeddruk, Maagere, Alkoholgebruiksversteuring, Nierstene, Jig, Galblaassiekte, Skildklierversteuring, Beslagleggingsversteuring, Stentplasing. As jy die volgende medikasie neem, raadpleeg asseblief jou gesondheidsorgpraktisynt voordat jy neem: Antidiabetes, Cholesterolverlaging (Statiene), Anthipertensiewe, Antikoagulant (Warfarin), Nikotienpleister, Aspirien, Kortsoon. As enige van die volgende gebeur, hou op om **GLYCOGENICS B-COMPLEX** 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 alle baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op **GLYCOGENICS B-COMPLEX** gehad. Jy sal dalk dringend mediese hulp of hospitalisasie nodig hê.

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

- Maag ongemak, bloes.

Nie alle nuwe-effekte en interaksies wat vir **GLYCOGENICS B-COMPLEX** 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 gesondheidsorgpraktisynt vir raad. As jy enige nuwe-effekte sien wat nie in hierdie inligtingsblad genoem word nie, stel asseblief jou dokter, apteker of gesondheidsorgpraktisynt in kennis.

#### AANMELDING VAN NUWE-EFFEKTE

As jy nuwe-effekte ervaar, praat met jou dokter, apteker of ander gesondheidsorgpraktisynt. 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 **GLYCOGENICS B-COMPLEX**.

#### H

#### OE OM GLYCOGENICS B-COMPLEX TE BEREË

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 **GLYCOGENICS B-COMPLEX** gebruik as u sigbare tekens van agteruitgang opmerk nie.

Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

#### AANBEDIING VAN GLYCOGENICS B-COMPLEX

'n Wit 175 ml HDPE-bottel met 'n wit dop, induksiesel, peuterkrimpseel, spons en silikagelsakke.

#### IDENTIFIKASIE VAN GLYCOGENICS B-COMPLEX

Onbedekte, lig oranje, langwerpige tablet.

**REGISTRASIONOMMER** - Om deur SAHPRA toegeken te word by registrasie.

**TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING**  
Skandeer QR-kode.

#### HIERDIE INLIGTINGSBLAD IS LAAS HERWIDJOP

15 Oktober 2024

#### NAAM EN ADRES VAN REGISTRASIEHOUER

Versprei deur:

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