

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

Category D: Complementary medicine.

Discipline: Health Supplement

34.1 Amino acids

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

L-CARNITINE, 30 Capsules

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

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

WHAT IS IN THIS LEAFLET

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

WHAT L-CARNITINE CONTAINS

Each one (1) capsule of L-CARNITINE contain the following actives:

L-Carnitine (as L-carnitine L-tartrate) 500 mg

Inactive Ingredients: Capsule (hydroxypropylmethylcellulose), magnesium stearate (vegetable), microcrystalline cellulose and silica.

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

WHAT L-CARNITINE IS AND WHAT IT IS USED FOR

L-CARNITINE supports muscle tissue repair, delays fatigue during physical activity and supports fat metabolism L-Carnitine is also a powerful antioxidant.

BEFORE YOU TAKE L-CARNITINE

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. Do not take L-CARNITINE 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:** L-CARNITINE should be discontinued at least 2 weeks prior to reduce bleeding risks. **ANTIBIOTICS:** L-CARNITINE may reduce the efficacy of antibiotics like fluorquinolones and tetracyclines if taken together. Take L-CARNITINE two hours before or 4 hours after any antibiotic medication. **LABORATORY TESTS:** Active ingredients in L-CARNITINE may alter the results of tests. Please tell your healthcare practitioner that you are taking L-CARNITINE before having any laboratory tests.

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 professional 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 professional before taking this supplement.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent L-CARNITINE 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 L-CARNITINE may affect you.

TAKING OTHER MEDICINES WITH L-CARNITINE

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 L-CARNITINE

Do not share medicines prescribed for you with any other person. Always take L-CARNITINE 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: Take one (1) capsule daily or as directed by your healthcare practitioner. **Do not take more than the recommended dose.**

IF YOU TAKE MORE L-CARNITINE 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 L-CARNITINE

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

POSSIBLE SIDE EFFECTS

L-CARNITINE may have side effects.

Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: Severe renal impairment, Thyroid disorders, Diabetics, Seizures. If you are taking the following medication, please consult with your healthcare practitioner before taking: Warfarin (and other anticoagulants), Levothyroxine (thyroid hormone), Antiepileptic drugs, Antibiotics (e.g., aminoglycosides) High doses of L-carnitine may exacerbate nephrotoxic effects in patients with existing renal concerns, Chemotherapy drugs (e.g., cisplatin). If any of the following happens, stop using L-CARNITINE 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).

These are all very serious effects. If you have them, you may have had a serious reaction to L-CARNITINE. 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.

Not all side effects and interactions reported for L-CARNITINE 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 L-CARNITINE.

STORAGE AND DISPOSING OF L-CARNITINE

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 L-CARNITINE if you notice visible signs of deterioration.

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

PRESENTATION OF L-CARNITINE

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

IDENTIFICATION OF L-CARNITINE

Clear vegetable capsule, with a white fill.

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

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Unit 3, Eastgate Business Park, 1 South Road, Eastgate Extension,
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Tel: 011-802-8101



PASIËNT INLIGTINGSBLAD

SKEDULERINGSSTATUS S0

Kategorie D: Komplementêre medisyne.

Dissipline: Gesondheidsaanvulling

34.1 Aminosure

HANDELSNAAM EN DOSEERVORM,

L-CARNITINE, 30 Kapsules

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT

BEWAARDE INLIGTING VIR U

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

WAT IS IN HIERDIE INLIGTINGSBLAD

- Wat L-CARNITINE is en waarvoor dit gebruik word.
- Wat jy moet weet voordat jy L-CARNITINE neem.
- Hoe om L-CARNITINE te neem.
- Moontlike nuwe-effekte.
- Hoe om L-CARNITINE te bêre.
- Inhoud van die pak en ander inligting

WATTER L-CARNITINE BEVAT

Elke een (1) kapsule L-CARNITINE bevat die volgende aktiewe:

L-karnitien (as L-karnitien, L-tartraat) 500 mg

Onaktiewe bestanddele: Kapsule (hidroksiopropylmetiellulose), magnesiumstearaat (groente), mikrokristallyne sellulose en silika.
Hierdie produk is geskik vir vegetariërs, suiwel- en glutenvry en is nie-GGO. (Suikervry)

WAT IS L-CARNITINE KAPSULES EN WAARVOOR WORD DIT GEBRUIK

L-CARNITINE ondersteun spierweefselherstel, vertraag moegheid tydens fisieke aktiviteit en ondersteun vetmetabolisme L-Carnitine is ook 'n kragtige antioksidant.

VOORDAT JY L-CARNITINE NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie L-CARNITINE neem as jy hipersensitief (allergies) is vir enige van die bestanddele nie. As jy allergieë het, maak seker dat jy met jou **CHIRURGIE: L-CARNITINE** moet ten minste 2 weke voor die vermindering van bloedingrisiko's gestaak word. **ANTIBIOTIKA: L-CARNITINE** kan die doeltreffendheid van antibiotika soos fluorokinolone en tetrasikline verminder as dit saam geneem word. Neem L-CARNITINE twee uur voor of 4 uur na enige antibiotiese medikasie. **LABORATORIUMTOETSE:** Aktiewe bestanddele in: L-CARNITINE kan die resultate van toetse verander. Vertel asseblief jou gesondheidsorgpraktisyn dat jy L-CARNITINE neem voordat jy enige laboratoriumtoetse ondergaan. gesondheidsorgpraktisyn gaan voordat jy hierdie aanvulling neem. **Hierdie medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.**

BESTUUR EN GEBRUIK VAN MASIËNE

Dit is nie altyd moontlik om te voorspel in watter mate L-CARNITINE 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, sel, bedryfsmasjiene/toerusting, totdat hulle bewus is van die mate waartoe L-CARNITINE jou beïnvloed.

NEEM VAN ANDER MEDISYNE SAAM MET L-CARNITINE

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.

SWANGERSKAP EN BORSVOEDING

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

HOE OM L-CARNITINE TE NEEM

Moenie medisyne wat vir u voorgeskrif is, met enige ander persoon deel nie. Neem altyd L-CARNITINE presies soos beskryf in hierdie inligtingsblad, of soos u dokter, gesondheidsorgpraktisyn voorgeskrif het. Raadpleeg jou dokter, apteker of gesondheidsorgpraktisyn as jy onseker is.

Aanwysings vir gebruik:

Volwasse Neem daaglik een (1) kapsule of soos voorgeskryf deur jou gesondheidsorgpraktisyn.

Moenie meer as die aanbevole dosis neem nie.

AS JY MEER L-CARNITINE NEEM 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 VERGEET OM L-CARNITINE TE NEEM

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

MOONTLIKE NUWE-EFFEKTE

L-CARNITINE kan nuwe-effekte hê.

Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: Ernstige nierinkorting, skildklierafwykings, diabeete, aanvalle. As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidsorgpraktisyn voordat jy neem: Warfarin (en ander antikoagulant), Levothyroxine (tiroïedhormoon), Anti-epileptiese middels, Antibiotika (bv. aminoglikosiede) Hoë dosisse L-karnitien kan nefrotoksiese effekte vererger by pasiënte met bestaande nierprobleme. Chemoterapie-middels (bv. cisplatin). As enige van die volgende gebeur, hou op om L-CARNITINE 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).

Dit is alles baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op L-CARNITINE gehad. Jy mag dalk dringend mediese hulp of hospitalisasie nodig hê.

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

- naarheid / braking.

Nie alle nuwe-effekte en interaksies wat vir L-CARNITINE 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 L-CARNITINE.

HOE OM L-CARNITINE TE BEREÏ

Bêre alle medisyne buite bereik van kinders.

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

Beskermer 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 L-CARNITINE gebruik as u sigbare tekens van agteruitgang opmerk nie.

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

AANBIEDING VAN L-CARNITINE

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

IDENTIFIKASIE VAN L-CARNITINE

Duidelike groentekapsule, met 'n wit vulsel.

REGISTRASIONOMMER

Om deur SAHPRA toegeken te word by registrasie.

TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING

Skandeer QR-kode.

HIERDIE INLIGTINGSBLAD IS LAAS HERSIEN OP

08 Januarie 2025

NAAM EN ADRES VAN REGISTRASIEHOUER

Versprei deur:

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

