

## PROFESSIONAL INFORMATION

SCHEDULING STATUS: **S0**

Category D: Complementary medicine.

Discipline: Discipline Specific

33.7 Combination Product

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

### LICORICE PLUS®, 60 Tablets

#### COMPOSITION

Each one (1) tablet of LICORICE PLUS® contain the following actives:

Licorice (Glycyrrhiza glabra) [Root 15:1 Extract standardized to 25 % (75 mg) glycyrrhizic acid]	300 mg
Chinese Yam (Dioscorea oppositifolia) [Root 4:1 extract]	62,5 mg
Rehmannia (Rehmannia glutinosa) [Root 4:1 extract]	62,5 mg
Ashwagandha (Withania somnifera) [Root 15:1 Extract (containing withanolides)]	50 mg

**Inactive Ingredients** : Coating (hydroxypropylmethylcellulose, hydroxypropylcellulose, and medium-chain triglycerides), croscarmellose sodium, dicalcium phosphate microcrystalline cellulose, silicon dioxide and stearic acid (vegetable). **This product is non-GMO, gluten-free, dairy free (sugar free)**

#### PHARMACOLOGICAL CLASSIFICATION

Complementary Medicine

#### INDICATION & PHARMACOLOGICAL ACTION

LICORICE PLUS® features a blend of traditional herbs, including Licorice, Ashwagandha, and a unique herbal extract blend Rehmannia and Chinese Yam, formulated to support overall well-being and help the body adapt to stress.



If you are taking the following medication, please consult with your healthcare professional before taking: Digoxin (Lanoxin), Oestrogens, Water pills (Loop diuretics), Antihypertensive drugs, Anti-inflammatory (Corticosteroids), Warfarin (Coumadin), Medications moved by pumps in cells (P-glycoprotein substrates), Diabetes (Antidiabetes drugs), Sedative medications (Benzodiazepines), Sedative medications (CNS depressants), Thyroid hormone, Hepatotoxic drugs. If any of the following happens, stop using LICORICE PLUS® 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 LICORICE PLUS®. 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, diarrhea, and vomiting.

These are all very serious effects. If you have them, you may have had a serious reaction to LICORICE PLUS®. 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:** Take one (1) tablet daily 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 LICORICE PLUS® if you notice visible signs of deterioration.

#### IDENTIFICATION

Brown Speckled coated oval Tablet.

#### PRESENTATION

A white 250 ml HDPE bottle with a white cap, induction seal, tamper shrink seal, wadding and silica gel sachet.

#### 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:

Amipro 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.

Ingredients	Uses for ingredient
Licorice (Glycyrrhiza glabra)	Licorice root has been used in both Eastern and Western medicine to treat a variety of illnesses ranging from the common cold to liver disease.
Chinese Yam (Dioscorea oppositifolia)	It is rich in nutrients and bioactive compounds, such as polysaccharides, protein, and phenolic compounds.
Rehmannia (Rehmannia glutinosa)	Rehmannia glutinosa is used to treat various diabetic disorders, enhance the bone metabolism in osteoporosis, and
Ashwagandha (Withania somnifera)	Study findings suggest that it may help reduce anxiety and stress, support restful sleep, and even improve cognitive

#### CONTRA INDICATIONS:

Caution is advised if you are taking magnesium along with muscle relaxants as this can increase the risk of side effects of muscle relaxants. If you are taking any chronic medication, do not use this product without consulting your healthcare professional. Do not take LICORICE PLUS® 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.

#### WARNING AND SPECIAL PRECAUTIONS

Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: Diabetes, Heart conditions, Hormone-sensitive conditions such as breast cancer, uterine cancer, ovarian cancer, endometriosis, or uterine fibroids, High blood pressure, A muscle condition caused by nerve problems (hypertonia), Low potassium levels in the blood (hypokalemia), Kidney disease, S deficiency, diabetes, "Auto-immune diseases" such as multiple sclerosis (MS), lupus systemic lupus erythematosus, SLE), rheumatoid arthritis (RA), Liver disease, Thyroid disorders.

# PROFESIONELE INLIGTINGSBLAD

SKEDULERINGSSTATUS: **S0**

Kategorie D: Komplementêre medisyne.

Dissipline: Dissipline Spesifiek

33.7 Kombinasie produk

HANDELSNAAM EN DOSEERVORM,

## LICORICE PLUS®, 60 Tablette

### SAMESTELING

Elke (1) tablet LICORICE PLUS® bevat die volgende aktiewe stowwe:

Drop (Glycyrrhiza glabra) [Wortel 15: 1 Uittreksel gestandaardiseer tot 25% (75 mg) glycyrrhisien suur]	300 mg
Chiese Yam (Dioscorea oppositifolia) [Wortel 4:1 uittreksel]	62,5 mg
Rehmannia (Rehmannia glutinosa) [Wortel 4:1 uittreksel]	62,5 mg
Ashwagandha (Withania somnifera) [Wortel 15:1 Uittreksel (bevat withanolides)]	50 mg

**Onaktiewe bestanddele:** Laag (hidroksipropylmetellose, hidroksipropylsellose en mediumketting trigliseriede), crosarmellose-natrium, dikalsiumfosfaat mikrokristallyne sellose, silikondioksied en steariensuur (groente).

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

### FARMAKOLOGIESE KLASIFIKASIE

Komplementêre medisyne

### AANDUIDING EN FARMAKOLOGIESE WERKING

LICORICE PLUS® beskik oor 'n mengsel van tradisionele kruie, insluitend Drop, Ashwagandha, en 'n unieke kruie-uittrekselmengsel Rehmannia en Chiese Yam, geformuleer om algehele welstand te ondersteun en die liggaam te help aanpas by stres.

### KONTRA-INDIKASIES:

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

As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidspraktisyn voordat jy neem: Digoksien (Lanoxin), Estrogeen, Waterpille (Loop diuretika), Antihypertensiewe middels, Anti-inflammatoriese middels (Kortikosteroïede), Warfarin (Coumadin), Medikasie beweging deur pompe in selle (P-glikoproteïensubstrate), Diabetes (Antidiabetes middels), Kalmerende medikasie (Bensodiasepiene), Kalmerende medikasie (SSS-depressante), Skildklierhormoon, Hepatotoxiese middels. As enige van die volgende gebeur, hou op om LICORICE PLUS® te gebruik en vertel jou dokter of van na die ongevallende-afdeling by jou naaste hospitaal:

- Geen 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 LICORICE PLUS® gehad. Jy sal dalk dringende mediese hulp of hospitalisasie nodig hê.

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

- Naarheid, diarree en braking.
- Dit is alles baie ernstige gevolge. As u dit het, het u moontlik 'n ernstige reaksie op LICORICE PLUS® gehad. Miskien het u dringende mediese hulp of hospitalisasie nodig.
- Raadpleeg 'n gesondheidsorgpraktisyn as u enige mediese toestand het. Staak gebruik onmiddellik indien enige nadelige reaksie plaasvind. Lees hierdie inligtingsblad aandagtig 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.

### INTERAKSIE

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 voorsorgmaatreëls**)

### DOSES EN AANWYSINGS VIR GEBRUIK

**Volwasse** Neem een (1) tablet daagliks of soos voorskryf 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 aanvulling, 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 OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN

Sien nuwe-effekte.

### Behandeling:

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

### BERGING INSTRUKSIE

Hou dig toegemaak op 'n koel, droë plek, onder 25 °C.

Beskermer teen direkte sonlig en hitte.

Bêre n die oorspronklike bottel.

Hou die bottel styf toe.

Vervang die beskermende dop na elke gebruik.

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

Moenie LICORICE PLUS® gebruik as u sigbare tekens van agteruitgang opmerk nie.

### IDENTIFIKASIE

Bruin, gespikkelde, bedekte tablet.

### AANBIEDING

'n Wit 250 ml HDPE-bottel met 'n wit dop, indusiesêel,

peuterkrimpsêel, spons en silikagelsakke.

### 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 BESIGHEIDSDRES VAN APPLIKANT

**Versprei deur:**

Amipro 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.

Bestanddele	Gebruik vir bestanddeel
Drop (Glycyrrhiza glabra)	Dropwortel is in beide Oosterse en Westerse medisyne gebruik om 'n verskeidenheid siektes te behandel wat wissel van verkoue tot lewersiekte.
Chiese Yam (Dioscorea oppositifolia)	Dit is ryk aan voedingstowwe en bioaktiewe verbindinge, soos polisakkariede, proteïene en fenoliese
Rehmannia (Rehmannia glutinosa)	Rehmannia glutinosa word gebruik om verskeie diabetiese afwykings te behandel, die beenmetabolisme in
Ashwagandha (Withania somnifera)	Studiebevindinge dui daarop dat dit kan help om angs en stres te verminder, rustige slaap te ondersteun en selfs

### WAARSKUWING EN SPESIALE VOORSORGMATREËLS

Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: Suikersiekte, Harttoestande, Hormoonsensitiewe toestande soos borskanker, baarmoederkanker, eierstokkanker, endometriose of baarmoederfibroïede, Hoë bloeddruk, 'n Spiertoestand wat veroorsaak word deur senuweeprobleme (hipertonie), Lae kaliumvlakke in die bloed (hipokalemie), Niersiekte, S-tekort, diabetes, "Outo-immun siektes" soos veelvuldige sklerose (MS), lupus sistemiese lupus erythematosus, SLE), rumatoïede artritis (RA), lewersiekte, skildklierafwykings.