

PROFESSIONAL INFORMATION

SCHEDULING STATUS^[50]

Category D: Complementary medicine.
Discipline: Health Supplement
33.7 Combination Product

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM -

METAGLYCEMIX, 60 Tablets

COMPOSITION

Each one (1) tablet of METAGLYCEMIX contains the following actives:

Cinnamon bark extract (Cinnamomum verum J. Presl)	250 mg
Green tea leaf extract (Camellia sinensis L.) (Epigallocatechin gallate) (EGCG 25 mg)	167 mg
Taurine	150 mg
Vitamin C (as L-ascorbic acid)	150 mg
L-carnosine	25 mg
Vitamin E (as D-alpha-tocopheryl acid succinate)	19,5 mg
Vitamin B3 (Niacinamide)	17,5 mg
Coenzyme Q10	15 mg
Vitamin B5 (as Calcium pantothenate)	9 mg
Vitamin B1 (as Thiamine mononitrate)	7,5 mg
Vitamin B2 (Riboflavin)	4,5 mg
Zinc (as Zinc bisglycinate)	4,5 mg
Vitamin B6 (as Pyridoxal-5-phosphate)	3 mg
Manganese (as Manganese citrate)	500 µg
Copper (as Cupric citrate)	375 µg
Biotin	225 µg
Folate (as Calcium-L-methylfolate [†])	200 µg
Chromium (as Chromium picolinate)	93,75 µg
Vitamin B12 (as Methylcobalamin)	50 µg
Selenium (as L-selenomethionine)	45 µg
Vitamin D (as Cholecalciferol)	2.5 µg

[†] as Metafolin[®], a registered trademark of Merck KGaA, Darmstadt, Germany

Inactive Ingredients: Cross-linked sodium carboxy methyl cellulose, dicalcium phosphate, hydroxypropyl cellulose, magnesium carbonate, magnesium salts of fatty acids, microcrystalline cellulose, silicon dioxide, stearic acid. **This product is suitable for Gluten free (Sugar Free) PHARMACOLOGICAL CLASSIFICATION - Complementary Medicine**

INDICATION & PHARMACOLOGICAL ACTION

METAGLYCEMIX is designed to support resilience and mental stamina in individuals who are feeling mild weakness and fatigue caused by stress.

Ingredient	Benefit for inclusion
Cinnamon bark extract (Cinnamomum verum J. Presl)	Cinnamon has been used as anti-inflammatory, antitermitic, nematocidal, mosquito larvicidal, insecticidal, antimycotic.
Green tea leaf extract (Camellia sinensis L.)	May support energy and focus. It may also support heart and blood vessel health. It is a source of caffeine, which may increase alertness. It also contains antioxidants, which help to protect your cells.
Taurine	Taurine is an amino acid that has a few important roles in your body, including supporting immune health and nervous system function.
Vitamin C (as L-ascorbic acid)	Vitamin C is a vital nutrient for health. Vitamin C benefits include helping form and maintain bones, cartilage, skin, and blood vessels. As an antioxidant, it also supports the immune system.
L-carnosine	It's believed to have potential antioxidant and anti-inflammatory properties, as well as neuroprotective benefits that may improve brain function and defend the central nervous system from harm.
Vitamin E (as D-alpha-tocopheryl acid succinate)	Vitamin E is known to be a fat-soluble antioxidant that has the capability to neutralize endogenous free radicals.
Vitamin B3 (Niacinamide)	Niacinamide is one form of vitamin B3 (niacin) that plays an important role in energy metabolism and cell health.
Coenzyme Q10	Coenzyme Q10 (CoQ10) is an antioxidant, which helps to protect your cells.
Vitamin B5 (as Calcium pantothenate)	B complex vitamins are needed for healthy skin, hair, eyes, and liver. They also help the nervous system function properly.
Vitamin B1 (as Thiamine mononitrate)	It is essential for normal growth and development and helps to maintain proper functioning of the heart and the nervous and digestive systems.
Vitamin B2 (Riboflavin)	Vitamin B2 helps break down proteins, fats, and carbohydrates. It plays a vital role in maintaining the body's energy supply.

- 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

Adult: Take one (1) tablet daily with food or as directed by your healthcare professional. **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.

Document Reference: MGLYM.P1V01.CMP.10-24



CONTRA INDICATIONS:

If you are taking any chronic medication, do not use this product without consulting your healthcare professional. Do not take **METAGLYCEMIX** 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. **Laboratory tests:** Taking biotin supplements might interfere with the results of many different blood tests. Tell your doctor if you are taking biotin supplements, especially if you are having lab tests done. **Surgery:** **METAGLYCEMIX** might increase the risk of bleeding during surgery. Stop taking **METAGLYCEMIX** 2 weeks before surgery.

WARNING AND SPECIAL PRECAUTIONS

Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: Liver disease, Anaemia, Anxiety disorder, Bleeding disorders, Heart condition, Seizures, Glaucoma, High blood pressure, Kidney disease, Alcohol use disorder, Kidney stones, Stroke, Retinitis pigmentosa, Gallbladder disease, Stomach ulcers, Post surgical stent placement, Autoimmune disorder, Hypothyroidism. If you are taking the following medication, please consult with your healthcare professional before taking: Diabetes medication, Liver medication, Antibiotics, Lithium, Anticoagulants (Warfarin), Stimulant medication, Diuretics, Aspirin, Insulin, Anti-inflammatory medication (NSAIDS), Sedative medication, Birth control pills. If any of the following happens, stop using **METAGLYCEMIX** 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, changes in mood.

These are all very serious effects. If you have them, you may have had a serious reaction to **METAGLYCEMIX**. 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): Stomach discomfort, Diarrhoea.

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

Seek advice from a health care practitioner if you have any medical condition. Discontinue use immediately should you have any adverse reaction occur.

Read this leaflet carefully because it contains important information for you. This product is available without a doctor's prescription.

Ingredient	Benefit for inclusion
Zinc (as Zinc bisglycinate)	Zinc bisglycinate aids in the production of white blood cells, which are crucial for the body's defence against pathogens. Its superior absorption can enhance these immune-boosting effects.
Vitamin B6 (as Pyridoxal-5-phosphate)	Vitamin B6, principally in its biologically active coenzyme form pyridoxal 5'-phosphate, is involved in a wide range of biochemical reactions, including the metabolism of amino acids and glycogen, the synthesis of nucleic acids.
Manganese (as Manganese citrate)	It activates various enzymes for proper digestion and utilization of foods. Manganese also helps nourish the nerves and brain and is necessary for normal skeletal development.
Copper (as Cupric citrate)	Copper is an essential trace element and an important catalyst for heme synthesis and iron absorption. Copper is an essential mineral that plays a key role in many physiological processes.
Biotin	Biotin is a B vitamin that's important for many body functions, including metabolizing food — the process of turning food into energy.
Folate (as Calcium-L-methylfolate [†])	L-methylfolate is essential for: cellular function, DNA synthesis, methylation, a process where a methyl group adds to DNA, proteins, or other molecules.
Chromium (as Chromium picolinate)	Chromium is involved in the metabolism of carbohydrates, proteins, and fats.
Vitamin B12 (as Methylcobalamin)	Vitamin B12 is a nutrient that helps keep your body's blood and nerve cells healthy and helps make DNA, the genetic material in all of your cells.
Selenium (as L-selenomethionine)	L-selenomethionine in a health supplement include support for the thyroid gland, heart, immune system and management of healthy cholesterol levels.
Vitamin D (as Cholecalciferol)	Having the right amount of vitamin D, calcium, and phosphorus is important for building and keeping strong bones.

IDENTIFICATION - White, oblong uncoated tablet, light brown.

PRESENTATION

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

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 **METAGLYCEMIX** if you notice visible signs of deterioration.

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.



PROFESSIONELE INLIGTING

SKEDULERINGSTATUS: 50

Kategorie D: Komplementêre medisyne.
Dissipline: Gesondheidsaanvulling
33.7 Kombinasie Produkt

HANDELSNAAM EN DOSEERVORM, METAGLYCEMIX, 60 Tablette

SAAMESTELING

Elke (1) tablet METAGLYCEMIX bevat die volgende aktiewe stowwe:

Kaneelbas uittreksel (Cinnamomum verum J. Presl)	250 mg
Groen teelbaar uittreksel (Camellia sinensis L.) (Epigallocatechin gallate) (EGCG) 25 mg	167 mg
Taurine	150 mg
Vitamiën C (as L-askorbiensuur)	150 mg
L-karnosien	25 mg
Vitamiën E (as D-alfa-tokoferylsuursuksinaat)	19,5 mg
Vitamiën B3 (Niacinamide)	17,5 mg
Koënsiem Q10	15 mg
Vitamiën B5 (as kalsiumpantothenaat)	9 mg
Vitamiën B1 (as tiamienmononitraat)	7,5 mg
Vitamiën B2 (riboflawien)	4,5 mg
Sink (as sinkbisglysiënaat)	4,5 mg
Vitamiën B6 (as Pyridoxal-5-fosfaat)	3 mg
Mangaan (as mangansitraat)	500 µg
Koper (as kopersitraat)	375 µg
Biotien	225 µg
Folaat (as kalsium-L-metiefolaat†)	200 µg
Chroom (as chroompikolinaat)	93,75 µg
Vitamiën B12 (as metiekobalamiën)	50 µg
Selenium (as L-selenometionien)	45 µg
Vitamiën D (as Cholecalciferol)	2,5 µg

† as Metafolin™, 'n geregistreerde handelsmerk van Merck KGaA, Darmstadt, Duitsland
Onaktiewe bestanddele: Kruisgekoppelde natriumkarboksimetielcellulose, dikalsiumfosfaat, hidrokispropylsulfellulose, magnesiumkarbonaat, magnesiumsout van vetsure, mikrokristalliene sellulose, silikondiksoëde, steariensuur. **Hierdie produk is geskik vir glutenvry (suikervry)**

FARMAKOLOGIESE KLASSIFIKASIE - Komplementêre medisyne

AANDUIDING EN FARMAKOLOGIESE WERKING

METAGLYCEMIX bied voedingsondersteuning vir gesonde glukosemetabolisme, om 'n afgeronde formule vir gesonde bloedsuikervlakondersteuning te skep.

Bestanddeel	Voordeel vir insluiting
Kaneelbas uittreksel (Cinnamomum verum J. Presl)	Kaneel is gebruik as anti-inflammatoriese, antitermitesiese, romatiese-dodende, muskeltier-wedodende, insulindodende, antimikologiese.
Groen teelbaar uittreksel (Camellia sinensis L.)	Kan energie en fokus ondersteun. Dit kan ook hart- en bloedvatesondheid ondersteun. Dit is 'n bron van kafeien, wat waaksaamheid kan verhoog. Dit bevat ook antioksidante, wat help om jou selle te beskerm.
Taurine	Taurine is 'n aminosuur wat 'n paar belangrike rolle in jou liggaam het, insluitend die ondersteuning van immunisondheid en senueweestelsfunksie.
Vitamiën C (as L-askorbiensuur)	Vitamiën C is 'n noodsaaklike voedingsstof vir gesondheid. Vitamiën C-voordele sluit in om bene, kraakbeen, vel en bloeddade te vorm en in stand te hou. As 'n antioksidant ondersteun dit ook die immunestelsel.
L-karnosien	Daar word geglo dat dit potensieel antioksidante en anti-inflammatoriese eienskappe het, sowel as neurobeskermende vermoede wat breinfunksie kan verbeter en die sentrale senueweestelsel teen skade kan verdedig.
Vitamiën E (as D-alfa-tokoferylsuursuksinaat)	Vitamiën E is bekend as 'n vetoplosbare antioksidant wat die vermoë het om endogene vrye radikale te neutraliseer.
Vitamiën B3 (Niacinamide)	Niacinamide is een vorm van vitamien B3 (niasiën) wat 'n belangrike rol speel in energiemetabolisme en selgesondheid.
Koënsiem Q10	Koënsiem Q10 (CoQ10) is 'n antioksidant wat help om jou selle te beskerm.
Vitamiën B5 (as kalsiumpantothenaat)	B-komplekse vitamien is nodig vir gesonde vel, hare, oë en lewer. Hulle help ook die senueweestelsel om behoorlik te funksioneer.
Vitamiën B1 (as tiamienmononitraat)	Tiamien speel 'n belangrike rol om die liggaam te help om koolhidrate en vet in energie om te skakel.
Vitamiën B2 (riboflawien)	Vitamiën B2 help om proteïene, vette en koolhidrate af te breek. Dit speel 'n belangrike rol in die handhawing van die liggaam se energievoorsiening.

INTERAKSIE

Vertel altyd jou gesondheidsorgpraktisyn as jy enige ander medisyne gebruik. Dit is moontlik dat blootstelling van sekere aanvullingsbestanddele met sekere medisyne kan intererere. (**Sten Waarskuwings en Spesiale Voorsorgmaatreëls**).

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.

DOSES EN AANWYSINGS VIR GEBRUIK

Volwasse: Neem daaglik een (1) tablet saam met een of soos aangedui deur jou gesondheidsorgpraktisyn. **Moenie meer as die aanbevole dosis neem nie.**

NEUW-EFFEKTE

Indien jou algemene gesondheid vererger, of as jy enige nadelige effekte ervaar terwyl jy aan hierdie produk blootgestel word, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgpraktisyn vir raad.

BEKENDE SIMPTOME VAN OORDOERSING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN sien neew-effekte.

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

KONTRA-INDIKASIES:

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **METAGLYCEMIX** 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 medisyne neem. **Chirurgie:** **METAGLYCEMIX** kan die risiko van bloeding tydens die operasie verhoog. Hou op om **METAGLYCEMIX** 2 weke voor die operasie te neem. **Laboratoriumtoets:** Die naam van biotien medisyne kan inmeng met die resultate van baie verskillende bloedlaboratoriumtoets. Vertel jou dokter as jy biotien medisyne neem, veral as jy laboratoriumtoets laat doen.

WAARSKUWING EN SPESIALE VOORSORGMATREËLS

As jy enige van die volgende gedagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: Lewersiekte, Bloedarmoede, Angusversteuring, Bloedingsversteuring, Harttoestand, Aanvalle, Gloukoom, Hoë bloeddruk, Niersiekte, Alkoholgebruiksversteuring, Nierstene, Beroorste, Retinitis pigmentosa, Galblaassiekte, Maagsere, Postchirurgiese stentplasing, Oto-immunversteuring, Hipotroese. As jy die volgende medikasie neem, raadpleeg asseblief jou gesondheidswerker voordat jy neem: Diabetes medisyne, Lewer medisyne, Antibiotika, Litium, Antikoagulerende (Warfarin), Stimulante medisyne, Diuretika, Aspirien, Insulien, Anti-inflammatoriese medisyne (NSAID's), Kalmeermiddels, Geboortebeprekingsspre. As enige van die volgende gebeur, hou op om **METAGLYCEMIX** te gebruik en vertel jou dokter of gaan na die ongevallende afdeling by jou naaste hospitaal: Allergiese reaksies- uitslag, jeuk/swelling (veral van die gesig/tong/keel), erge duiseligheid, probleme met asemhaling, verandering in bui. Dit is alles baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op **METAGLYCEMIX** gehad. Jy sal dalk dringende mediese hulp of hospitalisasie nodig hê. Nuwe-effekte wat gewoonlik nie mediese hulp benodig nie (rapporteur aan jou gesondheidsorgpraktisyn as hulle voortduur): Maagongemak, diarree. Dit is alles baie ernstige gevolge. As u dit het, het u moontlik 'n ernstige reaksie op **METAGLYCEMIX** 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 voubljet aandaagdig deur, want dit bevat belangrike inligting vir u. Hierdie produk is beskikbaar sonder doktersvoorskrif.

Raadpleeg 'n gesondheidsorgpraktisyn as u enige mediese toestand het. Staak gebruik onmiddellik indien enige nadelige reaksie plaasvind. Lees hierdie voubljet aandaagdig deur, want dit bevat belangrike inligting vir u. Hierdie produk is beskikbaar sonder doktersvoorskrif.

- Hou hierdie voubljet. 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.

Bestanddeel	Voordeel vir insluiting
Sink (as sinkbisglysiënaat)	Sinkbisglysiënaat help met die produksie van witbloedselle, insluitend natuurlike moordenselle. T1-infosfiet is 'n fosfiet, wat noodsaaklik is vir die liggaam se verdediging teen patogene. Die uitsteking absorpsie daarvan kan hierdie immunversterkende effek verbeter.
Vitamiën B6 (as Pyridoxal-5-fosfaat)	Vitamiën B6, hoofsaaklik in sy biologiese aktiewe koënsiemvorm piridoksaal-5'-fosfaat, is betrokke by 'n wye reeks biochemiese reaksies, insluitend die metabolisme van aminosure en glikogeen, die sintese van nukleïensure.
Mangaan (as mangansitraat)	Dit aktiveer verskeie ensieme vir behoorlike vertering en binding van voedsel. Mangaan help ook om die senuewees en brein te voed en is nodig vir normale skeletontwikkeling.
Koper (as kopersitraat)	Koper is 'n noodsaaklike sporelement en 'n belangrike katalisator vir heem sintese en sleutelsporasie. Koper is 'n noodsaaklike mineraal wat 'n verskeidenheid in baie fisiologiese prosesse.
Biotien	Biotien is 'n B-vitamiën wat belangrik is vir baie liggaamsfunksies, insluitend die metabolisme van voedsel - die proses om voedsel in energie te verander.
Folaat (as kalsium-L-metiefolaat†)	L-metiefolaat is noodsaaklik vir: sellulêre funksie, DNA-sintese, metielering, 'n proses waar 'n metielgroep bydra tot DNA, proteïene of ander molekules, wat neurotransmitters soos serotonien, dopamiën en norepinephrien produseer.
Chroom (as chroompikolinaat)	Chroom is betrokke by die metabolisme van koolhidrate, proteïene en vette.
Vitamiën B12 (as metiekobalamiën)	Vitamiën B12 is 'n voedingsstof wat help om jou liggaam se bloed- en senueweestelsel gesond te hou en help om DNA, die genetiese materiaal in al jou selle te maak.
Selenium (as L-selenometionien)	L-selenometionien is 'n gesondheidsaanvulling sluit ondersteuning vir die broedlied; hart, immunestelsel en bestuur van gesonde cholesterolvlakke in.
Vitamiën D (as Cholecalciferol)	Om die regte hoeveelheid vitamien D, kalsium en fosfor te hê, is belangrik vir die bou en hou van sterk bene.

IDENTIFIKASIE - Wit, langwerpige onbedekte tablet, ligbruin.

AANBEDIING - 'n Wit 175 ml HDPE-bottel met 'n wit dop, induksiesêël, peuterkrimpseël, spons en silikagelsakkie.

BERGING INSTRUKSIE

Hou in 'n koel, donker plek, onder 25 °C. Beskerm teen direkte sonlig en hitte. Stoor in die oorspronklike bottel. Hou die bottel styf toe. Vervang die beskermende dop na elke gebruik. Moenie gebruik word na die vervaldatum van of die bottel aangedui word nie. Moenie **METAGLYCEMIX** gebruik as u sigbare tekens van agteruitgang opmerk nie.

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 BESIGHEIDSDRENS VAN AANSOEKER

Versprei deur:

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



