

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS ^[50]

Category D: Complementary medicine.

Discipline: Discipline specific

33.7 Combination Product

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM -

METAGLYCEMI[™], 60 Tablets

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

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

WHAT IS IN THIS LEAFLET

- What **METAGLYCEMI[™]** is and what it is used for.
- What you need to know before you take **METAGLYCEMI[™]**.
- How to take **METAGLYCEMI[™]**.
- Possible side effects.
- How to store **METAGLYCEMI[™]**.
- Contents of the pack and other information.

WHAT METAGLYCEMI[™] CONTAINS

Each one (1) tablet of METAGLYCEMI[™] contains the following actives:

Cinnamon bark extract	250 mg
(<i>Cinnamomum verum</i> J. Presl)	
Green tea leaf extract (<i>Camellia sinensis</i> L.) (Epigallocatechin gallate (EGCG) 25 mg)	167 mg
Taurine	150 mg
Vitamin C (as L-ascorbic acid)	150 mg
Carnosine (as L-carnosine)	50 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 bis-glycinate)	4,5 mg
Vitamin B6 (as Pyridoxal-5-phosphate)	3 mg
Manganese (as Manganese citrate)	500 µg
Copper (as Cupric citrate)	375 µg
Vitamin H (as 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 (100 I.U.)

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).

WHAT METAGLYCEMI[™] IS AND WHAT IT IS USED FOR

METAGLYCEMI[™] provides nutritional support for healthy glucose metabolism, to create a wellrounded formula for healthy blood sugar level support.

BEFORE YOU TAKE METAGLYCEMI[™]

If you are taking any chronic medication, do not use this product without consulting your healthcare practitioner. Do not take **METAGLYCEMI[™]** 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. 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 **METAGLYCEMI[™]** 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 **METAGLYCEMI[™]** may affect you.

TAKING OTHER MEDICINES WITH METAGLYCEMI[™]

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 METAGLYCEMI[™] - Do not share medicines prescribed for you with any other person. Always take **METAGLYCEMI[™]** 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) tablet daily with food or as directed by your healthcare practitioner. **Surgery:** **METAGLYCEMI[™]** might increase the risk of bleeding during surgery. Stop taking **METAGLYCEMI[™]** 2 weeks before surgery. **Do not take more than the recommended dose.**

IF YOU TAKE MORE METAGLYCEMI[™] 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 METAGLYCEMI[™]

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

POSSIBLE SIDE EFFECTS

METAGLYCEMI[™] may have side effects.

Should you have any of the following diagnosed conditions, consult with your healthcare practitioner 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 practitioner 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 **METAGLYCEMI[™]** 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 **METAGLYCEMI[™]**. 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.

Not all side effects and interactions reported for **METAGLYCEMI[™]** 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 **METAGLYCEMI[™]**.

STORAGE AND DISPOSING OF METAGLYCEMI[™]

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 **METAGLYCEMI[™]** if you notice visible signs of deterioration. Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF METAGLYCEMI[™]

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

IDENTIFICATION OF METAGLYCEMI[™]

White, oblong uncoated tablet, light brown.

REGISTRATION NUMBER - To be allocated by SAHPRA upon registration.

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

Scan QR code.

THIS LEAFLET WAS LAST REVISED ON

22 October 2024

NAME AND ADDRESS OF REGISTRATION HOLDER

Distributed by:

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Sandton, 2146
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PASIENT INLIGTINGSBLAD

SKEDULERINGSSTATUS: S0

Kategorie D: Komplementêre medisyne.

Dissipline: Dissipline Spesifiek

33.7 Kombinasie Produk

HANDELSNAAM EN DOSEERVORM,

METAGLYCEMIX™, 60 tablette

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT BELANGRIKE

INLIGTING VIR U

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

WAT IS IN HIERDIE INLIGTINGSBLAD

- Wat **METAGLYCEMIX™** is en waarvoor dit gebruik word.
- Wat jy moet weet voordat jy **METAGLYCEMIX™** neem.
- Hoe om **METAGLYCEMIX™** te neem.
- Moontlike newe-effekte.
- Hoe om **METAGLYCEMIX™** te bêre.
- Inhoud van die pak en ander inligting

WAT METAGLYCEMIX™ BEVAT

Elke een (1) tablet **METAGLYCEMIX™** bevat die volgende aktiewe:

Kaneel bas ekstrakt (<i>Cinnamomum verum</i> J. Presl)	250 mg
Groentee blaarekstrakt (<i>Camellia sinensis</i> L.) (Epigallocatechin gallate (EGCG) 25 mg)	167 mg
Taurien	150 mg
Vitamiën C (as L-askorbiensuur)	150 mg
Karnosien (as L-karnosien)	50 mg
Vitamiën E (as D- α -tokoferiëlsuursuinaat)	19,5 mg
Vitamiën B3 (Niasienamied)	17,5 mg
Koënsiem Q10	15 mg
Vitamiën B5 (as kalsiumpantothenaat)	9 mg
Vitamiën B1 (as tiamiënononitraat)	7,5 mg
Vitamiën B2 (riboflaavin)	4,5 mg
Sink (as sinkbiglisinaat)	4,5 mg
Vitamiën B6 (as Pyridoksaal-5-fosfaat)	3 mg
Mangaan (as mangaansitraat)	500 µg
Koper (as kopersitraat)	375 µg
Vitamiën H (as Biotien)	225 µg
Folaat (as kalsium-L-metiofolaat)	200 µg
Chroom (as chroompiokolinaat)	93,75 µg
Vitamiën B12 (as metielkobalamien)	50 µg
Selenium (as L-selenometionien)	45 µg
Vitamiën D (as Cholekalsiferol)	2,5 µg (100 I.E.)

Onaktiewe bestanddele: Kruisgekoppelde natriumkarkosimetiëlsellulose, dikalsiumfosfaat, hidroksiopropiëlsellulose, magnesiumkarbonaat, magnesiumsoute van vetsure, mikrokristallyn-sellulose, silikondioksied, steariensuur.

Hierdie produk is geskik vir glutenry (suikervry)

WAT IS METAGLYCEMIX™ EN WAARVOOR WORD DIT GEBRUIK

METAGLYCEMIX™ bied voedingsondersteuning vir gesonde glukosemetabolisme, om 'n afgeronde formule te verskaf vir gesonde bloedsuikervlak ondersteuning.

VOORDAT JY METAGLYCEMIX™ NEEM

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 praat voordat jy hierdie aanvulling neem. **Laboratoriumtoets:** Die neem van biootien medisyne kan inligting van die resultate van baie verskillende bloedlaboratoriumtoets. Vertel jou dokter as jy biotien medisyne neem, veral as jy laboratoriumtoets laat doen. Hierdie medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.

SWANGERSKAP EN BORSVOEDING

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

BESTUUR EN GEBRUIK VAN MASJENE

Dit is nie altyd moontlik om te voorspel in watter mate **METAGLYCEMIX™** die daaglikse aktiwiteit 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 bewys is van die mate waartoe **METAGLYCEMIX™** jou beïnvloed.

NEEM ANDER MEDISYNE SAAM MET METAGLYCEMIX™

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 praktisyn te raadpleeg nie.

HOE OM METAGLYCEMIX™ TE NEEM

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

Aanwysings vir gebruik:

Volwasse: Neem daaglik een (1) tablet saam met kos of soos aangedui deur jou gesondheidsorgpraktisyn. **Chirurgie:** **METAGLYCEMIX™** kan die risiko van bloeding tydens die operasie verhoog. Hou op om **METAGLYCEMIX™** 2 weke voor die operasie te neem.

Moenie meer as die aanbevole dosis neem nie.

AS JY MEER METAGLYCEMIX™ NEEM AS WAT JY MOET

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

AS JY VERGEET OM METAGLYCEMIX™ TE NEEM

In die geval van oordosering,

MOONTLIKE NEWE-EFFEKTE

METAGLYCEMIX™ kan newe-effekte hê.

Indien jy enige van die volgende geagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: Lewersiekte, Bloedarmoede, Angerstoring, Bloedingsversteurings, Harttoestand, Aanvalle, Gloukoom, Hoë bloeddruk, Niersiekte, Alkoholgebruiks versteuring, Niersiene, Berorte, Retinitis pigmentosa, Galblaasiekte, Maagseer, Postchirurgiese stentplasing, Duto-immuunversteuring, Hipotroesie. As jy die volgende medikasie neem, raadpleeg asseblief jou gesondheidsorgpraktisyn voordat jy neem: Diabetes medisyne, Lewer medisyne, Antibiotika, Litium, Antikoagulanter (Warfarin), Stimulerende medisyne, Diuretika, Aspirien, Insulien, Anti-inflammatoriese medisyne (NSAID's), Kalmeermiddels, Geboortebepalers pille.

As enige van die volgende gebeur, hou op om **METAGLYCEMIX™** te gebruik en vertel jou dokter of gaan na die ongevallafdeling by jou naaste hospitaal:

- Allergiese reaksies - uitslag, jeuk / swelling (veral van die gesig / tong / keel), erge duiseligheid, probleme met asemhaling, veranderinge 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.

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

- Maagongemak, diarree.

Nie alle newe-effekte en interaksies wat vir **METAGLYCEMIX™** 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 newe-effekte sien wat nie in hierdie inligtingsblad genoem word nie, stel asseblief jou dokter, apteker of gesondheidsorgpraktisyn in kennis.

AANMELDING VAN NEWE-EFFEKTE

As jy newe-effekte ervaar, praat met jou dokter, apteker of ander gesondheidsorgpraktisyn. U kan ook newe-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 newe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van **METAGLYCEMIX™**.

HOE OM METAGLYCEMIX™ TE BÊRÊ

Bêre alle medisyne buite bereik van kinders.

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

Beskermt 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 **METAGLYCEMIX™** gebruik as u sigbare tekens van agteruitgang opmerk nie.

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

AANBIEDING VAN METAGLYCEMIX™

'n Wit 175 ml HDPE-bottel met 'n wit dop, induksiesêël, peuterkrimpsêël, spons en silikagelakkie.

IDENTIFIKASIE VAN METAGLYCEMIX™

Wit, langwerpige onbedekte tablet, ligbruin.

REGISTRASIE NOMMER - Om deur SAHPRA toegeken te word by registrasie.

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

HIERDIE INLIGTINGSBLAD IS LAAS HERSIEN OP

22 Oktober 2024

NAAM EN ADRES VAN REGISTRASIEHOUDER

Versprei deur:

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