

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

Category D: Complementary medicine.

Discipline: Discipline specific

33.7 Combination Product

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

SULFORACLEAR® , 60 Capsules

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

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

WHAT IS IN THIS LEAFLET

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

WHAT SULFORACLEAR® CONTAINS

Each one (1) capsule of **SULFORACLEAR®** contains the following actives:

Broccoli (Brassica oleracea var. italica) [80% Sprout and 20% Floret Powder (myrosinase activity 30 mg glucose/g) providing 1 mg sulforaphane potential from 2 mg glucoraphanin]	204 mg
Calcium (as dicalcium phosphate)	80 mg
Broccoli (Brassica oleracea var. italica) [Seed 10:1 Extract providing glucoraphanin (10 mg)]	78,5 mg
Phosphorus (as dicalcium phosphate)	60 mg

Inactive Ingredients: Capsule (hydroxypropyl-methylcellulose), magnesium stearate (vegetable), microcrystalline cellulose, silica and stearic acid (vegetable).

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

WHAT SULFORACLEAR® IS AND WHAT IT IS USED FOR

SULFORACLEAR® features ingredients that help support sulforaphane production. Sulforaphane is an activator of the body's own antioxidant and detoxifying enzymes and is responsible for the health benefits associated with broccoli consumption.

BEFORE YOU TAKE SULFORACLEAR®

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. Do not take **SULFORACLEAR®** 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. **Antibiotics:** The active ingredients in **SULFORACLEAR®** may interact with antibiotics, take your antibiotics 2 hours before or after taking **SULFORACLEAR®**.

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 **SULFORACLEAR®** 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 **SULFORACLEAR®** may affect you.

HOW TO TAKE SULFORACLEAR®

Do not share medicines prescribed for you with any other person. Always take **SULFORACLEAR®** 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 1 to 2 capsules daily, or as directed by your healthcare practitioner.

Do not take more than the recommended dose.

TAKING OTHER MEDICINES WITH SULFORACLEAR®

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.



IF YOU TAKE MORE SULFORACLEAR® 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 SULFORACLEAR®

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

POSSIBLE SIDE EFFECTS

SULFORACLEAR® may have side effects.

Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: Individuals with thyroid issues (goitrogenic properties may interfere with iodine absorption), Hypercalcaemia or kidney stones, individuals with severe renal impairment or those on medications that affect calcium metabolism, individuals with hyperphosphatemia or kidney disease. If you are taking the following medication, please consult with your healthcare practitioner before taking: May interact with thyroid medication (e.g., levothyroxine) due to its goitrogenic effects, medications metabolized by the liver (e.g., cytochrome P450 enzyme inhibitors), interfere with the absorption of certain medications such as antibiotics (e.g., tetracyclines, fluoroquinolones), May reduce the effectiveness of bisphosphonates (e.g., alendronate), May interfere with the absorption of calcium supplements or other minerals like iron and zinc. If any of the following happens, stop using **SULFORACLEAR®** 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 **SULFORACLEAR®**. 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, Mild gastrointestinal symptoms (e.g., indigestion, flatulence).

Not all side effects and interactions reported for **SULFORACLEAR®** 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 **SULFORACLEAR®**.

STORAGE AND DISPOSING OF SULFORACLEAR®

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 **SULFORACLEAR®** if you notice visible signs of deterioration.

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

PRESENTATION OF SULFORACLEAR®

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

IDENTIFICATION OF SULFORACLEAR®

Clear vegetable capsule with a light green 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

25 January 2025.

NAME AND ADDRESS OF REGISTRATION HOLDER

Distributed by:

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PASIËNT INLIGTINGSBLAD

SKEDULERINGSSTATUS **50**

Kategorie D: Komplementêre medisyne.

Dissipline: Dissipline spesifiek

33.7 Kombinasie produk

HANDELSNAAM EN DOSEERVORM,

SULFORACLEAR®, 60 Kapsules

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WAT DIT BEVAT

BELANGRIKE INLIGTING VIR U

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

WAT IS IN HIERDIE INLIGTINGSBLAD

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

WAT IS SULFORACLEAR® KAPSULES EN WAARVOOR WORD DIT GEBRUIK
SULFORACLEAR® bevat bestanddele wat help om sulforaafan te ondersteun. Sulforaafan is 'n aktyweerder van die liggaam se eie antioksidante en ontgiftende ensieme en is verantwoordelik vir die gesondheidsvoordele verbonde aan broccoliverbruik.

VOORDAT JY SULFORACLEAR® NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **SULFORACLEAR®** 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 aanvulling neem. **Antibiotika:** Die aktiewe bestanddele in **SULFORACLEAR®** kan interaksie hê met antibiotika, neem jou antibiotika 2 ure voor of na die neem van **SULFORACLEAR®**.

Hierdie medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.

BESTUUR EN GEBRUIK VAN MASIENE

Dit is nie altyd moontlik om in jou daaglikse lewe te bestuur **SULFORACLEAR®** 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 veriste 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 **SULFORACLEAR®** jou beïnvloed.

WATTER SULFORACLEAR® BEVAT

Elke een (1) kapsule **SULFORACLEAR®** bevat die volgende aktiewe:

Broccoli (Brassica oleracea var. italica) [80% spruit en 20% floretpoelier (myrosinase-aktiwiteit 30 mg glukose / g) wat 1 mg sulforaafanpotensiaal van 2 mg glucoraphanin bied]	204 mg
Kalsium (as dikalsiumfosfaat)	80 mg
Broccoli (Brassica oleracea var. italica) [Saad 10:1 Uittreksel wat glukorafanien verskaf (10 mg)]	78,5 mg
Fosfor (as dikalsiumfosfaat)	60 mg

Onaktiewe bestanddele: Kapsule (hidroksiopropyl-metielcellulose), magnesiumstearaat (groente), mikrokristallyne sellulose, silika en steariensuur (groente).
Hierdie produk is geskik vir vegetariërs, nie-GGO, gluten- en suiwelwy (suikervry)

NEEM VAN ANDER MEDISYNE SAAM MET SULFORACLEAR®

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

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

HOE OM SULFORACLEAR® TE NEEM

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

Aanwysings vir gebruik:

Volwassenes: Neem daaglik 1 tot 2 kapsules of soos voorgeskryf deur jou gesondheidsorgpraktisyn.

Moenie meer as die aanbevole dosis neem nie.

AS JY MEER SULFORACLEAR® 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 VERGEEFT OM SULFORACLEAR® TE NEEM

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

MOONTLIKE NUWE-EFFEKTE

SULFORACLEAR® kan nuwe-effekte hê. Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: Individuele met skildklierprobleme (goitrogene eienskappe kan inmeng met jodiumabsorpsie), Hyperkalsemie of niersteene, Individuele met ernstige nierinkorting of diegene op medikasie wat kalsiummetabolisme beïnvloed, Individuele met hiperfosfatemie of niersekte. As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidsorgpraktisyn voordat jy neem: Kan interaksie hê met skildklier medisyne (bv. levothyroxine) as gevolg van die goitrogene effekte daarvan, medisyne wat deur die lewer gemetaboliseer word (bv. sitochroom P450-ensiem-inhibeerders), inmeng met die absorpsie van sekere medisyne soos antibiotika (bv. alendronaat), kan inmeng met die opname van kalsiumaanvullings of ander minerale soos yster en sink. As enige van die volgende gebeur, hou op om **SULFORACLEAR®** 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 alles baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op **SULFORACLEAR®** gehad. Jy mag dalk dringende mediese hulp of hospitalisasie nodig hê.

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

- naarheid / braking, Ligte gastro-intestinale simptome (bv. spysvertering, windigheid).

Nie alle nuwe-effekte en interaksies wat vir **SULFORACLEAR®** rapporteer 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 **SULFORACLEAR®**.

HOE OM SULFORACLEAR® TE BÊRÊ

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 **SULFORACLEAR®** gebruik as u sigbare tekens van agteruitgang opmerk nie.

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

AANBIEDING VAN SULFORACLEAR®

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

IDENTIFIKASIE VAN SULFORACLEAR®

Duidelik groentekapsule met 'n liggroen 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

25 Januarie 2025.

NAAM EN ADRES VAN REGISTRASIEHOUDER

Versprei deur:

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