

## PATIENT INFORMATION LEAFLET

### SCHEDULING STATUS <sup>50</sup>

Category D: Complementary medicine.

Discipline: Discipline Specific

33.7 Combination Product

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

### TESTRALIN<sup>®</sup>, 60 Tablets

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

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

#### WHAT IS IN THIS LEAFLET

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

#### WHAT TESTRALIN<sup>®</sup> CONTAINS

##### Each one (1) tablet of TESTRALIN<sup>®</sup> contains the following actives:

Decaffeinated Green Tea (Camellia sinensis) [Leaf Extract standardized to 60 % (100 mg) catechins and 40 % (67 mg) epigallocatechin gallate (EGCG)]	167 mg
Turmeric (Curcuma longa) [Rhizome 25:1 Extract standardized to 95 % (75 mg) curcuminoids]	79 mg
Soybean (Glycine max) Concentrate Phytosterols (providing beta-sitosterol 24,5 mg, 50 mg campesterol 12 mg, stigmasterol 9,3 mg and other plant sterols 4,2 mg)	62,5 mg
Betaine (as betaine HCl) Lignans [as secoisolariciresinol diglucosides; (SDG)] 25 mg [from 125 mg flaxseed extract (Linum usitatissimum)]	37,5 mg
Total Isoflavones (containing all forms of genistin, 25 mg daidzin and glycitin)	
Vitamin B6 (as pyridoxine HCl)	25 mg
Oleonic Acid [from olive (Olea europaea) leaf extract]	5 mg
Lycopene	5 mg
Zinc (as zinc citrate)	2,5 mg
Folate (as calcium L-5-methyltetrahydrofolate)	200 µg
Selenium (as selenomethionine)	100 µg
Vitamin B12 (as methylcobalamin)	15 µg
Vitamin D (as cholecalciferol)	9,4 µg
	(375 I.U)

**Inactive Ingredients:** Calcium silicate, coating [hypromellose, hydroxypropylcellulose, medium-chain triglycerides, and sodium copper chlorophyllin (colour)], croscarmellose sodium, microcrystalline cellulose, silica, stearic acid (vegetable).

**This product is dairy and gluten free and non-GMO (Sugar Free)**

#### WHAT TESTRALIN<sup>®</sup> IS AND WHAT IT IS USED FOR

**TESTRALIN<sup>®</sup>** supports overall health with a blend of antioxidants, vitamins, and plant extracts. Formulated with ingredients such as green tea extract, turmeric, and phytonutrients like phytosterols, lignans, and lycopene to assist the body's natural antioxidant defences and support general well-being.

#### BEFORE YOU TAKE TESTRALIN<sup>®</sup>

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. Do not take **TESTRALIN<sup>®</sup>** 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:** **TESTRALIN<sup>®</sup>** might increase the risk of bleeding during and after surgery. Stop using **TESTRALIN<sup>®</sup>** at least 2 weeks before a scheduled surgery. **Laboratory tests:** May interfere with the results of many different blood lab tests. **TESTRALIN<sup>®</sup>** can cause falsely high or falsely low test results. This might lead to missed or incorrect diagnoses. Tell your doctor if you are taking this supplements, especially if you are having lab tests done. **Antibiotics:** Take your antibiotics 2 hours before or 4 hours after taking **TESTRALIN<sup>®</sup>**.

**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 tell to what extent **TESTRALIN<sup>®</sup>** 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 **TESTRALIN<sup>®</sup>** may affect you.

#### TAKING OTHER MEDICINES WITH TESTRALIN<sup>®</sup>

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.

Document Reference: TSLRN60T.PIL.CMP 02-25



#### HOW TO TAKE TESTRALIN<sup>®</sup>

Do not share medicines prescribed for you with any other person. Always take **TESTRALIN<sup>®</sup>** 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) tablet daily with food or as directed by your healthcare practitioner. **Do not take more than the recommended dose.**

#### IF YOU TAKE MORE TESTRALIN<sup>®</sup> 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 TESTRALIN<sup>®</sup>

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

#### POSSIBLE SIDE EFFECTS

**TESTRALIN<sup>®</sup>** may have side effects.

Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: Liver disease (due to EGGC's potential hepatotoxicity), Gallbladder disease (due to choleric effect), Hormone-sensitive conditions (e.g., breast, ovarian cancer) due to phytoestrogenic activity, Gastric ulcers or peptic ulcers, Severe liver or kidney disorders, Hypercalcemia, kidney stones, Hyperparathyroidism. If you are taking the following medication, please consult with your healthcare practitioner before taking: May interact with anticoagulants (e.g., warfarin), Potential interaction with diabetes medications (may lower blood sugar), May interact with thyroid hormone medications (levothyroxine). Can affect absorption of fat-soluble drugs, May interact with drugs that affect liver or kidney function (e.g., ACE inhibitors), May interact with oestrogen-sensitive medications (e.g., tamoxifen), May interfere with thyroid function, May interact with levodopa (Parkinson's medication), Can reduce the effectiveness of certain anti-TB drugs, May interact with antihypertensive medications, May interact with chemotherapy agents, May interact with certain medications (e.g., metformin), May interact with certain medications (e.g., corticosteroids, anticonvulsants). If any of the following happens, stop using **TESTRALIN<sup>®</sup>** 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 **TESTRALIN<sup>®</sup>**. 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, flatulence, fatigue.

Not all side effects and interactions reported for **TESTRALIN<sup>®</sup>** 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 **TESTRALIN<sup>®</sup>**.

#### STORAGE AND DISPOSING OF TESTRALIN<sup>®</sup>

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 **TESTRALIN<sup>®</sup>** if you notice visible signs of deterioration.

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

#### PRESENTATION OF TESTRALIN<sup>®</sup>

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

#### IDENTIFICATION OF TESTRALIN<sup>®</sup>

Green coated tablet.

#### REGISTRATION NUMBER –

To be allocated by SAHPRA upon registration.

#### ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

Scan QR code.

#### THIS LEAFLET WAS LAST REVISED ON

05 February 2025

#### NAME AND ADDRESS OF REGISTRATION HOLDER

##### Distributed by:

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



## PASİENT INLIGTINGSBLAD

### SKEDULERINGSSTATUS <sup>50</sup>

Kategorie D: Komplementêre medisyne.  
Dissipline: Dissiplinespesifiek  
33.7 Kombinasie produk

HANDELSNAAM EN DOSEERVORM,

## TESTRALIN<sup>®</sup>, 60 Tablette

### LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT

#### BEWAARDE INLIGTING VIR U

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

#### WAT IS IN HIERDIE INLIGTINGSBLAD

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

#### WATER TESTRALIN<sup>®</sup> BEVAT

Elke een (1) tablet van **TESTRALIN<sup>®</sup>** bevat die volgende aktiewe:

Kafeienvrye groen tee (Camellia sinensis)	167 mg
[Blaaeraktrakt gestandaardiseer tot 60% (100 mg) katekine en 40% (67 mg) epigallocatechin gallate (EGCG)]	
Borrie (Curcuma longa) [Risoom 25: 1 Uittreksel gestandaardiseer tot 95% (75 mg) curcuminoliede]	79 mg
Sojaboon (Glycine max) Konsentraat Fitosterole (verskaf beta-sitosterol 24,5 mg, 50 mg campesterol 12 mg, stigmasterol 9,3 mg en ander plantsterole 4,2 mg)	62,5 mg
Betaïne (as betaïne HCl) Lignane (as secosolaricresinol diglukosiede; [SDG])	37,5 mg
[5 mg van 125 mg vasaad uittreksel (Linum usitatissimum)]	
Totale Isoflavone (wat alle vorme van genistien, 25 mg daidzin en glisiteen bevat)	
Vitamiën B6 (as piridoksin HCl)	25 mg
Oleanoluur [van olywe (Olea europaea) blaarekstrakt]	5 mg
Likopeen	5 mg
Sink (as sinkisitraat)	2,5 mg
Folaat (as kalsium L-5-metieltehtetrahydrofolaat)	200 µg
Selenium (as selenometionien)	100 µg
Vitamiën B12 (as metielkobalaminien)	15 µg
Vitamiën D (as cholecalciferol)	9,4 µg (375 IE)

**Onaktiewe bestanddele:** Kalsiumsilikaat, bedekking [hipromellose, hidroksipropylselulose, mediumketting triglisieriede en natrium koperchlorofiliën (kleur)], crosarmellose-natrium, mikrokristallyn selulose, silka, steariensuur (groente).

**Hierdie produk is suiwel- en glutenvry en nie-GMO (suikervry)**

**WAT IS TESTRALIN<sup>®</sup> KAPSULES EN WAARVOOR WORD DIT GEBRUIK**  
**TESTRALIN<sup>®</sup>** ondersteun algemene gesondheid met 'n mengsel van antioksidante, vitamene en plantekstrakte. Geformuleer met bestanddele soos groen tee-ekstrakt, borrie en fitonutriënte soos fitosterole, lignane en likopeen om die liggaam se natuurlike antioksidantverdediging te help en algemene wetstand te ondersteun.

#### VOORDAT JY TESTRALIN<sup>®</sup> NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisy te raadpleeg nie. Moenie

**TESTRALIN<sup>®</sup>** neem as jy hipersensitief (allergies) is vir enige van die bestanddele nie. As jy allergieë het, maak seker dat jy met jou gesondheidsorgpraktisy gaan voordat jy hierdie aanvulling neem.

**Chirurgie:** **TESTRALIN<sup>®</sup>** kan die risiko van bloeding tydens en na die operasie verhoog. Hou op om **TESTRALIN<sup>®</sup>** ten minste 2 weke voor 'n geskeduleerde operasie te gebruik. **Laboratoriumtoets:** Kan in menging met die resultate van baie verskillende bloedlaboratoriumtoets. **TESTRALIN<sup>®</sup>** kan vals hoë of vals lae toetsresultate veroorsaak. Dit kan lei tot gemiste of verkeerde diagnoses. Vertel jou dokter as jy hierdie aanvullings neem, veral as jy laboratoriumtoets laat doen. **Antibiotika:** Neem jou antibiotika 2 ure voor of na die neem van **TESTRALIN<sup>®</sup>**.

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

#### BESTUUR EN GEBRUIK VAN MASIENIE

Dit is nie altyd moontlik om te voorspel in watter mate **TESTRALIN<sup>®</sup>** die daaglikse aktiviteite van 'n pasiënt kan belemmer nie. Pasiënte moet seker maak dat hulle nie betrokke raak by aktiviteite 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 bewus is van die mate waartoe **TESTRALIN<sup>®</sup>** jou beïnvloed.

### NEEM VAN ANDER MEDISYNE SAAM MET TESTRALIN<sup>®</sup>

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 gesondheidsorgpraktisy te raadpleeg nie.

#### SWANGERSKAP EN BORSVOEDING

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

#### HOE OM TESTRALIN<sup>®</sup> TE NEEM

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

#### Aanwysings vir gebruik:

**Volwassenes:** Neem een (1) tablet daagliks saam met kos of soos voorgeskryf deur jou gesondheidsorgpraktisy.

#### Moenie meer as die aanbevole dosis neem.

#### AS JY MEER TESTRALIN<sup>®</sup> 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 VERGET OM TESTRALIN<sup>®</sup> TE NEEM

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

#### MOONTLIKE NUWE-EFFEKTE

**TESTRALIN<sup>®</sup>** kan nuwe-effekte hê.

Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisy voor gebruik: Lewersiekte (as gevolg van EGGG se potensieële hepatotoksiteit), Galblaasiekte (as gevolg van choleresiese effek), Hormoonsensitiese toestande (bv. borskanker, eierstokkanker) as gevolg van fitosterogeeniese aktiviteit, maagere of maagere, Ernstige lever- of nierafwykings, Hiperkalsemie, idney stene, Hiperparatiroïedisme. As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidsorgpraktisy voordat jy neem: Kan interaksie hê met antikoagulant (bv. warfarin), Potensieële interaksie met diabetesmedikasie (kan bloedsuiker verlaag), Kan interaksie hê met skildklierhormoonmedikasie (levotiroksien), Kan absorpsie van vetoplosbare middels beïnvloed, Kan interaksie hê met middels wat lever- of nierfunksie beïnvloed (bv. ACE-remmers), Kan interaksie hê met estrogeen-terapie medikasie (bv. tamoxifen), Kan in menging met skildklierfunksie, Kan interaksie hê met levodopa (Parkinson se medikasie), Kan die doeltreffendheid van sekere anti-TB-middels verminder, Kan interaksie hê met anti-hipertensiewe medikasie, Kan interaksie hê met chemoterapiemiddels, Kan interaksie hê met sekere medikasie. As enige van die volgende gebeur, hou op om **TESTRALIN<sup>®</sup>** te gebruik en vertel jou dokter of gaan na die ongevalafdeling 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 gevalle. As jy dit het, het jy dalk 'n ernstige reaksie op **TESTRALIN<sup>®</sup>** gehad. Jy mag dalk dringende mediese hulp of hospitalisasie nodig hê.

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

- naarheid/braking, ringerigheid, moegheid.

Nie alle nuwe-effekte en interaksies wat vir **TESTRALIN<sup>®</sup>** gerapporteur 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 gesondheidsorgpraktisy vir raad. As jy enige nuwe-effekte sien wat nie in hierdie inligtingsblad genoem word nie, stel asseblief jou dokter, apteker of gesondheidsorgpraktisy in kennis.

#### AANMELDING VAN NUWE-EFFEKTE

As jy nuwe-effekte ervaar, praat met jou dokter, apteker of ander gesondheidsorgpraktisy. 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 **TESTRALIN<sup>®</sup>**.

#### HOE OM TESTRALIN<sup>®</sup> TE BERE

Bêre alle medisyne buite bereik van kinders.

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

Beskerem 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 **TESTRALIN<sup>®</sup>** gebruik as u sigbare tekens van agteruitgang opmerk nie.

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

#### AANBIEDING VAN TESTRALIN<sup>®</sup>

'n Wit 250 ml HDPE-bottel met 'n wit dop, induksiesêël, peuterkrimpseël, spons en siliikagelsakkie.

#### IDENTIFIKASIE VAN TESTRALIN<sup>®</sup>

Groen bedekte tablet.

#### REGISTRASIE NUMMER

Om deur SAHPRA toegestaan te word by registrasie.

#### TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING

Skandeer QR-kode.

#### HIERDIE INLIGTINGSBLAD IS LAAS HERSIEN OP

05 Februarie 2025

#### NAAM EN ADRES VAN REGISTRASIEHOUDER

#### Versprei deur:

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