

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS ⁵⁰

Category D: Complementary medicine.

Discipline: Health Supplement

34.12 Multiple substance formulation

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

ULTRACLEAR PLUS[®], 400 g, 860 g, 860 g & 1,2 kg Powder

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT

INFORMATION FOR YOU

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

WHAT IS IN THIS LEAFLET

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

WHAT ULTRACLEAR PLUS[®] CONTAINS

Each one (1) scoop (32 g) of **ULTRACLEAR PLUS[®]** contains the following actives:

Rice Protein	5 g
Magnesium citrate (providing elemental magnesium 100 mg)	869,5 mg
Glycine	800 mg
Dipotassium phosphate (providing elemental potassium 182,85 mg and elemental phosphorus 77,3 mg)	415,5 mg
Calcium Citrate (providing elemental calcium 69,5 mg)	339 mg
L-Lysine (as L-lysine HCl)	252,5 mg
Vitamin C (as ascorbic acid)	150 mg
L-Threonine	142,5 mg
L-Alanine	117,5 mg
DL-Methionine	85 mg
Dicalcium phosphate (providing elemental calcium 21,05 mg and elemental phosphorus 16,25 mg)	71,35 mg
L-Glutamine	50 mg
L-Cysteine (as L-cysteine HCl)	42,5 mg
Vitamin B5 (as calcium D-pantothenate)	18 mg
Vitamin E (as α -alpha tocopheryl acetate)	14,05 mg
Decaffeinated Green Tea (Camellia sinensis) [Leaf Extract standardized to 60% (7,5 mg) catechins and 40% (5 mg) epigallocatechin gallate (EGCG)]	12,5 mg
Magnesium sulphate (providing elemental magnesium 2,5 mg and sulphate 10 mg)	12,5 mg
Zinc (as zinc gluconate)	5 mg
Vitamin B3 (as niacinamide)	4,75 mg
Vitamin B6 (as pyridoxine HCl)	1,7 mg
Vitamin B1 (as Thiamine HCl)	1 mg
Vitamin B2 (as Riboflavin)	1 mg
Copper (as copper gluconate)	0,5 mg
Iron (as ferrous fumarate)	0,25 mg
Vitamin A (as beta-carotene)	600 mcg
Vitamin A (as retinyl palmitate)	150 mcg
Vitamin H (as Biotin)	67,5 mcg
Folate (as calcium L-5-methyltetrahydrofolate)	40 mcg
Potassium iodide (providing elemental iodine 26,5 mcg)	34,65 mcg
Chromium (as chromium picolinate)	25 mcg
Vitamin B12 (as Methylcobalamin)	1,8 mcg
Vitamin D (as cholecalciferol)	0,4 mcg (17,5 I.U.)

Inactive Ingredients: Guar gum, natural flavours, olive oil, potassium bicarbonate, potassium chloride, rosemary extract, silicon dioxide, sodium chloride, xanthan gum.

Contains Sugar: Fructose 6,19 g

Contains Sweetener: Rice syrup solids 5,29 g

This product is gluten & dairy free and is non-GMO.

WHAT ULTRACLEAR PLUS[®] IS AND WHAT IT IS USED FOR

ULTRACLEAR PLUS[®] is formulated to provide enhanced, specialized support for balanced metabolic detoxification, including macro and micronutrients to address liver function.

BEFORE YOU TAKE ULTRACLEAR PLUS[®]

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. Do not take **ULTRACLEAR 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. **Surgery:** Stop taking **ULTRACLEAR PLUS[®]** at least two weeks before scheduled surgery.

Antibiotics: Take your antibiotics 2 hours before or after taking **ULTRACLEAR PLUS[®]**. **Laboratory tests:** Active ingredients in **ULTRACLEAR PLUS[®]** may alter the results of tests. Please tell your healthcare practitioner that you are taking **ULTRACLEAR PLUS[®]** before having any laboratory tests.

This medicine has not been evaluated by the SAHPRA for quality, safety, or intended use.

IMPORTANT INFORMATION ABOUT SOME OF THE INGREDIENTS ULTRACLEAR PLUS[®]

ULTRACLEAR PLUS[®] contains fructose which may have an effect on the control of your blood sugar if you have diabetes mellitus.

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.

TAKING OTHER MEDICINES WITH ULTRACLEAR PLUS[®]

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.



HOW TO TAKE ULTRACLEAR PLUS[®]

Do not share medicines prescribed for you with any other person. Always take **ULTRACLEAR PLUS[®]** 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.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent **ULTRACLEAR PLUS[®]** 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 **ULTRACLEAR PLUS[®]** may affect you.

Directions for use:

Adults: Blend, shake, or briskly stir 1 scoop (32 g) into 240 ml of water daily or as directed by your healthcare practitioner.

Do not take more than the recommended dose.

IF YOU TAKE MORE ULTRACLEAR PLUS[®] 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 ULTRACLEAR PLUS[®]

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

POSSIBLE SIDE EFFECTS

ULTRACLEAR PLUS[®] may have side effects.

Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: Bleeding disorders, Heart disease, Diabetes, Head and neck cancer, Weak and brittle bones (osteoporosis), Prostate cancer, An inherited eye condition that causes poor night vision and loss of side vision (retinitis pigmentosa), Stroke, Liver disease, Post-surgical stent placement, Weight loss surgery, Procedures to widen narrowed arteries (angioplasty), Seizure disorder. If you are taking the following medication, please consult with your healthcare practitioner before taking. Medications changed by the liver, Medications for cancer (Chemotherapy), blood clotting (Anticoagulant / Antiplatelet drugs), Warfarin (Coumadin), Antibiotics (Tetracycline antibiotics), Amiodarone (Cordarone), Phenobarbital (Luminal), Medications for high blood pressure (antihypertensive drugs), 5-Fluorouracil, Medications for diabetes (Antidiabetes drugs). If any of the following happens, stop using **ULTRACLEAR 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 **ULTRACLEAR 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/vomiting.

Not all side effects and interactions reported for **ULTRACLEAR PLUS[®]** are included in this leaflet.

Should your general health worsen or if you experience any outward 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 "G.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 **ULTRACLEAR PLUS[®]**.

STORAGE AND DISPOSING OF ULTRACLEAR PLUS[®]

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

PRESENTATION OF ULTRACLEAR PLUS[®]

840 g: A white 1,75L HDPE jar with a white cap, induction seal, tamper shrink seal.

1,2 kg: A white 2L HDPE jar with a white cap, induction seal, tamper shrink seal.

IDENTIFICATION OF ULTRACLEAR PLUS[®] - Fine, light tan powder.

REGISTRATION NUMBER – To be allocated by SAHPRA upon registration.

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION Scan QR code.

THIS LEAFLET WAS LAST REVISED ON

02 January 2025

NAME AND ADDRESS OF REGISTRATION HOLDER

Distributed by:

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PASIËNT INLIGTINGSBLAD

SEKEDULERINGSSTATUS ⁵⁰

Kategorie D: Komplementêre medisyne.

Disipliene: Gesondheidsaanvulling

34.12 Meervoudige Bestanddeel Formulase

HANDELSNAAM EN DOSEERVORM,

ULTRACLEAR PLUS[®], 400 g, 860 g & 1,2 kg poeier

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT BELANGRIKE

INLIGTING VIR U

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

WAT IS IN HIERDIE INLIGTINGSBLAD

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

WATER ULTRACLEAR PLUS[®] BEVAT

Elke een (1) skep (32 g) van **ULTRACLEAR PLUS[®]** bevat die volgende aktiewe:

Rys proteïene	5 g
Magnesiumsitraat (verskaffing van elementêre magnesium 100 mg)	869,5 mg
Glisien	800 mg
Dikaliumfosfaat (wat elementêre kalium 182,85 mg en elementêre fosfor 77,3 mg verskaf)	415,5 mg
Kalsiumsitraat (verskaf elementêre kalsium 69,5 mg)	339 mg
L-lysien (as L-lysien HCl)	252,5 mg
Vitamiën C (as askorbiensuur)	150 mg
L-Threonine	142,5 mg
L-alanien	117,5 mg
DL-metionien	85 mg
Dikaliumfosfaat (wat elementêre kalsium 21,05 mg en elementêre fosfor 16,25 mg verskaf)	71,35 mg
L-glutamiën	50 mg
L-sisteïen (as L-sisteïen HCl)	42,5 mg
Vitamiën B5 (as kalsium D-pantothenaat)	18 mg
Vitamiën E (as α -tokoferielaataat)	14,05 mg
Kafelerynrye groen teë (Camellia sinensis) [Blaarekstrak gestandaardiseer tot 60% (7,5 mg) katekiene en 40% (5 mg) epigallocatechin gallate (EGCG)]	12,5 mg
Magnesiumsulfaat (verskaf elementêre magnesium 2,5 mg en sulfaat 10 mg)	12,5 mg
Sink (as sinkglukonaat)	5 mg
Vitamiën B3 (as niacinaamide)	4,75 mg
Vitamiën B6 (as piridoksien HCl)	1,7 mg
Vitamiën B1 (as tiamiën HCl)	1 mg
Vitamiën B2 (as riboflavin)	1 mg
Koper (as koperglukonaat)	0,5 mg
Yster (as ysterhoudende fumarate)	0,25 mg
Vitamiën A (as beta-karoteen)	600 mcg
Vitamiën A (as retinylpalmitaat)	150 mcg
Vitamiën H (as biotien)	67,5 mcg
Folaat (as kalsium L-5-metielteitrahidrofolaat)	40 mcg
Kaliumjodied (verskaffing van elementêre jodium 26,5 mcg)	34,65 mcg
Chroom (as chroompikolinaat)	25 mcg
Vitamiën B12 (as metielkobalamin)	1,8 mcg
Vitamiën D (as cholecalciferol)	0,4 mcg (17,5 IE)

Onaktiewe bestanddele: Guargom, natuurlike geure, olyfolie, kalium bikarbonaat, kaliumchloried, roosmaryn uitreksel, silikondoksied, natrium chloried, xantangom.

Bevat suiker: Fruktose 6,19 g

Bevat versoeter: Rysstroop vaste stowwe 5,29 g

Hierdie produk is gluten- en suiwelvelvry en is nie-GMO.

WAT IS ULTRACLEAR PLUS[®] KAPSULES EN WAARVOOR WORD DIT GEBRUIK

ULTRACLEAR PLUS[®] is geformuleer om verbeterde, gespesialiseerde ondersteuning te bied vir gebalanseerde metabolisme ontgifting, insluitend makro- en mikrovoedingstowwe om lewerfunksie aan te spreek.

VOORDAT JY ULTRACLEAR PLUS[®] NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisynt te raadpleeg nie. Moenie **ULTRACLEAR PLUS[®]** neem as jy hipersensitief (allergies) is vir enige van die bestanddele nie. As jy allergiese het, maak seker dat jy met jou gesondheidsorgpraktisynt gaan voordat jy hierdie aanvulling neem. **Chirurgie:** Hou op om **ULTRACLEAR PLUS[®]** ten minste twee weke voor die geskeduleerde operasie te neem. **Antibiotika:** Neem jou antibiotika 2 uur voor of na die neem van **ULTRACLEAR PLUS[®]**.

Laboratoriumtoetse: Aktiewe bestanddele in **ULTRACLEAR PLUS[®]** kan die resultate van toetse verander. Vertel asseblief jou gesondheidsorgpraktisynt dat jy **ULTRACLEAR PLUS[®]** neem voordat jy enige laboratoriumtoetse ondergaan. Hierdie medisyne is nie deur die SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.

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BESTUUR EN GEBRUIK VAN MASIËNE

Dit is nie altyd moontlik om te voorspel in watter mate **ULTRACLEAR PLUS[®]** 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 vereiste van verstandelike waaksaamheid, oordeel en/of gesonde koördinasie en visie nie, byvoorbeeld bestuur, ry, vlieg, seil, bedryfsmasjien/toerusting, toetstul hulle bewus is van die mate waartoe **ULTRACLEAR PLUS[®]** jou beïnvloed.

NEEM VAN ANDER MEDISYNE SAAM MET ULTRACLEAR PLUS[®]

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 gesondheidsorgpraktisynt te raadpleeg nie.

BELANGRIKE INLIGTING OOR SOMMIGE VAN DIE BESTANDELE ULTRACLEAR PLUS[®]

ULTRACLEAR PLUS[®] bevat fruktose wat 'n uitwerking kan hê op die beheer van jou bloedsuiker as jy diabetes mellitus het.

SWANGERSKAP EN BORSVOEDING

Veiligheid tydens swangerskap en borsvoeding is nie vasgestel nie, raadpleeg jou gesondheidsorgpraktisynt vir gebruik. As u swanger is of borsvoed, dink dat u swanger is of beplan om 'n baba te hê, raadpleeg u gesondheidsorgpraktisynt voordat u hierdie aanvulling neem.

HOE OM ULTRACLEAR PLUS[®] TE NEEM

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

Aanwysings vir gebruik:

Volwasse: Meng, skud of roer 1 lepel (32 g) daagliks in 240 ml water of soos voorgeskryf deur jou gesondheidsorgpraktisynt.

Moenie meer as die aanbevole dosis neem nie.

AS JY MEER ULTRACLEAR PLUS[®] 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 VERGEET OM ULTRACLEAR PLUS[®] TE NEEM

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

MOONTLIKE NUWE-EFFEKTE

ULTRACLEAR PLUS[®] kan nuwe-effekte hê.

Indien jy enige van die volgende gedagioneerde toestande het, raadpleeg jou gesondheidsorgpraktisynt vir gebruik: bloedsingerversteuring, hartsiektes, diabetes, kop- en nekankere, swak en bros bene (osteoporose), prostaatanker, 'n oerofliese oogtoestand wat swak nagsig en verlies aan visie (retinitis pigmentosa) veroorsaak, beroerte, lewersiekte, post-chirurgiese stentplasing, Gewigsverlieschirurgie, prosedures om verhoede are (angioplastie) te verbreed, beslagleggingsversteuring. As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidsorgpraktisynt voordat jy neem: medisyne vir kanker (Chemoterapie), bloedstolling (Antikoagulant / Antiplatelet-middels), Warfarin (Coumadin), Antibiotika (Tetrasiklin antibiotika), Amiodarone (Cordarone), Fenobarbital (Luminal), medisyne vir hoë bloeddruk (antihypertensiewe middels), 5-Fluorouracil, medisyne vir diabetes (Antidiabetes dwelms). As enige van die volgende gebeur, hou op om **ULTRACLEAR PLUS[®]** 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 **ULTRACLEAR PLUS[®]** gehad. Jy mag dalk dringende mediese hulp of hospitalisasie nodig hê.

Neuwe-effekte wat gewoonlik nie mediese hulp benodig nie

(rapporteer aan u gesondheidsorgpraktisynt as dit voortduur):

- naarheid / braking.

Nie alle nuwe-effekte en interaksies wat vir **ULTRACLEAR PLUS[®]** geraapporteer 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 gesondheidsorgpraktisynt vir raad. As jy enige nuwe-effekte sien wat nie in hierdie inligtingsblad genoem word nie, stel asseblief jou dokter, apteker of gesondheidsorgpraktisynt in kennis.

AANMELDING VAN NUWE-EFFEKTE

As jy nuwe-effekte ervaar, praat met jou dokter, apteker of ander gesondheidsorgpraktisynt. 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 **ULTRACLEAR PLUS[®]**.

HOE OM ULTRACLEAR PLUS[®] TE BÊRE

Bêre alle medisyne buite bereik van kinders. Bêre in 'n koel, donker plek, onder 25 °C. Beskerm 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 **ULTRACLEAR PLUS[®]** gebruik as u sigbare tekens van agteruitgang opmerk nie. Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

AANBEDIING VAN ULTRACLEAR PLUS[®]

840 g: 'n Wit 1,75L HDPE-pot met 'n wit dop, induksiesieël, peuterkrimpseël.

1,2 kg: 'n Wit 2L HDPE-pot met 'n wit dop, induksiesieël, peuterkrimpseël.

IDENTIFIKASIE VAN ULTRACLEAR PLUS[®]

Fyn, ligte bruin poeier.

REGISTRASIONOMMER

Om deur SAHPRA toegestaan te word by registrasie.

TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING

Skandeer QR-kode.

HIERDIE INLIGTINGSBLAD IS LAAS HERSIEN OP

02 Januarie 2025

NAAM EN ADRES VAN REGISTRASIEHOUEUR

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



