

## PATIENT INFORMATION LEAFLET

### SCHEDULING STATUS: S6

Category D: Complementary medicine.

Discipline: Health Supplement

34.12 Multiple substance formulation

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM

## ULTRAFLO® COMPLETE PROBIOTIC,

### 30 Capsules

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

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

#### WHAT IS IN THIS LEAFLET

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

#### WHAT ULTRAFLO® COMPLETE PROBIOTIC CONTAINS

Each one (1) capsule of **ULTRAFLO® COMPLETE PROBIOTIC** contains the following actives:

<i>Lactobacillus acidophilus</i> NCFM®	12 Billion CFU
<i>Lactobacillus rhamnosus</i> GG	12 Billion CFU
<i>Bifidobacterium lactis</i> BI-04®	2 Billion CFU
<i>Bifidobacterium lactis</i> BI-07®	1 Billion CFU
<i>Lactobacillus plantarum</i> Lp-115®	0,50 Billion CFU
<i>Lactobacillus rhamnosus</i> HN001™	0,20 Billion CFU
<i>Bifidobacterium lactis</i> HN019™	0,10 Billion CFU
<i>Lactocaseibacillus paracasei</i> Lpc-37®	0,10 Billion CFU
<i>Bifidobacterium lactis</i> B 420™	0,10 Billion CFU
Vitamin B1 (as Thiamine hydrochloride)	1,70 mg
Vitamin B2 (Riboflavin)	1,60 mg
Vitamin D (as Cholecalciferol)	15,00 µg (600 I.U.)

**Inactive Ingredients:** hydroxypropyl methylcellulose, magnesium salts of fatty acids, microcrystalline cellulose, silicon dioxide, Calcium carbonate.

**This product is suitable for Vegetarians, is non-GMO and Gluten Free (Sugar Free)**

**WHAT ULTRAFLO® COMPLETE PROBIOTIC IS AND WHAT IT IS USED FOR**  
**ULTRAFLO® COMPLETE PROBIOTIC** features a combination of 28 billion organisms per capsule, to support digestion, bloating, bowel regularity, immunity, skin, energy, psychological and overall health.

#### BEFORE YOU TAKE ULTRAFLO® COMPLETE PROBIOTIC

If you are taking any chronic medication, do not use this product without consulting your healthcare professional. Do not take **ULTRAFLO® COMPLETE PROBIOTIC** 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.

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 **ULTRAFLO® COMPLETE PROBIOTIC** 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 **ULTRAFLO® COMPLETE PROBIOTIC** may affect you.

#### TAKING OTHER MEDICINES WITH ULTRAFLO® COMPLETE PROBIOTIC

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 professional. Taking antibiotics along with **ULTRAFLO® COMPLETE PROBIOTIC** can reduce the effects of the medicine. To avoid this interaction, take **ULTRAFLO® COMPLETE PROBIOTIC** at least 2 hours before or after antibiotics.

#### HOW TO TAKE ULTRAFLO® COMPLETE PROBIOTIC

- Do not share medicines prescribed for you with any other person.
- Always take **ULTRAFLO® COMPLETE PROBIOTIC** exactly as described in this leaflet, or as your doctor, healthcare professional has instructed you.
- You should check with your doctor, pharmacist or healthcare professional if you are unsure.



#### Directions for use:

**Adult:** Take one (1) capsule per day or as directed by your healthcare professional.

**Do not take more than the recommended dose.**

**IF YOU TAKE MORE ULTRAFLO® COMPLETE PROBIOTIC THAN YOU SHOULD**

In the event of overdosage, consult your doctor, pharmacist. Should none of these be available, contact the nearest hospital or poison control centre.

**IF YOU FORGET TO TAKE ULTRAFLO® COMPLETE PROBIOTIC**

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

#### POSSIBLE SIDE EFFECTS

**ULTRAFLO® COMPLETE PROBIOTIC** may have side effects.

Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: Digestive tract disease, Weakened immune system, damaged heart valves, Iron deficiency, Liver disease, Malnutrition, Zinc deficiency, Atherosclerosis, Histoplasmosis, Hyperparathyroidism, Lymphoma, Kidney disease.

If you are taking the following medication, please consult with your healthcare professional before taking: Antibiotic medicine (broad-spectrum), Anticoagulants (Warfarin), Diuretics, Heart medication. If any of the following happens, stop using **ULTRAFLO® COMPLETE PROBIOTIC** 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 **ULTRAFLO® COMPLETE PROBIOTIC**. 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, diarrhea, bloating, flatulence.

Not all side effects and interactions reported for **ULTRAFLO® COMPLETE PROBIOTIC** 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 **ULTRAFLO® COMPLETE PROBIOTIC**.

#### STORAGE AND DISPOSING OF ULTRAFLO® COMPLETE PROBIOTIC

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 **ULTRAFLO® COMPLETE PROBIOTIC** if you notice visible signs of deterioration.

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

#### PRESENTATION OF ULTRAFLO® COMPLETE PROBIOTIC

White 112 ml polypropylene container, with a white polypropylene screw cap.

The container has an inner desiccant sleeve and a tamper resistant seal. **Pack size:** 30 vegetable capsules.

#### IDENTIFICATION OF ULTRAFLO® COMPLETE PROBIOTIC

Size 0 transparent vegetable capsule containing an off-white to light yellow 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

05 November 2024

#### NAME AND ADDRESS OF REGISTRATION HOLDER

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## PASIENT INLIGTINGSBLAD

### SKEDULERINGSSTATUS: S0

Kategorie D: Komplementêre medisyne.

Dissipline: Gesondheidsaanvulling

34.12 Meervoudige Bestanddeel Formulasie

HANDELSNAAM EN DOSEERVORM,

## ULTRAFLOA® COMPLETE PROBIOTIC,

### 30 kapsules

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT BELANGRIKE INLIGTING VIR U

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

#### WAT IS IN HIERDIE INLIGTINGSBLAD

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

#### WAT ULTRAFLOA® COMPLETE PROBIOTIC BEVAT

Elke (1) kapsule van **ULTRAFLOA® COMPLETE PROBIOTIC** bevat die

volgende aktiewe stowwe:

<i>Lactobacillus acidophilus</i> NCFM®	12 Biljoen KVE
<i>Lactobacillus rhamnosus</i> GG	12 Biljoen KVE
<i>Bifidobacterium lactis</i> BI-04®	2 Biljoen KVE
<i>Bifidobacterium lactis</i> BI-07®	1 Biljoen KVE
<i>Lactobacillus plantarum</i> Lp-115®	0,50 Biljoen KVE
<i>Lactobacillus rhamnosus</i> HN001™	0,20 Biljoen KVE
<i>Bifidobacterium lactis</i> HN019™	0,10 Biljoen KVE
<i>Lactocaseibacillus paracasei</i> Lpc-37®	0,10 Biljoen KVE
<i>Bifidobacterium lactis</i> B 420™	0,10 Biljoen KVE
Vitamiën B1 (as tiامينhydrochloride)	1,70 mg
Vitamiën B2 (riboflaavin)	1,60 mg
Vitamiën D (as cholecalciferol)	15,00 µg (600 I.E.)

**Onaktiewe bestanddele:** Hidroksipropielmetielcellulose, magnesiumsoute van vetsure, mikrokristalyn-sellulose, silikondioksied, kalsiumkarbonaat.

Hierdie produk is geskik vir vegetêrisme, is nie-GGO en glutenvry (suikervry)

Wat is **ULTRAFLOA® COMPLETE PROBIOTIC** EN WAARVOOR WORD DIT GEBUIK

**ULTRAFLOA® COMPLETE PROBIOTIC** beskik oor 'n kombinasie van 28 biljoen organismes per kapsule, om spysvertering, opgeblasenheid, dermreëligtheid, immuniteit, vel, energie, psigologiese en algemene gesondheid te ondersteun.

#### VOORDAT JY ULTRAFLOA® COMPLETE PROBIOTIC NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **ULTRAFLOA® COMPLETE PROBIOTIC** 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 medisyne neem.

#### 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 GEBUIK VAN MASIENE

Dit is nie altyd moontlik om te voorspel in watter mate **ULTRAFLOA® COMPLETE PROBIOTIC** 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, totdat hulle bewus is van die mate waartoe **ULTRAFLOA® COMPLETE PROBIOTIC** jou beïnvloed.

#### NEEM ANDER MEDISYNE SAAM MET ULTRAFLOA® COMPLETE PROBIOTIC

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. Die neem van antibiotika saam met **ULTRAFLOA® COMPLETE PROBIOTIC** kan die effek van die medisyne verminder. Om hierdie interaksie te vermy, neem **ULTRAFLOA® COMPLETE PROBIOTIC** ten minste 2 ure voor of na antibiotika.

#### HOE OM ULTRAFLOA® COMPLETE PROBIOTIC TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **ULTRAFLOA® COMPLETE PROBIOTIC** 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 een (1) kapsule per dag of soos aangedui deur jou gesondheidsorgpraktisyn.

**Moenie meer as die aanbevole dosis neem nie.**

#### AS JY MEER ULTRAFLOA® COMPLETE PROBIOTIC NEEM AS WAT JY MOET

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

#### AS JY VERGEET OM ULTRAFLOA® COMPLETE PROBIOTIC TE NEEM

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

#### MOONTLIKE NEWE-EFFEKTE

**ULTRAFLOA® COMPLETE PROBIOTIC** kan newe-effekte hê.

Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: Spysverteringskanaalsiekte, verswakte immuunstelsel, beskadigde hartkleppe, ystertekort, lewersiekte, wanvoeding, sinktekort, aterosklerose, histoplasmoë, hiperparatiroidisme, limfoom, nieriesekte. As jy die volgende medikasie neem, raadpleeg asseblief jou gesondheidsorgpraktisyn voordat jy neem: Antibiotiese medisyne (breëspektrum), Antikoagulanse (Warfarin), Diuretika.

As enige van die volgende gebeur, hou op om **ULTRAFLOA® COMPLETE PROBIOTIC** te gebruik en vertel jou dokter of gaan na die oorgevalleerfening 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 **ULTRAFLOA® COMPLETE PROBIOTIC** 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, opgeblasenheid, windigerheid.

Nie alle newe-effekte en interaksies wat vir **ULTRAFLOA® COMPLETE PROBIOTIC** 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

#### ULTRAFLOA® COMPLETE PROBIOTIC.

#### HOE OM ULTRAFLOA® COMPLETE PROBIOTIC TE BEREÏ

Bêre alle medisyne buite bereik van kinders.

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

Bêre teen direkte sonlig en hitte.

Stoor in die oorspronklike verpakking.

Moet nie gebruik word na die vervaldatum wat op die bottel aangedui word nie.

Moenie **ULTRAFLOA® COMPLETE PROBIOTIC** gebruik as u sigbare tekens van agteruitgang opmerk nie.

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

#### AANBIEDING VAN ULTRAFLOA® COMPLETE PROBIOTIC

Wit 112 ml polipropileenhouer, met 'n wit polipropileen-skroefop.

Die houer het 'n binneste droogmiddelhul en 'n peuterbestandde seël.

**Pak grootte:** 30 groentekapsules.

#### IDENTIFIKASIE VAN ULTRAFLOA® COMPLETE PROBIOTIC

Grootte 0 deursigtige groentekapsule wat 'n spierwit tot liggeel poeier bevat.

**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

05 November 2024

#### NAAM EN ADRES VAN REGISTRASIEHOUER

Versprei deur:

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