PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0.
Category D: Complementary medicine.
Discipline: Health Supplement
34.7 Minerals

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

ZINLORI 75®, 60 Tablets

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

- **ZINLORI 75®** is available without a doctor's prescription.
- Nevertheless, you still need to use **ZINLORI 75®** carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share **ZINLORI 75®** with any other person.
- Ask your pharmacist or healthcare professional if you need more information or advice.

WHAT IS IN THIS LEAFLET

WHAT ZINLORI 75® CONTAINS

Each one (1) tablet of ZINLORI 75® contains the following actives:

Zinc (from zinc-carnosine) 17 mg

Inactive Ingredients: Microcrystalline cellulose, silica and stearic acid (vegetable).

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

WHAT ZINLORI 75® IS AND WHAT IT IS USED FOR

ZINLORI 75® contains a high potency, zinc-carnosine complex formulated to aid in the relief of digestive discomfort. Zinc-carnosine works by assisting the healthy ecology and integrity of the stomach lining.

BEFORE YOU TAKE ZINLORI 75®

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. Do not take **ZINLORI 75®** 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

Although safety during pregnancy and breastfeeding has been established, you should 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 your doctor, pharmacist or other healthcare practitioner for advice before taking this supplement.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent **ZINLORI 75®** 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 **ZINLORI 75®** may affect you.

TAKING OTHER MEDICINES WITH ZINLORI 75®

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 ZINLORI 75®

Do not share medicines prescribed for you with any other person. Always take **ZINLORI 75®** 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 twice daily between meals or as directed by your healthcare practitioner.

Do no take more than the recommended dose.

IF YOU TAKE MORE ZINLORI 75® 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 ZINLORI 75®

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

POSSIBLE SIDE EFFECTS

ZINLORI 75® may have side effects.

Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: Alcohol use disorder, Surgery for weight-loss (bariatric surgery), Copper deficiency, Kidney disease, post-surgical stent placement. If you are taking the following medication, please consult with your healthcare practitioner before taking: Antibiotics (Quinolone antibiotics & Tetracycline antibiotics), Penicillamine (Cuprimine, Depen), Ritonavir (Norvir), Medications for HIV/AIDS (Integrase inhibitors), Medications for high blood pressure (antihypertensive drugs). If any of the following happens, stop using **ZINLORI 75®** 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 **ZINLORI 75®**. 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, stomach pain, loss of appetite, headache.

Not all side effects and interactions reported for **ZINLORI 75®** 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 **ZINLORI 75®.**

STORAGE AND DISPOSING OF ZINLORI 75®

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 **ZINLORI 75®** if you notice visible signs of deterioration.
Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF ZINLORI 75®

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

IDENTIFICATION OF ZINLORI 75®

Coated white caplet.

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

SKEDULERINGSTATUS: S0
Kategorie D: Komplementêre medisyne.
Dissipline: Gesondheidsaanvulling
34.7 Minerale

HANDELSNAAM EN DOSEERVORM**,**

ZINLORI 75®, 60 tablette

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

- **ZINLORI 75®** is beskikbaar sonder doktersvoorskrif**.**
- U moet steeds **ZINLORI 75®** versigtig gebruik om die beste resultate daaruit te kry.
- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
- Moenie **ZINLORI 75®** met enige ander persoon deel nie**.**
- Vra jou apteker of gesondheidsorgpraktisyn of jy meer inligting of advies benodig.

WAT IS IN HIERDIE INLIGTINGSBLAD

- Wat **ZINLORI 75®** is en waarvoor dit gebruik word.
- Wat jy moet weet voordat jy **ZINLORI 75®** neem**.**
- Hoe om **ZINLORI 75®** te neem.
- Moontlike newe-effekte.
- Hoe om **ZINLORI 75®** te bêre.
- Inhoud van die pak en ander inligting

WAT ZINLORI 75® BEVAT

Elke een (1) tablet ZINLORI 75® bevat die volgende aktiewe:

Sink (van sink-karnosien) 17 mg

Onaktiewe bestanddele: Mikrokristallyne sellulose, silika en steariensuur (groente).

Hierdie produk is geskik vir vegetariërs, suiwel, glutenvry en nie-GGO. (Suikervry)

WAT IS ZINLORI 75® EN WAARVOOR WORD DIT GEBRUIK

ZINLORI 75® bevat 'n hoë sterkte, sink-karnosienkompleks wat geformuleer is om te help met die verligting van spysverteringsongemak. Sink-karnosien werk deur die gesonde ekologie en integriteit van die maagwand te help.

VOORDAT JY ZINLORI 75® NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **ZINLORI 75®** 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.

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

SWANGERSKAP EN BORSVOEDING

Alhoewel veiligheid tydens swangerskap en borsvoeding vasgestel is, moet u voor gebruik met u gesondheidsorgpraktisyn konsulteer. 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.

BESTUUR EN GEBRUIK VAN MASJIENE

Dit is nie altyd moontlik om te voorspel in watter mate **ZINLORI 75®** 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, bedryfsmasjiene/toerusting, totdat hulle bewus is van die mate waartoe **ZINLORI 75®** jou beïnvloed.

NEEM VAN ANDER MEDISYNE SAAM MET ZINLORI 75®

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.

HOE OM ZINLORI 75® TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **ZINLORI 75®** 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 een (1) tablet twee keer per dag tussen maaltye, of soos voorgeskryf deur jou gesondheidspraktisyn.

Moenie meer as die aanbevole dosis neem nie.

AS JY MEER ZINLORI 75® 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 ZINLORI 75® TE NEEM

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

MOONTLIKE NEWE-EFFEKTE

ZINLORI 75® kan newe-effekte hê.

Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: Alkoholgebruiksversteuring, Chirurgie vir gewigsverlies (bariatriese chirurgie), Kopertekort, Niersiekte, post-chirurgiese stentplasing. As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidspraktisyn voordat jy neem: Antibiotika (Quinolone antibiotika & Tetracycline antibiotika), Penicillamine (Cuprimine, Depen), Ritonavir (Norvir), medisyne vir MIV / vigs (Integrase remmers), medisyne vir hoë bloeddruk (antihipertensiewe middels). As enige van die volgende gebeur, hou op om **ZINLORI 75®** 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 **ZINLORI 75®** gehad. Jy mag dalk dringende mediese hulp of hospitalisasie nodig hê.

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

- naarheid, maagpyn, verlies aan eetlus, hoofpyn.

Nie alle newe-effekte en interaksies wat vir **ZINLORI 75®** 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 **ZINLORI 75®.**

HOE OM ZINLORI 75® TE BERÊ

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 **ZINLORI 75®** gebruik as u sigbare tekens van agteruitgang opmerk nie.
Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

AANBIEDING VAN ZINLORI 75®

60 TABLETTE - 'n Wit 175 ml HDPE-bottel met 'n wit dop, induksieseël, peuterkrimpseël, spons en silikagelsakkie.

IDENTIFIKASIE VAN ZINLORI 75®

Bedekte wit caplet.

REGISTRATION NOMMER

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 REGISTRASIEHOUER

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