

PROFESSIONAL INFORMATION

Relief MSM with Curcumin



SCHEDULING STATUS: **S0**

PROPRIETARY NAME AND DOSAGE FORM:

Relief MSM with Curcumin (tablets).

COMPOSITION:

Each tablet contains:
Methylsulphonylmethane (MSM) 1 000 mg
Curcuma longa L. (Turmeric rhizome) 300 mg

Inactive ingredients: Colloidal silicon dioxide, magnesium stearate.
Contains sugar (296 mg alpha-lactose monohydrate).

CATEGORY AND CLASS:

Category of medicine: D
Class: D 3.5 Connective tissues medicine (Others).
Complementary Medicine. Western Herbal Combination.

PHARMACOLOGICAL ACTION:

Pharmacodynamic properties:

Relief MSM with Curcumin contains a combination of methylsulphonylmethane and turmeric.

Methylsulphonylmethane (MSM): A natural occurring compound that helps to relieve joint pain associated with osteoarthritis.

***Curcuma longa* L. (Turmeric rhizome):** A yellow spice traditionally used in Ayurveda to relieve pain and inflammation.

Pharmacokinetic properties:

The active ingredients in this formulation are well known. Pharmacokinetic studies have not been conducted on **Relief MSM with Curcumin**.

INDICATIONS:

Relief MSM with Curcumin has natural anti-inflammatory properties. This product assists with the relief of pain and maintains healthy joints and connective tissue.

CONTRAINDICATIONS:

Hypersensitivity to any of the ingredients.
Not recommended during pregnancy and/or lactation.
Contraindicated in patients with gallstones or a bile obstruction.
Contraindicated in patients with stomach ulcers or excess stomach acid.
Contraindicated in patients with bleeding disorders.
Contraindicated in patients with diabetes or hypoglycaemia.
Contraindicated in patients with iron deficiency.
Contraindicated in patients with gastroesophageal reflux disease (GERD).
Contraindicated in women with hormone-sensitive conditions.

WARNINGS and SPECIAL PRECAUTIONS:

Contains lactose. Patients with the rare hereditary conditions of galactose intolerance e.g. galactosaemia, Lapp lactase deficiency, glucose-galactose malabsorption or fructose intolerance should not take **Relief MSM with Curcumin**.

Turmeric may cause gallbladder contractions, dyspepsia, distension, and gastroesophageal reflux. It can have an anticoagulant and antiplatelet effect, a hypoglycaemic effect, mild estrogenic effects and may stimulate menstrual flow and the uterus. Use with caution in patients trying to conceive.

Effects on the ability to drive and use machinery:

No studies on the effect of **Relief MSM with Curcumin** on the ability to drive or operate machinery were performed. It is unlikely that **Relief MSM with Curcumin** would affect the ability to drive or operate machinery.

INTERACTIONS:

Adverse effects have not become known with the simultaneous ingestion of **Relief MSM with Curcumin** and food and drink.

Turmeric may cause gallbladder contractions and should be administered with care to patients with gallstones or gallbladder disease.

It may also have an anticoagulant and antiplatelet effect and might cause an increased risk of bleeding. Therefore, **Relief MSM with Curcumin** should be administered with care to patients with bleeding disorders. Discontinue use of **Relief MSM with Curcumin** at least two weeks before surgery and do not use it perioperatively. **Relief MSM with Curcumin** should not be used with other treatments or herbs that might have an anticoagulant and antiplatelet effect as this might increase the risk of bleeding. Such treatments and herbs include aspirin, fluidione, clopidogrel, dalteparin, enoxaparin, heparin, ticlopidine, warfarin, angelica, clove, danshen, garlic, ginger, ginkgo, Panax ginseng, red clover, willow and others.

Turmeric can reduce levels of blood glucose and glycosylated haemoglobin (HbA1C) in diabetics and might contribute to hypoglycaemia. Therefore, **Relief MSM with Curcumin** should not be taken with other treatments or herbs that have a hypoglycaemic effect such as glimepiride, glyburide, insulin, pioglitazone, rosiglitazone, chlorpropamide, glipizide, tolbutamide, devil's claw, fenugreek, garlic, guar gum, horse chestnut, Panax ginseng, psyllium and Siberian ginseng.

Research has shown that high levels of turmeric may bind with iron and prevent iron adsorption. Use **Relief MSM with Curcumin** with caution in patients with iron deficiency.

Turmeric should be administered with care to patients with gastroesophageal reflux disease as it may cause adverse gastrointestinal effects including dyspepsia, distension and gastroesophageal reflux.

Turmeric inhibits the binding of 3 β -estradiol or beta-galactosidase with the estrogen receptor, in which case **Relief MSM with Curcumin** might have mild estrogenic effects and might interfere with hormone replacement therapy. In the event of estradiol treatment or irradiation, turmeric counteracts proliferation of cervical and breast cancer cell lines and might have an anticancer effect against hormone-sensitive cancers. However, turmeric might also worsen hormone-sensitive conditions such as breast, uterine, and ovarian cancer, as well as endometriosis and uterine fibroids. Administer **Relief MSM with Curcumin** with caution to women with hormone-sensitive conditions.

Turmeric might affect the activity of the cytochrome P450 1A1 (CYP1A1) enzyme and could also affect the treatment of drugs metabolised by this enzyme. These would include drugs such as chlorzoxazone, theophylline and bupropion. Avoid using **Relief MSM with Curcumin** in conjunction with these treatments.

Additionally, turmeric might also inhibit the cytochrome P450 1A2 (CYP1A2) enzyme and might increase the levels of drugs metabolised by this enzyme. These would include drugs such as clozapine, cyclobenzaprine, fluvoxamine, haloperidol, imipramine, mexiletine, olanzapine, pentazocine, propranolol, tacrine, zileuton, zolmitriptan and others. Avoid using **Relief MSM with Curcumin** in conjunction with these treatments.

Inhibition of cytochrome P450 3A4 (CYP3A4) enzyme may occur, which might increase the levels of tacrolimus, calcium channel blockers, chemotherapeutic agents, antifungals, glucocorticoids, alfentanil, cisapride, fentanyl, lidocaine, losartan, fexofenadine, midazolam and others. Avoid using **Relief MSM with Curcumin** in conjunction with these treatments.

Turmeric might enhance the oral bioavailability of docetaxel and paclitaxel. Also, turmeric might increase the blood levels of norfloxacin and sulfasalazine and might affect the effects and adverse effects of these treatments. **Relief MSM with Curcumin** should not be administered in combination with these treatments.

P-glycoprotein expression and activity might be inhibited by turmeric, which might increase the adsorption of P-glycoprotein substrates. Treatments that might be affected include some chemotherapeutic agents, antifungals, protease inhibitors, H₂ antagonists, some calcium channel blockers, digoxin, corticosteroids, erythromycin, cisapride, fexofenadine, cyclosporine, loperamide, quinidine and others. Avoid using **Relief MSM with Curcumin** in conjunction with these treatments.

Taking turmeric for six days prior to taking talinolol can decrease the bioavailability of this treatment when taken together. Avoid using **Relief MSM with Curcumin** prior to and in combination with talinolol.

HUMAN REPRODUCTION:

Pregnancy and lactation:

Not recommended for use in pregnancy and lactation.
Consult a healthcare professional for further information.

Fertility:

Turmeric may have mild estrogenic effects and may stimulate menstrual flow and the uterus. Caution in patients trying to conceive.

DOSAGE AND DIRECTIONS FOR USE:

Adults: Take 2 tablets twice daily.
If the symptoms worsen or persist, please consult your healthcare practitioner.

SIDE EFFECTS:

Methylsulphonylmethane (MSM):

Nervous system disorders:
Less frequent: Headache, fatigue, insomnia, difficulty concentrating.

Gastrointestinal disorders:
Less frequent: Diarrhoea, bloating.
Frequency unknown: Constipation or indigestion.

Skin and subcutaneous tissue disorders:

Less frequent: Pruritus.

General disorders and administrative site conditions:

Less frequent: Increased allergy symptoms.

Curcuma longa L. (Turmeric rhizome):

Blood and the lymphatic system disorders:

Frequent: An increased risk of bleeding.

Metabolism and nutrition disorders:

Frequent: Hypoglycaemia.

Gastrointestinal disorders:

Frequent: Dyspepsia, diarrhoea, distension, gastroesophageal reflux, nausea and vomiting.

Hepato-biliary disorders:

Frequent: Gallbladder contractions.

Skin and subcutaneous tissue disorders:

Frequent: Allergic dermatitis.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT:

There is a chance that large doses of turmeric might cause an atrioventricular heart block.

Treatment of overdosage is symptomatic and supportive.

IDENTIFICATION:

A yellow biconcave modified capsule shaped tablet with a breakline.

PRESENTATION:

60's: The tablets are available in white 250 ml PET containers, with a white PP cap and an induction seal.

120's: The tablets are available in white 400 ml PET containers, with a white PP cap and an induction seal.

STORAGE INSTRUCTIONS:

Store in a cool, dry place at or below 25 °C. Do not use later than the expiry.
Keep the container tightly closed. Protect from light.
KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER:

To be allocated.

Relief MSM with Curcumin has not been evaluated by the SAHPRA for its quality, safety or intended use. **Relief MSM with Curcumin** does not intend to prevent or cure any form of illness or disease, and should not replace any medication. If you suffer from a chronic medical condition, consult your healthcare practitioner before using this product. Keep away from children. Do not exceed the recommended dose.

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION:
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PATIENT INFORMATION LEAFLET

This leaflet tells you about **Relief MSM with Curcumin**.

Western Herbal Medicine – Combination Product

SCHEDULING STATUS: **S0**

PROPRIETARY NAME AND DOSAGE FORM:

Relief MSM with Curcumin (tablets).

Read all of this leaflet carefully because it contains important information for you. **Relief MSM with Curcumin** is available without a doctor's prescription. Nevertheless, you still need to use **Relief MSM with Curcumin** carefully to get the best results from it.

Keep this leaflet. You may need to read it again.
Do not share **Relief MSM with Curcumin** with any other person.
Ask your pharmacist if you need more information or advice.
You must see a doctor if your symptoms worsen or do not improve.

WHAT Relief MSM with Curcumin CONTAINS:

Each tablet contains:
Active substances are:
Methylsulphonylmethane (MSM) 1 000 mg
Curcuma longa L. (Turmeric rhizome) 300 mg

The other ingredients are: Colloidal silicon dioxide, magnesium stearate.
Contains sugar (296 mg alpha-lactose monohydrate).

WHAT Relief MSM with Curcumin IS USED FOR:

Relief MSM with Curcumin has natural anti-inflammatory properties. This product assists with the relief of pain and maintains healthy joints and connective tissue.

BEFORE YOU TAKE Relief MSM with Curcumin:

Do NOT take Relief MSM with Curcumin:

- If you are allergic to any of the ingredients.
- If you are pregnant or breastfeeding your baby (see "Pregnancy and breastfeeding") (see "HOW TO TAKE Relief MSM with Curcumin").

Take special care with Relief MSM with Curcumin:

Turmeric may cause gallbladder contractions, indigestion, bloating and gastroesophageal reflux disease (GERD). It can have a blood thinning and antiplatelet effect and might reduce blood sugar levels. It might have mild estrogenic effects and may stimulate menstrual flow and the uterus. Use with caution when trying to conceive (fall pregnant).

Relief MSM with Curcumin does not intend to prevent or cure any form of illness or disease and should not replace any medication. If you suffer from a chronic medical condition, consult your healthcare practitioner before using this product. Keep away from children. Do not exceed the recommended dose.

Please consult your doctor or pharmacist prior to use if you:

- have gallstones or a bile obstruction.
- have stomach ulcers or excess stomach acid.
- have bleeding disorders.
- have diabetes or low blood sugar levels.
- are diagnosed with an iron deficiency.
- have gastroesophageal reflux disease (GERD).
- are a women and have hormone-sensitive conditions.

Relief MSM with Curcumin with food and drink:

There are no known side effects with taking **Relief MSM with Curcumin** with food and drink.

Pregnancy and breastfeeding:

Do not use **Relief MSM with Curcumin** during pregnancy or while you are breastfeeding your baby, as safety and efficacy have not been established.

If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking this medicine.

Driving and using machinery:

No studies on the effect on the ability to drive or use machinery have been performed. It is unlikely

Approved by R. Muller 5/02/2018

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that **Releaf MSM with Curcumin** would affect your ability to drive or use machinery. However, please exercise care until you are certain that your ability to perform such activities is not affected.

Important information about some of the ingredients of Releaf MSM with Curcumin:
Releaf MSM with Curcumin contains lactose. Patients with the rare hereditary conditions of lactose/fructose or galactose intolerance should not take **Releaf MSM with Curcumin**.

Taking other medicines with Releaf MSM with Curcumin:

Always tell your healthcare professional if you are taking other medicines on a regular basis, including complementary or traditional medicines. The use of **Releaf MSM with Curcumin** with these medicines may cause undesirable interactions. Please consult your doctor, pharmacist or other healthcare professional for advice.

Do not take **Releaf MSM with Curcumin** in combination with medicines such as:

- Medicines or herbs that have a blood thinning or antiplatelet effect, such as aspirin, fluidione, clopidogrel, dalteparin, enoxaparin, heparin, ticlopidine, warfarin, angelica, clove, danshen, garlic, ginger, ginkgo, Panax ginseng, red clover and willow, as it might cause an increased risk of bleeding.
- Medicines that lowers blood sugar levels, such as glimepiride, glyburide, insulin, pioglitazone, rosiglitazone, chlorpropamide, glipizide, tolbutamide, devil's claw, fenugreek, garlic, guar gum, horse chestnut, Panax ginseng, psyllium and Siberian ginseng.
- Treatments that are metabolized by the cytochrome P450 1A1 (CYP1A1) enzyme, such as chlorzoxazone, theophylline and bufuralol.
- Treatments that are metabolized by the cytochrome P450 1A2 (CYP1A2) enzyme, such as clozapine, cyclobenzaprine, fluvoxamine, haloperidol, imipramine, mexiletine, olanzapine, pentazocine, propranolol, tacrine, zileuton and zolmitriptan.
- Docetaxel and paclitaxel.
- Norfloxacin and sulfasalazine.
- Treatments that might be affected by P-glycoprotein expression and activity, such as some chemotherapeutic agents (etoposide, paclitaxel, vinblastine, vincristine, vindesine), antifungals (ketoconazole, itraconazole), protease inhibitors (amprenavir, indinavir, nelfinavir, saquinavir), H2 antagonists (cimetidine, ranitidine), some calcium channel blockers (diltiazem, verapamil), digoxin, corticosteroids, erythromycin, cisapride, fexofenadine, cyclosporine, loperamide and quinidine.

- Avoid taking turmeric at least six days before taking talinolol, as well as while taking talinolol.

HOW TO TAKE Releaf MSM with Curcumin:

The usual dose is:

Adults: Take 2 tablets twice daily.

If the symptoms worsen or persist, please consult your healthcare practitioner.

If you take more Releaf MSM with Curcumin than you should:

If you take more **Releaf MSM with Curcumin** than you should, you may experience side effects, such as a delayed or impaired transmission of the heartbeat (atrioventricular heart block).

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control center.

If you forget to take Releaf MSM with Curcumin:

Always take **Releaf MSM with Curcumin** as prescribed. If you miss a dose, take it as soon as you remember. If you do not remember the missed dose until the next dose is due, skip the missed dose and go back to your regular dosing schedule (see "HOW TO TAKE Releaf MSM with Curcumin"). Do not take a double dose to make up for forgotten individual doses.

POSSIBLE SIDE EFFECTS:

Releaf MSM with Curcumin can have side effects.

Not all side effects reported for **Releaf MSM with Curcumin** are included in this leaflet. Should your general health worsen while taking **Releaf MSM with Curcumin**, please consult your doctor, pharmacist or other healthcare professional for advice.

If any of the following happens, stop taking Releaf MSM with Curcumin and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Increased risk of bleeding (*frequent*).
- Lowering of blood sugar levels (*frequent*).
- Gallbladder contractions (*frequent*).
- Indigestion, distension, nausea, vomiting, diarrhoea, gastroesophageal reflux (acid reflux) (*frequent*).
- Other gastrointestinal reactions such as constipation and bloating (*less frequent*).
- Allergic skin rash or itching and inflammation of the skin (*less frequent*).
- Pruritic and increased allergy symptoms (*less frequent*).
- Headache, fatigue, insomnia, difficulty concentrating (*less frequent*).

Please report/inform your doctor or pharmacist if you notice any side effects not mentioned in this leaflet.

STORAGE AND DISPOSING OF Releaf MSM with Curcumin:

Store in a cool, dry place at or below 25 °C.

Keep the container tightly closed. Protect from light.

KEEP ALL MEDICINE OUT OF REACH OF CHILDREN.

Do not use after the expiry date stated on the label. Return all unused **Releaf MSM with Curcumin** to your pharmacist.

Do not dispose of unused **Releaf MSM with Curcumin** in drains or sewerage systems (e.g. toilets).

PRESENTATION OF Releaf MSM with Curcumin:

Releaf MSM with Curcumin tablets are available in 60's and 120's pack sizes in respective white 250 ml or 400 ml PET containers, with a white PP lid. The lid is sealed with an induction seal for your protection. Do not use **Releaf MSM with Curcumin** if the seal is broken.

IDENTIFICATION OF Releaf MSM with Curcumin:

A yellow biconcave modified capsule shaped tablet with a breakline.

REGISTRATION NUMBER:

To be allocated.

Releaf MSM with Curcumin has not been evaluated by the SAHPRA for its quality, safety or intended use.

NAME AND ADDRESS OF THE REGISTRATION HOLDER:

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PASIËNTINLIGTINGSBLAD

Inligting oor **Releaf MSM with Curcumin**.

Westerse Kruiegeneseskunde - Kombinasie produk

SKEDULERINGSSTATUS: **S0**

EIENDOMSNAAM EN DOSEERVORM:

Releaf MSM with Curcumin (tablette).

Lees die hele inligtingsblad deeglik, want dit bevat belangrike inligting. **Releaf MSM with Curcumin** is beskikbaar sonder 'n dokter se voorskrif. U moet egter steeds **Releaf MSM with Curcumin** versigtig gebruik om die beste resultate daarmee te verkry.

Hou hierdie inligtingsblad. Dit kan nodig wees dat u dit weer lees. Moenie **Releaf MSM with Curcumin** met enige ander persoon deel nie. Indien u verdere inligting of advies verlang, vra asseblief u apteker. U moet 'n dokter raadpleeg indien u simptome vererger.

WAT Releaf MSM with Curcumin BEVAT:

Elke tablet bevat:

Aktiewe bestanddele is:

Metiëlsulfoniëmetaan (MSM) 1 000 mg
Curcuma longa L. (Borrie risoom) 300 mg

Die ander bestanddele is kolloïdale silikondioksied, magnesiumstearaat.

Bevat suiker (296 mg alfa-laktose monohidraat).

WAARVOOR Releaf MSM with Curcumin GEBRUIK WORD:

Releaf MSM with Curcumin bevat natuurlike anti-inflammatoriese eienskappe. Hierdie produk word gebruik om te help met die verligting van pyn en handhaaf gesonde gewrigte en bindweefsel.

VOORDAT U Releaf MSM with Curcumin NEEM:

MOENIE Releaf MSM with Curcumin NEEM NIE INDIEN:

- Indien u allergies is vir enige van die bestanddele.
- Indien u swanger is of u baba borsvoed (sien "Swangerskap en borsvoeding") (sien "HOE OM Releaf MSM with Curcumin TE GEBRUIK").

Neem spesiale sorg met Releaf MSM with Curcumin:

Borrie mag galblaas sametrekking, vermoede spysvertering, buikswelling, en gastroësofagale refluksiekte veroorsaak. Dit kan ook 'n bloedverduinning en anti-plaatjie vormende effekte en verlaagde bloedsuiker vlakke tot gevolg hê, sowel as ligte estrogeeniese effekte veroorsaak wat menstruele vloei en die baarmoeder kan affekteer. Gebruik met sorg indien u wil swanger word.

Releaf MSM with Curcumin beoog nie om enige ongesteldheid of siektetoestand te genees nie en moet nie enige medikasie vervang nie. Mens wat aan 'n chroniese mediese toestand ly moet hulle gesondheidspraktisyn raadpleeg voor hulle hierdie produk gebruik. Hou buite bereik van kinders. Moenie die voorgeskrywe dosis oorskry nie.

Raadpleeg asseblief u dokter of apteker voor gebruik indien u:

- galstone of galobstruksie gehad het.
- maagsere of oormatige maagsuur het.
- bloedingstoornis/siekte het.
- diabetes of lae bloedsuiker het.
- gediagnoseer is met 'n ystertekort.
- gastroësofagale refluksie siekte het.
- 'n vrou is en hormoon-sensitiewe kondisies het.

Die neem van Releaf MSM with Curcumin saam met kos en drinkgoed:

Daar is geen bekende nuwe-effekte met die neem van **Releaf MSM with Curcumin** met kos en drinkgoed nie.

Swangerskap en borsvoeding:

Moenie **Releaf MSM with Curcumin** neem terwyl u swanger is of u baba borsvoed nie, aangesien die veiligheid hiervan nie bepaal is nie.

Indien u swanger is of u baba borsvoed, raadpleeg asseblief u dokter, apteker of ander professionele gesondheidsorgwerker voor u hierdie medisyne neem.

Bestuur en die gebruik van masjinerie:

Geen navorsingstudies is uitgevoer oor die effek op die vermoë om te bestuur of masjinerie te hanteer nie. Dit is onwaarskynlik dat **Releaf MSM with Curcumin** die vermoë om te bestuur of masjinerie te gebruik sal beïnvloed. Wees egter versigtig tot u seker is u vermoë om hierdie aktiwiteit uit te voer word nie beïnvloed nie.

Belangrike informasie van sommige van die bestanddele in Releaf MSM with Curcumin:
Releaf MSM with Curcumin bevat laktose. Pasiënte wat met seldsame, oorerflikke probleme van laktose/fruktose of galaktose intoleransie moenie **Releaf MSM with Curcumin** neem nie.

Die neem van ander medisyne saam met Releaf MSM with Curcumin:

Let altyd u gesondheidspraktisyn in wanneer u medisyne op 'n gereëld grondslag neem, insluitend komplementêre of tradisionele medisyne. Die gebruik van **Releaf MSM with Curcumin** saam met hierdie medisyne of ander ongewenste wisselwerkings veroorsaak. Raadpleeg asseblief u dokter, apteker of ander professionele gesondheidsorgwerker.

Moenie **Releaf MSM with Curcumin** saam met die volgende medisyne neem nie:

- Ander behandelings of kruie wat bloedverduinning en anti-plaatjie vorming veroorsaak nie, soos aspirien, fluidiodion, clopidogrel, dalteparien, enoxaprien, heparien, ticlopidien, warfarien, angelica, naeltjies, danshen, knoffel, gemmer, ginkgo, Panax ginseng, rooiklawer en wilger.
- Ander behandelings van kruie wat bloedsuiker verlaag, soos bv. glimepiried, glyburied, insulin, pioglitazon, rosiglitazon, chlorpropamied, glipizied, tolbutamied, diuvelsklou, Griekse hooi, knoffel, guar gom, wilde kastaing, Panax ginseng, psyllium en Siberiese ginseng.
- Behandelings wat gemetaboliseer word deur die sitokroom P450 1A1 (CYP1A1) ensiem, soos chlorzoxazon, teofilien en bufuralol.
- Behandelings wat gemetaboliseer word deur die sitokroom P450 1A2 (CYP1A2) ensiem, soos clozapien, cyclobenzaprien, fluvoxamien, haloperidol, imipramien, mexiletien, olanzapien, pentazocien, propranolol, tacrien, zileuton en zolmitriptan.
- Docetaxel en paclitaxel.
- Norfloxacin en sulfasalazien.
- Behandelings wat geaffekteer kan word deur P-glikoproteïen uitdrukking en aktiwiteit, soos sommige chemoterapeutiese middelle (etoposied, paclitaxel, vinblastien, vincristien, vindesien), antifungusmiddelle (ketoconazol, itraconazol), protease inhibeerders (amprenavir, indinavir, nelfinavir, saquinavir), H2 antagonist (cimetidine, ranitidien), sommige kalsiumkanaalblokkeerders (diltiazem, verapamil), digoxin, kortikosteroïede, erythromisien, cisapride, fexofenadine, siklosporien, loperamide en kinidien.
- Vermo die gebruik van **Releaf MSM with Curcumin** vir ten minste ses dae voor die gebruik van talinolol, sowel as saam met die gebruik van talinolol.

HOE OM Releaf MSM with Curcumin TE NEEM:

Die gewone dosis is:

Volwassenes: Neem 2 tablette twee maal per dag.

As die simptome vererger of voortduur, raadpleeg 'n gesondheidsorgpraktisyn.

Indien u meer Releaf MSM with Curcumin neem as wat u behoort:

Indien u meer **Releaf MSM with Curcumin** neem as wat u behoort, mag u nuwe-effekte ondervind soos vertraagde of verhinderde hartklop (atrioventrikulêre hartblok).

In die geval van 'n oordosis, raadpleeg u dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

Indien u vergeet om Releaf MSM with Curcumin te neem:

Neem altyd **Releaf MSM with Curcumin** soos aangedui. Indien u 'n dosis vergeet het, neem dit sodra u onthou. Indien u nie die vergeete dosis onthou voordat dit tyd is vir die volgende dosis nie, slaan die dosis wat vergeet is oor en keer terug na u gewone doseringskedule (sien "HOE OM Releaf MSM with Curcumin TE NEEM"). Moenie 'n dubbele dosis neem om te vergoed vir die oorgeslane individuele dosis nie.

MOONTLIKE NUWE-EFFEKTE:

Releaf MSM with Curcumin kan nuwe-effekte hê.

Nie alle nuwe-effekte wat vir **Releaf MSM with Curcumin** gemeld is, is in hierdie inligtingstuk vervat nie. Indien u algemene gesondheid agteruitgaan terwyl u **Releaf MSM with Curcumin** gebruik, raadpleeg asseblief u dokter, apteker of ander professionele gesondheidsorgwerker vir advies.

Indien enige van die volgende gebeur, moet u die gebruik van Releaf MSM with Curcumin staak en u dokter dadelik in kennis stel of na die naaste ongevallen afdeling van die naaste hospitaal gaan:

- Verhoogde risiko van bloeding (*herhaaldelik*).
- Verlaagde bloedsuiker vlakke (*herhaaldelik*).
- Galblaas sametrekking (*herhaaldelik*).
- Vermoede spysvertering, distensie, naarheid, braking, diaree en sooiëbrand (*herhaaldelik*).
- Ander gastroïntestinale nuwe-effekte soos hardyveling en buikswelling (*minder herhaaldelik*).
- Allergiese veluitslag en inflammasie van die vel (*minder herhaaldelik*).
- Jeukerigheid en verergerde allergie simptome (*minder herhaaldelik*).
- Hoofpyn, moegheid, slaapproesheid, vermoede konsentrasievermoë (*minder herhaaldelik*).

Vir asseblief u dokter of apteker in indien u enige nuwe-effekte opmerk wat nie in hierdie inligtingstuk genoem word nie.

BERGING EN WEGDOEN VAN Releaf MSM with Curcumin:

Bewaar in 'n koel, droë plek by of benede 25 °C.

Hou die houder dig geseël. Beskerm teen lig.

HOU ALLE MEDISYNE BUITEMEERLIK VAN KINDERS.

Moenie gebruik na die vervaldatum op die etiket nie. Neem alle ongebruikte **Releaf MSM with Curcumin** na u apteker terug.

Moenie ongebruikte **Releaf MSM with Curcumin** in afvoertype of rioolsisteme (byvoorbeeld toilette) weggooi nie.

AANBIEDING VAN Releaf MSM with Curcumin:

Releaf MSM with Curcumin tablette is beskikbaar in 60's en 120's verpakingsgroottes wat in die respektiewelike 250 ml en 400 ml PET houers verpak is, met 'n wit PP deksel. Dit is geseël met 'n peutersveelie seël vir u beskerming. Moenie **Releaf MSM with Curcumin** gebruik indien die seël gebreek is nie.

IDENTIFIKASIE VAN Releaf MSM with Curcumin:

'n Geel bikonkaaf aangepasde kapsulvormige tablet met 'n halveerlyn.

REGISTRASIENOMMER:

Sal toegeken word.

Releaf MSM with Curcumin is nie deur die Saphra geëvalueer vir gehalte, veiligheid of beoogde gebruik nie.

NAAM EN SAKEADRES VAN DIE HOUER VAN DIE REGISTRASIE:

RELEAF PHARMACEUTICALS (EDMS) BPK

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Pro-Print

Approved by R. Muller 15/02/2018

RM



PRO-PRINT (PTY) LTD
THE PROFESSIONALS IN PRINT

REPRO

Date: 14th February 2018
Operator: Elizabeth Choudree
Customer: Afriplex
Product Name: Releaf MSM with Curcumin Leaflet
Product Code: PI RP0009/17A PIL RP0010/17A
Dimensions: 100 x 570 mm
Fold Size: 100 x 37 mm
Font Size: 6 point Times
Colours: (1) Black
--
Barcode: --
Pharmacode: (Ref. 34) 11100
Stock: 45 gsm Pro-Thin
Proof Status: 2nd (Second)

Proof read by:

Reset: Alterations: Disk/Possie:

No alterations – proceed as soon as possible

Note alterations – Further proof is required

PLEASE CHECK CAREFULLY.

Although we endeavour to proof accurately, we cannot accept responsibility for errors once proofs are signed and accepted by our clients.

Signature:.....Date:.....

PROOF NOT READ – NO COPY SUPPLIED

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