

PROFESSIONAL INFORMATION

Releaf Alkaline Tablets



SCHEDULING STATUS: **S0**

PROPRIETARY NAME AND DOSAGE FORM:
Releaf Alkaline Tablets (tablets).

COMPOSITION:

Each tablet contains:
Lithothamnium calcareum powder (total calcium 30 - 35%) 10,00 mg
 Tri-calcium citrate tetrahydrate 36,25 mg
 Dimagnesium phosphate trihydrate 61,00 mg
 Magnesium citrate 78,75 mg
 Potassium bicarbonate 195,75 mg
 Potassium citrate 217,50 mg
 Di-calcium phosphate dihydrate 243,25 mg

	Per tablet		Per 4 tablets (Daily Dose)	
	elemental	mEq	elemental	mEq
Ca ⁺⁺	68	3	271	14
Mg ⁺⁺	17	1	70	6
K ⁺	160	4	639	16

Inactive ingredient: magnesium stearate.
 Contains sugar (642,50 mg alpha-lactose monohydrate).

CATEGORY AND CLASS:

Category of medicine: D
 Class: D 11.4.1 Acid neutralisers
 Complementary Medicine: Health Supplement.

PHARMACOLOGICAL ACTION:

Pharmacodynamic properties:
Releaf Alkaline Tablets acts as an antacid and assists with the relief of gastric hyperacidity, gastric acid reflux and dyspepsia. *Lithothamnium calcareum* powder, an organic plant calcium assists the body in maintaining the acid-alkaline balance and regulating urinary pH.

Pharmacokinetic properties:

The active ingredients in this formulation are well known. Pharmacokinetic studies have not been conducted on **Releaf Alkaline Tablets**.

INDICATIONS:

Releaf Alkaline Tablets acts as an antacid and assists with the relief of heartburn, excessive stomach acid and acid indigestion. Assists the body in maintaining its acid-alkaline balance and regulating urinary pH.

CONTRAINDICATIONS:

Hypersensitivity to any of the ingredients.
 Not recommended during pregnancy and/or lactation.
 Not recommended for patients with hypercalcaemia and renal impairment or calculi.
 Not recommended for patients with metabolic or respiratory alkalosis, or hypochlorhydria.
 Contraindicated in patients with adrenocortical insufficiency, cardiac disease or other conditions that may predispose to hyperkalaemia.
 Contraindicated in patients with gastrointestinal ulceration or obstruction or patients in whom passage through the gastrointestinal tract may be delayed.

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 **Releaf Alkaline Tablets**.

Calcium salts may cause constipation and flatulence.
 Magnesium salts may cause gastrointestinal irritation and watery diarrhoea.
 Potassium salts may precipitate seizures and may cause nausea, vomiting and diarrhoea.

Effects on the ability to drive and use machinery:

In predisposed and sensitive individuals, products containing Potassium salts (such as **Releaf Alkaline Tablets**), may precipitate seizures, which could impair the ability to drive and operate machinery. Patients should not drive or operate machinery until it is established that their ability to perform such activities has not been affected.

INTERACTIONS:

Adverse effects have not become known with the simultaneous ingestion of **Releaf Alkaline Tablets** with food and drink.

Calcium supplements are known to interact with many other medicines, especially tetracycline antibiotics, bisphosphonates and fluoride or fluoroquinolones. **Releaf Alkaline Tablets** should therefore be administered 2 to 3 hours apart from taking other medicines. Bran and corticosteroids decreases the gastrointestinal adsorption of calcium, which may reduce the efficacy of **Releaf Alkaline Tablets**. Calcium enhances the effects of digitalis glycosides on the heart and therefore **Releaf Alkaline Tablets** is not recommended for patients receiving cardiac glycosides.

Calcium should be administered cautiously in patients with renal impairments and diseases associated with hypercalcaemia such as sarcoidosis and some malignancies. It should also be avoided in patients with a history of renal calculi.

Magnesium supplements may interact with other medication and decrease the adsorption of tetracyclines and bisphosphonates. **Releaf Alkaline Tablets** should therefore be administered 2 to 3 hours apart from these medicines.

Magnesium should be administered cautiously in patients with renal impairments and with liver disease who might be at risk of renal impairment, as hypermagnesaemia may occur.

Bicarbonate compounds should not be given to patients with metabolic or respiratory alkalosis, hypocalcaemia or hypochlorhydria. Serum-electrolyte concentrations and acid-base status must be monitored frequently during treatment of acidosis. Bicarbonate salts can alkalise the urine and prolong the half-life of basic medicines, which can enhance toxicity. Concurrent treatment of **Releaf Alkaline Tablets** with sympathomimetics and stimulants may avoid detection of these compounds. Alkalinisation of the urine could occur, which increases the clearance of acidic medicines such as salicylates, tetracyclines and barbiturates. Avoid using **Releaf Alkaline Tablets** with other medicines and rather take this product 2 to 3 hours apart from taking other medicines.

Potassium salts should not be administered to patients with gastrointestinal ulceration or obstruction and should be administered with care to patients in whom passage through the gastrointestinal tract may be delayed.

Furthermore, potassium salts should be administered with considerable care to patients with cardiac disease or conditions predisposing to hyperkalaemia, such as renal or adrenocortical insufficiency, acute dehydration or extensive tissue destruction as occurs with severe burns. The clinical status, serum electrolytes and the ECG should be monitored regularly in patients receiving potassium therapy, especially those with cardiac or renal impairment.

Potassium salts must be given with caution to patients with renal or adrenocortical insufficiency, cardiac disease or other conditions that may predispose to hyperkalaemia. **Releaf Alkaline Tablets** should be used with caution in combination with other medicines that increase serum potassium concentrations or that contain potassium, such as potassium-sparing diuretics, ACE inhibitors, ciclosporin, potassium salts of penicillin and potassium-containing salt substitutes for flavouring food. Concurrent use of **Releaf Alkaline Tablets** with antimuscarinics may increase the risk of gastrointestinal adverse effects associated with potassium salts.

Potassium and calcium citrate increases the absorption of aluminium and therefore **Releaf Alkaline Tablets** should not be administered in combination with aluminium containing compounds.

HUMAN REPRODUCTION:

Pregnancy and lactation:
 Not recommended for use in pregnancy and lactation.

DOSAGE AND DIRECTIONS FOR USE:

Adults: Take 2 tablets twice daily after meals, with a glass of water.

SIDE EFFECTS:

Calcium Salts:
Gastrointestinal disorders:
Frequent: Constipation and flatulence.
Magnesium salts:
Gastrointestinal disorders:
Frequent: Gastrointestinal irritation and watery diarrhoea.
Less frequent: Paralytic ileus.
Potassium salts:
Nervous system disorders:
Frequent: May precipitate seizures in predisposed individuals.
Gastrointestinal disorders:
Frequent: Nausea, vomiting, diarrhoea, abdominal cramps and gastrointestinal ulceration.
Less frequent: Spontaneous rupture of the stomach.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT:

Calcium carbonate overdosage may cause hypercalcaemia, gastric hypersecretion, acid rebound and renal impairment. Rare cases of alkalosis and milk-alkali syndrome have also been reported.

In the event of chronic diarrhoea from long-term use, this might result in an electrolyte imbalance.

Excessive intake of potassium salts may lead to the accumulation of potassium, hyperkalaemia and metabolic alkalosis. Symptoms of these include mood changes, tiredness, slow breathing, muscle weakness, irregular heartbeat, muscle hypertonicity, twitching and tetany. Overdosage may also cause gastrointestinal adverse effects and irritation, as well as have a laxative effect.

Treatment of overdosage is symptomatic and supportive.

IDENTIFICATION:

A white biconcave tablet shaped 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. Keep the container tightly closed. Protect from light. KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER:

To be allocated

Releaf Alkaline Tablets has not been evaluated by the SAHPRA for its quality, safety or intended use. **Releaf Alkaline Tablets** 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:
 RELEAF PHARMACEUTICALS (PTY) LTD
 14 De Vreugde Crescent
 Dal Josaphat
 Paarl
 7646
 Tel: +27 (21)001 9748
 Email: info@releafpharmaceuticals.co.za



DATE OF PUBLICATION:

February 2018. RP0003/17A

PATIENT INFORMATION LEAFLET

This leaflet tells you about **Releaf Alkaline Tablets**.

Health Supplement

SCHEDULING STATUS: **S0**

PROPRIETARY NAME AND DOSAGE FORM:
Releaf Alkaline Tablets (tablets).

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

Keep this leaflet. You may need to read it again.
 Do not share **Releaf Alkaline Tablets** 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 Releaf Alkaline Tablets CONTAINS:

Each tablet contains:
Lithothamnium calcareum powder (total calcium 30 - 35%) 10,00 mg
 Tri-calcium citrate tetrahydrate 36,25 mg
 Dimagnesium phosphate trihydrate 61,00 mg
 Magnesium citrate 78,75 mg
 Potassium bicarbonate 195,75 mg
 Potassium citrate 217,50 mg
 Di-calcium phosphate dihydrate 243,25 mg

Inactive ingredient: magnesium stearate.
 Contains sugar (642,50 mg alpha-lactose monohydrate).

WHAT Releaf Alkaline Tablets IS USED FOR:

Releaf Alkaline Tablets acts as an antacid and assists with the relief of heartburn, excessive stomach acid and acid indigestion. Assists in maintaining the body's acid-alkaline balance and regulating urinary pH.

BEFORE YOU TAKE Releaf Alkaline Tablets:

Do NOT take Releaf Alkaline Tablets:

- If you are allergic (hypersensitive) to any of the other components in the formulation.
- If you are pregnant or breastfeeding your baby (see "Pregnancy and breastfeeding") (see "HOW TO TAKE **Releaf Alkaline Tablets**")
- If you have an abnormally high level of calcium in the blood.
- If you are suffering from kidney failure.
- If you are suffering from kidney stones or have calcium deposits in your kidneys.
- If you have metabolic or respiratory alkalosis (excessive alkalinity), low calcium levels or low levels of stomach acid.

Take special care with Releaf Alkaline Tablets:

Calcium salts may cause constipation and flatulence. Magnesium salts may cause gastrointestinal irritation and watery diarrhoea. In predisposed and sensitive individuals, products containing potassium salts may precipitate seizures and may cause nausea, vomiting and diarrhoea.

If you are on long term treatment with **Releaf Alkaline Tablets**, the quantity of calcium in the blood must be regularly monitored, especially in the elderly and where treatment is being taken at the same time as cardiac glycosides or diuretics (water tablets).

Releaf Alkaline Tablets 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 had kidney stones.
- you are taking any other medication containing calcium in order to prevent overdosage.
- have kidney or adrenocortical insufficiency, heart disease or other conditions that may predispose to hyperkalaemia (high levels of potassium).
- have gastrointestinal ulceration or obstruction or if the passage through the gastrointestinal tract may be delayed.

Releaf Alkaline Tablets with food and drink:

Taking with food may decrease the incidence of diarrhoea and decrease gastric irritation. **Releaf Alkaline Tablets** are best taken with food.

Pregnancy and breastfeeding:

Do not use **Releaf Alkaline Tablets** 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:

Releaf Alkaline Tablets may precipitate seizures in predisposed individuals, which could affect your ability to drive or use machinery. Do not drive or operate machinery until you have established that your ability to perform such activities is not affected.

Important information about some of the ingredients of Releaf Alkaline Tablets:

Releaf Alkaline Tablets contains lactose. Patients with the rare hereditary conditions of lactose/fructose or galactose intolerance should not take **Releaf Alkaline Tablets**.

Taking other medicines with Releaf Alkaline Tablets:

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

Do not take **Releaf Alkaline Tablets** in combination with medicines such as:

- Cardiac glycosides (medicine to treat heart problems), as they might cause undesired side effects.
- Tetracycline antibiotics, bisphosphonates (medicine to treat bone conditions) and fluoroquinolones (a type of antibiotic) should be taken at least 2 to 3 hours before or after administering **Releaf Alkaline Tablets**.
- Aluminium containing compounds.
- Other medicines containing calcium, as this might cause overdose.
- All medicines, especially basic and acidic medicines such as salicylates, tetracyclines and barbiturates should be taken at least 2 to 3 hours before or after administering **Releaf Alkaline Tablets**.
- Sympathomimetics and stimulants, as **Releaf Alkaline Tablets** may avoid detection of these compounds.
- Medicines that increases serum potassium concentrations or that contains potassium, such as potassium sparing diuretics, ACE inhibitors, ciclosporin, potassium salts of penicillin and potassium-containing salt substitutes for flavouring food.
- Antimuscarinics, as it may increase the risk of gastrointestinal adverse effects.
- The clinical status, serum electrolytes and the ECG should be monitored regularly in patients receiving potassium therapy.

HOW TO TAKE Releaf Alkaline Tablets:

The usual dose is:

Adults: Take 2 tablets twice daily after meals, with a glass of water.

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

If you take more Releaf Alkaline Tablets than you should:

If you take more **Releaf Alkaline Tablets** than you should, you may experience side effects of hypercalcaemia, gastric hypersecretion and renal impairment such as constipation, flatulence, nausea, vomiting, loose stools (diarrhoea), sweating, headache, excessive urination, drowsiness, vertigo and the formation of kidney stones. Rare cases of alkalosis and milk-alkali syndrome has also been reported.

In the event of chronic diarrhoea from long-term use, this might result in an electrolyte imbalance.

Overdosage may cause side-effects of accumulation of potassium, hyperkalemia and metabolic alkalosis. Symptoms of these include mood changes, tiredness, slow breathing, muscle weakness, irregular heartbeat, muscle hypertonicity, twitching and tetany. This product may also cause gastrointestinal adverse effects and irritation, as well as have a laxative effect.

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

If you forget to take Releaf Alkaline Tablets:

Always take **Releaf Alkaline Tablets** 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 Alkaline Tablets**"). Do not take a double dose to make up for forgotten individual doses.

POSSIBLE SIDE EFFECTS:

Releaf Alkaline Tablets can have side effects.

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

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

- May precipitate seizures in predisposed individuals (*frequent*).
- Nausea, vomiting, diarrhoea, abdominal cramps and gastrointestinal ulceration (*frequent*).
- Constipation and flatulence (*frequent*).
- Gastrointestinal irritation and watery diarrhoea (*frequent*).
- Paralytic ileus (paralysis of the intestinal muscles) (*less frequent*).
- Spontaneous rupture of the stomach (*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 Alkaline Tablets:

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

Keep the container tightly closed. Protect from light.

STORE ALL MEDICINE OUT OF REACH OF CHILDREN.

Do not use after the expiry date stated on the label. Return all unused **Releaf Alkaline Tablets** to your pharmacist.

Do not dispose of unused **Releaf Alkaline Tablets** in drains or sewerage systems (e.g. toilets).

PRESENTATION OF Releaf Alkaline Tablets:

Releaf Alkaline 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 cap. The cap is sealed with an induction seal for your protection. Do not use **Releaf Alkaline Tablets** if the seal is broken.

IDENTIFICATION OF Releaf Alkaline Tablets:

A white biconcave modified capsule shaped tablet with a breakline.

REGISTRATION NUMBER:

To be allocated.

Releaf Alkaline Tablets has not been evaluated by the SAHPRA for its quality, safety or intended use.

NAME AND ADDRESS OF THE REGISTRATION HOLDER

RELEAF PHARMACEUTICALS (PTY) LTD

14 De Vreugde Crescent

Dal Josaphat

Paarl

7646

Tel: +27 (21)001 9748

Email: Info@releafpharmaceuticals.co.za



DATE OF PUBLICATION:

February 2018.

RP0004/17A

PASIËNTINLIGTINGSBLAD

Inligting oor **Releaf Alkaline Tablets**.

Gesondheidsaanvulling

SKEDULERINGSSTATUS: **S0**

EIENDOMSNAAM EN DOSEERVORM:

Releaf Alkaline Tablets (tablette).

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

Hou hierdie inligtingsblad. Dit kan nodig wees dat u dit weer lees.

Moenie **Releaf Alkaline Tablets** 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 Alkaline Tablets BEVAT:

Elke tablet bevat:

Aktiewe bestanddele is:

Lithothamnium calcareum poeier (totale kalsium 30 - 35%) 10,00 mg

Trikalsiumsulfaat tetrahidraat 36,25 mg

Dimagnesiumfosfaat trihidraat 61,00 mg

Magnesiumsulfaat 78,75 mg

Kalium bikarbonaat 195,75 mg

Kaliumsulfaat 217,50 mg

Dikalsiumfosfaat dihidraat 243,25 mg

Die ander bestanddeel is magnesiumstearaat.

Bevat suiker (642,50 mg alfa-laktose monohidraat).

WAARVOOR Releaf Alkaline Tablets GEBRUIK WORD:

Releaf Alkaline Tablets is suur of as 'n teensuurmiddel en help met die verligting van soorbrand, oormatige maagsuur en suurindigestie. Dit help met handhawing van die liggaam se suur/alkaliese balans en die regulering van urinale pH.

VOOR U Releaf Alkaline Tablets NEEM:

MOET NIE Releaf Alkaline Tablets NEEM NIE:

- Indien u allergies is (hipersensitief) vir enige van die ander komponente in die formule.
- Indien u swanger is of u baba borsvoed (sien "Swangerskap en borsvoeding") (sien "HOE OM **Releaf Alkaline Tablets** TE GEBRUIK").
- Indien u 'n abnormale hoë vlak van kalsium in die bloed het.
- Indien u ly aan nierversaking.
- Indien u ly aan nierstene, of kalsiumaanpaksels in u niere he.
- Indien u metaboliiese of respiratoriese alkalose (oormatige alkaliniteit), lae kalsiumvlakke, of lae vlakke van maagsure.

Neem spesiale sorg met Releaf Alkaline Tablets:

Kalsiumsoute kan hardlywigheid en winderigheid veroorsaak. Magnesiumsoute kan gastro-intestinale irritasie en waterige diarree veroorsaak. In ingestel en sensitiewe individue, kaliumsoute kan stuiptrekkings aanhelp en naarsheid, braking en diarree tot gevolg hê.

Indien u **Releaf Alkaline Tablets** op die langtermyn gebruik, moet die kwantiteit van kalsium in die bloed gereeld gemonitor word, veral by ouer persone en waar die behandeling saam met kardiale glikosiede of uriendrywers (water tablette) gebruik word.

Releaf Alkaline Tablets bevang nie om enige ongesteldheid of siektetoestand te genees nie en moet nie enige medikasie veroug nie. Mense wat aan 'n chroniese mediese toestand ly moet hulle gesondheidspraktisyn raadpleeg voor hulle hierdie produk gebruik. Hou buite bereik van kinders. Moenie die voorgeskrewe dosis oorskry nie.

Raadpleeg asseblief u dokter of apteker voor gebruik indien u:

- nierstene gehad het.
- enige ander medikasie gebruik wat kalsium bevat (om oordosering te voorkom).
- nier of adrenokortikale ontoereikendheid, hartsiekte, of ander toestande het wat u vatbaar kan maak tot hiperkalemie (hoë kaliumvlakke).
- gastro-intestinale ulserering of obstruksie het, of as die deurvloei deur die gastro-intestinale traktus vertraag is.

Releaf Alkaline Tablets met kos en drinkgoed:

Die neem saam met kos kan die insidensie van diarree verminder en gastriese irritasie verminder. **Releaf Alkaline Tablets** moet verkieslik met kos geneem word.

Swangerskap en borsvoeding:

Releaf Alkaline Tablets 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:

In sensitiewe individue, kan **Releaf Alkaline Tablets** kan stuiptrekkings aanhelp, wat u vermoë om te bestuur en masjinerie te gebruik kan beïnvloed. Moenie bestuur of masjinerie gebruik tot u seker is u vermoë om hierdie aktiwiteite uit te voer word nie beïnvloed nie.

Belangrike inligting oor sommige van die bestanddele in Releaf Alkaline Tablets:

Releaf Alkaline Tablets bevat laktose. Pasiënte met die seldsame oorerflike kondisies van laktose/fruktose of galaktasie intoleransie moenie **Releaf Alkaline Tablets** gebruik nie.

Die neem van ander medisyne saam met Releaf Alkaline Tablets:

Lig altyd u gesondheidspraktisyn in wanneer u medisyne op 'n gereelde grondslag neem, insluitend komplementêre of tradisionele medisyne. Die gebruik van **Releaf Alkaline Tablets** saam met hierdie medisyne mag ongewenste wisselwerkings veroorsaak. Raadpleeg asseblief u dokter, apteker of ander professionele gesondheidsorgwerker.

Moenie **Releaf Alkaline Tablets** in kombinasie met medisyne soos die volgende gebruik nie:

- Kardiale glikosiede (medisyne om hartprobleme te behandel), aangesien dit ongewenste newe-effekte kan veroorsaak.
- Tetrasiklien antibiotika, bisfosfonate (medisyne om been kondisies te behandel) en fluoroide of fluoroquinolone ('n tipe antibiotika) moet minstens 2 tot 3 ure voor of na die neem van **Releaf Alkaline Tablets** geneem word.
- Aluminium bevattende samestellings.
- Ander medisyne wat kalsium bevat, aangesien dit kan lei tot 'n oordosering.
- Alle medisyne, veral basiese en suur bevattende medisyne soos salisilate, tetrasiklienes en barbiturate moet minstens 2 tot 3 ure voor of na die neem van **Releaf Alkaline Tablets** geneem word.
- Simptomimetiese middels en stimulant, omdat **Releaf Alkaline Tablets** waarneming van hierdie samestellings kan vermy.
- Medisyne wat serumkalium konsentrasies verhoog of wat kalium bevat, soos kaliumsparende diuretika, AOE-inhibeersers, siklosporin, kaliumsoute of penisillien en kaliumbevattende sout plaasvervangers wat gebruik word as kos gurmiddels.
- Antimuskarines, aangesien dit die risiko van gastro-intestinale nadelige effekte kan verhoog.
- Die kliniese status, serum elektroliete en die EKG moet gereeld gemonitor word by pasiënte wat kalium behandeling ondergaan.

HOE OM Releaf Alkaline Tablets TE GEBRUIK:

Die gewone dosis is:

Volwassenes: Neem 2 tablette twee keer per dag na etes, met 'n glas water.

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

Indien u meer Releaf Alkaline Tablets geneem het as wat u moes:

Indien u meer **Releaf Alkaline Tablets** geneem as wat u moes kan u newe-effekte ervaar soos: hiperkalemie, gastriese hipersekresie en renale aantasting, sleet, hoofpyn, oormatige urinerigtheid, limerigheid, duiseligheid en die vorming van nierstene. Uitsonderlike gevalle van alkalose en melk-alkali sindroom is ook aangemeld.

In die geval van chroniese diarree van langtermyngebruik, kan dit lei tot 'n elektroliet-wanbalans.

Oordosering kan newe-effekte veroorsaak van akkumulasie van kalium, hiperkalemie en metaboliiese alkalose. Simptome sluit in gemoedsveranderinge, moegheid, stadige asemhaling, spierswakheid en onreëlmatige hartklop, spierhipertonisiteit, rukbewegings en tetanie. Hierdie produk kan ook gastro-intestinale nadelige effekte en irritasie veroorsaak, sowel as om die effek van 'n lakseermiddel te hê.

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 Alkaline Tablets te neem:

Indien u **Releaf Alkaline Tablets** altyd soos voorgeskryf. Indien u 'n dosis vergeet het, neem dit sou gou as wat u onthou. Indien u egter nie van die vergeete dosis onthou voordat dit tyd is vir die volgende dosis is nie, slaan die vergeete dosis oor en keer terug na u gewone dosering skedule (sien "HOE OM **Releaf Alkaline Tablets** TE GEBRUIK"). Moenie 'n dubbele dosis neem om te vergoed vir die oorgeslane individuele dosis nie.

MOONTLIKE NEWE-EFFEKTE:

Releaf Alkaline Tablets kan newe-effekte hê.

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

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

- Kan stuiptrekkings aanhelp (*herhaaldelik*).
- Naarsheid, braking, diarree, abdominale kramp en gastro-intestinale ulserering (*herhaaldelik*).
- Hardlywigheid en winderigheid (*herhaaldelik*).
- Gastro-intestinale irritasie en waterige diarree (*herhaaldelik*).
- Spantiese dermafslating (paralise van die ingewand spiere) (*minder herhaaldelik*).
- Spontane maagbreek (*minder herhaaldelik*).

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

BERGING EN WEGDOEN VAN Releaf Alkaline Tablets:

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

Hou die houder dig geslê. Beskerm teen lig.

HOU ALLE MEDISYNE VREDE BEREIK VAN KINDERS.

Moenie gebruik na die vervaldatum op die etiket nie. Neem alle oorblywende **Releaf Alkaline Tablets** na u apteker terug.

Moenie ongebruikte **Releaf Alkaline Tablets** in afvoerput of rioolsisteme (byvoorbeeld toilette) weggooi nie.

AANBIEDING VAN Releaf Alkaline Tablets:

Releaf Alkaline Tablets is beskikbaar in 60's en 120's in wit PET houers van onderskeidelik 250 mL en 400 mL met 'n wit PP deksel. Die deksel is versël met 'n induksie seël vir u beskerming. Moenie **Releaf Alkaline Tablets** gebruik as die seël gebreek is nie.

IDENTIFIKASIE VAN Releaf Alkaline Tablets:

'N Wit bikonkaaf aangepaste kapsulvormige tablet met 'n halveerlyn.

REGISTRASIONUMMER:

Sal toegeken word.

Releaf Alkaline Tablets is nie deur die Sahrpa geëvalueer vir gehalte, veiligheid of beoogde gebruik nie.

NAAM EN SAKEADRES VAN DIE HOUER VAN DIE REGISTRASIE:

RELEAF PHARMACEUTICALS (EDMS) BPK

De Vreugde Singel 14

Dal Josaphat

Paarl

7646

Tel: +27 (21)001 9748

E-pos: Info@releafpharmaceuticals.co.za



DATUM VAN PUBLIKASIE:

Februarie 2018.

RP0004/17A

Pro-Print