PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0.
Category D: Complementary medicine.
Discipline: Discipline Specific
33.7 Combination Product

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

ULTRAINFLAMX™, 643 g Powder

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

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

WHAT IS IN THIS LEAFLET

WHAT ULTRAINFLAMX™ CONTAINS

Each three (3) scoops of ULTRAINFLAMX™ contains the following actives:

Rice protein	7500 mg	L-Threonine	35 mg
Pea protein	7500 mg	Vitamin B3 (Niacinamide)	35 mg
L-Glutamine	1500 mg	Vitamin E (as D-alpha-tocopheryl acetate)	30 mg
Quercetin	200 mg	Hop strobilus (*Humulus lupulus L.)* [4:1 extract]	10 mg
Rutin	200 mg	Zinc (as Zinc bisglycinate)	10 mg
Vitamin C (as Ascorbic acid)	160 mg	Vitamin B5 (as Calcium pantothenate)	6 mg
Ginger (*Zingiber officinale Rosc.*) [Rhizome extract]	150 mg	Vitamin B6 (as Pyridoxal-5-phosphate)	2,8 mg
Turmeric (*Curcuma longa L.*) [Root extract]	150 mg	Vitamin B1 (as Thiamine hydrochloride)	2 mg
White willow (*Salix alba L.*) [Bark extract]	125 mg	Vitamin B2 (as Riboflavin)	1,4 mg
Calcium (as Calcium citrate) 120 mg	100 mg	Vitamin A (as Beta-carotene)	800 µg
Rosemary (*Rosmarinus officinalis L.*) [Leaf extract]	100 mg	Vitamin H (as Biotin)	150 µg
Boswellia (*Boswellia serrata Roxb. Ex Colebr.)* [Rhizome 5:10 extract]	100 mg	Folate (as Calcium-L-methylfolate)	150 µg
L-Cysteine (as N-Acetyl-L-cysteine)	100 mg	Chromium (as Chromium picolinate)	80 µg
Magnesium (as Magnesium glycerophosphate)	75 mg	Selenium (as L-selenomethionine)	55 µg
Citrus bioflavonoids	75 mg	Molybdenum (as Sodium molybdate)	50 µg
Green tea (*Camellia sinensis (L.) Kuntze*) [Leaf extract]	50 mg	Vitamin D (as Cholecalciferol)	12,5 µg (500 I.U.)
		Vitamin B12 (as Methylcobalamine)	2,5 µg

Inactive Ingredients: Apple Fibre (Malus domestica), bamboo extract (Bambusa vulgaris Schrad.), dicalcium phosphate, dipotassium phosphate, flavour, guar gum, kemfe flavour, magnesium carbonate, medium chain triglycerides, potassium citrate, olive oil (Olea Europaea), rice syrup powder.
Contains Sweetener: Stevia (25 mg) **CONTAINS CAFFEINE**
This product is suitable for vegetarians, soy & dairy free and is non-GMO.

WHAT ULTRAINFLAMX™ IS AND WHAT IT IS USED FOR

ULTRAINFLAMX™ offers functional nutrition with a blend of rice and pea protein, alongside carefully selected vitamins, minerals and herbs with anti-inflammatory properties that support the reduction of inflammation, and the promotion of healthy gut function. It contains a powerful blend of antioxidants, which protect cells from oxidative damage and selected herbs that contribute to healthy muscles and joints and are also protective and soothing to the digestive tract.

BEFORE YOU TAKE ULTRAINFLAMX™

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. Do not take **ULTRAINFLAMX™** 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 **ULTRAINFLAMX™** at least two weeks before scheduled surgery.
Antibiotics: Take your antibiotics 2 hours before or after taking **ULTRAINFLAMX™.**
Laboratory tests: Active ingredients in **ULTRAINFLAMX™** may alter the results of tests. Please tell your healthcare practitioner that you are taking **ULTRAINFLAMX™** 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 OF ULTRAINFLAMX™

ULTRAINFLAMX™ contains stevia 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.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent **ULTRAINFLAMX™** 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 **ULTRAINFLAMX™** may affect you.

TAKING OTHER MEDICINES WITH ULTRAINFLAMX™ 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 ULTRAINFLAMX™

Do not share medicines prescribed for you with any other person. Always take **ULTRAINFLAMX™** 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) serving (3 scoops) mixed with 300 ml of cold water daily or as directed by your healthcare practitioner.

Do no take more than the recommended dose.

IF YOU TAKE MORE ULTRAINFLAMX™ 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 ULTRAINFLAMX™

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

POSSIBLE SIDE EFFECTS

ULTRAINFLAMX™ may have side effects.
Consult a registered healthcare professional if you are taking any other medicine (such as lithium) including chronic, complementary, or traditional medicines; or have high blood pressure, glaucoma, and/or detrusor instability (overactive bladder syndrome). Consumption with other medicines (e.g. bitter orange extract, synephrine, octopamine, ephedra, ephedrine) which increase blood pressure is not recommended. Use of caffeine may result in sleep deprivation. Consumption with other caffeine-containing products or foods (e.g. medications, coffee, tea, colas, cocoa, guarana, maté) is not recommended. 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 for Cancer (Antitumor Antibiotics), 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 **ULTRAINFLAMX™** 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 **ULTRAINFLAMX™**. 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 **ULTRAINFLAMX™** 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 **ULTRAINFLAMX™.**

STORAGE AND DISPOSING OF ULTRAINFLAMX™

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

PRESENTATION OF ULTRAINFLAMX™

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

IDENTIFICATION OF ULTRAINFLAMX™

Bright yellow, fine 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

03 January 2025

NAME AND ADDRESS OF REGISTRATION HOLDER

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PASIËNT INLIGTINGSBLAD

SKEDULERINGSTATUS S0
Kategorie D: Komplementêre medisyne.
Dissipline: Dissiplinespesifiek
33.7 Kombinasie produk

HANDELSNAAM EN DOSEERVORM**,**

ULTRAINFLAMX™, 643 g Poeier

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

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

WAT IS IN HIERDIE INLIGTINGSBLAD

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

WAT IS ULTRAINFLAMX™ KAPSULES EN WAARVOOR WORD DIT GEBRUIK
ULTRAINFLAMX™ bied funksionele voeding met 'n mengsel van rys en ertjie proteïen, saam met noukeurig geselekteerde vitamiene, minerale en kruie met anti-inflammatoriese eienskappe wat die vermindering van inflammasie ondersteun, en die bevordering van gesonde dermfunksie. Dit bevat 'n kragtige mengsel van antioksidante, wat selle beskerm teen oksidatiewe skade en geselekteerde kruie wat bydra tot gesonde spiere en gewrigte en is ook beskermend en strelend vir die spysverteringskanaal.

BELANGRIKE INLIGTING OOR SOMMIGE VAN DIE BESTANDDELE VAN ULTRAINFLAMX™
ULTRAINFLAMX™ bevat stevia wat 'n uitwerking op die beheer van jou bloedsuiker kan hê as jy diabetes mellitus het.

VOORDAT JY ULTRAINFLAMX™ NEEM
As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **ULTRAINFLAMX™** 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. **Chirurgie**: Hou op om **ULTRAINFLAMX™** ten minste twee weke voor die geskeduleerde operasie te neem. **Antibiotika**: Neem jou antibiotika 2 ure voor of na die neem **van ULTRAINFLAMX™. Laboratoriumtoetse: Aktiewe** bestanddele in **ULTRAINFLAMX™** kan die resultate van toetse verander. Vertel asseblief jou gesondheidsorgpraktisyn dat jy **ULTRAINFLAMX™ neem** voordat jy enige laboratoriumtoetse ondergaan.

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

BESTUUR EN GEBRUIK VAN MASJIENE
Dit is nie altyd moontlik om te voorspel in watter mate **ULTRAINFLAMX™** 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 **ULTRAINFLAMX™** jou beïnvloed.

NEEM VAN ANDER MEDISYNE SAAM MET ULTRAINFLAMX™
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.

WATTER ULTRAINFLAMX™ BEVAT

Elke drie (3) skepe van ULTRAINFLAMX™ bevat die volgende aktiewe:

Rys proteïen	7500 mg	L-Threonine	35 mg
Ertjie-proteïen	7500 mg	Vitamien B3 (Niacinamide)	35 mg
L-glutamien	1500 mg	Vitamien E (as D-alfa-tokoferielasetaat)	30 mg
Quercetin	200 mg	Hop strobilus (*Humulus lupulus L.)* [4:1 uittreksel]	10 mg
Rutien	200 mg	Sink (as sinkbisglycinaat)	10 mg
Vitamien C (as askorbiensuur)	160 mg	Vitamien B5 (as kalsiumpantothenaat)	6 mg
Gemmer (*Zingiber officinale Rosc.*) [Risoom uittreksel]	150 mg	Vitamien B6 (as Pyridoxal-5-fosfaat)	2,8 mg
Borrie (*Curcuma longa L.*) [Wortel uittreksel]	150 mg	Vitamien B1 (as tiamienhidrochloried)	2 mg
Wit wilg (*Salix alba L.*) [Bas uittreksel]	125 mg	Vitamien B2 (as riboflavien)	1,4 mg
Kalsium (as kalsiumsitraat) 120 mg	100 mg	Vitamien A (as beta-karoteen)	800 µg
Roosmaryn (*Rosmarinus officinalis L.)* [Blaar uittreksel]	100 mg	Vitamien H (as biotien)	150 µg
Boswellia (*Boswellia serrata Roxb. Ex Colebr.)* [Risoom 5:10 uittreksel]	100 mg	Folaat (as kalsium-L-metielfolaat)	150 µg
L-sisteïen (as N-asetiel-L-sisteïen)	100 mg	Chroom (as chroompikolinaat)	80 µg
Magnesium (as magnesiumgliserofaat)	75 mg	Selenium (as L-selenometionien)	55 µg
Sitrus bioflavonoïede	75 mg	Molibdeen (as natriummolibdaat)	50 µg
Groen tee (*Camellia sinensis (L.) Kuntze*) [Blaar uittreksel]	50 mg	Vitamien D (as Cholecalciferol)	12,5 µg (500 IE)
		Vitamien B12 (as metielkobalamien)	2,5 µg

Onaktiewe bestanddele: Appelvesel (Malus domestica), bamboesekstrak (Bambusa vulgaris Schrad.), dikalsiumfosfaat, dikaliumfosfaat, geur, guargom, kemfe-geur, magnesiumkarbonaat, mediumketting trigliseriede, kaliumsitraat, olyfolie (Olea Europaea), rysstrooppoeier.
Bevat versoeter: Stevia (25 mg) **BEVAT KAFEÏEN**
Hierdie produk is geskik vir vegetariërs, soja- en suiwelvry en is nie-GGO.

SWANGERSKAP EN BORSVOEDING
Veiligheid tydens swangerskap en borsvoeding is nie vasgestel nie, raadpleeg u gesondheidsorgpraktisyn voor gebruik. 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.

HOE OM ULTRAINFLAMX™ TE NEEM
Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **ULTRAINFLAMX™** 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 daagliks een (1) porsie (3 lepels) gemeng met 300 ml koue water of soos voorgeskryf deur jou gesondheidspraktisyn. **Moenie meer as die aanbevole dosis neem nie.**

AS JY MEER ULTRAINFLAMX™ 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 ULTRAINFLAMX™ TE NEEM
Moenie 'n dubbele dosis neem om op te maak vir 'n dosis wat oorgeslaan is nie.

MOONTLIKE NEWE-EFFEKTE
ULTRAINFLAMX™ kan newe-effekte hê.
Raadpleeg 'n geregistreerde gesondheidspraktisyne as jy enige ander medisyne (soos litium) neem, insluitend chroniese, komplementêre of tradisionele medisyne; of hoë bloeddruk, gloukoom en/of detrusor-onstabiliteit (ooraktiewe blaassindroom) het. Verbruik met ander medisyne (bv. bitter lemoen uittreksel, synephrine, octopamine, ephedra, efedrien) wat bloeddruk verhoog, word nie aanbeveel nie. Die gebruik van kafeïen kan lei tot slaaptekort. Verbruik met ander kafeïenbevattende produkte of voedsel (bv. medikasie, koffie, tee, colas, kakao, guarana, maté) word nie aanbeveel nie. Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: bloedingsversteurings, hartsiektes, diabetes, kop- en nekkanker, swak en bros bene (osteoporose), prostaatkanker, 'n oorerflike oogtoestand wat swak nagsig en verlies aan syvisie (retinitis pigmentosa) veroorsaak, beroerte, lewersiekte, post-chirurgiese stentplasing, Gewigsverlieschirurgie, prosedures om vernoude are (angioplastie) te verbreed, beslaleggingsversteuring. As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidspraktisyn voordat jy neem: , medisyne vir kanker (Chemoterapie), bloedstolling (Antikoagulant / Antiplaatjie-middels), Warfarin (Coumadin), Antibiotika vir Kanker (Antitumor Antibiotika), Antibiotika (Tetrasiklien antibiotika), Amiodarone (Cordarone), Fenobarbital (Luminal), medisyne vir hoë bloeddruk (antihipertensiewe middels), 5-Fluorouracil, medisyne vir diabetes (Antidiabetes dwelms). As enige van die volgende gebeur, hou op om **ULTRAINFLAMX™** 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 **ULTRAINFLAMX™** 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 / braking.

Nie alle newe-effekte en interaksies wat vir **ULTRAINFLAMX™** 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 **ULTRAINFLAMX™.**

HOE OM ULTRAINFLAMX™ 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 **ULTRAINFLAMX™** gebruik as u sigbare tekens van agteruitgang opmerk nie. Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

AANBIEDING VAN ULTRAINFLAMX™
'n Wit 1,75L HDPE-houer met 'n wit dop, induksieseël, peuterkrimpseël.

IDENTIFIKASIE VAN ULTRAINFLAMX™
Heldergeel, fyn poeier.

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 – 03 Januarie 2025

NAAM EN ADRES VAN REGISTRASIEHOUER
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