

**SCHEDULING STATUS**

(S0)

**1. NAME OF THE MEDICINE AND DOSAGE FORM**

OptiHealth Eye Health Support Capsules

**2. QUALITATIVE AND QUANTITATIVE COMPOSITION**

**2.1 List of active ingredients**

ELEMENTAL ACTIVE INGREDIENT	QUANTITY PER CAPSULE
Goji Berry Extract 4:1 ( <i>Lycium Barbarum fruit</i> )	300 mg (1200 mg)
Beta Carotene 10% (Beta Carotene)	15 mg (150 mg)
Lutein (Lutein 80%)	9,60 mg (12 mg)
Zeaxanthin (Zeaxanthin 5%)	2,30 mg (45 mg)

**2.2 List of excipients (inactive ingredients)**

Excipients: Calcium Carbonate, Magnesium Stearate BP, Microcrystalline Cellulose, Vegi Capsule.

**3. MEDICINE INFORMATION**

**3.1 Category**

Category D – Multiple substances formulation, complementary medicines.

**3.2 Dosage and Route of Administration**

**3.2.1 Dosage**

*Adults only.*

Take 1 capsule per day with a glass of water after a meal or as directed by a healthcare professional.

**DO NOT** give this medicine to children under the age of 12.

**3.2.2 Route of Administration**

For oral administration only.

**3.3 Indications**

- Lutein and zeaxanthin are carotenoid pigments important for eye health and may help reduce the risk of age-related macular degeneration (AMD) and cataracts.
- Goji berries are high in antioxidants, may help prevent free radicals from damaging DNA, lipids, and proteins.

**3.4 Contraindications**

Do not use OptiHealth Eye Health Support Capsules:

- If you are hypersensitive to any of the active ingredients or to any of the excipients.
- If you have intestinal obstruction
- If you have inflammatory bowel disease
- If you have intestinal ulcers

- If you are suffering from appendicitis or it is suspected
- If you suffer from any serious ailments or conditions
- If you have undiagnosed abdominal pain

### **3.5 Special warnings and precautions for use**

- Do not exceed the recommended daily dose.
- Patients on chronic medication must consult their healthcare practitioner before taking any medicine.

### **3.6 Interaction**

- Goji berry extract: may interact with blood thinners, diabetes medications, and certain other medications.
- Beta carotene: may interact with medications such as anticoagulants (blood thinners) and certain cholesterol-lowering drugs.
- Lutein and Zeaxanthin: may interact with cholesterol-lowering medications and certain other drugs.
- Before taking OptiHealth Eye Health Support Capsules, always consult your healthcare professional:
  - if you are taking anticoagulant or antiplatelet medication (such as aspirin, warfarin, heparin or clopidogrel)
  - if you taking herbs and supplements that may increase the risk of bleeding (such as garlic)
  - if you are taking non-steroidal anti-inflammatory medication (such as Ibuprofen or Naproxen).

### **3.7 Fertility, Pregnancy and lactation**

- Do not use during pregnancy or whilst breast feeding.
- Consult your healthcare professional if you fall pregnant whilst taking this medication.

### **3.8 Effects on ability to drive and use of machinery**

- OptiHealth Eye Health Support Capsules effects on the ability to drive a vehicle and use machines has not been studied.
- Patients should exercise caution before driving or operating machinery until they are reasonably certain that OptiHealth Eye Health Support Capsules does not affect their performance.

### **3.9 Side effects**

Common side effects of OptiHealth Eye Health Support Capsules may include:

- Gastrointestinal symptoms such as nausea, vomiting, diarrhoea , abdominal pain and discomfort.
- Pain, fever, headache, insomnia, heartburn, constipation, unpleasant taste, dry mouth, sore throat, tingling sensation and numbness of the tongue may occur.
- Not all side effects reported for this medicine are included in this leaflet.
- Should your general health worsen or if you experience any side-effects while taking this medicine, please consult your health care provider for advice.

### **3.10 Reporting of suspected adverse reactions**

If you experience an adverse reaction, immediately stop taking this medicine and seek advice by consulting your pharmacist or healthcare provider.

### **3.11 Overdose**

In the event of an overdosage, immediately seek help at the nearest hospital or poison control centre on +2786 155 5777 or alternatively contact +2721 938 6084.

## **4 CONTENT OF THE PACK AND OTHER INFORMATION**

### **4.1 Shelf life**

2 Years

### **4.2 Special precautions for storage**

Store in the original container.

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

KEEP OUT OF THE REACH OF CHILDREN.

KEEP OUT OF DIRECT SUNLIGHT.

### **4.3 Nature and contents of container**

A clear capsule packed in a brown 175 ml PET amber bottle with a white 45 mm ribbed cap. Each container contains 30 clear capsules.

### **4.4 Special precautions for disposal**

- Remove the label from the container.
- Recycle the container and cap.
- Do not dispose any unused or expired medicine in the sink, toilet or dustbin, return it to the nearest retail pharmacy for proper medical disposal.

### **4.5 Holder of certificate of registration**

Triton Pharmaceuticals (Pty) Ltd

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76 Lechwe Crescent,

Corporate Business Park South

Randjespark, Midrand, 1685

PO BOX Suite 202, Private Bag X65, Halfway House, 1685

### **4.6 Registration Number**

- To be allocated.
- This medicine has not been evaluated by the South African Health Products Regulatory Authority for its quality, safety or intended use.

## **5 DATE OF PUBLICATION OF PROFESSIONAL INFORMATION**

October 2024