

SCHEDULING STATUS

(S0)

1. NAME OF THE MEDICINE AND DOSAGE FORM

OptiHealth Berberine Complex Capsules

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

2.1 List of active ingredients

ELEMENTAL ACTIVE INGREDIENT	QUANTITY PER CAPSULE
Berberine HCL (<i>Berberis Aristata</i>)	500 mg
Bitter Melon Fruit 1% (<i>Momordica charantia</i>)	100 mg (1 mg)
Banaba Extract 1% (<i>Lagerstroemia speciosa L.</i>)	25 mg (0,25 mg)

2.2 List of excipients (Inactive ingredients)

Excipients: Dicalcium Phosphate, Microcrystalline Cellulose, Magnesium Stearate BP, Vegi Capsules.

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 1-2 capsules 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

- May assist in weight management when combined with a balanced diet
- Acts as a potent metabolic activator in the body
- May assist by acting as a metabolic activator in the body
- Provides support to cardiovascular health

3.4 Contraindications

- Individuals suffering from liver or kidney disease avoid taking this medicine.
- Individuals with diabetes or hypoglycaemia avoid taking this medicine.
- Hypersensitivity to any of the active ingredients or to any of the excipients.

3.5 Special warnings and precautions for use

- Do not exceed the recommended daily dose.
- Patients on chronic medication or with a chronic condition should consult their healthcare practitioner before taking any medicine.

3.6 Interaction

- May interact with certain medication, such as blood thinners and diabetic medicine.
- Always consult your healthcare professional if you are taking any other medicine.

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 Berberine Complex 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 Berberine Complex Capsules does not affect their performance.

3.9 Side effects

Common side effects of OptiHealth Berberine Complex Capsules may include:

- Gastrointestinal symptoms such as upset stomach, constipation, gas or diarrhoea.
- Not all side effects reported for this medicine are included in this leaflet.
- Please consult your healthcare practitioner if your general health worsens whilst taking this medicine.

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 overdose, 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 white capsule packed in a brown 175 ml PET amber bottle with a white 45 mm ribbed cap. Each container contains 60 white 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

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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

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