

NUTRILITE™ Natural Multi Carotene bevat antikankersende wat u beskerm teen vyf radikale stede, beta-karoteen as pro vitamien A en karotenoliede teen alpe, palmvrugolie en goudstembloem.

Bekandheid is 'n voorwerp van verminen A, wat bydra tot die D 34 KAROTENOLIE.

ANNUÏLEDE GEGESONDHEIDSGESONDHEIDSAANWILING

"Hierdie onopgevoerde medisyne is nie deur die SAPHRA gevalideer vir sy getalle, veiligheid of beoogde gebruik nie."

NUTRILITE™



90 Natural Multi Carotene
SUPPORT HEALTHY NIGHT VISION
ONDERSTEUN NAG VISIE GESONDHEID

90 Softgel capsules / Sagte kapsules **55g**

DOSIS EN RIGTING VIR GEBRUIK: Volwassenes: Neem dagelijks 2-3 softgel-kapsules, verkiest saam met kos.

Kinders van 12 jaar en ouer: neem dagelijks 1 softgel-kapsule, verkiest saam met kos.

ELKE SAGTE KAPSULE BEVAT:

Duralite Salina L (Hele alpe, gestandaardiseer tot 18% - 21% totale karotenoliede verskaf van Beta-karoteen..... 2200 mcg (83,3 mcgRAE)
Elaeis guineensis L (Palmolie) (vrug olie, gestandaardiseer tot 11% - 15% betakarotenoliede verskaf Betakaroten..... 2050 mcg (170,83 mcgRAE)
Elaeis guineensis L (Palmolie) (vrug olie, gestandaardiseer tot 6% - 8% alfa-karotenoliede verskaf Alfa-karoten..... 1100 mcg (45,83 mcgRAE)
Tagetes erecta L (Goudstembloem) (blom oliears, 40: 1 ekstrakt gestandaardiseer tot 10% - 13% Luëien verskaf 44,8 mg Gedroogde Kruid Ekswalein verskaf Luëien..... 1120 mcg
Tagetes erecta L (Goudstembloem) (blom oliears, 40: 1 ekstrakt gestandaardiseer tot 0,4% Zeaxanthin wat 200mg Gedroogde Kruid Ekswalein verskaf Zeaxanthin..... 50 mcg

Versprei deur: Amway South Africa Pty Ltd, Atlantic Centre, 14 Christian Bernard Street, Fontaine Cape Town, 8001 717 / 011 201 4400
Suid-Afrikaanse Karotene Groep LLC, 7575 Fulton Street East, Greenwood, Kansas Business Group LLC, 7575 Fulton Street East, Atia, MO 63555 USA Linnommer, vervaardigingsdatum en vervaldatum: sien onderkant van die verpakking
HOU BUITE BEREIK VAN KINDERS • Bêre by of onder 25°C • Bêre in die oorspronklike houër • Beskerm teen lig, hitte en vog • **BEVAT SUIKER** (Glierol 61 mg per tabelt).
www.Amway.co.za
0185A

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PATIENT INFORMATION LEAFLET
SCHEDULING STATUS [S0]

NUTRILITE™ NATURAL MULTI CAROTENE - soft gelatin capsule
Beta-carotene, alpha carotene, lutein and zeaxanthin
Contains sugar (glycerol)

Each soft gelatin capsule contains 61 mg of glycerol

COMPLEMENTARY MEDICINE – HEALTH SUPPLEMENT

Read all of this leaflet carefully because it contains important information for you.

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

NUTRILITE™ NATURAL MULTI CAROTENE is available without a doctor's prescription for you, to help support healthy night vision. Nevertheless, you still need to use Nutrilite™ Natural Multi Carotene capsules carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share NUTRILITE™ NATURAL MULTI CAROTENE with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

What is in this leaflet:

1. What NUTRILITE™ NATURAL MULTI CAROTENE is and what it is used for

2. What you need to know before you take NUTRILITE™ NATURAL MULTI CAROTENE
3. How to take NUTRILITE™ NATURAL MULTI CAROTENE
4. Possible side effects
5. How to store NUTRILITE™ NATURAL MULTI CAROTENE
6. Contents of the pack and other information

1. What NUTRILITE™ NATURAL MULTI CAROTENE is and what it is used for
NUTRILITE™ NATURAL MULTI CAROTENE is a health supplement that provides antioxidants which helps protect eyes from free radical damage, beta carotene and carotenoids from algae, palm fruit oil, and marigold flowers. Betacarotene is a precursor of Vitamin A, which contributes to the maintenance of normal vision.

2. What you need to know before you take NUTRILITE™ NATURAL MULTI CAROTENE
Do Not Take NUTRILITE™ NATURAL MULTI CAROTENE

- If you are hypersensitive (allergic) to any of the ingredients (See list in section 6.0)
- If you are allergic to plants of the asteraceae/compositae/daisy family
- If you are pregnant or breastfeeding

Warnings and precautions

Take special care with NUTRILITE™ NATURAL MULTI CAROTENE, consult a relevant health care provider prior to use:

- If you are taking other supplements containing vitamin A, betacarotene and

alphacarotene

- If you are a tobacco smoker
- If you have cardiovascular disease
- If you use statins to lower cholesterol

Children and Adolescents

Not suitable for children and adolescents under 12 years of age.

Other medicines and NUTRILITE™ NATURAL MULTI CAROTENE

Always tell your health care provider if you are taking any other medicine including all complementary or traditional medicines

NUTRILITE™ NATURAL MULTI CAROTENE with food and, drink and alcohol

NUTRILITE™ NATURAL MULTI CAROTENE may be taken at any time of the day, preferably with a meal as recommended (See Section 3) without alcohol.

Pregnancy and Breastfeeding

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before taking this complementary medicine.

Safety in pregnancy and breastfeeding has not been established.

Driving and using machines

Effects on ability to drive and use machines have not been studied.

Nevertheless, it is expected to have no or negligible influence on the ability to drive

and use machine

Important information about some of the ingredients of NUTRILITE™ NATURAL MULTI CAROTENE:

NUTRILITE™ NATURAL MULTI CAROTENE should be used with caution in patients with known sensitivity or allergy to soya and peanuts.

NUTRILITE™ NATURAL MULTI CAROTENE Contains glycerol, which is a sugar and may have an effect on the control of your blood sugar if you have diabetes mellitus. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking NUTRILITE™ NATURAL MULTI CAROTENE.

3. How to take NUTRILITE™ NATURAL MULTI CAROTENE

Always take NUTRILITE™ NATURAL MULTI CAROTENE exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you. Check with your doctor, pharmacist or nurse if you are not sure. The usual dose for Children 12 years and over is: Take one (1) capsule daily preferably with meals containing oil/fat or as directed by your healthcare provider.

The usual dose for Adults is: Take one (1) to two (2) capsules daily preferably with meals containing oil/fat or as directed by your healthcare provider.
Do not exceed the recommended daily dose unless directed by your doctor. Long term use (3-month continuous use) should be under the care of a relevant health care provider.

If you take more NUTRILITE™ NATURAL MULTI CAROTENE than you should

In the event of overdosage, consult your doctor or pharmacist.

If neither is available, contact the nearest hospital or poison centre.

If you forget to take NUTRILITE™ NATURAL MULTI CAROTENE

Do not take double dose to make up for forgotten individual doses.

4. Possible Side Effects

NUTRILITE™ NATURAL MULTI CAROTENE can have side effects. Not all side effects reported for NUTRILITE™ NATURAL MULTI CAROTENE are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking NUTRILITE™ NATURAL MULTI CAROTENE, please consult your doctor, pharmacist or health care provider for advice.

If any of the following happens, stop taking NUTRILITE™ NATURAL and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of your hands, feet, ankles, face, mouth or throat, which may cause difficulty in swallowing or breathing.
- rash or itching.
- fainting.
- yellowing of your skin and eyes, also called jaundice.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction. You may need urgent medical attention or hospitalisation. Tell your doctor immediately or go to the casualty department at your nearest hospital

if you notice any of the following:

- chest pain
 - angina
 - changes in the way your heart beats, for example, if you notice it beating faster, difficulty breathing,
 - signs of recurrent infections such as fever or sore throat,
 - less urine than is normal for you,
- These are all serious side effects. You may need urgent medical attention. Tell your doctor as soon as possible if you notice any of the following:

- nausea (feeling sick)
- abdominal cramps or stomach pains,
- headache,
- dizziness,
- tiredness,
- light-headedness,
- dry cough,
- muscle cramps,
- flatulence or wind,
- diarrhoea,
- loss of appetite.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of Side Effects

If you get side effects, talk to your doctor or pharmacist or nurse.

You can also report side effects online under:

SAHPRA's publications: SAHPRA via the "6.04 Adverse Drug Reaction Reporting Form", <https://www.sahpra.org.za/Publications/Index/8>.

Botswana's publications: [https://www.bomra.co.bw/index.php/ services/patient-safety-monitoring](https://www.bomra.co.bw/index.php/services/patient-safety-monitoring).

Nambia's publication: Adverse Medicine Reaction Reporting Form <http://www.nmrc.com.na/downtipc>

By reporting side effects, you can help provide more information on the safety of NUTRILITE™ NATURAL MULTI CAROTENE.

5. How to store NUTRILITE™ NATURAL MULTI CAROTENE

Store all medicines out of reach of children. Store in the original package/container. Keep the container tightly closed to protect from light and moisture. Store at or below above 25°C. Keep the container in the outer carton. Do not use NUTRILITE™ NATURAL MULTI CAROTENE after the expiry date stated on the label. The expiry date refers to the last day of that month. Do not use NUTRILITE™ NATURAL MULTI CAROTENE, if you notice the capsules have changed shape or colour.

beeswax, soy lecithin, caramel colour (E150d)

What NUTRILITE™ NATURAL MULTI CAROTENE look like and contents of the pack

Dark brown, oval-shaped soft gelatin capsule with a dark brown liquid fill.

It is available in white HD polyethylene container with lift 'n' peel tamper-proof seal and re-sealable flip- top closure 90 capsules.

Registration Number This product has not yet been evaluated by the regulatory authority.

Name and Address of Holder of Certificate of Registration

Amway South Africa Pty Ltd Atlantic Centre, 14 Christiaan Barnard Street, Foreshore, Cape Town 8001

Date of Publication To be allocated by the regulatory authority.

Access to the corresponding Professional Information

www.Amway.co.za

PASİENTINLİĞİNGSTUK

SKEDULERİNG STATUS [S0]

NUTRILITE™ NATURAL MULTI CAROTENE – sagte gelatien kapsules

Beta-karoteen, alfa karoteen, luteien en zeaxantien.

Bevat suiker (gliserol)

Elke sagte gelatien capsule bevat 61 mg gliserol

KOMPLEMENTÊRE MEDISYNE –GESONDHEIDSAANVULLING

Lees alles in hierdie pamphlet versigtig want dit bevat belangrike inligting vir jou.

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

NUTRILITE™ NATURAL MULTI CAROTENE is beskikbaar sonder 'n dokter's voorskrif vir jou, om ondersteuning te bied vir gesonde nag visie.

Nietemin, moet jy NUTRILITE™ NATURAL MULTI CAROTENE kapsules gebruik versigtig om die beste resultate daarvan te kry.

- Hou hierdie inligtingstuk. Dit mag nodig wees dat jy dit weer moet lees.
- Moet nie NUTRILITE™ NATURAL MULTI CAROTENE met enige persoon deel nie.
- Vra jou gesondheidswerker of apteker indien jy meer inligting of advies benodig.

Wat is in hierdie pamflet:

1. Wat NUTRILITE™ NATURAL MULTI CAROTENE is en waarvoor dit gebruik word