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PATIENT INFORMATION LEAFLET		NO COPY AREA	
SCHEDULING STATUS: [S0] NUTRILITE™ OMEGA-3 COMPLEX soft gelatin capsules <i>Each soft gelatin capsule contains:</i> <i>Enterol® triglycerides (Purified soybean oil)</i> <i>Sandwich sugar (South African sardine)</i> <i>and Scantrol® (Mackay) oil</i> 1030 mg providing Eicosapentaenoic acid 180 mg Docosahexaenoic acid 120 mg Total Omega 3 fatty acids 380 mg Vitamin E (d-alpha tocopherol) 5 mg a-TE Sugar free Each soft gelatin capsule contains glycerol 131 mg. D.34.12 Multiple substance formulation COMPLEMENTARY MEDICINE – HEALTH SUPPLEMENT This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.		Ingredients (Listed in section 6.0) If any of the above applies to you, do not take this medicine, and consult your healthcare provider. Warnings and precautions Take special care with Nutrilite™ Omega-3 Complex. Consult a relevant health care provider prior to use: • If you are due to have or have had surgery recently, • If you have had a trauma recently, • If you have a kidney problem, • If you have diabetes which is not controlled, • If you have problems with your liver, your doctor will monitor any effects NUTRILITE™ OMEGA-3 COMPLEX may have on your liver with blood tests. • If you are pregnant, planning to become pregnant or are breastfeeding, • If you are allergic to fish and soya, • If you suffer from a bleeding disorder, • If you take blood thinners. Do not exceed daily dosage level without consulting a relevant healthcare provider. Consult a relevant healthcare provider for use beyond 6 months. Children and adolescents Nutrilite™ Omega-3 complex is not recommended for children under 18 years of age. Other medicines and NUTRILITE™ OMEGA-3 COMPLEX If you are taking blood thinners, such as warfarin, you may need extra blood tests and your usual dose of your blood thinning medicine may have to be changed. Always tell your healthcare provider if you are taking any other medicines including all complementary or traditional medicines. Pregnancy and breast-feeding If you are pregnant particularly in the first trimester, please consult your doctor or pharmacist to determine if you should take Nutrilite™ Omega-3 COMPLEX before taking NUTRILITE™ OMEGA-3 COMPLEX. Safety of NUTRILITE™ OMEGA-3 COMPLEX in pregnancy and breastfeeding has not established. Driving and using machines NUTRILITE™ OMEGA-3 COMPLEX is not expected to influence your ability to drive. However, you should not drive, use machinery or perform tasks that require concentration until you are certain that NUTRILITE™ OMEGA-3 COMPLEX does not adversely affect your ability to do so safely (See possible side effects). Important information about some of the ingredients of NUTRILITE™ OMEGA-3 COMPLEX NUTRILITE™ OMEGA-3 COMPLEX is derived from seaboard and contains soya-bean oil. If you are allergic to fish or soya, do not use this health supplement. NUTRILITE™ OMEGA-3 COMPLEX contains glycerol and may have an effect on the control of your blood sugar if you have diabetes mellitus. If you have been told that you have an intolerance to some sugars, you should not take NUTRILITE™ OMEGA-3 COMPLEX. 3. How to take NUTRILITE™ OMEGA-3 COMPLEX Always take NUTRILITE™ OMEGA-3 COMPLEX 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 Adults is: Take one capsule three times a day, with a meal or as directed by your healthcare provider. Do not exceed the recommended daily dose unless directed by your doctor. If you take more NUTRILITE™ OMEGA-3 COMPLEX than you should In the event of overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre. If you forget to take NUTRILITE™ OMEGA-3 COMPLEX Do not take a double dose to make up for forgotten individual doses. 4. Possible Side Effects No all side effects reported for NUTRILITE™ OMEGA-3 COMPLEX are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking NUTRILITE™ OMEGA-3 COMPLEX, please consult your doctor, pharmacist or healthcare provider for advice. Some less frequent side effects of NUTRILITE™ OMEGA-3 COMPLEX can be serious. If any of the following happen to you, stop taking NUTRILITE™ OMEGA-3 COMPLEX and tell your doctor immediately or go to the casualty department at your nearest hospital as you will need immediate medical attention or hospitalization. Common side effects (occur in 1 to 10 users in 100): • Stomach problems like abdominal distension, pain, constipation, diarrhea, indigestion (dyspepsia), gas, belching (eructation), acid reflux, feeling sick (nausea) and being sick (vomiting). Uncommon side effects (occur in 1 to 10 users in 1,000): • High blood sugar levels, • Gout, • Dizziness, • Problems with taste, • Headache, • Low blood pressure • Nose bleeds, • Blood in your stools, • Rash. Rare side effects (occur in 1 to 10 users in 10,000): • If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not allergic reactions, • Raised red skin rash (hives or urticaria), • Liver disorders, with possible changes in the results of certain blood tests. 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, pharmacist or nurse. You can also report side effects to SAHPRA via the 6.04 Adverse Drug Reaction Reporting form, found online under: SAHPRA's publications: SAHPRA via the 6.04 Adverse Drug Reaction Reporting form, https://www.sahpra.org.za/Publications/index/8. Bosman's publications: BOMRA via suspected adverse Drug Reactions Reporting Form, https://www.bosman.co.za/index.php/suspected-adverse-drug-reactions-reporting-form Namibia's publication: Adverse Medicine Reaction (Safety Yellow Form) https://mrc.gov.na/documents/61630/410067/Safety+Yellow+Form.pdf/c603f343-3d68-4ba3-7e71-50f881f6ab26 May also report to Amway South Africa Pty Limited using the following email: Regulatory.Department@amway.com. By reporting side effects, you can help provide more information on the safety of NUTRILITE™ OMEGA-3 COMPLEX. 5. How to store NUTRILITE™ OMEGA-3 COMPLEX Store out of the reach and sight of children. Store in the original package/ container. Keep the container tightly closed to protect from light, heat and moisture. Do not store above 25°C. Do not use NUTRILITE™ OMEGA-3 COMPLEX after the expiry date stated on the label. The expiry date refers to the last day of that month. Do not use NUTRILITE™ OMEGA-3 COMPLEX, if you notice the capsules have changed shape or colour. Disposal of NUTRILITE™ OMEGA-3 COMPLEX Return all unused medicines to your pharmacist. Do not dispose of unused medicine in drains or sewage systems (e.g. toilets). 6. Contents of the pack and other information What NUTRILITE™ OMEGA-3 COMPLEX contains The active substances are omega 3 fatty acids, eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA) and vitamin E (as d-alpha tocopherol). The other ingredients are bovine gelatin, glycerol, soybean oil and water. What NUTRILITE™ OMEGA-3 COMPLEX look like and contents of the pack Clear soft gelatin capsules containing pale yellow oil. It is available in white HD polyethylene container with lift / peel tamper-proof seal and white re-sealable polypropylene flip-top closure. Pack sizes: 30 capsules and 90 capsules. Registration Number This product has not yet been allocated by the regulatory authority. Name and Address of Holder of Certificate of Registration Amway South Africa (Pty) Ltd, Unit B1, 33 Brussels road, Spartan, Isando 1619. Date of Publication To be allocated by the regulatory authority. Access to the corresponding Professional Information www.amway.co.za	

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