

NUTRILITE™



50 All Plant Protein

BUILD LEAN MUSCLE AND REPAIR TISSUE

BOU MAER SPIERE EN HERSTEL WEEFSEL

POWDER (8 g protein per 10 g powder)
POEIER (8 g proteien per 10 g poeier)

450 g

Nutrilité™ All Plant Protein contains a blend of soy, wheat and pea which is a source of nine essential amino acids. It is a source of protein for the maintenance of good health. It assists in building lean muscle when combined with regular training and a healthy balanced diet. Nutrilité™ All Plant Protein contributes to protein synthesis which helps repair body tissues. Additionally, a varied and balanced diet and a healthy lifestyle are of general importance.

D34.1 Proteins and Amino Acids
COMPLEMENTARY MEDICINE: HEALTH SUPPLEMENT
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use
DOSAGE AND DIRECTION FOR USE
Adults: Take 10 g powder one to two times per day. (One tablespoon (15 ml) is approximately 10 g powder)
Add powder to 240 ml of milk, fruit juice, vegetable juice or other liquid. Stir rapidly for 45 seconds or shake vigorously in a tightly closed container (shaker) for 1 minute. Alternatively, sprinkle on cereals, soups, salads or other food.

EACH 10 G POWDER CONTAINS:

Glycine Max (L) Merr (Soya protein) (bean isolate).....	8226 mg
Triticum aestivum (L) (Wheat protein) (seed germ powder).....	1000 mg
Pisium sativum (L) (Pea protein) (seed powder).....	750 mg

providing 8 g protein and essential amino acids:

L-Isoleucine.....	390 mg
L-Leucine.....	660 mg
L-Lysine.....	510 mg
L-Methionine.....	115 mg
L-Cysteine.....	100 mg
L-Phenylalanine & L-Tyrosine.....	750 mg
L-Threonine.....	310 mg
L-Tryptophan.....	120 mg
L-Valine.....	400 mg
L-Histidine.....	210 mg

KEEP OUT OF THE REACH OF CHILDREN - Store at or below 25°C - Store in the original container - Protect from light, heat and moisture - Use in children under the guidance of a relevant health care provider - Product contents may settle during shipment. Net weight guaranteed - Phenylketonurics: Contains phenylalanine - Sugar free
Batch number and Expiry date: See bottom of can
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Nutrilité™ All Plant Protein bevat 'n mengsel van soja, koring en erjie wat 'n bron van nege essensiële amino acids is. Dit is 'n bron van proteïen vir die instandhouding van goeie gesondheid. Dit help met die bou van maer spiere wanneer dit gekombineer word met gereelde opleiding en 'n gesonde gebalanseerde dieet. Nutrilité™ All Plant Protein dra by tot proteïensintese wat help om liggaamsweefsel te herstel. Daarbenewens is 'n gevarieerde en gebalanseerde dieet en 'n gesonde leefstyl van algemene belang.

D 34.1 Proteien en Aminosure
KOMPLEMENTÊRE MEDISYNE - GESONDHEIDSAANVULLING
Hierdie ongeregistreerde medisyne is nie deur die SAHPRA geëvalueer vir sy gehalte, veiligheid of beoogde gebruik nie.
DOSIS EN RICHTING VIR GEBRUIK
Volwassenes: Neem 10 g poeier een tot twee keer per dag. Een eetlepel (15ml) is ongeveer 10g poeier. Meng een hoop eetlepel (10 g) poeier aan water, melk of ander drankies, roer vinnig of skud kragtig in 'n styf geslote houër (skudder) vir 1 minuut. Alternatiewelik, sprinkel op graan, sop, slaai of ander kos.

ELKE 10G POEIER BEVAT:

Glycine Max (L) Merr (Soya proteien) (bone isolate).....	8226 mg
Triticum aestivum (L) (Koring proteien) (saad kiem poeier).....	1000 mg
Pisium sativum (L) (Erjie proteien) (saad poeier).....	750 mg

die verskaf van 8 g proteien en essensiële aminosure:

L-Isoleucien.....	390 mg
L-Leusien.....	660 mg
L-Lysien.....	510 mg
L-Metionien.....	115 mg
L-Sisteien.....	100 mg
L-Fenielalanien en L-Tirosien.....	750 mg
L-Threonien.....	310 mg
L-Triptofaan.....	120 mg
L-Valien.....	400 mg
L-Histidien.....	210 mg

HOU BUITE BEREIK VAN KINDERS - Stoor by of onder 25°C - Stoor in die oorspronklike houër - Beskerm teen lig, hitte en vog - Gebruik by kinders onder leiding van 'n betrokke verskaffer van gesondheidsorg - Die inhoud van die produk kan afneem tydens versending. Netto gewig gewaarborg - Fenielketonurika: Bevat fenielalanien - Suiker vry

Importe/Distributed by - Ingeweer / Versprei deur:
Amway South Africa Pty Ltd, Unit B1, 33 Brussels Road, Spartan, lando 1619. Tel: 021 405 1700 / 011 201 4400 / 011 923 0850.
Manufactured by - Vervaardig deur:
Access Business Group LLC, 7575 Fulton Street East, Miami, FL 33155 USA. Lotnommer en vervat datum: sien onderkant van die verpakking
www.Amway.co.za

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

50

NUTRILITE™ ALL PLANT PROTEIN – Powder

The active substances in each 10 g powder are:
Glycine Max (L) Merr (Soy protein) (bean isolate) 8226 mg
Triticum aestivum (L) (Wheat protein powder) (seed germ powder) 1000 mg
Pisium sativum (L) (Pea protein) (seed powder) 750 mg
Sugar free

D34.1: Protein and Amino Acids

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™ ALL PLANT PROTEIN is available without a doctor's prescription for you to help maintain your good health. Nevertheless, you still need to use NUTRILITE™ ALL PLANT PROTEIN carefully to get the best results from it.

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

What is in this leaflet:

1. What NUTRILITE™ ALL PLANT PROTEIN is and what it is used for
2. What you need to know before you take NUTRILITE™ ALL PLANT PROTEIN
3. How to take NUTRILITE™ ALL PLANT PROTEIN
4. Possible side effects
5. How to store NUTRILITE™ ALL PLANT PROTEIN
6. Contents of the pack and other information

1. What NUTRILITE™ ALL PLANT PROTEIN is and what it is used for
NUTRILITE™ ALL PLANT PROTEIN contains a blend of soy, wheat and pea which provides source of protein for the maintenance of good health. Proteins are constituents of living cells essential for growth and repair of tissues. It assists in building lean muscle when combined with regular training and a healthy balanced diet. NUTRILITE™ ALL PLANT PROTEIN contributes to protein synthesis which helps repair body tissues. NUTRILITE™ ALL PLANT PROTEIN provides 8 g of protein per 10 g powder, which is a source of amino acids. Essential amino acids are the building blocks of life and constituents of living cells essential for growth and repair of tissues, which is a source of amino acids. Essential amino acids cannot be made by the body. As a result, they must come from an external nutrient source.

2. What you need to know before you take NUTRILITE™ ALL PLANT PROTEIN
Do Not Take NUTRILITE™ ALL PLANT PROTEIN

- If you are hypersensitive (allergic) to any of the ingredients (See list in Section 6.0)
- If you are taking other supplements containing proteins.
- If you are allergic to wheat (gluten), pea, nuts or soy
- If you are pregnant or breastfeeding.
- If you have congenital abnormalities of amino acid metabolism
- If you have severe liver problems
- If you have severe kidney problems

Warnings and precautions

Take special care with NUTRILITE™ ALL PLANT PROTEIN. Consult a relevant health

care provider before using NUTRILITE™ ALL PLANT PROTEIN:

- If you are taking prescription medicines
- If you suffer from kidney disease.
- If you suffer from liver disease.

Protein is provided in normal well-balanced daily meals. Do not exceed daily dosage level without consulting a relevant health care provider. Use in children under the guidance of a relevant health care provider. Do not exceed daily dose without consulting a relevant health care provider. Long term use (3-month continuous use) should be under the care of a relevant health care provider. NUTRILITE™ ALL PLANT PROTEIN is not suitable for children.

Children and Adolescents

NUTRILITE™ ALL PLANT PROTEIN is not suitable for children and adolescents under 18 years of age.

Other medicines and NUTRILITE™ ALL PLANT PROTEIN

There is no known interaction of NUTRILITE™ ALL PLANT PROTEIN and other medicines. Always tell your health care provider if you are taking or have recently taken/used any other medicines including medicines obtained without prescription, all complementary or traditional medicines.

NUTRILITE™ ALL PLANT PROTEIN with food, drink and alcohol

Take NUTRILITE™ ALL PLANT PROTEIN preferably as recommended (See Section 3) without alcohol.

NUTRILITE™ All Plant Protein can be sprinkled on rice dishes, cereals, vegetables, salads or soups and other foods.

Take within 90 minutes of training for body tissues and muscles repair. Drink enough fluid before, during, and after exercise.

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your health care provider for advice before taking this complementary medicine. Safety of NUTRILITE™ ALL PLANT PROTEIN in pregnancy and breastfeeding has not been established.

Driving and using machines

NUTRILITE™ ALL PLANT PROTEIN 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™ ALL PLANT PROTEIN does not adversely affect your ability to do so safely (See Possible Side-effects).

Important information about some of the ingredients of NUTRILITE™ ALL PLANT PROTEIN:

NUTRILITE™ ALL PLANT PROTEIN contains wheat, pea and soy. If you are allergic to wheat (gluten), pea, nuts or soy, do not take this complementary medicine. NUTRILITE™ ALL PLANT PROTEIN contains phenylalanine in each powder which is equivalent to 400 mg per 10 g powder.

Phenylalanine may be harmful if you have phenylketonuria (PKU), a rare genetic disorder in which phenylalanine builds up because the body cannot remove it properly.

3. How to take NUTRILITE™ ALL PLANT PROTEIN

Always take NUTRILITE™ ALL PLANT PROTEIN 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 18 years and over is: Take 10 g powder up to two times per day with meal or as directed by your healthcare provider.

One tablespoon (15 ml) is approximately 10 g powder which contains 8 g of protein. Add powder to 240 ml of milk, fruit juice, vegetable juice or other liquid. Stir rapidly for 45 seconds or shake vigorously in a tightly closed container

(shaker) for 1 minute. Alternatively, sprinkle on cereals, soups, salads or other food. Do not exceed the recommended daily dose unless directed by your doctor.

If you take more NUTRILITE™ ALL PLANT PROTEIN 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™ ALL PLANT PROTEIN** Do not take a double dose to make up for forgotten individual doses.

4. Possible Side Effects

NUTRILITE™ ALL PLANT PROTEIN can have side effects. Not all side effects reported for NUTRILITE™ ALL PLANT PROTEIN are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking NUTRILITE™ ALL PLANT PROTEIN, please consult your doctor, pharmacist or health care provider for advice. Like all medicines, this complementary medicine can cause side effects, although not everybody gets them.

If any of the following happens, stop taking NUTRILITE™ ALL PLANT PROTEIN 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, difficultly breathing,
- light-headedness,
- dizziness,
- tiredness,
- dry cough,
- muscle cramps,
- flatulence or wind,
- diarrhoea
- loss of appetite.

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
- 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

As a user of this product, you are asked to report any side effects 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.gov.za/Publications/Index/8>.

Botswana's publications: BOMRA via Suspected Adverse Drug Reactions Reporting Form; <https://www.bomra.co.bw/index/suspected-adverse-drug-reactions-reporting-form>

Namibia's publication: Adverse Medicine Reaction (Safety Yellow Form) <https://nmrc.gov.na/documents/81630/410067/Safety+Yellow+Form.pdf/8cbbf343-3c8f-dba3-7e1c-50b881fdab26>

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™ ALL PLANT PROTEIN.

5. How to store NUTRILITE™ ALL PLANT PROTEIN

Store out of reach and sight of children. Store in the original package/container. Keep the container tightly closed to protect from light and moisture. Store at or below 25°C. Keep the container in the outer carton. Do not use NUTRILITE™ ALL PLANT PROTEIN after the expiry date stated on the label. The expiry date refers to the last day of that month. Do not use NUTRILITE™ ALL PLANT PROTEIN, if you notice the powder has changed colour.

Disposal of NUTRILITE™ ALL PLANT PROTEIN

Return all unused medicines to your pharmacist. Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What NUTRILITE™ ALL PLANT PROTEIN contains
The active substances in each 10 g powder are:

Glycine Max (L) Merr (Soy protein) (bean isolate).....	8226 mg
Triticum aestivum (L) (Wheat protein) (seed germ powder).....	1000 mg
Pisium sativum (L) (Pea protein) (seed powder).....	750 mg

providing 8 g protein and essential amino acids:

L-Isoleucine.....	390 mg
L-Leucine.....	660 mg
L-Lysine.....	510 mg
L-Methionine.....	115 mg
L-Cysteine.....	100 mg
L-Phenylalanine & L-Tyrosine.....	750 mg
L-Threonine.....	310 mg
L-Tryptophan.....	120 mg
L-Valine.....	400 mg
L-Histidine.....	210 mg

The other ingredients are lecithin and silicon dioxide.

What NUTRILITE™ ALL PLANT PROTEIN looks like and contents of the pack
Light tan coloured slightly free-flowing powder. It is available in white HD polyethylene container with lift 'n' peel tamper-proof seal and green re-sealable polypropylene closure containing 450 g powder.

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, Unit B1, 33 Brussels road, Spartan, lando 1619.

Date of Publication

To be allocated by the regulatory authority.

Access to the corresponding Professional Information

www.Amway.co.za

SKEDULERINGSSTATUS

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NUTRILITE™ ALL PLANT PROTEIN – poeier.

Die aktiewe stowwe in elke 10 g poeier is:
Glycine Max (L) Merr (Soya proteien) (bone isolate) 8226 mg
Triticum aestivum (L) (Koring proteien) (saad kiem poeier) 1000 mg
Pisium sativum (L) (Erjie proteien) (saad poeier) 750 mg
Suiker vry

D 34.1 Proteien en Aminosure

KOMPLEMENTÊRE MEDISYNE - GESONDHEIDSAANVULLING
Lees hierdie hele inligtingstuk sorgvuldig aangesien dit belangrike inligting vir jou bevat.

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

NUTRILITE™ ALL PLANT PROTEIN is beskikbaar vir jou sonder 'n dokters voorskrif om jou om te help om jou goeie gesondheid te handhaaf. Nietemin, moet jy eger steeds NUTRILITE™ ALL PLANT PROTEIN versigtig gebruik om die beste resultate daarvan te kry.

• Hou hierdie inligtingstuk. Dit mag nodig wees dat jy dit weer moet lees.
• Moet nie NUTRILITE™ ALL PLANT PROTEIN met enige ander dieet nie.

*As jy gesondheidsverwerker of apteker indien jy meer inligting of advies beding.
Wat is in hierdie pamflet:

1. Wat NUTRILITE™ ALL PLANT PROTEIN is en waarom dit gebruik word
2. Wat jy moet weet voordat jy NUTRILITE™ ALL PLANT PROTEIN neem
3. Hoe om NUTRILITE™ ALL PLANT PROTEIN te gebruik
4. Moontlike neue effekte
5. Hoe om NUTRILITE™ ALL PLANT PROTEIN te stoor
6. Inhoud van die verpakking en ander inligting

1. Wat NUTRILITE™ ALL PLANT PROTEIN is en waarom dit gebruik word
NUTRILITE™ ALL PLANT PROTEIN bevat 'n mengsel van soja, koring en erjie wat 'n bron van proteïen bied vir die instandhouding van goeie gesondheid. Proteïene is bestanddele van lewendige selle wat noodsaaklik is vir groei en herstel van weefsel. Dit help met die bou van maer spiere wanneer dit gekombineer word met gereelde opleiding en 'n gesonde gebalanseerde dieet. NUTRILITE™ ALL PLANT PROTEIN dra by tot proteïensintese wat help om liggaamsweefsel te herstel.

NUTRILITE™ ALL PLANT PROTEIN bied 8 g proteien per 10 g poeier, wat 'n bron van aminosure is. Essensiële aminosure is die boustowwe van die lewe en bestanddele van lewendige selle wat noodsaaklik is vir groei en herstel van weefsel. Dit is 'n bron van aminosure. Essensiële aminosure kan nie deur die liggaam gemaak word nie. As gevolg hiervan moet hulle van 'n eksternere voedingsbron kom.

2. Wat jy moet weet voordat jy NUTRILITE™ ALL PLANT PROTEIN neem

Moenie NUTRILITE™ ALL PLANT PROTEIN gebruik

- As jy hipersensitief (allergies) vir enige van die bestanddele is nie (Gelyk onder afdeling 6.0)
- As jy ander aanvullings neem wat proteïene bevat.
- As jy allergies is vir koring (gluten), erjie, neute of soja
- Indien jy swanger is of jou babu blywend.
- As jy aangebore abnormaleite van aminosuuremetabolisme het
- As jy ernstige lewerprobleme het
- As jy ernstige nierprobleme het

Waarskuwings en voorsorgmaatreëls

Neem spesiale sorg met NUTRILITE™ ALL PLANT PROTEIN
Raadpleeg jou gesondheidsorgverwerker voor gebruik:

- Indien jy voorskryfmedisyne gebruik.
- Indien jy aan niere siekte is.
- Indien jy aan lewersiekte is.

Proteien word voorsien in normale goed gebalanseerde daaglikse maaltye. Moenie daaglikse dosisvlak oorskry sonder om 'n relevante gesondheidsorgverwerker te raadpleeg nie.

Gebruik by kinders onder leiding van 'n relevante gesondheidsorgverwerker. Moenie die daaglikse dosis oorskry sonder om 'n relevante gesondheidsorgverwerker te konsulteer nie.

Langjarige gebruik (deurlopende gebruik van 3 maande) behoort onder die sorg van 'n relevante gesondheidsorgverwerker te wees. NUTRILITE™ ALL PLANT PROTEIN is nie geskik vir kinders nie.

Kinders en Adolesente

NUTRILITE™ ALL PLANT PROTEIN is nie geskik vir kinders of adolessente onder die ouderdom van 18 jaar nie.

Andere medisyne en NUTRILITE™ ALL PLANT PROTEIN

Daar is geen bekende interaksie van NUTRILITE™ ALL PLANT PROTEIN en ander medisyne nie.

Vertel altyd jou gesondheidsverwerker indien jy enige ander medisyne neem insluitende komplementêre en tradisionele medisyne.

NUTRILITE™ ALL PLANT PROTEIN saam met voedsel, drank en alkohol

NUTRILITE™ ALL PLANT PROTEIN verkieslik soos aanbeveel (sien alkoloh 3) sonder alkohol.

NUTRILITE™ ALL PLANT PROTEIN kan besprinkel word op rysgereete, graan, groente, slaai of sop en ander kosse.

Neem binne 90 minute van opleiding vir liggaamsweefsel en spiere herstel. Drink genoeg vloeistof voor, gedurende en na oefening.

Swangerskap, borsvoeding en vrugbaarheid

Indien jy swanger is of borsvoed, of dink dat jy swanger is of beplan om swanger te raak, raadpleeg asseblief jou gesondheidsverwerker vir advies voordat jy hierdie komplementêre medisyne neem.

Veiligheid in swangerskap is nog nie vasgestel nie.

Bestuur en gebruik van masjinerie

NUTRILITE™ ALL PLANT PROTEIN word nie verwag om jou vermoë om te bestuur te beïnvloed nie. Alhoewel, jy moet nie bestuur, masjinerie gebruik of take verrig wat konsentrasie vereis totdat jy seker is dat NUTRILITE™ ALL PLANT PROTEIN die vermoë daarvan nadelig beïnvloed nie (Sien Moontlike Neue effekte in afdeling 4).

Belangrike inligting oor sommige van die bestanddele in NUTRILITE™ ALL PLANT PROTEIN:

NUTRILITE™ ALL PLANT PROTEIN bevat fenylalanien in elke poeier wat gelykstaande is aan 400mg per 10g poeier. Fenylalanien kan skaadelik wees as jy phenylketonuria (PKU), 'n seldsame genetiese afwyking waarin phenylalanien opbou omdat die liggaam dit nie behoorlik kan verwyder.

3. Hoe om NUTRILITE™ ALL PLANT PROTEIN te neem

Neem NUTRILITE™ ALL PLANT PROTEIN altyd presies soos aangedui op die etiket of soos deur jou dokter of apteker aangevul. Raadpleeg jou dokter, apteker of verpleegster indien jy nie seker is nie.

Die gewone dosis vir volwassenes 18 jaar en ouer is: Neem 10 g poeier tot twee keer per dag saam met etes of volgens die voorskrif van u dokter.

Een eet