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PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

NUTRILITE™ FIBRE POWDER - powders

Each powder contains:

Digestion resistant maltodextrin	2 g
Cichorium intybus (Chicory root) Inulin	2 g
Partially hydrolysed guar gum	2 g
Sugar free	

D34.10 Saccharides (including Prebiotics)

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™ FIBRE POWDER is available without a doctor's prescription, for you to help support your gut microbiome/flora health. Nevertheless, you still need to use NUTRILITE™ FIBRE POWDER carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share NUTRILITE™ FIBRE POWDER 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™ FIBRE POWDER is and what it is used for
2. What you need to know before you take NUTRILITE™ FIBRE POWDER
3. How to take NUTRILITE™ FIBRE POWDER
4. Possible side-effects
5. How to store NUTRILITE™ FIBRE POWDER
6. Contents of the pack and other information

1. What NUTRILITE™ FIBRE POWDER is and what it is used for

NUTRILITE™ FIBRE POWDER contains digestion resistant maltodextrin, inulin and partially hydrolysed guar gum to help support your gut microbiome/flora health. Inulin, guar gum and maltodextrin in NUTRILITE™ FIBRE POWDER provides source of prebiotics. Prebiotics beneficially affects the intestinal flora by selectively stimulating the growth of the good gut flora to support intestinal health.

"A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance."

2. What you need to know before you take NUTRILITE™ FIBRE POWDER

Do not take NUTRILITE™ FIBRE POWDER

- If you are hypersensitive /allergic to active ingredients and any of the ingredients (see list in section 6.0).
- If you have a sudden change in bowel habit that has persisted for more than two weeks.
- If you are suffering from a blockage of the bowel (intestinal obstruction, faecal impaction)
- If you have a weakness of the bowel wall (colonic atony), the speed in which material moves through your gut has always been slow (naturally occurring reduced gut motility).

NUTRILITE™ FIBRE POWDER is not suitable for children under 12 years of age.

Warnings and precautions.

Take special care with NUTRILITE™ FIBRE POWDER. Consult with a health care provider prior to use:

- If you are pregnant or breastfeeding.
- If you are intolerant to fructose, galactose and/or lactose
- If you are taking medicines for any condition with blood sugar including anti-diabetics.
- If you are on any chronic medicines, prescription medicines or other medicines including over-the-counter medicines.

Children and Adolescents

NUTRILITE™ FIBRE POWDER is not recommended for children under 12 years of age.

Other medicines and NUTRILITE™ FIBRE POWDER

There is no known interaction of NUTRILITE™ FIBRE POWDER and other medicines. Always tell your health care provider if you are taking any other medicine including all complementary or traditional medicines. (See Possible side effects in section 4). This is particularly important if you are taking any medicines, fiber supplements may reduce or delay your body's absorption of certain medicines.

Take your medicines at least 1 hour before or 2 to 4 hours after taking NUTRILITE™ FIBRE POWDER.

You should check with doctor, pharmacist or your healthcare provider if you are unsure.

NUTRILITE™ FIBRE POWDER with food and, drink and alcohol
NUTRILITE™ FIBRE POWDER may be taken at any time of the day, preferably with a meal and enough liquid as recommended (See Section 3) without alcohol.

Pregnancy, breastfeeding and fertility

It may be possible to use NUTRILITE™ FIBRE POWDER during pregnancy and breastfeeding, only as part of a prenatal and postnatal supplementation. 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 NUTRILITE™ FIBRE POWDER.

Safety in pregnancy and breastfeeding has not been established.

Driving and using machines

NUTRILITE™ FIBRE POWDER 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™ FIBRE POWDER does not adversely affect your ability to do so safely (See Possible side effects in section 4).

Important information about some of the ingredients of NUTRILITE™ FIBRE POWDER:

NUTRILITE™ FIBRE POWDER Contains inulin, guar gum and maltodextrin and may have an effect on the control of your blood sugar if you have diabetes mellitus. NUTRILITE™ FIBRE POWDER Contains inulin which is a source of fructooligosaccharides and may be a source of fructose. NUTRILITE™ FIBRE POWDER Contains guar gum which is a source of galactotooligosaccharides and may be a source of galatose. Patients with the rare hereditary conditions of fructose or galactose intolerance should not take NUTRILITE™ FIBRE POWDER.

3. How to take NUTRILITE™ FIBRE POWDER

Always take NUTRILITE™ FIBRE POWDER 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 is: Adults and Children 12 years and over: Take one (1) to two (2) powder per day, preferably with a meal and enough liquid or as directed by your healthcare provider. Dissolve contents of one stick pack in 250 ml of water or juice, or sprinkle on food. Stir until it dissolves.

Drink a full glass 250 ml of liquid with each stick pack. Do not exceed the recommended daily dose unless directed by your doctor.

If you take more NUTRILITE™ FIBRE POWDER 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™ FIBRE POWDER

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

4. Possible side-effects

NUTRILITE™ FIBRE POWDER can have side effects.

Not all side effects reported for NUTRILITE™ FIBRE POWDER are included in this leaflet. Not all side effects reported for NUTRILITE™ FIBRE POWDER are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking NUTRILITE™ FIBRE POWDER, please consult your health care provider for advice. If any of the following happens, stop taking NUTRILITE™ FIBRE POWDER 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

**PASIËNTINLIGTINGSTUK
SKEDULERING STATUS: [50]**

NUTRILITE™ FIBRE POWDER – poeier

Elke poeier bevat:

Bestand teen vertering maltodekstrien	2 g
Cichorium intybus (witlofwortel) Inulien	2 g
Gedeeltelik gehidroliseer quargom	2 g

Suiker vry

D34.10 Sakkariede (insluitend Prebiotika)

KOMPLEMENTÊRE MEDISYNE – GESONDHEIDSAANVULLING

Lees hierdie hele inligtingstuk sorgvuldig aangesien dit belangrike inligting vir jou bevat.

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

NUTRILITE™ FIBRE POWDER is beskikbaar vir jou sonder 'n dokter se voorskrif om jou te help om jou derm mikrobiom / flora gesondheid te handhaaf. Nietemin, moet jy egter steeds NUTRILITE™ FIBRE POWDER 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™ FIBRE POWDER 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™ FIBRE POWDER is en waarvoor dit gebruik word
2. Wat jy moet weet voordat jy NUTRILITE™ FIBRE POWDER neem
3. Hoe om NUTRILITE™ FIBRE POWDER te gebruik
4. Moontlike nuwe effekte
5. Hoe om NUTRILITE™ FIBRE POWDER te stoor
6. Inhoud van die verpakking en ander inligting

1. Wat NUTRILITE™ FIBRE POWDER is en waarvoor dit gebruik word?

NUTRILITE™ FIBRE POWDER is 'n bron van prebiotika – fruktuoligosakkariede afkomstig van inulien, galaktooligosakkariede afkomstig van quargom, polidekstroze vanaf maltodekstrien. Prebiotika het 'n voordelige effek op die intestinale flora deur selektief die groei van goeie derm flora te stimuleer en ondersteun dus derm gesondheid.

“'n Gevarieerde dieet is die doeltreffendste en veiligste manier om goeie voeding, gesondheid, liggaamsamestelling sowel as geestelike en fisiese prestasie te bereik.”

2. Wat jy moet weet voordat jy NUTRILITE™ FIBRE POWDER neem

Moenie NUTRILITE™ FIBRE POWDER gebruik

- As jy hipersensitief (allergies) vir enige van die bestanddele is nie (Gelys onder afdeling 6.0)
- Indien jy 'n skielike verandering in dermgewoontes het wat langer as twee weke duur.
- Indien jy aan 'n blokkasie van die derm ly (dermobstruksie, fekale impak)
- Indien jy 'n swaakteit van die dermwand het (kolon atonie), was die spoed waarteen materiaal deur jou ingewande beweeg nog altyd stadig (natuurlik kom verminderde dermotiliteit voor).

Waarskuwings en voorsorgmaatreëls

Neem spesiale sorg met NUTRILITE™ FIBRE POWDER. Raadpleeg jou gesondheidswerker voor gebruik:

- As jy swanger is of borsvoed.
- As jy onverdraagsaamheid vir fruktose, galaktose en/of laktose het.
- As jy medisyne gebruik vir enige toestand met bloedsuiker, insluitend anti-diabete.
- Indien jy enige chroniese medisyne, voorskrifmedisyne of ander medisyne gebruik, insluitend oor-die-toonbank medisyne.

NUTRILITE™ FIBRE POWDER is nie geskik vir kinders jonger as 12 jaar nie.

Kinders en Adollesente

NUTRILITE™ FIBRE POWDER is nie geskik vir die gebruik deur kinders onder die ouderdom van 12 jaar nie.

Ander medisyne en NUTRILITE™ FIBRE POWDER

Daar is geen bekende interaksies van NUTRILITE™ FIBRE POWDER met ander medisyne nie.

Vertel altyd jou gesondheidswerker as jy enige ander medisyne neem, insluitend alle komplementêre of tradisionele medisyne. (Sien Moontlike nuwe effekte in afdeling 4). Dit is veral belangrik as jy enige medisyne gebruik, veselaanvullings kan jou liggaam se absorpsie van medisyne verminder of vertraag. Neem NUTRILITE™ FIBRE POWDER ten minste 1 uur voor of 2 tot voor of na die neem van ander medisyne.

Vra jou dokter, apteker of gesondheidswerker as jy onseker is.

NUTRILITE™ FIBRE POWDER saam met voedsel, drank en alkohol

NUTRILITE™ FIBRE POWDER mag enige tyd van die dag geneem word, verkieslik saam met 'n maaltyd en genoeg vloeistof soos aanbeveel (Sien Afdeling 3) sonder alkohol.

Swangerskap, borsvoeding en vrugbaarheid

Indien dit moontlik is om NUTRILITE™ FIBRE POWDER tydens swangerskap en borsvoeding te gebruik, alleenlik as jy voorgeboortelike en nageboortelike aanvullings gebruik. Indien jy swanger is of borsvoed, of dink dat jy swanger is of beplan om swanger te raak, raadpleeg asseblief jou gesondheidswerker vir advies voordat jy hierdie komplementêre medisyne neem. Veiligheid in swangerskap en borsvoeding is nog nie vasgestel nie.

Bestuur en gebruik van masjinerie

NUTRILITE™ FIBRE POWDER 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™ FIBRE POWDER die vermoë daarvan nadelig beïnvloed nie (Sien Moontlike nuwe effekte in afdeling 4).

Belangrike inligting oor sommige van die bestanddele in NUTRILITE™ FIBRE POWDER:

NUTRILITE™ FIBRE POWDER bevat inulien, quargom en maltodekstrien en 'n effek kan hê op die beheer van jou bloedsuiker as jy diabetes mellitus het. NUTRILITE™ FIBRE POWDER Bevat inulien, wat 'n bron van fruktuoligosakkariede is en 'n bron van fruktose kan wees. NUTRILITE™ FIBRE POWDER Bevat galaktooligosakkariede en 'n bron van galaktose kan wees. Patiënte met die seldsame oorerflike toestand van fruktose of galaktose intoleransie moet nie NUTRILITE™ FIBRE POWDER neem nie.

3. Hoe om NUTRILITE™ FIBRE POWDER te neem

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

Volwassenes en kinders 12 jaar en ouer: Neem een (1) of twee (2) sakkies per dag, verkieslik voor 'n maaltyd of soos aangedui deur u gesondheidswerker.

Los die inhoud van een sakkie op in 250ml water of vrugtesap, of sprinkel bo-oor kos. Drink 'n vol glas van 250ml (8 oz.) vloeistof na elke stok pak wat jy geneem het. Moenie die daaglikse dosering oorskry indien nie aanbeveel was deur jou dokter nie.

As jy meer NUTRILITE™ FIBRE POWDER geneem het as wat jy moet

In geval van 'n oordosis, raadpleeg jou dokter of apteker. As daar nie een beskikbaar is nie, kontak die naaste hospital of vergiftigingsentrum.

As jy vergeet het om NUTRILITE™ FIBRE POWDER te neem

Moenie 'n dubbele dosis neem om die vergete dosis in te haal nie.

4. Moontlike nuwe effekte

NUTRILITE™ FIBRE POWDER kan nuwe effekte hê. Nie al die nuwe effekte is gerapporteer van NUTRILITE™ FIBRE POWDER en ingesluit in hierdie pamflet nie. Indien jou algemene gesondheid agteruitgaan of as jy enige onnodige effekte ondervind terwyl jy NUTRILITE™ FIBRE POWDER gebruik, kontak asseblief jou dokter, apteker of ander gesondheidswerker vir advies.

Indien enige van die volgende gebeur, stop dadelik om NUTRILITE™ FIBRE POWDER te neem, en vertel jou dokter dadelik of gaan na jou naaste noodafdeling by jou naaste hospital:

- swelling van jou hande, voete, enkels, gesig, mond of keel, wat probleme met sluk of asemhaling kan veroorsaak.
- uitslag of jeuk.
- flouheid.
- Vergelying van jou vel en oë, ook genoem geelsug.

Hierdie is alles baie ernstige nuwe effekte. Indien jy hulle het, kan jy 'n ernstige allergiese reaksie gehad het. Jy benodig dringend mediese aandag of hospitalisasie. Vertel jou dokter dadelik of gaan na die naaste noodafdeling by jou naaste hospital indien jy enige van die volgende opmerk:

- borskaspyen
- angina
- veranderinge in die manier wat jou hart klop, soos byvoorbeeld, indien jy opmerk dit vinniger klop, moeilike asemhaling
- tekens van herhaalde infeksies soos 'n seerkeel of koors,
- minder uriene as normaal vir jou,

Hierdie is almal ernstige nuwe effekte. Jy mag dringend mediese aandag benodig. Vertel jou dokter so gou as moontlik indien jy die volgende opmerk:

- naarheid
- abdominale krampe of maagpyn,
- hoofpyn,
- duiseligheid,
- moegheid,
- lighoofdigheid,
- droë hoes,
- spierkrampe,
- winderigheid of winde,
- diarree,
- verlies van aptyt.

As u enige nuwe effekte opmerk wat nie in hierdie pamflet genoem word nie, moet jy asseblief jou dokter of apteker in kennis stel.

Rapportering van nuwe effekte

Praat met jou dokter, apteker of verpleegster as jy nuwe effekte ervaar. Jy kan ook nuwe effekte by SAHPRA aanmeld: SAHPRA publikasies: SAHPRA via die "6.04 Rapporteer vorm vir ongewenste geneesmiddelreaksies", wat aanlyn gevind kan word. <https://www.sahpra.org.za/Publications/Index/8>. Botswana publikasies: <https://www.bomra.co.bw/index.php/services/patient-safety-monitoring>.

Nambias publikasies: Rapporteer vorm vir ongewenste geneesmiddelreaksies (Veiligheidsgeel vorm) <https://nmrc.gov.na/documents/81630/410067/Safety+Yellow+Form.pdf/8cbfb343-cf8-dba3-7ec1-50b881fda26>.

Mag ook aan Amway Suid Afrika (Edms) Beperk rapporteer deur die volgende e-pos te gebruik: Regulatory_Department@Amway.com.

Deur nuwe effekte te rapporteer, kan jy help om meer inligting te verskaf teenoor die veiligheid van NUTRILITE™ FIBRE POWDER.

5. Hoe om NUTRILITE™ FIBRE POWDER te stoor

Stoor alle medisyne buite die bereik en sig van kinders. Stoor in die oorspronklike verpakking/houer. Stoor teen of benede 25°C.

Hou in 'n toe boks om lig, hitte en vog te beskerm. Moenie NUTRILITE™ FIBRE POWDER gebruik na die vervaldatum op die etiket nie.

Die vervaldatum verwys na die laaste dag van daardie maand. Moenie NUTRILITE™ FIBRE POWDER gebruik, indien die poeier van kleur of vorm verander het nie.

Wegdoening van NUTRILITE™ FIBRE POWDER

Neem alle ongebruikte medisyne terug na u apteker. Moenie ongebruikte medisyne in dreine of rioolsisteme (bv.toilette) weggooi nie.

6. Inhoud van die verpakking en ander inligting

Wat NUTRILITE™ FIBRE POWDER bevat

Die aktiewe bestanddele is inulien, quargom en maltodekstrien. Elke poeier bevat verteerbestanddele maltodekstrien 2g, inulien 2g en gedeeltelik gehidroliseerde quargom 2g.

Hoe NUTRILITE™ F