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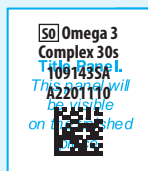
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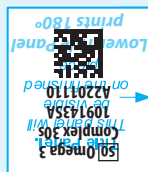
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PATIENT INFORMATION LEAFLET

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SCHEDULING STATUS: [S0]

Each soft gelatin capsule contains:

Engelhardt's *vitamins* (Purified Vitamins)
Sandwich *sugar* (South African Saffron)
and *Sandwich* *oil* (Maderen) oil 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

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.

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

NUTRILITE™ OMEGA-3 COMPLEX is available without a doctor's prescription for you, to help support your heart and brain health. Nevertheless, you still need to use NUTRILITE™ OMEGA-3 COMPLEX carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share NUTRILITE™ OMEGA-3 COMPLEX with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice. See section 4.

What is in this leaflet:

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

1. What NUTRILITE™ OMEGA-3 COMPLEX is and what it is used for

NUTRILITE™ OMEGA-3 COMPLEX contains concentrated omega-3 polyunsaturated fatty acids fish oil which provides eicosapentaenoic acid and docosahexaenoic acid in a 3:2 ratio.

Polyunsaturated Omega-3 fatty acids are not manufactured in the body and must come from your diet. NUTRILITE™ Omega-3 Complex offers a convenient way to add the essential fatty acids to your diet. Omega-3 fatty acid support and helps maintain healthy heart and brain function.

The beneficial effect for maintenance of normal brain function is obtained with a daily intake of 250 mg of docosahexaenoic acid (DHA).

The beneficial effect for support and maintenance of heart health is obtained with a daily intake of 250 mg of the combination of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

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™ OMEGA-3 COMPLEX

Do not take NUTRILITE™ OMEGA-3 COMPLEX

• If you are hypersensitive (allergic) to any of the ingredients (listed in section 6.0)

If any of the above applies to you, do not take this medicine, and consult your relevant healthcare provider.

Ingredients (listed in section 6.0)

If any of the above applies to you, do not take this medicine, and consult your relevant healthcare provider.

Warnings and precautions

Take special care with Nutrilite™ Omega-3 Complex. Consult a relevant healthcare 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 are asthmatic with sensitivity to aspirin.

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 adjusted. 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, planning to become pregnant or are breastfeeding, please consult your doctor or pharmacist or relevant healthcare provider before taking NUTRILITE™ OMEGA-3 COMPLEX.

Safety of NUTRILITE™ OMEGA-3 COMPLEX in pregnancy and breastfeeding has not been 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 seabed 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

If you have taken more NUTRILITE™ OMEGA-3 COMPLEX than you should, 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

Not 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 10,000):
Stomach problems like abdominal distension, pain, constipation, diarrhoea, 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.saipra.org.za/Publications/Index8>
Botswana's publications: BDHRA via Suspected Adverse Drug Reactions Reporting Form, <https://www.botswana.gov.za/index.php/suspected-adverse-drug-reactions-reporting-form> Namibia's publication:

Adverse Medicine Reaction (Safety Yellow Form) <https://imrc.gov.na/documents/81630/4100671/Safety-Yellow-Form.pdf?80bb343-3f8-dba3-7e-c1-50b831f6ab26>.
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 medicine 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™ OMEGA-3 COMPLEX contains

The active substances are omega-3 fatty acids, eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA) and vitamin E (d-alpha tocopherol). The other ingredients are: house 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 'n' 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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PASIËNTINLIGTINGSTUK SKEDULERING STATUS [50] NUTRILITE™ OMEGA-3 COMPLEX – sagte gelatien kapsules Elke sagte gelatien kapsule bevat: <i>Engraulis ringens</i> (Peruaanse Ansjovis), <i>Sardinops sagax</i> (Suid Afrikaanse Sardien), <i>and Xanoba cobbata</i> (Makriel) oil 1030 mg versaf Eicosapentaenoïensuur 120 mg Docosahexaenoïensuur 180 mg Totale Omega 3 veture 380 mg Vitamine E (α-ta toloferol) 5 mg α-TE Suiker vry Elke sagte gelatien kapsule bevat glierol 131 mg D34.12 Veelvuldige stof formule KOMPLEMENTERE MEDISYNE – GESONDHEIDSAANVULLING Hierdie ongesigterende medisyne is nie geëvalueer deur SAHPRA vir die kwaliteit, veiligheid of beoogde gebruik nie. Gebruik nie.	2. Wat jy moet weet voordat jy NUTRILITE™ OMEGA-3 COMPLEX neem Moenie NUTRILITE™ OMEGA-3 COMPLEX neem. • As jy hipersensitief (allergies) vir enige van die bestanddele NUTRILITE™ OMEGA-3 COMPLEX 6 nie (Gelys onder afdeling 6.0) - Indien enige van die bogenoemde op jou van toepassing is, moenie hierdie medisyne neem nie, en konsultasie met jou relevante gesondheidsorgwerker. Waarskuwings en voorsorgmaatreëls Wees veral versigtig met NUTRILITE™ OMEGA-3 COMPLEX, konsultasie met jou relevante gesondheidsorgwerker voor gebruik. • Indien jy 'n operasie moet ondergaan of onlangse gehad het • Indien jy onlangse trauma gehad het • Indien jy 'n nierprobleem het • Indien jy onbeëinde diabetes het • Indien jy probleme met jou lever het. Jou dokter sal enige uitwerking wat NUTRILITE™ OMEGA-3 COMPLEX op jou lever kan hê met bloedtoetsse monitor. • Indien jy swanger is, beplan om swanger te word of borspel. • Indien jy allergies is vir vis en soja. • As jy bloedverduim medisyne • As jy aspirasies is met sensitiviteit tot aspirien het. Moenie die daaglikse dosering vlak sonder konsultasie met jou gesondheidsorgwerker oorskry nie. Raadpleeg jou gesondheidsorgwerker vir gebruik oor 6 maande. Kinders en Adolesseente NUTRILITE™ OMEGA-3 COMPLEX is nie geskik vir die gebruik deur kinders onder die ouderdom van 18 jaar nie. Andere medisyne en NUTRILITE™ OMEGA-3 COMPLEX As jy bloedverdunner, soos warfarin, neem, sal jy dalk ekstra bloedtoetsing nodig hê en jou gewone dosis van jou bloedverduimingsmedisyne moet dalk verander word. Vertel altyd jou gesondheidsorgwerker indien jy enige ander medisyne neem insluitende komplementêre en tradisionele medisyne.	Swangerskap en borsvoeding Indien jy swanger is veral in die eerste drie maande beplan om swanger te raak of borsvoed, raadpleeg jou dokter, apteker of ander gesondheidsorgwerker advies voor jy NUTRILITE™ OMEGA-3 COMPLEX neem. Die veiligheid van NUTRILITE™ OMEGA-3 COMPLEX tydens swangerskap en borsvoeding is nie vasgestel nie. Bestuur en gebruik van masjinerie NUTRILITE™ OMEGA-3 COMPLEX word nie verwag om jou bestuursvermoë te beïnvloed nie. Nietemin, moet jy nie bestuur, masjinerie gebruik of take verrig met 'n konsentrasie vereis totdat jy seker is dat NUTRILITE™ OMEGA-3 COMPLEX jou vermoë nadelig beïnvloed veilig nie. (Sien Moontlike Nuwe effekte) Belangrike inligting oor sekere van die bestanddele in NUTRILITE™ OMEGA-3 COMPLEX: NUTRILITE™ OMEGA-3 COMPLEX is afkomstig vanaf seekosse en bevat sojaboon olie. Indien jy allergies is vir vis of soja, moenie hierdie gesondheidsaanvulling gebruik nie. NUTRILITE™ OMEGA-3 COMPLEX Bevat glierol en kan 'n effek hê op jou bloedsuiker vlakke.	1. Wat NUTRILITE™ OMEGA-3 COMPLEX is en waarom word dit gebruik NUTRILITE™ OMEGA-3 COMPLEX bevat gekonsentreerde omega 3 polioversadigde vetsture visolie wat eicosapentaenoïensuur en docosahexaenoïensuur tot 'n 3:2 verhouding bied. Polioversadigde vetsture word in self in die liggaam geproduseer nie en moet kom vanaf jou dieet. NUTRILITE™ OMEGA-3 COMPLEX bied 'n geneflike manier om hierdie essensiele vetsture tot jou dieet by te voeg, hierdie essensiele vetsture en handhaaf gesonde hart en breinfunksie. Die voordelige effek vir die handhawing van normale breinfunksie word verkry met 'n daaglikse inname van 250 mg dokosahexaenoïensuur (DHA). Die voordelige effek vir ondersteuning en instandhouding van hartgesondheid word verkry met 'n daaglikse inname van 250 mg van die kombinasie van Eicosapentaenoïensuur (EPA) en Docosahexaenoïensuur (DHA). "N Gevalueerde dieet is die doeltreffendste en veiligste manier om goeie voeding, gesondheid, liggaamsamstelling sowel as geestelike en fisieke prestasie te bereik."	sekerse bloedtoetsse Rapportering van nuwe effekte Prat met jou dokter, apteker of verpleegster as jy nuwe effekte ervaar jy kan ook nuwe effekte by SAHPRA aasmeld: SAHPRA publikasies: SAHPRA via die "6.04 Rapporteer nuwe effekte" vorm vir ongewenste, genesmiddelaaktes, wat aanlyn gevind kan word: https://www.sahpra.org.za/Publications/Index/8 Botswana publikasies: https://www.bma.co.bw/index.php/services/patient-safety-monitoring Namibia publikasies: Rapporteer vorm vir ongewenste genesmiddelaaktes (https://nmrc.gov.na/Veilighedsgeel_vorm) https://documents/81630/41067/Safety+Yellow+Form.pdf/8db8f43-3c8-4ba3-7ec1-508881fab26 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™ OMEGA-3 COMPLEX. 5. Hoe om NUTRILITE™ OMEGA-3 COMPLEX te stoor Stoor alle medisyne buite die bereik en sig van kinders. Stoor in die oorspronklike verpakking en houder. Hou die houder dig toe en beskerm teen lig en vog. Stoor teen of benede 25°C. Moenie NUTRILITE™ OMEGA-3 COMPLEX gebruik na die vervaldatum op die etiket nie. Die vervaldatum verwys na die laaste dag van daardie maand. Moenie NUTRILITE™ OMEGA-3 COMPLEX gebruik indien die kapsules van kleur of vorm verander het nie. Wegdoening van NUTRILITE™ OMEGA-3 COMPLEX Neem alle ongebruikte medisyne terug na u apteker. Moenie ongebruikte medisyne in dreine of rioolstelsel (bv. toilet) weggooi nie. 6. Inhoud van die verpakking en ander inligting Wat NUTRILITE™ OMEGA-3 COMPLEX Bevat Die aktiewe bestanddele is omega 3 veture, eicosapentaenoïensuur, docosahexaenoïensuur en vitamien E. Die ander bestanddele is gelatien, glierol, sojaboon olie en water. Hoe NUTRILITE™ OMEGA-3 COMPLEX lyk en die inhoud van die houder Dit het 'n ongedrukte kleinros sagte gelatien kapsules wat ligte geel die bevat. Dit is beskikbaar in wit HD polietileen houder met 'n oplyg peutebestande seel en 'n wit herseelbare polipropileen oplyg doppe. Verpakkinggrootte: 30 kapsules en 60 kapsules. Registrasie Nummer Hierdie produk is nog nie deur plaaslike owerheid geëvalueer nie. Naam en besigheidsadres van die houder van die registrasieertifikaat Amway Suid Afrika (Edms) Bpk, Tenheid 81, Brussels weg 33, Spartan, Isando 1619. Datum van Publikasie Moet toegedien word deur die plaaslike owerheid. Toegang tot die ooreenstemmende Professionele inligting www.amway.co.za
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