

onderaan van de verpakking

en verandatum, sien

**Nutrilite™ Bilberry with Lutein** bevat Vitamien A, wat opdra tot die handhaving van normale sig. Dit bevat ook die essensieelste vitamien B1, B2, B6, B12, C, E, K en koper. Dit is 'n goedkoop en verduidelikende dietet. In gesondheid leefstyl van algemene belang.

**HOU BURE BEHEK VAN KINDERS** • Bêre by of onder 25°C • Bêre in die oorspronklike houër • Beskerm teen direkte sonlig en vog • BEVAT SUIKERT (sukrose 50 mg, giesel 0,32 mg en maalkosties 10,50 mg per beke)

Lofommer, vervaardigingsdatum

 **NUTRILITE™**



**50 Bilberry with Lutein**  
SUPPORT VISION HEALTH  
ONDERSTEUNING VISIE GESONDHEID

62 Tablets / Tablette

29 g



**DOSS EN GEBRUIKSAANWYNG**

Volwasse nes: Neem 2 tablete per dag, verkeisk, saam met maaltye

**ELKE TABLETTE BEVAT:**

Retinêl asetaat (Vitamiene A)	..... 105 RAE
<i>laccaricum myrrillus</i> (L.) (Bosbesie)	..... 50 mg
(vrug, 90 - 100-1 gestandardeerde ekstrak 25%	
minimum antosiene wat 4500 mg - 5000 mg HRE	
verskeif <i>ragoris erecta</i> (L.) (Gousbom)	..... 50 mg
verskeif luteien	..... 5 mg
(oplosmiddel) 40-1 gestandardeerde ekstrak	
10% luteien verskeif 2000 mg HRE) <i>ribes nigrum</i> (L.)	
(Swerbesse)	..... 25 mg
(vrug, 320-450-1 ekstrak van 15% min. antosiene	
wat 8000 mg - 11250 mg HRE verskeif) <i>Syrnaca</i>	
<i>oleacea</i> (L.) (Spinasie) (blaar poeier)	..... 15 mg

**D34.12 Verhulde stof formulerig**

**KOMPLEMENTÊRE GEHEESMIDDEL**

**GESONDHEIDSAANVULLING**

"Hierdie ongerisigeerde medisyne is nie deur die SAPPRA gekeur vir sy genetiese, veiligheids of bioorganiese gebruik nie.

**Algem. Verkeid deur:** Ameyg South Africa Pty. Ltd. 41 The Centre, 14 Christian Barnard Street, Ficksburg Cape Town, 8001. Klieftelns: 021 4051717 / 011 2014040

**Vervaardig deur:** Access Business Group LLC, 7575 Fulton Street East, Ada, MI 49355 USA

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onderaan van die verpakking

en verandatum, sien

**Nutrilite™ Bilberry with Lutein** bevat Vitamiene A, wat opdra tot die handhaving van normale sig. Dit bevat ook die essensieelste vitamien B1, B2, B6, B12, C, E, K en koper. Dit is 'n goedkoop en verduidelikende dietet. In gesondheid leefstyl van algemene belang.

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- Hoe om NUTRILITE™ BILBERRY WITH LUTEIN te gebruik.
  - Moontlike nuwe effekte.
  - Hoe om NUTRILITE™ BILBERRY WITH LUTEIN te stoor.
  - Inhoud van die verpakking en ander inligting.
- Wat NUTRILITE™ BILBERRY WITH LUTEIN is en waarvoor dit gebruik word?**  
NUTRILITE™ BILBERRY WITH LUTEIN bevat bosbessie ekstrak, luteïen, spinasie poeier, swartbessie ekstrak en Vitamiene A. Vitamiene A dra by tot die ontwikkeling en instandhouding van normale visie, vel en immuun funksie. Luteïen is afkomstig van gousblom, gemengde polifenole ekstrak wat afkomstig is van bosbessie ekstrak en die swartbessie verskaf antioksidante. Antioksidante dra by tot die instandhouding van gesonde oë deurdat dit selbeskerming bied teen die oksidatiewe effekte van vrye radikale.
  - Wat jy moet weet voordat jy NUTRILITE™ BILBERRY WITH LUTEIN neem**  
**Moenie NUTRILITE™ BILBERRY WITH LUTEIN gebruik**
    - As jy hipersensitief (allergie) vir enige van die bestanddele is nie (Gelys onder afdeling 6.0).
    - Indien jy swanger is of borsvoed.
    - Indien jy enige ander aanvullings gebruik wat Vitamiene A bevat.
    - Indien jy allergies is vir die asteraceae/compositae (madeliefie) familie.
    - Indien jy allergies is vir neute of soja.**Waarskuiwings en voorsorgmaatreëls**  
Neem spesiale sorg indien jy NUTRILITE™ BILBERRY WITH LUTEIN gebruik:
    - Indien jy op bloedverduunners is,

- Indien jy swanger is, of beplan om swanger te raak of borsvoed, Nie geskik vir kinders nie. Stop gebruik as daar 'n allergie/allergie voorkom. Moet nie die aangeduide dosis oorskry nie, behalwe op mediese advies vanaf jou gesondheidswerker. Langtermyn gebruik (3-maande volhoudende gebruik) moet onder die sorg van jou gesondheidswerker geskied.
- Nie geskik vir die gebruik deur kinders of adolessente onder die ouderdom van 18 jaar nie.
- Ander medisyne en NUTRILITE™ BILBERRY MET LUTEÏEN**  
Vertel altyd jou gesondheidsverskaffer as jy enige ander medisyne neem. Dit sluit alle komplementêre of tradisionele medisyne in.
- NUTRILITE™ BILBERRY WITH LUTEIN saam met voedsel, drank en alkohol**  
Raadpleeg jou gesondheidswerker voor jy dit neem
- Indien jy op bloedverduunners is,

geneem word, met of sonder 'n maaltyd.

**Swangerskap en borsvoeding**  
Indien jy swanger is of borsvoed, of indien jy dink jy kan swanger wees of beplan om swanger te raak, raadpleeg jou dokter, apteker of ander gesondheidswerker vir advies voor jy hierdie komplementêre medisyne neem. Veiligheid tydens swangerskap of borsvoeding is nie vasgestel nie.

**Bestuur en gebruik van masjinerie**  
Die effek op die vermoë om te bestuur en die gebruik van masjinerie is nog nie bestudeer nie. Nietemin, is dit waarskynlik dat dit nie die bestuursvermoë of die vermoë om masjinerie te gebruik of om daarmee te werk beïnvloed nie.

**Belangrike inligting oor sommige van die bestanddele in NUTRILITE™ BILBERRY WITH LUTEIN**  
NUTRILITE™ BILBERRY WITH LUTEIN mag enige tyd van die dag

**maltodekstriën en gliserol**, wat suikers is en kan 'n effek hê op jou bloedsuiker vlakke indien jy diabetes mellitus het. Indien jy deur jou dokter in kennis gestel was dat jy intolerant is teenoor sekere suikers, kontak jou dokter voor jy NUTRILITE™ BILBERRY WITH LUTEIN neem. NUTRILITE™ BILBERRY WITH LUTEIN bevat bestanddele van sojaboon. As u allergies is vir soja en grondboontjies, moet u nie hierdie aanvullende medisyne gebruik nie.

**3. Hoe om NUTRILITE™ BILBERRY WITH LUTEIN te neem**  
Neem NUTRILITE™ BILBERRY WITH LUTEIN 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: Neem twee tablette daaglik, met 'n maaltyd wat olie/vet bevat of soos aangedui deur u gesondheidswerker. Moenie die daaglikse dosering oorskry indien nie aanbeveel was deur jou dokter nie.

**As u meer NUTRILITE™ BILBERRY WITH LUTEIN neem as wat u moet**  
Raadpleeg u dokter of apteker in die geval van 'n oordosis. As daar nie een beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

**As u vergeet om NUTRILITE™ BILBERRY WITH LUTEIN in te neem**  
Moenie 'n dubbele dosis neem om die vergete individuele dosisse in te haal nie. As u meer NUTRILITE™ DAILY neem as wat u moet.

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

**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 Adverse Drug Reaction Reporting Form", 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>. Namibia publikasies: Adverse Medicine Reaction Reporting Form <http://www.nmrc.com.na/downtipc>  
Deur nuwe effekte te rapporteer, kan jy help om meer inligting te verskaf teenoor die veiligheid van NUTRILITE™ BILBERRY WITH LUTEIN.

**5. Hoe om NUTRILITE™ BILBERRY WITH LUTEIN te stoor**  
Stoor alle medisyne buite die bereik van kinders. Stoor in die

oorspronklike verpakking/houer. Hou die houer dig toe en beskerm teen lig en vog. Stoor benede 30°C. Hou die houer in die buiteste kanton. Moenie NUTRILITE™ BILBERRY WITH LUTEIN gebruik na die vervaldatum op die etiket nie. Die vervaldatum verwys na die laaste dag van daardie maand. Moenie NUTRILITE™ BILBERRY WITH LUTEIN gebruik, indien die tablette van kleur of vorm verander het nie.

**Wegdoening van NUTRILITE™ BILBERRY WITH LUTEIN**  
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™ BILBERRY WITH LUTEIN bevat**  
Die aktiewe stowwe in elke filmbedekte tablet bevat is: Retiniel asetaat (Vitamiene A)..... 105 RAE

*Vaccinium myrtillus* (L.) (Bosbessie)..... 50 mg (vrug, 90 -100:1 gestandaardiseerde ekstrak 25% minimum antosianiene wat 4500 mg – 5000 mg Hoeveelheid ru -ekwivalent verskat) *Tagetes erecta* (L.) (Gousblom)..... 50 mg verskaf luteïen..... 5 mg (blom oliears, 40:1 gestandaardiseer ekstrak tot 10% luteïen wat 2000 mg Hoeveelheid ru -ekwivalent verskat) *Ribes nigrum* (L.) (Swartbessie)..... 25 mg (vrug, 320-450:1 gestandaardiseerde ekstrak van 15% min. antosianiene wat 8000 mg - 11250 mg Hoeveelheid ru -ekwivalent verskat) *Spinacia oleracea* (L.) (Spinasie) (blaar poeier)..... 15 mg Die ander bestanddele is mikrokristallyne sellulose, sukrose, mieliestysel, agar, palmolie, steariensuur, hidroksiopropiel metiellsellulose, maltodekstriën, natrium karboksietiel sellulose, silikondioksied, kalsiumstearaat, askorbielpalmataat, gemengde

**NUTRILITE™**

**Bilberry with Lutein**  
SUPPORT VISION HEALTH  
ONDERSTEUNING VISIE GESONDHEID  
62 Tablets / Tablette 29g

**QUALITY YOU CAN TRUST**  
1934

**DOSE AND DIRECTION FOR USE**  
Adults: Take 2 tablets a day, preferably with meals.

**EACH TABLET CONTAINS:**  
Retinyl acetate (Vitamin A)..... 105 RAE  
*Vaccinium myrtillus* (L.) (Bilberry)..... 50 mg (fruit, 90 -100:1 extract standardized 25% minimum antosianiens providing 4500 mg – 5000 mg OCE)  
*Tagetes erecta* (L.) (Marigold)..... 50 mg providing lutein..... 5 mg (flower oil/arsin, 40:1 extract standardized to 10% lutein providing 2000 mg OCE) *Ribes nigrum* (L.) (Blackcurrant)..... 25 mg (fruit, 320-450:1 extract standardized to 15% min. antosianiens providing 8000 mg – 11250 mg OCE) *Spinacia oleracea* (L.) (Spinach) (leaf powder)..... 15 mg

**D34.12 MULTIPLE SUBSTANCE FORMULATION**  
**COMPLEMENTARY HEALTH SUPPLEMENT**  
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

**Imported/Distributed by:**  
Amway South Africa Pty Ltd. Atlantic Centre, 14 Christian Barnard Street, Foreshore Cape Town, 8001  
Customer care line: 021 405 1717 / 011 201 4400

**Manufactured by:**  
Access Business Group LLC, 7575 Fulton Street East, Ada, MI 49355 USA  
Batch number, Manufacture date and Expiry date: See bottom of pack

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104144SA

Exclusively from Amway

**PATIENT INFORMATION LEAFLET**  
**SCHEDULING STATUS [SO]**  
**NUTRILITE™ BILBERRY WITH LUTEIN - film coated tablets**  
 Retinyl acetate, *Vaccinium myrtillus* (L.) fruit extract, *Tagetes erecta* (L) flower extract, *Ribes nigrum* (L) fruit extract and *Spinacia oleracea* dehydrated leaf powder.  
 Contains sugar (sucrose, maltodextrin and glycerol)  
 Each film coated tablet contains 50 mg of sucrose; 10,50 mg of maltodextrin and 0,32 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™ BILBERRY WITH LUTEIN is available without a doctor's prescription, for you for maintaining your eye health. Nevertheless, you still need to use NUTRILITE™ BILBERRY WITH LUTEIN carefully to get the best results from it.  
 • Keep this leaflet. You may need to read it again  
 • Do not share NUTRILITE™ BILBERRY WITH LUTEIN 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™ BILBERRY WITH LUTEIN is and what it is used for  
 2. What you need to know before you take Nutrilite™ Bilberry with Lutein  
 3. How to take NUTRILITE™ BILBERRY WITH LUTEIN

4. Possible side effects  
 5. How to store NUTRILITE™ BILBERRY WITH LUTEIN  
 6. Contents of the pack and other information  
**1. What is used for NUTRILITE™ BILBERRY WITH LUTEIN?**  
 Nutrilite™ Bilberry with Lutein contains bilberry extract, lutein, spinach powder, black currant extract and vitamin A. Vitamin A contributes to the development and maintenance of normal vision, skin and immune function. Lutein from marigold, mixed extract polyphenols from bilberry extract and black currant provides antioxidants. Antioxidants help maintain healthy eyes by providing cell protection against the oxidative effects of free radicals.  
**2. What you need to know before you take NUTRILITE™ BILBERRY WITH LUTEIN**  
**Do Not Take NUTRILITE™ BILBERRY WITH LUTEIN**  
 • If you are hypersensitive (allergic) to any of the ingredients (See list in section 6.0)

• If you are pregnant or breastfeeding  
 • If you are taking other supplements containing vitamin A  
 • If you are allergic to the asteraceae/compositae (daisy) family.  
**Warnings and precautions**  
 Take special care with NUTRILITE™ BILBERRY WITH LUTEIN:  
 Consult a relevant health care provider prior to use  
 • If you are taking blood thinners,  
 • If you are pregnant, planning to become pregnant or are breastfeeding  
 Not suitable for children. Stop use if hypersensitivity/allergy occurs. Do not exceed daily dosage level 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.  
**Children and Adolescents**  
 Not suitable for children and adolescents under 18 years of age.  
**Other medicines and NUTRILITE™ BILBERRY WITH LUTEIN**  
 Always tell your health care provider if you are taking any other medicine including all complementary or traditional medicines.  
**NUTRILITE™ BILBERRY WITH LUTEIN with food and, drink and alcohol**  
 NUTRILITE™ BILBERRY WITH LUTEIN may be given at any time of the day, with or without food.  
**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™ BILBERRY WITH LUTEIN:**  
 NUTRILITE™ BILBERRY WITH LUTEIN Contains sucrose, maltodextrin and glycerol, which are sugars 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™ BILBERRY WITH LUTEIN. NUTRILITE™ BILBERRY WITH LUTEIN contains ingredients from Soyabean. If you are allergic to soya and peanuts, do not take this complementary medicine.  
**3. How to take NUTRILITE™ BILBERRY WITH LUTEIN**

Always take NUTRILITE™ BILBERRY WITH LUTEIN 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: two (2) tablets daily, with a meal containing oil/fat or as directed by your healthcare provider. Do not exceed the recommended daily dose unless directed by your doctor.  
**If you take more NUTRILITE™ BILBERRY WITH LUTEIN 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™ BILBERRY WITH LUTEIN**  
 Do not take a double dose to make up for forgotten individual doses.  
**4. Possible Side Effects**  
 NUTRILITE™ BILBERRY WITH LUTEIN can have side effects. Not all side effects reported for NUTRILITE™ BILBERRY WITH LUTEIN

are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking NUTRILITE™ BILBERRY WITH LUTEIN, please consult your doctor, pharmacist or health care provider for advice.  
**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. Namibia'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™ BILBERRY WITH LUTEIN.

**5. How to store NUTRILITE™ BILBERRY WITH LUTEIN**  
 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. Do not store above 30°C.  
 Keep the container in the outer carton. Do not use NUTRILITE™ BILBERRY WITH LUTEIN after the expiry date stated on the label. The expiry date refers to the last day of that month.  
 Do not use NUTRILITE™ BILBERRY WITH LUTEIN, if you notice the tablets have changed shape or colour.  
**Disposal of NUTRILITE™ BILBERRY WITH LUTEIN**  
 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™ BILBERRY WITH LUTEIN contains**  
 The active substances in each film coated tablet are:

Retinyl acetate (Vitamin A) ..... 105 RAE  
*Vaccinium myrtillus* (L.) (Bilberry)..... 50 mg (fruit, 90 -100:1 extract standardized 25% minimum anthocyanins providing 4500 mg – 5000 mg Quantity Crude Equivalent)  
*Tagetes erecta* (L.)(Marigold)..... 50 mg (flower oleoresin, 40:1 extract standardized to 10% lutein providing 2000 mg Quantity Crude Equivalent)  
*Ribes nigrum* (L) (Blackcurrant)..... 25 mg (fruit, 320-450:1 ethanolic extract standardized to 15% min. anthocyanins providing 8000 mg – 11250 mg Quantity Crude Equivalent)  
*Spinacia oleracea* (L) (Spinach)(leaf powder)..... 15 mg  
 The other Ingredients are microcrystalline cellulose, sucrose, corn starch, agar, palm oil, stearic acid, hydroxypropyl methylcellulose, maltodextrin, sodium carboxymethyl cellulose, silicon dioxide, calcium stearate, ascorbyl palmitate, mixed tocopherols, sodium ascorbate, glycerol, acacia gum, carnauba wax, water, tricalcium phosphate.  
 The film-coating contains hydroxypropyl methylcellulose, glycerol, silicon dioxide and carnauba wax.  
**What NUTRILITE™ BILBERRY WITH LUTEIN look like and contents of the pack**  
 Dark purple speckled oval shaped film coated tablet with bisect on the lower side.  
 It is available in white HD polyethylene container with lift 'n' peel tamper-proof seal and white re-sealable polypropylene flip- top closure containing 62 tablets.  
**Registration Number** This product has not yet been evaluated by 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  
**PASIEËNTINLIGTINGSTUK**  
**SKEDULERING STATUS [SO]**  
**NUTRILITE™ BILBERRY WITH LUTEIN – film-bedekte tablette**  
 Retinielasetaat, *Vaccinium myrtillus* (L.) -vrug ekstrak, *Tagetes erecta* (L) blom ekstrak, *Ribes nigrum* (L) vrug ekstrak en *Spinacia oleracea* (L.) gedehidreerde blaarpoeier.  
 Bevat suiker (sukrose, maltodekstrien en gliserol)  
 Elke film bedekte tablet bevat 50 mg of sukrose, 10,50 mg of maltodekstrien en 0,32 mg of gliserol.  
**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™ BILBERRY WITH LUTEIN is beskikbaar vir jou sonder 'n dokters voorskrif om algemene gesondheid te verbeter en instand te hou. Jy moet egter steeds NUTRILITE™ BILBERRY WITH LUTEIN 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™ BILBERRY WITH LUTEIN 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™ BILBERRY WITH LUTEIN is en waarvoor dit gebruik word.  
 2. Wat jy moet weet voordat jy NUTRILITE™ BILBERRY WITH LUTEIN neem.