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PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: **50**

NUTRILITE™ CLA 500 - soft gelatin capsules

Carthamus tinctorium (L)..... 500 mg (Safflower)

providing conjugated linoleic acid ...500 mg (Seed oil, standardized to 99.9 % conjugated linoleic acid providing 500 mg dried herbal equivalent)

Sugar free

D 34.6 Fats, oils and fatty acids

COMPLEMENTARY MEDICINE – HEALTH SUPPLEMENT

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

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

NUTRILITE™ CLA 500 is available without a doctor's prescription for you to help to support a modest improvement to body composition when used with a program of reduced intake of dietary calories and increased physical activity. Nevertheless, you still need to use NUTRILITE™ CLA 500 carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share NUTRILITE™ CLA 500 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™ CLA 500 is and what it is used for
2. What you need to know before you take NUTRILITE™ CLA 500
3. How to take NUTRILITE™ CLA 500
4. Possible side effects
5. How to store NUTRILITE™ CLA 500
6. Contents of the pack and other information

1. What NUTRILITE™ CLA 500 is and what it is used for?

NUTRILITE™ CLA 500 contains safflower oil which provides a rich source of conjugated linoleic acid (CLA), an essential fatty acid. Conjugated linoleic acid may help support a modest improvement to body composition when used with a program of reduced dietary calories intake and increased physical activity.

"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™ CLA 500

Do Not Take NUTRILITE™ CLA 500

- If you are hypersensitive (allergic) to any of the ingredients in NUTRILITE™ CLA 500 (See list in section 6.0).
- If you have cardiovascular disease, diabetes, metabolic syndrome or insulin resistance.
- If you are pregnant and breastfeeding.
- If you are allergic to Asteraceae/Compositae family.

Warnings and precautions

This product is not intended to prevent or treat obesity

Take special care with NUTRILITE™ CLA 500. Consult a health care provider prior to use:

- If you are obese or have cardiovascular disease (CVD) risk factors (e.g. high blood pressure, high cholesterol and/or triglycerides).
- If your goal is to achieve weight loss.
- If you are allergic to Asteraceae/Compositae family. Members of this family include ragweed, chrysanthemums, marigolds, daisies, and many others.

Stop use if hypersensitivity/allergy occurs.

Consult a health care provider for use for more than two (2) months.

Children and Adolescents

Not suitable for children and adolescents under 18 years of age.

Other medicines and NUTRILITE™ CLA 500

Always tell your health care provider if you are taking any other medicine including all complementary or traditional medicines.

NUTRILITE™ CLA 500 with food and, drink and alcohol.

NUTRILITE™ CLA 500 may be taken at any time of the day, preferably with a meal as recommended (See Section 3) without alcohol.

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 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

NUTRILITE™ CLA 500 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™ CLA 500 does not adversely affect your ability to do so safely (See Possible Side-effects).

Important information about some of the ingredients of NUTRILITE™ CLA 500

NUTRILITE™ CLA 500 Contains glycerol, 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™ CLA 500.

3. How to take NUTRILITE™ CLA 500

Do not share medicines prescribed for you with any other person. Always take NUTRILITE™ CLA 500 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: Take two (2) to three (3) capsules three times per day, preferably with meals, as directed by your healthcare provider.

Do not exceed the recommended daily dose unless directed by your doctor.

If you take more NUTRILITE™ CLA 500 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™ CLA 500

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

4. Possible Side Effects

NUTRILITE™ CLA 500 can have side effects. Not all side effects reported for NUTRILITE™ CLA 500 are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking NUTRILITE™ CLA 500, please consult your doctor, pharmacist or health care provider for advice. NUTRILITE™ CLA 500 may cause gastrointestinal, including nausea, diarrhea, dyspepsia, and loose stools.

Like all medicines, this complementary medicine can cause side effects, although not everybody gets them. If any of the following happens, stop taking NUTRILITE™ CLA 500 and tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- 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.
- 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

If you get side effects, talk to your doctor, pharmacist or nurse. You can also report side effects to SAHPRA

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ON A2201113
PRINTS T&O
90 Ct
This will be on the
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panel

GLUE PANEL



