

**12853 FRONT**  
 Flat: 7.875" x 6.3125"  
 Fold: 1.125" x 1.125"  
 Panels: 7 x 6  
 Style: RTA - glued

7.875 in

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**PATIENT INFORMATION LEAFLET**  
**SCHEDULING STATUS: S0**  
**NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES – film coated tablets**  
 Each film coated tablet contains:  
**Camellia sinensis (L) (Green tea)..... 124 mg providing epigallocatechin gallate ..... 45 mg (leaf, 20:1 extract standardised to 40% epigallocatechin gallate providing 2,48 g Dried Herbal Equivalent)**  
**Punica granatum (L) (Pomegranate)..... 50 mg (fruit, 40:50:1 hydroethanolic extract standardised to minimum 40% ellagic acid providing 2 g - 2,5 g Dried Herbal Equivalent)**  
**Citrus sinensis (L) (Orange) ..... 45 mg providing hesperidin ..... 30 mg (fruit and peel, 7:35:1 hydroethanolic extract standardised to minimum 80% hesperidin providing 315 mg- 1575 mg Dried Herbal Equivalent)**  
**Rosmarinus officinalis (L) (Rosemary)..... 10 mg (leaf, 5-10:1 hydroethanolic extract standardised to 6% rosmarinic acid providing 50 mg- 100 mg Dried Herbal Equivalent)**  
**Sambucus nigra subsp nigra (L) (Elderberry) ... 10 mg (fruit 16-20:1 extract standardised to 6.5% anthocyanidins providing 128mg-160mg Dried Herbal Equivalent)**  
**Malpighia emarginata (L) (Acerola) (fruit powder) ... 8 mg**  
**Vaccinium corymbosum (L) (Blueberry) (fruit powder) ... 10 mg**  
**Brassica oleracea (L) (Broccoli) (florets powder) ... 5 mg**  
**Daucus carota (L) (Carrot) (root powder) ..... 5 mg**  
**Spinacia oleracea (L) (Spinach) (aerial parts powder) ... 5 mg**  
**Solanum lycopersicum (L) (Tomato)..... 43.5 mg providing lycopene ..... 1.55 mg (fruit, 300:1 extract standardised to minimum 5% lycopene providing 13,05g Dried Herbal Equivalent)**  
**Contains sugar (sucrose) ..... 5.64 mg**  
 Each film coated tablet contains 61,65mg of maltodextrin and 0,35mg of glycerol.

**D34.12 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 of this leaflet carefully because it contains important information for you.**  
 NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES is available without a doctor's prescription, for you to help you maintain your good health. Nevertheless, you still need to use NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES carefully to get the best results from it.  
 • Keep this leaflet. You may need to read it again.  
 • Do not share NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES 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™ CONCENTRATED FRUITS AND VEGETABLES is and what it is used for  
 2. What you need to know before you take NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES.  
 3. How to take NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES.  
 4. Possible side-effects.  
 5. How to store NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES.  
 6. Contents of the pack and other information.

**1. What NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES is and what it is used for**  
 NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES provide antioxidants which help protect cells against oxidative damage caused by free radicals.  
 Green tea extract as a source of flavonols - epigallocatechin gallate (EGCG).  
 Orange fruit extract as a source of flavone - hesperidin.  
 Tomato extract as a source of carotenoids - lycopene.  
 \*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™ CONCENTRATED FRUITS AND VEGETABLES**

**Do Not Take NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES**  
 • If you are hypersensitive, (allergic) to any of the ingredients, (See list in section 6.0).  
 • If you are pregnant or breast feeding your baby.  
 • If you are taking over-the-counter medicines containing phenylpropanolamine.  
 Not suitable for children.

**Warnings and precautions**

Take special care with NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES.  
**Risk of bleeding in the brain from use of a combination of caffeine (including caffeine from green tea) and phenylpropanolamine.**  
 Consult with a relevant health care provider prior to use:  
 • If you are taking blood thinners.  
 • If you are taking blood pressure medicines.  
 • If you have a liver disorder or an iron deficiency.  
 • If diagnosed or suspected to suffer from prostate cancer.  
 • If you are taking any prescription medicines.  
 • If you are pregnant or breastfeeding.  
 Rare, unpredictable cases of liver injury associated with green tea extract-containing products have been reported.  
 Stop use and consult a relevant health care provider if you develop symptoms of liver trouble such as yellowing of the skin/eyes (jaundice), stomach pain, dark urine, sweating, nausea, unusual tiredness and/or loss of appetite.  
 Stop use if hypersensitivity/allergy occurs.  
 Consult a relevant health care provider for use beyond 12 weeks. Do not exceed daily dosage level without consulting a relevant health care provider.

**Children and Adolescents**

Not suitable for children and adolescents under 18 years of age.  
**Other medicines and NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES:**

Always tell your health care provider if you are taking any other medicine including all complementary or traditional medicines.  
 • green tea may reduce the effect of blood thinners. Using warfarin and green tea, may make warfarin ineffective.  
 • green tea may inhibit blood platelets from clotting. Using the aspirin and green tea together may increase your risk of bleeding.  
 • green tea reduces the blood levels of lithium (a medicine used to treat manic/depression).  
 • green tea may cause a severe increase in blood pressure when taken together with monoamine oxidase inhibitors (MAOIs). MAOIs is used to treat depression such as phenelzine and tranylcypromine.  
 • caffeine from green tea may decrease the effect of blood pressure medicines. Blood pressure medicines such as beta-blockers like propranolol and metoprolol.  
 • caffeine (including caffeine from green tea) may cause a severe increase in blood pressure and mania when taken together phenylpropanolamine. Phenylpropanolamine (an ingredient used in some over-the-counter cough and cold products).  
 • green tea may decrease the effect of antipsychotic medicines Clozapine. Take Clozapine at least 40 minutes after taking green tea products.  
 • pomegranate containing products may increase the risk of statin-induced myopathy.

You should check with doctor, pharmacist or your healthcare provider if you are unsure.  
**NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES with food, drink and alcohol**  
 NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES may be taken at any time of the day, preferably with food 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 health care provider for advice before taking this complementary medicine. Safety in pregnancy and breastfeeding has not been established.

**Driving and using machines**  
 NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES 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™ CONCENTRATED FRUITS AND VEGETABLES does not adversely affect your ability to do so safely (See Possible Side-effects).

**Important information about some of the ingredients of NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES:**  
 NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES Contains maltodextrin, sucrose and glycerol, which 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™ CONCENTRATED FRUITS AND VEGETABLES. NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES contains porcine gelatin.

**3. How to take NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES**  
 Always take NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES exactly as described in this leaflet or as your doctor or pharmacist. Check with your doctor or pharmacist if you are not sure.

The usual dose for Adults is: Take one (1) to two (2) tablets up to three times per day preferably with meals or as directed by your healthcare provider.  
 Do not exceed the recommended daily dose unless directed by your doctor.

**If you take more NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES than you should**  
 In the event of overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison center.

**If you forget to take NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES**  
 Do not take a double dose to make up for forgotten individual doses.

**4. Possible Side Effects**  
 NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES can have side effects.  
 Not all side effects reported for NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES are included in this leaflet.  
 Should your general health worsen or if you experience any untoward effects while taking NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES, please consult your health care provider for advice.

Green tea extract containing products are thought to be likely safe for most people when taken in recommended amounts.  
 • some people have experienced side effects to green tea extract such as stomach upset and constipation.  
 • green tea has been reported to cause liver problems in rare cases.

Pomegranate extract containing products are thought to be likely safe for most people when taken in recommended amounts.  
 • some people have experienced sensitivity to pomegranate extract. Symptoms of sensitivity include itching, swelling, runny nose, and difficulty breathing.

Stop using green tea and call your healthcare provider at once if you have:  
 • an unusual bleeding or any bleeding that will not stop.  
 • an unusual pain (rhabdomyolysis).

If any of the following happens, stop taking NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES 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, they 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.  
 • 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 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.org.za/Publications/Index/8>.

Botswana's publications: BOMRA via Suspected Adverse Drug Reactions Reporting Form,  
<https://www.bomra.co.bw/index.php/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/8cbbf343-3cf8-dba3-7ec1-50b881fdab26>.

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™ CONCENTRATED FRUITS AND VEGETABLES.  
**5. How to store NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES**

Store all medicines out of the sight and reach of children. Store in the original container. Store at or below 25°C. Keep the container tightly closed to protect from sunlight, heat and moisture. Do not use NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES after the expiry date stated on the label. The expiry date refers to the last day of that month. Do not use NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES, if you notice the tablets have changed shape or colour.

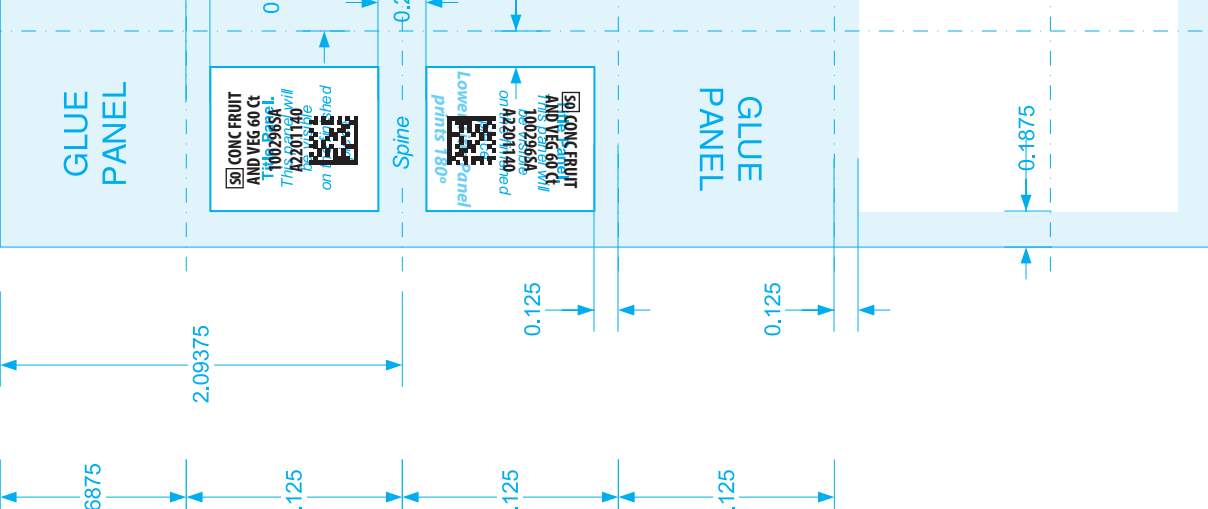
**Disposal of NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES**  
 Return all unused medicines to your pharmacist. Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

**6. Contents of the pack and other information**  
**What NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES contains**  
 The active substances in each film coated tablet are *Camellia sinensis* (L) extract, *Punica granatum* (L) extract, *Citrus sinensis* (L) extract, *Rosmarinus officinalis* (L) extract, *Sambucus nigra* (L) extract, *Malpighia emarginata* (L) fruit powder, *Vaccinium corymbosum* (L) fruit powder, *Brassica oleracea* (L) florets powder, *Daucus Carota* (L) root powder, *Spinacia Oleracea* (L) aerial parts powder and *Solanum lycopersicum* (L) extract. The other ingredients are microcrystalline cellulose, maltodextrin, crosslinked sodium carboxymethylcellulose, stearic acid, gelatin (porcine), qm oil, corn starch, sucrose, silicon dioxide, hydroxypropyl methylcellulose, gum arabic, glycerol and carnauba wax.

**What NUTRILITE™ CONCENTRATED FRUITS AND VEGETABLES looks like and contents of the pack**  
 Mottled greenish brown film coated tablet. It is available in white HD polyethylene container with lift top tamper-proof seal and re-sealable flip-top closure containing 60 tablets.

**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 Registering Professional Information**  
[www.Amway.co.za](http://www.Amway.co.za)



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