

PATIENT INFORMATION LEAFLET

SLIMMING DRAGEES®

SCHEDULING STATUS **S0**

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM SLIMMING DRAGEES®

Green Mate (*Ilex paraguariensis*) leaf powder extract 300 mg per tablet

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

SLIMMING DRAGEES® is available without a doctor's prescription. Nevertheless you still need to use SLIMMING DRAGEES® carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share SLIMMING DRAGEES® with any other person.
- Ask your pharmacist if you need more information or advice.

WHAT SLIMMING DRAGEES® CONTAINS:

- The active substance is Green Mate (*Ilex paraguariensis*) leaf powder extract 300 mg per tablet.
- The other ingredients are absolute alcohol, Black powder (PBL0662), castor oil, dicalcium phosphate, magnesium stearate, maize starch, Methocel E5 Premium, Pea Green (PBL1957), polyethylene glycol, Povidone K-25, shellac, silicon dioxide, sodium carboxymethylcellulose, Solvent 45-Blend 616, Spec. Quin Yellow MD Lake (PLK8036), talc-Snow TC/1, titanium dioxide, water.

WHAT SLIMMING DRAGEES® IS USED FOR:

SLIMMING DRAGEES® is used to support weight loss.

BEFORE YOU TAKE SLIMMING DRAGEES®

Do not take SLIMMING DRAGEES®:

- If you are hypersensitive (allergic) to Green Mate leaf, caffeine or any of the ingredients of SLIMMING DRAGEES®.
- If you are planning pregnancy, pregnant or breastfeeding.

Take special care with SLIMMING DRAGEES®:

- Do not use for long periods of time, especially if you are a heavy drinker or smoker, as SLIMMING DRAGEES® has been linked to cancer of the throat.
- Take care if you have anxiety or bleeding disorders as SLIMMING DRAGEES® may worsen these symptoms.
- Be careful if you have heart problems or high blood pressure as SLIMMING DRAGEES® might cause an increase in heart rate and blood pressure.
- Be careful if you have diabetes as SLIMMING DRAGEES® might alter blood sugar levels.

Pregnancy and Breastfeeding:

Safety and effectiveness has not been established. If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other health care professional for advice before taking this medicine.

Using other medicines with SLIMMING DRAGEES®:

Always tell your healthcare professional if you are taking any other medicine. (This includes complementary or traditional medicines.)

- Do not take SLIMMING DRAGEES® with medicines containing cimetidine, disulfiram, amphetamines, blood thinners, beta-adrenergic agonists, clozapine and ephedrine.
- Using SLIMMING DRAGEES® with anti-diabetic medicine may interfere with blood sugar levels.

HOW TO TAKE SLIMMING DRAGEES®:

Do not share medicines prescribed for you with any other person.

Adults: Take one tablet twice a day, at breakfast and at lunch- time, with 2 full glasses of water.

SLIMMING DRAGEES® is only effective if used in combination with a calorie controlled diet.

If you take more SLIMMING DRAGEES® than you should:

An overdose of SLIMMING DRAGEES® can cause nausea, vomiting, headache, nervousness, ringing in the ears, increased heart rate, chest pain and irregular heartbeats. In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

If you missed a dose of SLIMMING DRAGEES®:

Do not double the dose. Skip the missed dose and continue with the next dose as directed.

POSSIBLE SIDE EFFECTS:

SLIMMING DRAGEES® can have side effects. Not all side effects reported for SLIMMING DRAGEES® are included in this leaflet.

Should your general health worsen or if you experience

any untoward effects while taking this medicine, please consult your doctor, pharmacist or other health care professional for advice.

The following side effects may occur:

Sleeplessness, nervousness, restlessness, stomach irritation, nausea, vomiting, increased heart rate, quickened breathing, shaking, confusion, fits and increased urination.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

STORING AND DISPOSING OF SLIMMING DRAGEES®:

- Store at or below 25 °C.
 - Keep the container tightly closed and protect from light.
 - Do not use after the expiry date stated on the label. Store all medicines out of reach of children.
- Return all unused medicine to your pharmacist. Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF SLIMMING DRAGEES®:

SLIMMING DRAGEES® is supplied in an amber plastic jar, with a white snap-on cap, containing 60 tablets.

IDENTIFICATION OF SLIMMING DRAGEES®:

A round bright green film-coated tablet

REGISTRATION NUMBER:

To be allocated.

NAME AND ADDRESS OF REGISTRATION HOLDER:

Avid Brands S.A. (Pty) Ltd
Suite 9, Hillcrest Office Park
2 Old Main Road, Hillcrest, 3610

DATE OF PUBLICATION:

To be allocated.

PASIËNTINLIGTINGSBLAD

SLIMMING DRAGEES®

SKEDULERINGSSTATUS: S0

EIENDOMSNAAM, STERKTE EN FARMASEUTIESE VORM: SLIMMING DRAGEES®

Groenmaat (*Ilex paraguariensis*) blaarpoeier ekstras 300 mg per tablet:

Lees die hele inligtingsblad versigtig omdat dit belangrike inligting vir u bevat.

SLIMMING DRAGEES® is beskikbaar sonder 'n dokter se voorskrif. Nietemin moet u steeds SLIMMING DRAGEES® versigtig gebruik om die beste resultate daaruit te verkry.

- Hou hierdie inligtingsblad. Dit mag nodig wees om dit weer te lees.
- Moenie SLIMMING DRAGEES® met enige ander persoon deel nie.
- Vra u apteker as u enige verdere informasie of advies benodig.

WAT SLIMMING DRAGEES® BEVAT:

- Die aktiewe bestanddeel is Groenmaat (*Ilex paraguariensis*) blaarpoeierekstras 300 mg per tablet.
- Die ander bestanddele is absolute alkohol, Black powder (PBL0662), kasterolie, dikalsiumfosfaat, magnesium stearaat, mielie stysel, Methocel E5 Premium, Pea Green (PBL1957), poli-etileenglikol, Povidoon K-25, shellac, silikondioksied, natriumkarboksime tielsellulose, Solvent 45-Blend 616, Spec. Quin Yellow MD Lake (PLK8036), talc-Snow TC/1, titaniumdioksied, water.

WAARVOOR SLIMMING DRAGEES® GEBRUIK WORD:

SLIMMING DRAGEES® word gebruik om gewigsverlies te ondersteun.

VOORDAT U SLIMMING DRAGEES® NEEM:

Moenie SLIMMING DRAGEES® gebruik:

- Indien u hipersensitief (allergies) vir Groenmaat blaar, kaffeien of enige van die bestanddele van SLIMMING DRAGEES® is nie.
- Indien u swangerskap beplan, swanger is of borsvoed nie.

Neem spesiale sorg met SLIMMING DRAGEES®:

- Moenie gebruik vir lang tydperke nie, veral as u 'n swaar drinker of roker is, aangesien SLIMMING DRAGEES® gekoppel is aan kanker van die keel.
- Neem sorg indien u angs- of bleedingsversteurings het aangesien SLIMMING DRAGEES® hierdie simptome kan vererger.
- Wees versigtig indien u hartprobleme of hoë bloeddruk het aangesien SLIMMING DRAGEES® 'n verhoging in harttempo en bloeddruk kan veroorsaak.
- Wees versigtig indien u 'n diabeet is aangesien SLIMMING DRAGEES® bloedsuikervlakke kan verander

Swangerskap en borsvoeding:

Veiligheid en doeltreffendheid is nog nie vasgestel nie. Indien u swanger is of u baba borsvoed, konsulteer asseblief u dokter, apteker of ander gesondheidsorgpraktisyn vir advies voordat u hierdie medisyne gebruik.

Gebruik van ander medisynes met SLIMMING DRAGEES®:

Lig altyd u professionele gesondheidsorgpraktisyn in as u enige ander medisyne neem.

(Dit sluit komplementêre- of tradisionele medisynes in.)

- Moenie SLIMMING DRAGEES® saam met medisynes wat simetidiën, disulfiram, amfetamiene, bloedverduunners, beta-adrenergiese agoniste, klosapien en efedrien bevat, gebruik nie.
- Gebruik van SLIMMING DRAGEES® met anti-diabetiese medisyne kan inmeng met bloedsuikervlakke.

HOE OM SLIMMING DRAGEES® TE GEBRUIK:

Moenie medisynes wat vir u voorgeskryf is met enige ander persoon deel nie.

Volwassenes: Neem een tablet twee keer per dag, teen ontbyt en middagete, met 2 vol glase water. SLIMMING DRAGEES® is slegs effektief indien dit gebruik word in kombinasie met 'n kalorie-beheerde dieet.

Indien u meer SLIMMING DRAGEES® neem as wat u moet:

'n Oordosis van SLIMMING DRAGEES® kan naarheid, braking, hoofpyn, senuweeagtigheid, lui in ore, verhoogde harttempo, borspyn en onreëlmatige hartklop veroorsaak. In die geval van 'n oordosis, konsulteer u dokter of apteker. As beide nie beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

Indien u 'n dosis van SLIMMING DRAGEES® gemis het:

Moenie die dosis verdubbel nie. Slaan die dosis wat gemis is oor en gaan voort met die volgende dosis soos aangedui.

MOONTLIKE NEWE EFFEKTE:

SLIMMING DRAGEES® kan newe effekte tot gevolg hê.

Nie alle newe effekte wat vir SLIMMING DRAGEES® aangemeld is, is in hierdie inligtingsblad ingesluit nie. Indien u algemene gesondheid versleg of as u enige ongewenste effekte ondervind terwyl u hierdie medisyne neem, raadpleeg asseblief u dokter, apteker, of ander professionele gesondheidsorgpraktisyn vir advies.

Die volgende newe effekte mag voorkom:

Slapeloosheid, senuweeagtigheid, rusteloosheid, maag irritasie, naarheid, braking, verhoogde harttempo, vinnige asemhaling, bewing, verwarring, aanvalle en 'n toename in urinasie.

Indien u enige newe-effekte waarneem wat nie in hierdie inligtingsblad genoem is nie, lig asseblief u dokter of apteker in.

BERGING EN WEGDOENING VAN SLIMMING DRAGEES®:

- Berg by of benede 25 °C
- Hou die houër dig toe en beskerm teen lig.
- Moenie gebruik na die vervaldatum wat op die etiket aangedui is nie. Berg alle medisynes buite die bereik van kinders. Gee alle ongebruikte medisyne vir u apteker terug. Moenie ongebruikte medisyne in dreine en rioolsisteme (bv. toilette) weggooi nie.

AANBIEDING VAN SLIMMING DRAGEES®:

SLIMMING DRAGEES® word verskaf in 'n amber plastiese houër met 'n wit toe-knip deksel wat 60 tablette bevat.

IDENTIFIKASIE VAN SLIMMING DRAGEES®:

'n Ronde, heldergroen filmbedekte tablet.

REGISTRASIENOMMER:

Moet toegeken word.

NAAM EN ADRES VAN DIE REGISTRASIE HOUER:

Avid Brands S.A. (Edms) Bpk
Suite 9, Hillcrest Office Park
2 Old Main Straat, Hillcrest, 3610

DATUM VAN PUBLIKASIE:

Moet toegeken word.