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GLUE PANEL

SO Milk Thistle
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Lower panel prints 180° on the finished product

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Upper panel prints 180° on the finished product

Copy provided exactly as received. Any alteration is the responsibility of the client.

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

NUTRILITE™ MILK THISTLE - film coated tablets

Each film coated tablet contains:
***Silybum marianum* (L) Gaertner**
(Milk thistle)..... 140 mg
(seed, 22:1 extract, standardised to 50% - 57% silymarins and 30% - 34% silybinins providing 3080 mg Dried Herbal Equivalent).
***Silybum marianum* (L) Gaertner**
(Milk thistle)..... 100 mg
(fruit, 80-120:1 extract, standardised to 29.7 - 36.3 % silybinins providing 8 g - 12 g Dried Herbal Equivalent) providing:
Silymarins..... 85 mg
Silybinins..... 65 mg
***Taraxacum officinale* Weber ex F.H. Wigg.**
(Dandelion) (Root powder) ..... 125 mg
Soy lecithin phosphatidylcholine ..... 18 mg
***Curcuma Longa (L.)* (Turmeric) ..... 63 mg**
(rhizome, 30-60:1 extract standardised to 85 % curcuminoids providing 2 g - 4,05 g Dried Herbal Equivalent).
***Citrus spp* (fruit powder) ..... 50 mg**
mix of: Citrus *limon* (L) (Lemon), *Citrus paradisi* (L) (Grapefruit) and *Citrus reticulate* (L) (Mandarin orange).
***Malpighia emarginata* (L) (Acerola)..... 9 mg**
(fruit, 19-24:1 extract standardised to 20% ascorbic acid providing 171 mg - 217 mg Dried Herbal Equivalent).
Sugar free

D33.7 COMBINATION PRODUCT

COMPLEMENTARY MEDICINE – WESTERN HERBAL MEDICINE AND 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™ MILK THISTLE is available without a doctor's prescription for you to help maintain and support your liver health. Health supplements are intended only to complement health or supplement your diet. Nevertheless, you still need to use NUTRILITE™ MILK THISTLE carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share NUTRILITE™ MILK THISTLE 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™ MILK THISTLE is and what it is used for
2. What you need to know before you take NUTRILITE™ MILK THISTLE
3. How to take NUTRILITE™ MILK THISTLE
4. Possible side-effects
5. How to store NUTRILITE™ MILK THISTLE
6. Contents of the pack and other information

1. What NUTRILITE™ MILK THISTLE is and what it is used for:
NUTRILITE™ MILK THISTLE contains milk thistle extract, dandelion root extract, turmeric extract, mix of citrus fruit powder and acerola fruit powder.
NUTRILITE™ MILK THISTLE may help maintain and support liver health and function.
The functions of the active substances found in NUTRILITE™ MILK THISTLE:

Milk thistle extract
Traditional western herbal medicine which may help support digestive health and liver function.

Dandelion root powder
Helps to support normal digestive function.

Turmeric rhizome extract
Provides curcuminoids which are antioxidants. Antioxidant helps protect cells against the oxidative damage caused by cell damage caused by free radicals.
Curcuminoids helps to relieve inflammation.
Traditional western herbal medicine which may help support normal digestive function.

Soy lecithin phosphatidylcholine
Helps to support liver function.

Citrus fruit powder and Acerola fruit powder
Citrus and Acerola fruits are sources of antioxidants.

2. What you need to know before you take NUTRILITE™ MILK THISTLE

Do not take NUTRILITE™ MILK THISTLE
- If you are hypersensitive, (allergic) to any of the ingredients, (See list in section 6.0).
- If you are hypersensitive to plants of the Asteraceae/Compositae family. Members of this family include ragweed, chrysanthemums, marigolds, daisies.
- If you are pregnant, breast feeding or planning to have a baby.
- If you are allergic to soya and nuts.
- If you have heart failure, heart disease, high or low blood pressure, kidney or liver disorder, diabetes or oedema (swelling of hands, face and feet).
- If you are going for any surgical procedure.
- If you are hormone sensitive conditions such as breast, uterine or ovarian cancer, and endometriosis or uterine fibroids.

Warnings and precautions
Take special care with NUTRILITE™ MILK THISTLE. Consult a relevant health care provider prior to use:
- If you are pregnant, planning to become pregnant or are breastfeeding.
- If you suffer from liver diseases and renal conditions.
- If you have gallbladder conditions, gallstones or a bile duct obstruction, cholangitis and any other biliary diseases.
- If you are taking antiplatelet medicines or blood thinners.
- If you have been diagnosed with a hormone sensitive condition.
- If you are suffering from haemophilia.
- If you suffer from diabetes or low blood sugar conditions.
- If you have stomach ulcers or excess stomach acid.

NUTRILITE™ MILK THISTLE is not suitable for use in children.
Do not take NUTRILITE™ MILK THISTLE before any elective surgery because of the increased risk to bleeding.
Stop use if hypersensitivity/allergy occurs.
Do not exceed daily dosage level without consulting a relevant health care provider.
Consult a relevant health care provider if symptoms persist or worsen longer than 2 weeks.
Long term use (3-month continuous use) should be under the care of a relevant healthcare provider.

Children and Adolescents
NUTRILITE™ MILK THISTLE is not recommended for children under 18 years of age.

Other medicines and NUTRILITE™ MILK THISTLE
There is no known interaction of NUTRILITE™ MILK THISTLE and other medicines.
Always tell your health care provider if you are taking any other medicine including all complementary or traditional medicines. This is particularly important if you are taking any of the following medicines as they may interact with NUTRILITE™ MILK THISTLE:
- Milk thistle may reduce the effect of estrogen used in oral contraceptives and hormone replacement therapy.
- Turmeric may increase the effect of blood thinners (such as Aspirin) and antiplatelet medicines (like warfarin and clopidogrel).
- Turmeric which may cause excessive bleeding if taken before any surgery. Stop taking NUTRILITE™ MILK THISTLE at least 2 weeks before elective surgical procedures.
- NUTRILITE™ MILK THISTLE may increase the effect of antidiabetic medicines (like glimepiride, insulin, metformin, pioglitazone, rosiglitazone). Milk thistle may increase the risk of low blood sugar when taken with antidiabetic medicines.

NUTRILITE™ MILK THISTLE may increase the effects of the following medicines, because both milk thistle and these medicines are broken down by the same liver enzymes:
- Allergy medicines such as fexofenadine (Fexo).
- Medicines for lowering cholesterol including statins such as lovastatin, simvastatin.
- Medicines for lowering blood pressure including beta blockers such as propranolol, metoprolol, carvedilol) amlodipine.
- Anti-anxiety medicines including alprazolam (Xanax), diazepam (Valium), and lorazepam (Ativan).
- Antiplatelet and anticoagulant medicines (blood thinners), including clopidogrel (Plavix) and warfarin.
- Some cancer medicines, including the breast cancer medicines tamoxifen, raloxifene.
- Antipsychotics medicines includes butyrophenones (such as haloperidol) and phenothiazines (such as chlorpromazine, fluphenazine, and promethazine).
- Phenytoin used for treating seizures.
- Halothane. A medicine used during general anesthesia.
- Antibiotics - clarithromycin, cyclosporine, erythromycin.
- Antifungal medicines - ketoconazole, itraconazole.

NUTRILITE™ MILK THISTLE may decrease the absorption of quinolone antibiotics (like Ciprofloxacin).
NUTRILITE™ MILK THISTLE may increase the effects of water pills (Amiloride, Eplerenone, Spironolactone, Triamterene). This may cause too much potassium in the body.
You should check with doctor, pharmacist or your healthcare provider if you are unsure.

NUTRILITE™ MILK THISTLE with food, drink and alcohol
NUTRILITE™ MILK THISTLE may be taken as recommended (See Section 3) with food and water. Avoid use with alcohol.
Stop taking NUTRILITE™ MILK THISTLE at least 2 weeks before any elective surgical procedures.

Pregnancy and breast-feeding
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™ MILK THISTLE 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™ MILK THISTLE does not adversely affect your ability to do so safely
(See Possible Side-effects).

Important information about some of the ingredients of NUTRILITE™ MILK THISTLE:
NUTRILITE™ MILK THISTLE Contains glycerol and maltodextrin 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™ MILK THISTLE.

3. How to take NUTRILITE™ MILK THISTLE
Always take NUTRILITE™ MILK THISTLE 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 only: Take one (1) tablet two times per day or as directed by your healthcare provider.
Do not exceed the recommended daily dose unless directed by your doctor.
The tablet should be swallowed whole with water.

If you take more NUTRILITE™ MILK THISTLE 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™ MILK THISTLE
Do not take a double dose to make up for forgotten individual doses.

4. Possible side-effects
NUTRILITE™ MILK THISTLE can have side effects.
Not all side effects reported for NUTRILITE™ MILK THISTLE are included in this leaflet.
Should your general health worsen or if you experience any untoward effects while taking NUTRILITE™ MILK THISTLE, please consult your doctor, pharmacist or health care provider for advice. Some less frequent side effects of NUTRILITE™ MILK THISTLE can be serious. If any of the following happens, stop taking NUTRILITE™ MILK THISTLE 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, 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 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 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™ MILK THISTLE.

5. How to store NUTRILITE™ MILK THISTLE
Store all medicines out of the reach and sight 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™ MILK THISTLE after the expiry date stated on the label. The expiry date refers to the last day of that month. Do not use NUTRILITE™ MILK THISTLE, if you notice the tablets have changed shape or colour.

Disposal of NUTRILITE™ MILK THISTLE
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™ MILK THISTLE contains
The active substances are *Silybum marianum* (L) Gaertner (Milk thistle) fruit and seed extract, *Taraxacum officinale* Weber ex F.H. Wigg. (Dandelion) root extract, soy lecithin phosphatidylcholine, *Curcuma Longa* (L.) (Turmeric) extract, *Citrus spp* (lemon, grapefruit and mandarin orange) fruit powder and *Malpighia emarginata* (L) (Acerola) fruit extract.

The other ingredients are microcrystalline cellulose, sodium carboxy methylcellulose, gum arabic, hydroxypropyl methy cellulose, silicon dioxide, magnesium stearate, maltodextrin, glycerol and carnauba wax.
The film-coating contains hydroxypropyl methylcellulose, glycerol, silicon dioxide and carnauba wax.

What NUTRILITE™ MILK THISTLE looks like and contents of the pack
Beige coloured, round shaped film coated tablet, size 0.5 inch and debossment of 'Mt'.
It is available in white HD polyethylene container with lift 'n' peel tamper-proof seal and re-sealable flip-top closure containing 60 tablets.

Registration Number
This product has not yet been evaluated by the regulatory authority.

Name and Address of Applicant/Holder of Certificate of Registration
Amway South Africa Pty Limited, 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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Panels: 7 x 6
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PASIËNTINLIGTINGSTUK

SKEDULERINGSTATUS S0

NUTRILITE™ MILK THISTLE – film bedekte tablette
Elke film bedekte tablet bevat:
Silybum marianum **(L) Gaertner (Melkdistel) ..... 140 mg (saad, 22:1 ekstrak, gestandardiseer tot 50% - 57% silymarins en 30% - 34% silybinins bevat 3080 mg Gedroogde Kruie Ekwivalent)**
Silybum marianum **(L) Gaertner (Melkdistel) ..... 100 mg (vrug, 80-120:1 ekstrak, gestandardiseer tot 29.7 - 36.3% silybinins bevat 8 g - 12 g Gedroogde Kruie Ekwivalent)**
verskaf:
Silymarins ..... 85 mg
Silybinins ..... 65 mg
Taraxacum officinale **Weber ex F.H. Wigg. (Paardebloem) (Wortel poeier) ..... 125 mg**
Soja legitien fosfatidielcholien ..... 18 mg
Curcuma longa **(L.) (Borrie) ..... 63 mg (risoom, 30-60:1 ekstrak gestandardiseer tot 85 % kurkuminoïedes bevat 2 g - 4,05 g Gedroogde Kruie Ekwivalent)**
Sitrus spp **(vrug poeier) ..... 50 mg**
mengsel van:
Sitrus limon **(L)(Suurlemoen),** ***Sitrus paradisi*** **(L) (Pomelo) en** ***Sitrus reticulate*** **(L) (Mandaryn lemoen)**
Malpighia emarginata **(L) (Acerola) ..... 9 mg (vrug, 19-24:1 ekstrak gestandardiseer tot 20% askorbiensuur bevat 171 mg - 217 mg Gedroogde Kruie Ekwivalent)**
Suiker vry

D33.7 KOMBINASIE PRODUK

KOMPLEMENTÊRE MEDISYNE – WESTERSE KRUIE MEDISYNE EN GESONDHEIDSAANVULLIN

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™ MILK THISTLE is beskikbaar sonder 'n dokter's voorskrif vir jou om lewer gesondheid te ondersteun en onderhou. Gesondheidsaanvullings word slegs aanbeveel om gesondheid te komplimenteer of tot aanvulling van jou dieet. Nietemin, moet jy egter steeds NUTRILITE™ MILK THISTLE 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™ MILK THISTLE 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™ MILK THISTLE is en waarvoor dit gebruik word
2. Wat jy moet weet voordat jy NUTRILITE™ MILK THISTLE neem
3. Hoe om NUTRILITE™ MILK THISTLE te gebruik
4. Moontlike newe effekte
5. Hoe om NUTRILITE™ MILK THISTLE te stoor
6. Inhoud van die verpakking en ander inligting

1. Wat NUTRILITE™ MILK THISTLE is en waarvoor dit gebruik word?

NUTRILITE™ MILK THISTLE bevat melkdistel ekstrak, paardebloem wortel ekstrak, borrie ekstrak, mengsel van sitrus vrug poeier en acerola vrug poeier.
NUTRILITE™ MILK THISTLE kan help om lewer funksie en gesondheid te ondersteun en onderhou.
Die funksies van die aktiewe bestanddele gevind in NUTRILITE™ MILK THISTLE:

Melkdistel ekstrak
Tradisionele westerse kruie medisyne kan help om spysvertering en lewer gesondheid te ondersteun.

Paardebloem wortel ekstrak
Help om normale spysverteringsfunksie te ondersteun.

Borrie risome ekstrak
Verskaf kurkuminoeïdes wat antioksidante is. Antioksidante help om selle teen oksidatiewe skade te beskerm wat deur vrye radikale sel beskadiging veroorsaak.
KurKuminoeïdes help om inflammasie te verlig.
Tradisionele westerse kruie medisyne kan help om normale spysvertering funksie te ondersteun.

Soja legitien fosfatidielcholien
Help om lewer funksie te ondersteun.

Sitrus vrug poeier en Acerola vrug poeier
Sitrus en Acerola vrug is bronne van antioksidante.

2. Wat jy moet weet voordat jy NUTRILITE™ MILK THISTLE neem

Moenie NUTRILITE™ MILK THISTLE gebruik
- As jy hipersensitief (allergies) vir enige van die bestanddele is nie (Gelys onder afdeling 6.0)
- Indien jy hipersensitief is vir plante van die Asteraceae/ Compositae familie. Lede van die familie sluit in ragweed, chrysanthemums, goudsbloem, madeliefies.
- Indien jy swanger is of borsvoed of beplan om 'n baba te hê.
- Indien jy allergies is vir soja en neute
- Indien jy harversaking, hartsiekte, hoë of lae bloeddruk, nier of lewer afwykings, diabetes or edeem (swelling van die hande, gesig of voete) het.
- Indien jy vir enige chirurgiese procedure moet gaan.
- Indien jy aan hormoon sensitiewe kondisies soos bors, baarmoeder of ovariële kanker, en endometriose of baarmoeder fibroïedes ly.

Waarskuwings en voorsorgmaatreëls
Neem spesiale sorg met NUTRILITE™ MILK THISTLE. Raadpleeg jou gesondheidsorgwerker voor gebruik:
- Indien jy swanger is, beplan om swanger te raak of borsvoed.
- Indien jy aan lewer siekte en nier kondisies ly.
- Indien jy 'n galblaas kondisies, galstene of 'n biliêre buis obstruksie, cholangitis en enige ander biliêre siekte het.
- Indien jy antiteenplaatjie medisyne of bloedverdunners neem;
- Indien jy gediagnoseer was met 'n hormoon sensitiewe kondisie.
- Indien jy ly aan haemofilia
- Indien jy aan diabetes of lae bloedsuiker kondisies ly.
- Indien jy maagulkusse of oormatige maagsuur het

NUTRILITE™ MILK THISTLE is nie geskik vir gebruik in kinders nie.
Moenie NUTRILITE™ MILK THISTLE neem voor enige beplande chirurgie nie want dit kan die risiko tot bloeding verhoog
Stop gebruik indien hipersensitiwiteit/allergieë voorkom.
Moet nie die daaglikse vlak oorskry sonder om met jou gesondheidsorgwerker te raadpleeg nie.
Raadpleeg 'n relevante gesondheidsorgverskaffer indien die simptome aanhou of vererger vir langer as 2 weke.
Lang termyn gebruik (3-maande aaneenlopende gebruik) moet onder die sorg van jou gesondheidsorgwerker plaasvind

Kinders en Adolessente
NUTRILITE™ MILK THISTLE is nie geskik vir kinders of adolessente onder die ouderdom van 18 jaar nie.

Ander medisyne en NUTRILITE™ MILK THISTLE
Daar is geen bekende interaksie van NUTRILITE™ MILK THISTLE en ander medisyne nie.
Vertel altyd jou gesondheidverskaffer indien jy enige ander medisyne neem insluitende komplementêre en tradisionele medisyne. Dit is veral belangrik as indien jy enige van die volgende medisyne neem aangesien hulle met NUTRILITE™ MILK THISTLE kan reageer:
- Melkdistel kan die effek van estrogeen in orale kontraseptiewe en hormoon vervangings terapie kan verlaag.
- Borrie kan die effek van bloedverdunners (soos Aspirien) en antiteenplaatjie medisyne (soos warfarien en klopidogrel) verhoog.
- Borrie kan oormatige bloeding veroorsaak veral as dit voor chirurgie geneem word. Stop om NUTRILITE™ MILK THISTLE te neem tenminste 2 weke voor enige beplande chirurgiese prosedures.
- NUTRILITE™ MILK THISTLE kan die effek van antidiabetiese medisyne (soos glimepiride, insulien, metformien, pioglitasoon, rosiglitasoon) verhoog. Melkdistel kan die risiko van lae bloedsuiker verhoog wanneer saam met ander antidiabetiese medisyne geneem word.

NUTRILITE™ MILK THISTLE kan die effek van die volgende medisyne verhoog, omdat beide melkdistel en ander medisyne deur dieselfde lewer ensieme afgebreek word:
- Allergie medisyne soos fexofenadine (Fexo)
- Medisyne vir die verlaging van cholesterol insluitend statiene soos lovastatien, simvastatien
- Medisyne vir die verlaging van bloeddruk insluitend betablokkers (soos propranolol, metoprolol, karvedilol) amlodipien.
- Anti-angs medisyne insluitend alprasolam (Xanax), diasepam (Valium), en lorasepam (Ativan).
- Antiteenplaatjie en antikoagulante medisyne (bloedverdunners), insluitend klopidogrel (Plavix) en warfarien.
- Sommige kanker medisyne, insluitend die borskanker medisyne tamoksifeen, raloksifeen.
- Antipsigotiese medisyne insluitend butirofenone (soos haloperidol) en fenotiasiene (soos chloorpromasien, flufenasien, en prometasien).
- Fenitoïen gebruik vir die behandeling van aanvalle.
- Halotaan. 'n Medisyne wat gebruik word gedurende algemene anestetika.
- Antibiotika – klaritromisien, siklosporien, eritromisien
- Antifungus medisyne – ketokonasool, itrakonasool

NUTRILITE™ MILK THISTLE kan die absorpsie van kinoloon antibiotika (soos siprofloksasien) verlaag.
NUTRILITE™ MILK THISTLE kan die effek van waterpille (Amiloried, Eplerenoon, Spironolaktoon, Triamtereen.
Dit kan te veel kalium in die liggaam veroorsaak.
Raadpleeg jou dokter, apteker of jou gesondheidsorgwerker indien jy nie seker is nie.

NUTRILITE™ MILK THISTLE saam met voedsel, drank en alkohol
NUTRILITE™ MILK THISTLE kan geneem word soos aanbeveel (Sien Afdeling 3) met voedsel en water. Vermy gebruik met alkohol.
Stop gebruik van NUTRILITE™ MILK THISTLE ten minste 2 weke voor enige beplande chirurgiese prosedures.

Swangerskap, borsvoeding en vrugbaarheid
Indien jy swanger is of borsvoed, of dink dat jy swanger is of beplan om swanger te raak, raadpleeg asseblief jou dokter, apteker of enige gesondheidsverskaffer vir advies voordat jy hierdie komplementêre medisyne neem.
Veiligheid in swangerskap en borsvoeding is nog nie vasgestel nie.

Bestuur en gebruik van masjinerie
NUTRILITE™ MILK THISTLE word nie verwag om jou vermoë om te bestuur te beïnvloed nie. Alhoewel, jy moet nie bestuur, masjinerie gebruik of take verrig wat konsentrasie vereis totdat jy seker is dat NUTRILITE™ MILK THISTLE die vermoë daarvan nadelig beïnvloed nie (Sien Moontlike Newe effekte).

Belangrike inligting oor sommige van die bestanddele in NUTRILITE™ MILK THISTLE:
NUTRILITE™ MILK THISTLE Bevat gliserol en maltodekstrien wat 'n effek kan hê op jou bloedsuiker indien jy diabetes mellitus het. Indien jy deur jou dokter vertel is dat jy intolerant is tot sommige suikers, kontak jou dokter voor jy NUTRILITE™ MILK THISTLE neem.

3. Hoe om NUTRILITE™ MILK THISTLE te neem

Neem NUTRILITE™ MILK THISTLE altyd presies soos voorgeskryf op die pamflet of soos deur jou dokter of apteker aangedui. Raadpleeg jou dokter, apteker of verpleegster indien jy nie seker is nie.
Die gewone dosis vir slegs Volwassenes: Neem een (1) tablet twee maal per dag of soos deur jou gesondheidsorgverskaffer aanbeveel.
Moenie die aanbevole daaglikse dosis oorskry nie behalwe soos deur jou dokter aanbeveel.
Die tablet moet heel gesluk word met water.

As jy meer NUTRILITE™ MILK THISTLE geneem het as wat jy moet
In geval van 'n oordosis, raadpleeg jou dokter of apteker. As daar niee een beskikbaar is nie, kontak die naaste hospital of vergiftigingssentrum.

As jy vergeet het om NUTRILITE™ MILK THISTLE te neem
Moenie 'n dubbele dosis neem om die vergete dosis in te haal nie.

4. Moontlike newe effekte

NUTRILITE™ MILK THISTLE kan newe effekte hê.
Nie al die newe effekte is gerapporteer van NUTRILITE™ MILK THISTLE en ingesluit in hierdie pamflet nie. Indien jou algemene gesondheid agteruitgaan of as jy enige onnodige effekte ondervind tervyl jy NUTRILITE™ MILK THISTLE gebruik, kontak asseblief jou dokter, apteker of ander gesondheidswerker vir advies.
As u enige newe-effekte opmerk wat nie in hierdie pamflet genoem word nie, moet u u dokter of apteker daarvan in kennis stel. As een van die volgende voorkom, moet u ophou om NUTRILITE™ MILK THISTLE te neem en dit onmiddellik aan u dokter te vertel of na die naaste noodafdeling te gaan:
- swelling van u hande, voete, enkels, gesig, mond of keel, wat probleme met sluk of asemhaling kan veroorsaak.
- uitslag of jeuk.
- flouheid.
- vergeling van jou vel en oë, ook geelsug genoem.

Dit is alles baie ernstige newe-effekte. As u dit het, het u moontlik 'n ernstige allergiese reaksie gehad. U benodig dringend mediese aandag of hospitalisasie. Vertel u dokter onmiddellik of gaan na die noodafdeling van u naaste hospitaal as u een van die volgende opmerk:
- borskaspyn.
- angina.
- veranderinge in die manier waarop u hart klop, byvoorbeeld as u sien dat dit vinniger klop, moeiliker asemhaal.
- tekens van herhalende infeksies soos koors of keelseer.
- minder urine as normaal vir u.

Dit is alles ernstige newe-effekte. Miskien het u dringende mediese aandag nodig. Vertel u dokter so gou as moontlik as u een van die volgende opmerk:
- naarheid.
- maagkrampe of maagpyn.
- hoofpyn.
- duiseligheid.
- moegheid.
- lighoofdigheid.
- droë hoes.
- spierkrampe.
- winderigheid of wind.
- diarree.
- verlies van eetlus.

As u enige newe -effekte opmerk wat nie in hierdie pamflet genoem word nie, moet u u dokter of apteker daarvan in kennis stel.

Rapportering van newe effekte
Praat met jou dokter, apteker of verpleegster as jy newe effekte ervaar. Jy kan ook newe 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: Rapporteer vorm vir ongewenste geneesmiddelreaksies (Veiligheidsgeel vorm) https://nmrc.gov.na/documents/81630/410067/Safety+-+Yellow+Form.pdf/8cbbf343-3cf8-dba3-7ec1-50b881fdab26.
Mag ook aan Amway South Africa Pty Limited rapporteer deur die volgende e-pos te gebruik: Regulatory_Department@Amway.com.
Deur newe effekte te rapporteer, kan jy help om meer inligting te verskaf teenoor die veiligheid van NUTRILITE™ MILK THISTLE.

5. Hoe om NUTRILITE™ MILK THISTLE te stoor

Stoor alle medisyne buite die bereik en sig van kinders.
Stoor in die oorspronklike verpakking/houer.
Stoor teen of benede 25°C.
Hou die houer dig toe en beskerm teen sonlig, hitte en vog.
Moenie NUTRILITE™ MILK THISTLE gebruik na die vervaldatum op die etiket nie. Die vervaldatum verwys na die laaste dag van daardie maand. Moenie NUTRILITE™ MILK THISTLE gebruik, indien die tablette van kleur of vorm verander het nie.

Wegdoening van NUTRILITE™ MILK THISTLE
Neem alle ongebruikte medisyne terug na u apteker. Moenie ongebruikte medisyne in dreine of rioolsisteme (bv.toilette) weggooi nie.
Inhoud van die verpakking en ander inligting

Wat NUTRILITE™ MILK THISTLE bevat
Die aktiewe bestanddele is *Silybum marianum* (L) Gaertner (Melkdistel) vrug en saad ekstrak, *Taraxacum officinale Weber* ex F.H. Wigg. (Paardebloem) wortel ekstrak, soja legitien fosfatidielcholien, *Curcuma longa* (L.)(Borrie) ekstrak, *Sitrus spp* (suurlemoen, pomelo en mandarin lemoen) vrug ~~poeier~~ en *Malpighia emarginata* (L)(Acerola) vrug ekstrak.
Die ander bestanddele is mikrokristallyne sellulose, natrium karboksimetiesellulose, arabiese gom, hidroksipropielmetielsellulose, silikondioksied, magnesiumstearaat, maltodekstrien, gliserol en karnauba was.
Die film-bedekking bevat hidroksipropielmetielsellulose, gliserol, silikondioksied en karnauba was.

Hoe NUTRILITE™ MILK THISTLE lyk en die inhoud van die houer
Room kleurige, rond vormige film bedekte tablet, grootte 0.5 duim en gedruk met 'Mt'.
Dit is beskikbaar in wit HD poliëtileen houers met 'n oplig aftrekbare peuterbestande seël en 'n wit herseelbare peuterbestande doppie wat 60 tablette bevat.

Registrasie Nommer
Hierdie produk is nog nie deur plaaslike owerheid geevalueer nie.

Naam en besigheidsadres van die houer van die registrasiesertifikaat
Amway Suid Afrika (Edms) Beperk, Eenheid B1, 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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