

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

NUTRIPURE TEENS CLEAR SKIN gummies

Multiple substances, gummies

Contains sugar: Glucose syrup (1,27 g); Sucrose (1,07 g)

Complementary Medicine – Discipline specific

D 33.7 Combination products

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use. Health Supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

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

NUTRIPURE TEENS CLEAR SKIN is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use **NUTRIPURE TEENS CLEAR SKIN** carefully to get the best results from it.

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

1. What NUTRIPURE TEENS CLEAR SKIN is and what it is used for

NUTRIPURE TEENS CLEAR SKIN is a complementary medicine formulated for teenage skin health.

- It contains biotic cultures, Centella (Gotu Kola), rice bran extract, biotin, zinc and vitamin C.
- Biotin and zinc contribute to the maintenance of normal skin.
- Vitamin C supports normal immune function and contributes to the protection of cells from oxidative stress.

2. What you need to know before you take NUTRIPURE TEENS CLEAR SKIN

Do not take NUTRIPURE TEENS CLEAR SKIN if:

- you are allergic to any of the ingredients in **NUTRIPURE TEENS CLEAR SKIN** (see section "**What NUTRIPURE TEENS CLEAR SKIN contains**").
- you are younger than 13 years of age.

Warnings and precautions

Talk to your relevant health care provider before taking NUTRIPURE TEENS

CLEAR SKIN if you:

- are pregnant or breastfeeding;
- have liver disease;
- are severely immunocompromised;
- have valvular heart disease;
- are taking sedative medicines or medicines that may affect the liver; or
- are scheduled for surgery.

For use by teenagers only under adult supervision.

Do not exceed the recommended daily dose unless advised by your relevant health care provider.

Rare cases of liver problems have been reported following oral use of gotu kola.

Stop taking **NUTRIPURE TEENS CLEAR SKIN** and consult your relevant health care provider immediately if you develop signs or symptoms of liver problems.

If your symptoms worsen, consult your relevant health care provider.

Each gummy contains approximately 1,27 g glucose syrup and 1,07 g sucrose. This should be taken into consideration if you have diabetes mellitus or are following a sugar-controlled diet.

Health supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.

Other medicines and NUTRIPURE TEENS CLEAR SKIN

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

No interaction studies have been performed with **NUTRIPURE TEENS CLEAR SKIN**.

In particular, tell your relevant health care provider if you are taking:

Antibiotics

- Antibiotics may reduce the effectiveness of the biotic cultures in **NUTRIPURE TEENS CLEAR SKIN**. Take **NUTRIPURE TEENS CLEAR SKIN** at least 2 hours before or after taking an antibiotic.
- Zinc may reduce the absorption of tetracycline and quinolone antibiotics. Take **NUTRIPURE TEENS CLEAR SKIN** and these antibiotics at different times as directed by your relevant health care provider or according to the antibiotic prescribing information.

Sedative medicines

- **NUTRIPURE TEENS CLEAR SKIN** may increase the effects of medicines that cause drowsiness. Use together only with caution and after consulting your relevant health care provider.

Medicines that may affect the liver

- **NUTRIPURE TEENS CLEAR SKIN** may increase the risk of liver problems when taken together with medicines that may affect liver function.

Laboratory tests

- Biotin and vitamin C may interfere with certain laboratory tests. Tell your relevant health care provider or laboratory staff that you are taking **NUTRIPURE TEENS CLEAR SKIN** before having any laboratory tests.

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 medicine.

Driving and using machines

NUTRIPURE TEENS CLEAR SKIN is not expected to affect your ability to drive or use machines. It is not always possible to predict to what extent **NUTRIPURE TEENS CLEAR SKIN** may interfere with the daily activities of a patient. Patients

should ensure that they do not engage in the above activities until they are aware of the measure to which **NUTRIPURE TEENS CLEAR SKIN** affects them.

3. How to take NUTRIPURE TEENS CLEAR SKIN

Always take **NUTRIPURE TEENS CLEAR SKIN** exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

Ages 13 years and older:

Take 2 gummies daily by mouth.

For use by teenagers only under adult supervision.

Do not take **NUTRIPURE TEENS CLEAR SKIN** if you are under 13 years of age.

Do not exceed the recommended daily dose unless advised by your relevant health care provider.

How to take NUTRIPURE TEENS CLEAR SKIN

Take by mouth.

If you take too much NUTRIPURE TEENS CLEAR SKIN

If you take more **NUTRIPURE TEENS CLEAR SKIN** than recommended, stop taking **NUTRIPURE TEENS CLEAR SKIN** and contact your health care provider, pharmacist or the nearest hospital immediately.

There is limited information available about taking too much **NUTRIPURE TEENS CLEAR SKIN**.

Taking more than the recommended dose may increase the chance of side effects, particularly stomach or intestinal discomfort.

In case of overdose, consult your relevant health care provider. Treatment will be based on your symptoms.

If you forget to take NUTRIPURE TEENS CLEAR SKIN

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

4. Possible side effects

NUTRIPURE TEENS CLEAR SKIN is generally well tolerated when used as directed.

NUTRIPURE TEENS CLEAR SKIN can have side effects.

Not all side effects reported for **NUTRIPURE TEENS CLEAR SKIN** are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking **NUTRIPURE TEENS CLEAR SKIN**, please consult your doctor, pharmacist or other health care provider for advice.

If any of the following happens, stop taking **NUTRIPURE TEENS CLEAR SKIN** and tell your doctor immediately or go to the casualty department at your nearest hospital:

- signs of an allergic reaction such as rash, itching, swelling of the face, lips, tongue or throat, or difficulty breathing.

These are all very serious side effects. If you have them, you may have had a serious reaction to **NUTRIPURE TEENS CLEAR SKIN**. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

- stomach or intestinal problems, including nausea, abdominal discomfort, diarrhoea, flatulence (wind) and changes in bowel habits; and
- rare cases of liver problems have been reported following oral use of gotu kola.

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 or pharmacist or nurse. You can also report side effects to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website. By reporting side effects, you can help provide more information on the safety of **NUTRIPURE TEENS CLEAR SKIN**.

5. How to store NUTRIPURE TEENS CLEAR SKIN

Store all medicines out of reach of children.

Store below 25 °C in a cool, dry place.

Keep the bottle tightly closed.

Do not use after the expiry date stated on the container.

Return all unused medicine 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 NUTRIPURE TEENS CLEAR SKIN contains

Each gummy contains:

L-Ascorbic Acid (Vitamin C)	40 mg
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<i>Oryza sativa</i> L. (Rice Bran)	30 mg
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[bran, extract standardized to
ceramides 10 %]

<i>Centella asiatica</i> (L.) Urb (Gotu Kola)	10 mg
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[whole part, extract standardized to
asiaticosides 20 %]

Zinc Citrate	5,38 mg
providing Zinc (elemental)	1,5 mg
D-Biotin (Biotin)	50 µg
<i>Lactiplantibacillus plantarum</i> (L. plantarum)	0,5 Billion Cells

Other ingredients: Water, Fruit juice concentrate, Gelling agent (Pectin), Acid (Citric acid), Acidity regulator (Sodium citrate), Flavouring, Colour (Anthocyanins), Coconut oil, Glazing agent (Carnauba wax).

What NUTRIPURE TEENS CLEAR SKIN looks like and contents of the pack

NUTRIPURE NUTRIPURE TEENS CLEAR SKIN is a red, bear-shaped gummy, red berries flavour. **NUTRIPURE TEENS CLEAR SKIN** is supplied in a clear 300 ml PET bottle (60's) with light green CRC cap and silver induction liner.

Holder of Certificate of Registration

MDI Healthcare cc
P.O. Box 35259, Menlo Park
Pretoria
0102

This leaflet was last revised in

MDI Healthcare cc
NUTRIPURE TEENS CLEAR SKIN
Discipline Specific Product – Combination Products (gummies)

July 2026.

Registration number

To be allocated.

Access to the corresponding Professional Information

For more information: scan QR code.