

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

NUTRIPURE TEENS FOCUS gummies

Multiple substances, gummies

Contains sugar: Glucose syrup (1,09 g); Sucrose (0,92 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 FOCUS is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use **NUTRIPURE TEENS FOCUS** carefully to get the best results from it.

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

1. What NUTRIPURE TEENS FOCUS is and what it is used for

NUTRIPURE TEENS FOCUS is a complementary medicine formulated to support mental and cognitive performance.

2. What you need to know before you take NUTRIPURE TEENS FOCUS

Do not take NUTRIPURE TEENS FOCUS if:

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

Warnings and precautions

Talk to your relevant health care provider before taking NUTRIPURE TEENS FOCUS if you:

- are pregnant or breastfeeding;

- have thyroid problems, lung problems (including asthma or chronic obstructive pulmonary disease (COPD)), or a blockage of the urinary tract.

For use by teenagers only under adult supervision.

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

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

Each gummy contains approximately 1,09 g glucose syrup and 0,92 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 FOCUS

Always tell your relevant health care provider if you are taking any other medicine.

(This includes all complementary or traditional medicines.)

No interaction studies have been performed with **NUTRIPURE TEENS FOCUS**.

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

- medicines used to treat Alzheimer's disease or other medicines that affect acetylcholine (cholinergic medicines or anticholinergic medicines);
- medicines for thyroid disorders;
- levodopa without a dopa decarboxylase inhibitor (used to treat Parkinson's disease);
- tetracycline or quinolone antibiotics. These antibiotics should be taken at least 2 hours before or 4 to 6 hours after taking **NUTRIPURE TEENS FOCUS**.

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 FOCUS may cause drowsiness in some people. If you feel drowsy, do not drive, operate machinery or perform activities that require alertness until you know how **NUTRIPURE TEENS FOCUS** affects you.

It is not always possible to predict to what extent **NUTRIPURE TEENS FOCUS** 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 FOCUS** affects them.

3. How to take NUTRIPURE TEENS FOCUS

Always take **NUTRIPURE TEENS FOCUS** 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 FOCUS** 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 FOCUS

Take by mouth.

If you take too much NUTRIPURE TEENS FOCUS

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

There is limited information available on overdose with **NUTRIPURE TEENS FOCUS**.

In the event of overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre. Treatment will be based on your symptoms.

If you forget to take NUTRIPURE TEENS FOCUS

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

4. Possible side effects

NUTRIPURE TEENS FOCUS is generally well tolerated when taken at the recommended dose.

NUTRIPURE TEENS FOCUS can have side effects.

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

If any of the following happens, stop taking **NUTRIPURE TEENS FOCUS** 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 FOCUS**. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

- nausea;
- stomach cramps;
- diarrhoea;
- bloating;
- dry mouth;
- headache;
- drowsiness;
- difficulty sleeping (insomnia); and
- palpitations (awareness of your heartbeat).

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 FOCUS**.

5. How to store NUTRIPURE TEENS FOCUS

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 FOCUS contains

Each gummy contains:

L-Ascorbic Acid (Vitamin C)	15 mg
<i>Bacopa monnieri</i> (Bacopa)	12,5 mg
[whole herb, extract standardized to bacosides 50 %]	
<i>Helianthus annuus</i> L. (Sunflower Seed)	10 mg
[seed, extract standardized to phosphatidylserine 20 %]	
Zinc Citrate	10,8 mg

providing Zinc (elemental)	2,5 mg
Pyridoxine Hydrochloride (Vitamin B6)	0,7 mg
Calcium D-Pantothenate (Pantothenic Acid)	0,5 mg
Ergocalciferol (Vitamin D2)	2,5 µg
Cyanocobalamin (Vitamin B12)	1,25 µg

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 FOCUS looks like and contents of the pack

NUTRIPURE TEENS FOCUS is a red, conoid shaped gummy, cherry flavour.

NUTRIPURE TEENS FOCUS 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

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This leaflet was last revised in

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Registration number

To be allocated.

Access to the corresponding Professional Information

For more information: scan QR code.