

PATIENT INFORMATION LEAFLET

COMPLEMENTARY MEDICINE: HEALTH SUPPLEMENT

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

SCHEDULING STATUS

S0

MEGASLIM capsules
L-Carnitine and Magnesium

Sugar free.

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

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

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

1. What MEGASLIM is and what it is used for

MEGASLIM Fat Burner helps to support muscle tissue repair in individuals involved in resistance training, helps to improve physical performance when used in conjunction with a training regimen and delay fatigue during physical activity. MEGASLIM Fat Burner helps to support fat metabolism and fat oxidation.

2. What you need to know before you take MEGASLIM

Do not take MEGASLIM

- If you are hypersensitive (allergic) to [L-Carnitine or magnesium] or any of the other ingredients of MEGASLIM.
- If you have a liver disease, a kidney disease, or a seizure disorder, consult a health care practitioner.
- Not suitable for children under the age of 18 years,
- If you are pregnant or breastfeeding.

Warnings and precautions

Take special care with MEGASLIM:

- If you are a diabetic receiving insulin or medicine to treat your diabetes. You should be monitored for low blood sugar.

Other medicines and MEGASLIM

Always tell your health care provider if you are taking any other medicine (this includes complementary or traditional medicines).

Tell your doctor if you are taking any of the following medicines:

- Antidiabetic medication as this can increase the effect of your diabetic medication
- Thyroid medication as this can decrease the effectiveness of your thyroid medication
- Tetracyclines (used to treat infections) and bisphosphonates (used to prevent bone loss), the absorption of these medication could decrease when taken with MEGASLIM.

Pregnancy and breastfeeding and fertility

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.

The safety of this medicine in pregnancy and lactation has not been established.

Avoid use.

Driving and using machinery

No effect is expected on your ability to drive and use machines.

3. How to take MEGASLIM

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

Always take MEGASLIM exactly as described in this leaflet or as your doctor or pharmacist or nurse have told you. Check with your doctor or pharmacist or nurse if you are not sure. The usual dose is:

Adults over 18 years:

Take 2 – 3 capsules daily with water for best results. MEGASLIM should be taken during a moderate exercise program. Take 2 – 4 hours prior to exercise. If you take more MEGASLIM than you should:

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

An overdose may intensify the listed side effects. Discontinue use. If you forget to take a dose of MEGASLIM

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

4. Possible side effects

MEGASLIM can have side effects.

Not all side effects reported for MEGASLIM are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking MEGASLIM, please consult your healthcare professional for advice.

If any of the following happens, stop taking MEGASLIM and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Swelling of the hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing.
- Rash or itching.
- Fainting.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to MEGASLIM. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

The following side effects have been reported but the frequency is unknown:

- Nausea.
- Vomiting.
- Diarrhoea.
- Stomach pain.
- Heartburn.
- Gastritis (swelling of the stomach lining).
- Body odour.
- Seizures.

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 "6.04 Adverse Drug Reaction Form", found online under SAHPRA's publications:

<http://www.sahpra.org.za/Publications/Index/8>.

Reporting side effects, you can help provide more information on the safety of MEGASLIM.

5. How to store MEGASLIM

- Store all medicines out of reach of children.
- Store at or below 25 C.
- Store in the original package / container.
- Keep the container tightly closed.
- There are no special storage instructions for MEGASLIM
- Protect from light / moisture
- Do not store in a bathroom
- Do not use after the expiry date stated on the label / carton / bottle
- 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 MEGASLIM contains:

- The active substance per 2 capsules are:

L-Carnitine tartrate	600,00 mg
Magnesium oxide	345,40 mg
providing Magnesium (elemental)	200,00 mg
- The other ingredients are magnesium stearate, mocha flavour, polyvinylpyrrolidone K30, talc powder

What MEGASLIM looks like and contents of the pack

Size 0, purple capsule.

60 capsules in a container with a white lid.

Not all pack sizes may be marketed.

Holder of Certificate of Registration

Crux Pharmaceuticals
630 Jacqueline Drive
Garsfontein
Pretoria
0042

Marketed by:

Cedarpharm (Pty) Ltd
3798 Jan Frederick Drive
Randpark Ridge
2169
www.cedarpharm.co.za

This leaflet was last revised in

October 2023

Registration number

To be allocated.

Access to the corresponding Professional Information

To be allocated.

PASIËNTINLIGTINGSBLAD

KOMPLEMENTÊRE MEDISYNE

Hierdie ongeregistreerde medisyne is nog nie deur SAHPRA geëvalueer vir die kwaliteit, veiligheid of beoogde gebruik daarvan nie.

SKEDULERINGSSTATUS:

S0

MEGASLIM kapsule
L-Carnitine en Magnesiumoksied
Suiker vry.

Lees die hele blaadjie sorgvuldig deur want dit bevat belangrike inligting vir u.

MEGASLIM is beskikbaar sonder 'n dokter se voorskrif vir u om u gesondheid in stand te hou. Nietemin, moet u MEGASLIM steeds versigtig gebruik om die beste resultate daaruit te kry.

- Bewaar hierdie blaadjie. Dit mag nodig wees vir u om dit weer te lees.
- Moenie MEGASLIM met enige ander persoon deel nie.
- Raadpleeg u gesondheidsorgverskaffer of apteker indien u meer inligting of advies benodig.

Wat is in hierdie blaadjie

1. Wat MEGASLIM is en waarvoor dit gebruik word.
2. Wat u moet weet voordat u MEGASLIM gebruik
3. Hoe om MEGASLIM te gebruik
4. Moontlike nuwe effekte.
5. Hoe om MEGASLIM te bewaar.
6. Inhoud van die verpakking en ander inligting.

1. Wat MEGASLIM is en waarvoor dit gebruik word

MEGASLIM Fat Burner help om spierweefselherstel te ondersteun by individue wat betrokke is by weerstandsoefening, mag help om fisiese prestasie te verbeter wanneer dit saam met 'n oefenprogram gebruik word en mag help om moegheid te verlaag tydens fisiese aktiwiteit. MEGASLIM Fat Burner help om vetmetabolisme en vetoksidasie te ondersteun.

2. Wat u moet weet voordat u MEGASLIM gebruik

Moenie MEGASLIM neem:

- Indien u hipersensitief (allergies) vir L-Carnitine tartraat en magnesiumoksied, of vir enige van die ander bestanddele van MEGASLIM is nie (wat gelys is in afdeling 6).
- Indien u 'n lewersiekte, niersiekte, of aanvalversteuring het, raadpleeg 'n gesondheidsorgpraktisyn voor gebruik.
- Nie geskik vir kinders onder die ouderdom van 18 jaar nie.
- Indien u swanger is of borsvoed, raadpleeg u gesondheidsverskaffer.

Waarskuwings en voorsorgmaatreëls

Neem spesiale sorg met MEGASLIM:

- Indien u 'n diabeet is wat insulien of medisyne ontvang om u diabetes te behandel. U moet gemonitor word vir die lae bloedsuiker.

Ander medisyne en MEGASLIM

Vertel altyd u gesondheidsorgverskaffer indien u enige ander medisyne gebruik. (Dit sluit alle komplementêre of tradisionele medisyne in).

MEGASLIM kan:

- Die effek verhoog van antidiabetiese medisyne, en
- Die effektiwiteit verminder van tiroïed medikasie.
- Die absorpsie van tetrasiklien (gebruik om infeksies te behandel) en bisfosfonate (gebruik om beenverlies te verhoed) verminder.

Dosisse moet geskei word met ten minste 2 uur voordat, of 4 ure nadat MEGASLIM geneem is.

Swangerskap en borsvoeding

Indien u swanger is of borsvoed, dink dat u mag swanger wees, of beplan om 'n baba te hê, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat u hierdie medisyne neem. Die veiligheid van hierdie medisyne tydens swangerskap en borsvoeding is nog nie vasgestel nie. Vermoë gebruik.

Bestuur en gebruik van masjinerie

Geen effek word verag op u vermoë om te bestuur en masjinerie te gebruik nie.

3. Hoe om MEGASLIM te gebruik

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

Gebruik MEGASLIM altyd presies volgens hierdie inligtingstuk of volgens u dokter of apteker se instruksie. Raadpleeg u dokter of apteker indien u onseker is. Normale dosis is:

Volwassenes ouer as 18 jaar:

Neem 2 – 3 kapsules daagliks met water vir die beste resultate. MEGASLIM moet geneem word gedurende 'n matige oefenprogram. Neem 2 – 4 ure voor oefening.

Indien u meer MEGASLIM neem as wat u moes

In die geval van oordosering, raadpleeg u dokter of apteker. Indien nie een van hulle beskikbaar is nie, soek hulp by die naaste hospitaal of gifbeheersentrum.

'n Oordosis mag die gelyste nuwe effekte vererger. Staak gebruik.

Indien u vergeet om MEGASLIM te neem

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

4. Moontlike nuwe effekte

MEGASLIM kan nuwe effekte veroorsaak.

Nie alle nuwe effekte wat vir MEGASLIM aangemeld is, word in hierdie blaadjie ingesluit nie. Indien u algemene gesondheid agteruitgaan of indien u enige ongewenste effekte ervaar terwyl u MEGASLIM gebruik, raadpleeg asseblief u gesondheidsorgverskaffer vir advies.

Staak die gebruik van MEGASLIM en kry dadelik mediese hulp as enige van hierdie ernstige nuwe-effekte voorkom:

- Opswel van die hande, voete, enkels, gesig, lippe, mond of keel, wat moontlik sluk en asemhaling moeilik maak
- Veluitslag of jeuk.
- Flou word.

Dit is alles baie ernstige nuwe-effekte. As jy dit het, het jy dalk 'n ernstige allergiese reaksie op MEGASLIM gehad. Jy benodig dalk dringende mediese aandag of hospitalisasie. Vertel u dokter as u enige van die volgende kennis neem:

Die volgende nuwe effekte mag voorkom:

Frekwensie onbekend:

- Naarheid.
- Braking.
- Diarree.
- Maagpyn.
- Sooibrand.
- Gastritis (swelling van die maagwand).
- Liggaamsreuk.
- Aanvalle.

Indien u nuwe effekte opmerk wat nie in hierdie blaadjie genoem is nie stel asseblief u dokter of apteker in kennis.

Aanmelding van nuwe effekte

Indien u nuwe effekte ervaar, praat met u dokter, apteker of verpleegkundige. U kan ook nuwe effekte aanmeld sy SAHPRA vir die "6.04 Adverse Drug Reaction Form", wat aanlyn gevind kan word onder SAHPRA se publikasies: <https://www.sahpra.org.za/Publications/Index/8>. Deur nuwe effekte aan te meld, kan u help om meer inligting oor die veiligheid van MEGASLIM te verskaf.

5. Hoe om MEGASLIM te bewaar

- Bewaar alle medisyne buite bereik van kinders.
- Bewaar by of benede 25 C.
- Bewaar in oorspronklike houër.
- Hou die houër styf toe.
- Daar is geen spesiale berging instruksies vir MEGASLIM.
- Beskerm teen lig.
- Moet nie in die badkamer stoor nie.
- Moenie na die verstryk van die vervaldatum wat op die etiket gedruk is gebruik nie.
- Neem alle ongebruikte medisyne terug na u apteker.
- Moenie ongebruikte medisyne in dreine of rioolsisteme (bv. toilette) weggooi nie.

6. Inhoud van die verpakking en ander inligting

Wat MEGASLIM bevat:

Die aktiewe bestanddele vir twee kapsules is:

L-Carnitine tartraat	600,00 mg
Magnesiumoksied	345,40 mg
verskaf Magnesium (elementeel)	200,00 mg

- Die ander bestanddele is magnesiumstearaat, mokka geur, polivinilpirolidon K30, talkpoëier

Hoe MEGASLIM lyk en inhoud van die verpakking

Grootte 0, pers kapsule.

60 kapsules in 'n houër met 'n wit deksel.

Nie alle verpakkingsgroottes word noodwendig bemark nie.

Houer van Registrasiesertifikaat

Crux Pharmaceuticals
630 Jacqueline Drive
Garsfontein
Pretoria
0042

Bemark deur:

Cedarpharm (Pty) Ltd
3798 Jan Frederick Drive
Randpark Ridge
2169
www.cedarpharm.co.za

Hierdie blaadjie was laas hersien in

Oktober 2023

Registrasie nommer

Moet toegeken word.

Toegang tot die ooreenstemmende Professionele inligting

Moet toegeken word.