

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: [S0]

Saltabs MuscleEase capsules

Vitamin D3, Di-Sodium Phosphate, Calcium Carbonate, Magnesium Oxide, Magnesium Citrate, Magnesium Gluconate, Di-Potassium Phosphate, L-Aspartic Acid, L- Glutamine, Bioperine 50:1, Coenzyme Q10, Vitamin B6 (Pyridoxine HCl)

Complementary Medicine: Health supplement D34.12 – Multi substance formulation

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:

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

- Keep this leaflet. You may need to read it again.
- Do not share Saltabs MuscleEase with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.
- A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.

What is in this leaflet

1. What Saltabs MuscleEase is and what it is used for
2. What you need to know before you take Saltabs MuscleEase
3. How to take Saltabs MuscleEase
4. Possible side effects
5. How to store Saltabs MuscleEase
6. Contents of the pack and other information

1. WHAT Saltabs MuscleEase IS AND WHAT IS IT USED FOR

Saltabs MuscleEase is a combination of essential vitamins, minerals and amino acids which is essential for muscle recovery, muscle protein synthesis and muscle cell repair after physical exercise. Saltabs MuscleEase capsules will relieve muscle cramps, physical stress and fatigue.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE Saltabs MuscleEase Do not take Saltabs MuscleEase

- If you are hypersensitive (allergic) to the active ingredients in Saltabs MuscleEase or to any of the excipients listed in section 6.
- If you have hypercalcaemia (too much calcium in your blood),
- If you have hypercalciuria (too much calcium in your urine),
- If you have hyperparathyroidism (the parathyroid glands, small glands in your neck that regulate calcium levels, produce too much parathyroid hormone (PTH). This leads to high calcium levels in the blood).
- If you have hypophosphatemia (low levels of phosphate in your blood).
- If you have hyperlithiasis (kidney stones).
- If you have Zollinger-Ellison Syndrome (tumours called gastronomes grow in the pancreas or small intestine. These tumours release a lot of a hormone called gastrin, which causes the stomach to produce too much acid.)
- If you have renal impairment.
- If you have acute dehydration.
- If you have phosphate stones.

Warnings and precautions

Take special care with Saltabs MuscleEase and the following:

- Patients that follow a low protein or sodium restricted diet.
- Pregnancy and lactation
- Hepatic impairment
- Myasthenia gravis or any neuromuscular disease (autoimmune disorder that disrupts communication between nerves and muscles, leading to muscle weakness)
- Diabetes mellitus
- Discontinue use and consult a healthcare provider if bowel movement does not occur or rectal bleeding develops
- Cardiac disease
- Consult your healthcare provider prior to use if you take other Vitamin D supplements, multivitamin supplements containing Vitamin D, or products containing Vitamin D analogues.

Other medicines and Saltabs MuscleEase

Always tell your healthcare provider if you are taking, have recently taken or might take any other medicine. (This includes all complementary or traditional medicines.)

In particular tell your doctor if you are taking any of the following medicines:

- Tetracyclines
- Atazanavir
- Ketoconazole
- Bisphosphonates
- Cholestyramine
- Dolutegravir
- Diuretics
- ACE-inhibitors
- Angiotensin II antagonist
- Immunosuppressants
- Hormonal contraceptives
- Potassium sparing diuretics
- Other potassium containing supplements
- Thiazide diuretics
- Digoxin
- Antacids
- Loop diuretics
- Penicillamine
- Quinolone-class antibiotics
- Cycloserine
- Isoniazid
- Levodopa with Carbidopa
- Phenytoin
- Rifampicin
- Warfarin
- NSAIDs

Pregnancy and breastfeeding

If you are pregnant or breastfeeding, think you might be pregnant, or are planning to have a baby, please consult your doctor, pharmacist or other healthcare provider for advice before taking Saltabs MuscleEase.

Safety in pregnancy and breastfeeding has not been established. In the absence of sufficient data, the use during pregnancy and breastfeeding is not recommended.

Driving and using machines

No studies on the effect on the ability to drive and use machinery have been performed.

It is not always possible to predict to what extent Saltabs MuscleEase may interfere with the daily activities of a patient. You should ensure that you do not engage in the above activities until you are aware of the measure to which Saltabs MuscleEase affects you.

3. HOW TO TAKE Saltabs MuscleEase

Always take Saltabs MuscleEase exactly as described in this leaflet, or as your healthcare professional has instructed you. You should check with your healthcare professional if you are not sure. Do not share your medicines with any other person.

Adults:

For non-specific muscle care and cramp prevention (preventative dose): Take 2 capsules daily after breakfast.

Demanding sport events:

Take 2 capsules 30 to 45 minutes before the start of the event; take another capsule during endurance and stage events.

The recommended dose should not be exceeded.

If you take more Saltabs MuscleEase than you should

In the event of overdose, consult your doctor or pharmacist immediately. If neither is available, contact the nearest hospital or poison control center. Treatment of overdose is symptomatic and supportive

If you forget to take Saltabs MuscleEase

If you forget to take Saltabs MuscleEase, take it as soon as you remember. However, if it is almost time for your next dose, skip the dose you have missed. Do not take a double dosage to make up for the forgotten dose.

4. POSSIBLE SIDE EFFECTS

Saltabs MuscleEase can have side effects.

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

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

- An allergic reaction may include itching, a rash, swelling of the face, lips, tongue and/or throat with difficulty in swallowing or breathing.

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

Tell your doctor if you notice any of the following:

Frequency unknown:

- Diarrhoea, stomach cramps, nausea (feeling sick), vomiting (being sick), constipation, rebound acidity
- Itching, rash and hives
- Headache, dizziness, confusion, seizures, weakness
- Fast or irregular heartbeat, low blood pressure
- Shortness of breath
- Low urine output or unusual thirst

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 (whoumc.org) found on SAHPRA website. By reporting side effects, you can help provide more information on the safety of Saltabs MuscleEase.

5. HOW TO STORE Saltabs MuscleEase

Store all medicines out of reach of children.

Store at or below 25 °C in a dry place.

Keep the container tightly closed. Store in the original container.

Do not store in a bathroom.

Do not use after the expiry date stated on the label/carton.

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 Saltabs MuscleEase contains:

The active substances are:

Vitamin D3	100 IU
Di-Sodium Phosphate	128,33 mg
Providing Sodium	28 mg
Chamomile Extract	100 mg
Calcium Carbonate	97,39 mg
Providing Calcium	39 mg
Total Magnesium (Elemental)	87,5 mg
From Magnesium Oxide	132,65 mg
Magnesium Citrate	75 mg
Magnesium Gluconate	25,59 mg
Di-Potassium Phosphate	33,4 mg
Providing Potassium	15 mg
L-Aspartic Acid	20 mg
L- Glutamine	20 mg
Bioperine 50:1	5 mg
Coenzyme Q10	5 mg
Vitamin B6 (Pyridoxine HCl)	5 mg
Sugar Free	

The other ingredients are: Silicon Dioxide, Magnesium Stearate and Purified Water.

What Saltabs MuscleEase looks like and contents of the pack:

Saltabs MuscleEase are light blue and white, size 0 bovine gelatine capsules Saltabs MuscleEase are packed in blister packs of 30 (3 x 10) in a carton.

Prospective Holder of Certificate of Registration

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This leaflet was last revised in

To be announced

Access to the corresponding Professional information

To be confirmed.

PASIËNTINLIGTINGSVOUBILJET

SKEDULERINGS STATUS: 50

Saltabs MuscleEase kapsules

Vitamiem D3, Disodiumfosfaat, kalsiumkarbonaat, Magnesiummoksied, Magnesiumsitraat, Magnesiumglukonaat, Dikaliumpfosaat, L-Aspartiese suur, L-Glutamien, Bioperien 50:1, Ko-ensiem Q10, Vitamiem B6 (Piridoksien).

Komplementêre Medisyne: Gesondheidsaanvulling D43.12 – Veelvoudige stof formulering

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

Lees die hele pamflet noukeurig deur, want dit bevat belangrike inligting vir jou

Saltabs MuscleEase is beskikbaar sonder 'n dokter se voorskrif, vir jou om jou gesondheid te ondersteun. Nietemin moet jy Saltabs MuscleEase steeds versigtig gebruik om die beste resultate daaruit te kry.

- Bewaar hierdie pamflet. Jy sal dit dalk weer moet lees.
- Moenie Saltabs MuscleEase met enige ander persoon deel nie.
- Vra jou gesondheidsorgverskaffer of apteker as jy meer inligting of advies benodig.
- 'n Gevarieerde diët is die mees doeltreffende en veilige manier om goeie voeding, gesondheid, liggaamsamstelling sowel as geestelike en fisiese prestasie te bereik.

Wat is in hierdie voubiljet

1. Wat Saltabs MuscleEase is en waarvoor dit gebruik word.
2. Wat jy moet weet voordat jy Saltabs MuscleEase gebruik.
3. Hoe om Saltabs MuscleEase te gebruik.
4. Moontlike nuwe-effekte.
5. Hoe om Saltabs MuscleEase te stoor.
6. Inhoud van die pakkie en ander inligting.

1. WAT Saltabs MuscleEase IS EN WAARVOOR DIT GEBRUIK WORD

Saltabs MuscleEase is 'n kombinasie van essensiële vitamiene, minerale en aminosure wat noodsaaklik is vir spiëre se herstel, spierproteïensintese en spier selle se herstel na fisiese oefening. Saltabs MuscleEase-kapsules sal spierkrampe, fisiese spanning en moegheid verlig.

2. WAT JY MOET WEET VOORDAT JY Saltabs MuscleEase GEBRUIK

Moenie Saltabs MuscleEase gebruik:

- As jy hipersensitief (allergies) is vir die aktiewe bestanddele in Saltabs MuscleEase of vir enige van die hulpstowwe gelys in afdeling 6.
- As jy hiperkalkemie het (te veel kalsium in jou bloed).
- As jy hiperkalsiurie het (te veel kalsium in jou urine).
- As jy hiperparaïetiroïdisme het (die paraïetiroïdkliere, klein kliere in jou nek wat kalsiumvlakke reguleer, produseer te veel paraïetiroïdhormoon (PTH). Dit lei tot hoë kalsiumvlakke in die bloed.)
- As jy hipofosfatemie het (laë vlakke van fosfaat in jou bloed)
- As jy nierstene het.
- As jy Zollinger-Ellison sindroom het (tumors wat gastronomies genoem word, groei in die pankreas of dunderd. Hierdie tumore stel 'n groot hoeveelheid van 'n hormoon gasstien vry, wat veroorsaak dat die maag te veel suur produseer).
- As jy nier ontoereikendheid het.
- As jy akute dehidrasie het.
- As jy fosfaatsiene het.

Waarskuwings en spesiale voorsorgmaatreëls

Neem spesiale sorg met Saltabs MuscleEase en die volgende:

- Laë proteïen of sout beperkende diët.
- Swangerskap of borsvoeding
- Hepatiese ontoereikendheid.
- Myasthenia gravis of enige neuromuskulêre siekte (auto-immuun toestand wat kommunikasie tussen senuwees en spiëre ontvrig, wat tot spierswakheid lei).
- Diabetes mellitus
- Raadpleeg 'n gesondheidsorgverskaffer as daar geen dermbeweging voorkom nie of as rektale bloeding ontwikkel.
- Hartsiektes
- Raadpleeg jou gesondheidsorgverskaffer voordat jy dit gebruik as jy ander Vitamiem D aanvullings, multivitamiem aanvullings wat Vitamiem D bevat, of produkte wat Vitamiem D analoë bevat, neem.

Ander medisyne en Saltabs MuscleEase

Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medisyne neem (dit sluit alle komplementêre of tradisionele medisyne in).

Vertel veral jou dokter as jy enige van die volgende medisyne neem:

- Tetrasiklene
- Atazanavir
- Ketokonasool
- Bisfosfonate
- Cholestyramine
- Dolutegravir
- Diuretika's
- ACE-inhibeerdere
- Angiotensien II-antagoniste
- Immuunonderdrukkers
- Hormonale kontrasepsie
- Kalium sparende diuretika's
- Ander kalium bevattende aanvullings
- Tiasied diuretika's
- Digoksien
- Teensuurmiddels
- Lus diuretika's
- Penisillamiene
- Kinoloon antibiotika
- Cycloserine
- Isoniasied
- Levodopa met Carbidopa
- Fenitoien
- Rifampisien
- Warfarin
- NSAIDs

Swangerskap, borsvoeding en vrugbaarheid

As jy swanger is of borsvoed, dink jy is dalk swanger of beplan om 'n baba te hê, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat Saltabs MuscleEase gebruik. Veiligheid tydens swangerskap en borsvoeding is nie bevestig nie. In die afwesigheid van voldoende data word die gebruik gedurende swangerskap en borsvoeding nie aanbeveel nie.

Bestuur en die gebruik van masjienre

Geen studies oor die invloed op die vermoë om te bestuur en masjinerie te gebruik is gedoen.

Dit is nie altyd moontlik om te voorspel tot watter mate Saltabs MuscleEase met die daaglikse aktiviteit van 'n pasiënt kan inmeng nie. Pasiënte moet verseker dat hulle nie by die bogenoemde aktiviteite betrokke raak, totdat hulle bewys is van die mate waarin Saltabs MuscleEase hulle affekteer nie.

3. HOE OM Saltabs MuscleEase TE GEBRUIK

Gebruik Saltabs MuscleEase altyd presies soos jou dokter of apteker jou verduidelik het. Bevestig met jou dokter of apteker as jy nie seker is nie. Moenie medisyne met enige ander persoon deel nie.

Volwassenes:

Vir nie-spesifieke spierontspanning (voorkomende dosis):
Neem 2 kapsules daagliks na ontbyt.

Veelieende sportgeleenthede:

Neem 2 kapsules 30 tot 45 minute voor die begin van die geleentheid; neem nog 'n kapsule tydens uitputtende geleenthede.

Die aanbevole dosis mag nie oorsteek word nie.

As jy meer Saltabs MuscleEase neem as wat jy moet

In die geval van oordosis, raadpleeg jou dokter of apteker. Indien nie een beskikbaar is nie, kontak die naaste hospitaal of gifsentrum. Behandeling is simptome en ondersteunend.

As jy vergeet om Saltabs MuscleEase te neem of 'n dosis gemis het

As jy vergeet om Saltabs MuscleEase te neem, neem dit sodra jy onthou. As dit egter amper tyd is vir jou volgende dosis, slaan die dosis oor wat jy gemis het. Moenie 'n dubbele dosis neem om op te maak vir die vergete individuele dosisse nie.

4. MOONTLIKE NEWE-EFFEKTE

Saltabs MuscleEase kan nuwe-effekte hê.

Nie alle nuwe-effekte wat vir Saltabs MuscleEase gerapporteer is, is in hierdie voubiljet ingesluit nie. As jou algemene gesondheid versleg of as jy enige nadelige effekte ervaar terwyl jy Saltabs MuscleEase gebruik, raadpleeg asseblief jou gesondheidsorgwerker vir advies.

As enige van die volgende gebeur, stop die gebruik van Saltabs MuscleEase en vertel jou dokter dadelik of gaan na die naaste ongevalle-afdeling by jou naaste hospitaal:

- 'n Allergiese reaksie kan jeuk, 'n uitslag, swelling van die gesig, lippe, tong en/of keel insluit wat probleme met sluk of asem haal kan veroorsaak.
- Dit is baie ernstige nuwe-effekte. As jy dit het, het jy dalk 'n ernstige allergiese reaksie op Saltabs MuscleEase gehad. Jy sal dalk dringende mediese hulp of hospitalisasie nodig hê.

Vertel jou dokter as jy enige van die volgende opmerk:

Frekwensie onbekend:

- Diarree, maagkrampe, naarheid, braking, konstipasie en soibrand
- Jeuk, en veluitslag
- Hoofpyn, duiseligheid, verwarings, aanvalle en swakheid,
- Vinnige of ongereelde hartritme, laë bloeddruk,
- Kortasem,
- Laë urienuitset of ongewone dors

As jy enige nuwe-effekte opmerk wat nie in hierdie pamflet genoem word nie, stel asseblief jou dokter of apteker in kennis.

Rapportering van nuwe-effekte

As jy nuwe-effekte kry, praat met jou dokter, apteker of verpleegster. Dit sluit enige moontlike nuwe-effekte in wat nie in die voubiljet is nie. Jy kan ook nuwe-effekte aan SAHPRA rapporteer via die Med Safety APP (Medsafety X SAHPRA) en eReporting platform (whoounc.org) gevind op die SAHPRA webtuiste. Deur nuwe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van Saltabs MuscleEase.

5. HOE OM Saltabs MuscleEase TE STOOR

Stoor alle medisyne buite die bereik van kinders.

Stoor teen of benede 25 °C in 'n droë plek.

Stoor in die oorspronklike verpakking.

Moenie in 'n badkamer stoor nie.

Moet nie na die vervaldatum soos aangedui op die etiket/karton gebruik nie.

Neem alle ongebruikte medisyne terug na jou apteker.

Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. Toilette) weggooi nie.

6. INHOUD VAN DIE PAK EN ANDER INLIGTING:

Wat Saltabs MuscleEase bevat

Die aktiewe bestanddele is:

Vitamiem D	3100 IE
Disodiumfosfaat	128,33 mg
Verskaf Sodium	28 mg
Kamille ekstrak	100 mg
Kalsiumkarbonaat	97,39 mg
Verskaf Kalsium	39 mg
Totale Magnesium (Elementaal)	87,5 mg
Van Magnesiummoksied	132,65 mg
Magnesiumsitraat	75 mg
Magnesiumglukonaat	25,59 mg
Dikaliumpfosaat	33,4 mg
Verskaf Kalium	15 mg
L-Aspartiese suur	20 mg
L-Glutamien	20 mg
Bioperien 50:1	5 mg
Ko-ensiem Q10	5 mg
Vitamein B6 (Piridoksien HCl)	5 mg
Sinkmoksied	3 mg
Suikervry	

Die ander bestanddele is Silikondoksied, Magnesiumstearaat en Gesuiwerde Water.

Hoe Saltabs MuscleEase lyk en die inhoud van die pakkie

Saltabs MuscleEase is 'n ligblou en wit, nommer 0 grootte gelatien kapsules.

Saltabs MuscleEase word verpak in stulpverpakings van 30 (3 x 10) in 'n karton.

Voornemende Houer van die registrasiesertifikaat

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Hierdie voubiljet is laas hersien in

Word nog aangekondig

Toegang tot die ooreenstemmende professionele inligting

Moet bevestig word



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REPRO

Date: 28 October 2025
Operator: Jacky Pistorius
Customer: Cedarpharm
Product Name: Saltabs MuscleEase
Capsules PIL
Product Code: --
Dimensions: 150 x 280 mm
Fold Size: 150 x 25 mm
Font Size: 6 point Helvetica
Colours: (1) Black
Material: 50 gsm
Pharma code: --
Proof Status: 3rd (Third)

Proof read by: _____

Reset: ☐ **Alterations:** ☐ **Disk/Possie:** ☒

No alterations - Proceed as soon as possible ☐

Note alterations - Further proof is required ☐

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Signature: **Date:**

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