

PATIENT INFORMATION LEAFLET

BALANZE IMMUNE SUPPORT CAPSULES

30 AND 1000 CAPSULES

COMPLEMENTARY MEDICINE – HEALTH SUPPLEMENT

SCHEDULING STATUS

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BalanZe Immune Support capsules

This product does not contain any sugar or sweetener.

This unregistered medicine has not been evaluated by SAHPRA. This medicine is not intended to diagnose, treat, cure, or prevent any disease.

BalanZe Immune Support capsules are available without a doctor's prescription, to improve general health. It is a health supplement. You still need to use BalanZe Immune Support capsules carefully to get the best results.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

1. WHAT BALANZE IMMUNE SUPPORT CAPSULES CONTAIN

- The active ingredients in each BalanZe Immune Support capsule are: vitamin C (Ascorbic Acid) 500 mg; zinc (as oxide) 25 mg; vitamin A 3 000 IU; vitamin B₆ 0,85 mg; vitamin B₁ 0,6 mg; vitamin D₃ 300 IU.
- The inactive ingredients: Magnesium stearate, microcrystalline cellulose.

2. WHAT ARE BALANZE IMMUNE SUPPORT CAPSULES USED FOR ?

- BalanZe Immune Support capsules are a vitamin and zinc supplement.
- BalanZe Immune Support capsules should not replace a healthy balanced diet.
- Vitamin and mineral supplements are indicated, in addition to a healthy, balanced diet, to help increase vitamin and mineral levels in the body and assist in the maintenance of good health and immunity.
- Vitamin C is an antioxidant

3. WHAT YOU NEED TO KNOW BEFORE YOU TAKE BALANZE IMMUNE SUPPORT CAPSULES

Do not take BalanZe Immune Support capsules if:

- you are allergic to any of the ingredients. Please check the ingredients listed.
- you have any problems with or discomfort in your stomach.
- you have been advised NOT to take antioxidants.

Always tell your healthcare provider if you are taking any other medicine or if you have any illness or condition, before taking BalanZe Immune Support capsules.

Taking BalanZe Immune Support capsules with food or drink

For best results you should take a supplement at the same time every day. Take it after a meal with a glass of water.

Pregnancy and breastfeeding

If you are pregnant or breastfeeding, think you may be pregnant, or are planning to have a baby, speak to your doctor, pharmacist or healthcare provider for advice before taking this medicine.

Driving and using machinery

BalanZe Immune Support capsules do not affect your ability to drive or the ability to use or operate machinery.

Taking other medicines with BalanZe Immune Support capsules

If you are taking other medicines on a regular basis, including complementary or traditional medicines, the use of BalanZe Immune Support capsules with these medicines may cause undesirable interactions.

Please consult with your doctor, pharmacist, or other healthcare professional for advice.

4. HOW TO TAKE BALANZE IMMUNE SUPPORT CAPSULES

Always take BalanZe Immune Support capsules exactly as described in this leaflet, or as your healthcare provider has instructed you. You should check with your healthcare provider if you are not sure.

Do not share your medicines with any other person.

The usual dose is one (1) capsule daily after breakfast with a glass of water.

It is recommended that you take a supplement at the same time every day for best results.

If you take more BalanZe Immune Support capsules than you should

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

If you forget to take a dose of BalanZe Immune Support capsules

Do not take a double dose to make up for forgotten doses but continue to take the usual dose at the usual time.

5. POSSIBLE SIDE EFFECTS

BalanZe Immune Support capsules can have side effects.

No side effects have been reported when taking the recommended or prescribed dose.

Taking BalanZe Immune Support capsules after a meal reduces the chance of any nausea or vomiting.

Not all side effects reported for BalanZe Immune Support capsules are included in this leaflet. Should your general health worsen while taking this medicine, please consult your doctor, pharmacist, or healthcare provider for advice.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

6. STORING AND DISPOSING OF BALANZE IMMUNE SUPPORT CAPSULES

Keep all medicines out of reach and out of sight of children.

Store in a cool dry place at or below 25°C (room temperature).

Store in the original container.

Keep the container tightly closed.

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).

7. PRESENTATION OF BALANZE IMMUNE SUPPORT CAPSULES

BalanZe Immune Support capsules are packed in white securitainers containing 30 or 1 000 capsules.

8. IDENTIFICATION OF BALANZE IMMUNE SUPPORT CAPSULES

BalanZe Immune Support capsule is a hard size 0 capsule and white in colour.

9. NAME AND ADDRESS OF APPLICANT

Grace Pharmaceuticals (Pty) Ltd, Unit 5 Ellis Park Shopping Centre, 29/35A Romsey Grove, Durban North, 4051

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10. DATE OF PUBLICATION

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