

PATIENT INFORMATION LEAFLET

Scheduling status:

S0

TURBOVITE® FOCUS capsule

Panax ginseng (root extract); caffeine; L-theanine; vitamin B1 (thiamine hydrochloride); vitamin B2 (riboflavin); vitamin B3 (nicotinamide); vitamin B5 (calcium D-pantothenate); vitamin B6 (pyridoxine hydrochloride); vitamin B9 (folic acid); vitamin B12 (cyanocobalamin); biotin (D-biotin), vitamin C (ascorbic acid), magnesium (magnesium oxide).

Sugar free

- Complementary Medicine: Health Supplement – Other
- Health Supplements are intended only to complement health or supplement the diet. 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.

Turbovite® Focus capsules is available without a doctor's prescription. Nevertheless, you still need to use Turbovite® Focus capsules carefully to get the best results from it.

- Keep this leaflet. You may need to read it again
- Do not share Turbovite® Focus capsules with any other person
- Ask your healthcare provider or pharmacist if you need more information or advice.

WHAT IS IN THIS LEAFLET

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

1. What Turbovite® Focus capsules is and what it is used for

Turbovite® Focus capsules is a health supplement indicated for the support of mental performance during times of stress and for the maintenance of healthy energy levels.

2. What you need to know before you take Turbovite® Focus capsules

Do not take Turbovite® Focus capsules:

- If you are hypersensitive (allergic) to any of the ingredients of Turbovite® Focus capsules (listed in section 6).
- If you suffer from liver disease or have peptic ulcer disease as Turbovite® Focus capsules contains nicotinamide.
- If you have cobalamin or cobalt hypersensitivity as Turbovite® Focus capsules contains vitamin B12.

Warnings and precautions

- Consult a healthcare provider before use if you have diabetes, high blood pressure, glaucoma (a disease where you have raised pressure in the eye), or overactive bladder syndrome
- Turbovite® Focus capsules contains 100 mg caffeine per capsule. A cup of instant coffee contains approximately 80 mg of caffeine
- Not suitable for children under the age of 18 years
- Use of caffeine may result in sleep deprivation
- Discontinue use two weeks prior to surgery
- If you are of childbearing age, pregnant or breastfeeding see Pregnancy and Breastfeeding
- Use with caution in people with diabetes or hypertension, as *Panax ginseng* may have an effect on blood sugar levels and blood pressure.

Porphyria: Safety has not been established.

Tell your doctor if you are not sure about any of the above.

Other medicines and Turbovite® Focus capsules

Always tell your healthcare provider if you are taking any other medicine. (This includes complementary or traditional medicines.)

Consult your doctor, pharmacist or healthcare provider before use if you are taking:

- Antibiotics (used to treat infections), as the magnesium in Turbovite® Focus capsules may reduce their absorption. You should take all oral antibiotics at least two (2) hours before, or four (4) hours after Turbovite® Focus capsules or similar supplements
- You should use Turbovite® Focus capsules with caution if you have a vitamin B12 deficiency, as vitamin B9 (Folic acid) could mask the deficiency
- If you are taking antidepressant medication, blood thinners or digoxin, consult your doctor, pharmacist or other healthcare provider before use
- You should consult a healthcare provider to use if you are taking lithium
- Avoid taking Turbovite® Focus capsules with health supplements or foods that contain caffeine or increase blood pressure (e.g. medications, coffee, tea, colas, cocoa, guarana, mate, bitter orange extract, synephrine, octopamine, ephedra, ephedrine).

Taking Turbovite® Focus capsules with food and drink

You should take Turbovite® Focus capsules after a meal with a glass of water.

Pregnancy and Breastfeeding

It is not advisable to take Turbovite® Focus capsules while you are pregnant or breastfeeding as it contains caffeine and *Panax ginseng*. If you are of childbearing age, pregnant or breastfeeding and have concerns that your daily intake of caffeine from all sources may exceed 200 mg per day, please consult a relevant healthcare provider prior to use. If you are pregnant or breastfeeding, think you might be pregnant or are planning to have a baby, please consult your doctor or pharmacist or other healthcare provider for advice before taking this medication.

Driving and using machinery

Turbovite® Focus capsules should not affect your ability to drive or use machinery. However, if you think you are affected you should not drive or operate machinery until you feel better.

3. How to take Turbovite® Focus capsules

Do not share medicines with any other person.

Always take Turbovite® Focus capsules exactly as described in this leaflet or as your healthcare provider has instructed you. You should check with your doctor or pharmacist if you are unsure.

The usual dose for adults 18 years and older:

One (1) capsule in the morning, and one (1) capsule in the early afternoon, with a glass of water, after a meal.

Take a few hours before or after taking other medications (see **Other medicines with Turbovite® Focus capsules**)

If you take more Turbovite® Focus capsules than you should

At doses of more than 600 mg per day, caffeine may cause anxiety, tachycardia (rapid heart rate), palpitations, insomnia, restlessness, nervousness, tremor and headache.

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

If you forget to take Turbovite® Focus capsules

Take your missed dose when you remember. Do not take a double dose to make up for forgotten individual doses.

If you stop taking Turbovite® Focus capsules

If you are taking the dose as indicated, it is unlikely that there should be withdrawal effects when you stop using this medication.

4. Possible side effects

Turbovite® Focus capsules can have side effects

Not all side effects reported for Turbovite® Focus capsules are included in this leaflet. Should your general health worsen while taking this medicine, or if you experience any undesired effects while taking this medicine, please consult your healthcare provider for advice.

Like all medicines, this medicine can cause side effects although not everybody gets them.

If any of the following or other side effects occur, stop taking this product and consult your doctor or pharmacist or go to the casualty department at your nearest hospital:

Allergic reactions such as: skin inflammation or rash

Tell your doctor or pharmacist if you notice any of the following:

Frequency unknown:

- Abdominal discomfort, diarrhoea, difficulty swallowing, heartburn, nausea, vomiting
- Anxiety, headache, insomnia.

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, pharmacist or nurse. You can also report side effects to SAHPRA via the **"6.04 Adverse Drug Reaction Reporting Form"**, found online under SAHPRA's publications:

<https://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of Turbovite® Focus capsules.

5. How to store Turbovite® Focus capsules

- STORE ALL MEDICINES OUT OF REACH OF CHILDREN
- Store in a dry place at or below 25 °C.
- Keep the container tightly closed.
- Protect from light.
- Do not refrigerate.
- Do not store in a bathroom.
- Do not use after the expiry date stated on the label and 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 pack and other information

What Turbovite® Focus capsules contains

Active ingredients	Per capsule	Per MAX. daily dose (2 capsules)	# % NRV per max. daily dosage (2 capsules)
<i>Panax ginseng</i> [root extract]	53,34 mg	106,68 mg	*
Caffeine	50 mg	100 mg	*
L-Theanine	100 mg	200 mg	*
Vitamin B1 (thiamine hydrochloride)	1,2 mg	2,4 mg	200 %
Vitamin B2 (riboflavin)	2 mg	4 mg	308 %
Vitamin B3 (nicotinamide)	9 mg	18 mg	113 %
Vitamin B5 (calcium D-pantothenate)	3 mg	6 mg	120 %
Vitamin B6 (pyridoxine hydrochloride)	2,5 mg	5 mg	294 %
Vitamin B9 (folic acid)	250 µg	500 µg	125 %
Vitamin B12 (cyanocobalamin)	8 µg	16 µg	667 %
Biotin (D-biotin)	50 µg	100 µg	333 %
Vitamin C (ascorbic acid)	100 mg	200 mg	200 %
Magnesium (magnesium oxide)	42 mg	84 mg	20 %

Nutrient Reference Values

The other ingredients are: Gelatine capsule (bovine), magnesium stearate

Turbovite® Focus capsules is sugar free.
CONTAINS CAFFEINE.

What Turbovite® Focus capsules looks like and contents of the pack

Turbovite® Focus are purple capsules, available in a blister pack with 3 strips. One strip contains 10 capsules each and is packed in a printed unit carton that includes a patient information leaflet.

Holder of Certificate of Registration

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This leaflet was last revised in

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Date of registration

To be allocated

Registration number

To be allocated

Professional Information

The Turbovite® Focus capsules Professional Information may be obtained from the Nativa website (www.nativa.co.za).