

## PATIENT INFORMATION LEAFLET

### Scheduling status:

S0

### TURBOVITE® FOCUS syrup

*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).  
Contains sugar.

- Complementary Medicine: Health Supplements - 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 syrup is available without a doctor's prescription. Nevertheless, you still need to use Turbovite® Focus syrup carefully to get the best results from it.

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

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

Turbovite® Focus syrup 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 syrup

##### Do not take Turbovite® Focus syrup:

- If you are hypersensitive (allergic) to any of the ingredients of Turbovite® Focus syrup (listed in section 6).
- If you suffer from liver disease or have peptic ulcer disease as Turbovite® Focus syrup contains nicotinamide.
- If you have cobalamin or cobalt hypersensitivity as Turbovite® Focus syrup 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 syrup contains 100 mg caffeine per 20 ml. 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 syrup

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

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

- You should use Turbovite® Focus syrup 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 before use if you are taking lithium
- Avoid taking Turbovite® Focus syrup 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 syrup with food and drink

You should take Turbovite® Focus syrup after a meal.

#### Pregnancy and Breastfeeding

It is not advisable to take Turbovite® Focus syrup 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 practitioner for advice before taking this medication.

#### Driving and using machinery

There is insufficient information on the effect of Turbovite® Focus syrup on the ability to drive and 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 syrup

Do not share medicines with any other person.

Always take Turbovite® Focus syrup 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:

Take 1-2 medicine measures (5-10 ml) in the morning and early afternoon, after meals.

#### If you take more Turbovite® Focus syrup 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 overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison center.

#### If you forget to take Turbovite® Focus syrup

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 syrup

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 syrup can have side effects.

Not all side effects reported for Turbovite® Focus syrup are included in this leaflet. Should your general health worsen or if you experience any undesired effects while taking this medicine, please consult your doctor, pharmacist or other 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 and vomiting
- Anxiety, headaches and 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 Syrup.

#### 5. How to store Turbovite® Focus syrup

- 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 syrup contains

Ingredient	Per 10ml	Per max daily dose (20 ml)	%NRV# per max daily dosage (20 ml)
<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 %

The other ingredients or excipients are: citric acid, flavour, water, xanthan gum.

Turbovite® Focus syrup contains sugar: sucrose (2,4 g per 10 ml).

Turbovite® Focus syrup contains sweetener: sucralose (7,8 mg per 10 ml) and sodium saccharin (2,6 mg per 10 ml).

Turbovite® Focus syrup contains preservatives: sodium benzoate (0,1% m/v) and potassium sorbate (0,08% m/v).

CONTAINS CAFFEINE.

#### What Turbovite® Focus syrup looks like and contents of the pack

Turbovite® Focus syrup is a yellow syrup with a passion fruit flavour, available in a round glass bottle. It contains 200 ml or 500 ml of syrup and includes a patient information leaflet in a printed unit carton.

It is also available in sachets. It contains 10 ml of syrup and includes a patient information leaflet in a printed unit carton.

#### 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 syrup Professional Information may be obtained from the Nativa website ([www.nativa.co.za](http://www.nativa.co.za)).