

SCHEDULING STATUS

To be allocated.

PROPRIETARY NAME AND DOSAGE FORM

Turbovite® EXCEL (Granules)

COMPOSITION

Active Ingredients	Per sachet	% RDA#
Vitamin C (ascorbic acid)	150,0 mg	150
<i>Panax ginseng</i> root extract	100,0 mg	N/A
Calcium (calcium carbonate)	90,0 mg	7
Caffeine (caffeine anhydrous)	50,0 mg	N/A
Magnesium (magnesium oxide)	50,0 mg	12
Vitamin B3 (nicotinamide)	10,0 mg	63
<i>Ginkgo biloba</i> leaf	9,6 mg	N/A
Vitamin B1 (thiamine HCL)	2,4 mg	200
Vitamin B2 (riboflavin 5 sodium phosphate)	2,1 mg	162
Vitamin B6 (pyridoxine HCL)	0,5 mg	29
Vitamin B12 (cyanocobalamine)	10,0 µg	416

Contains fructose, 5 g per sachet.

Recommended Daily Allowance for adults and children older than 10 years.

N/A - Not applicable

PHARMACOLOGICAL CLASSIFICATION

D.32.2 Other substances. Combination product

INDICATIONS

Turbovite® EXCEL is a supplement that contains fructose, vitamin C and caffeine, as well as *Ginkgo biloba* and *Panax ginseng*, two ancient herbal remedies, traditionally used for improving memory, alertness and concentration. B-vitamins are generally associated with metabolism [B-vitamins help the body convert food (carbohydrates) into fuel (glucose), which the body uses to produce energy] and the maintenance of healthy nerve functions as well as overall well-being. The combination of active ingredients can assist the body to cope with the physical and mental challenges of daily life. Efficacy of support may vary between users. Not suitable for people with diabetes.

CONTRAINDICATIONS

Do not use if known hypersensitivity or allergy exists towards any of the ingredients. If in doubt, consult your medical practitioner. Consult your medical practitioner if you have any of the following conditions; high blood pressure, recent heart attack, abnormal heart rhythm, ulcer, inflamed colon, severe liver disease, seizures, chronic trouble sleeping, moderate to severe kidney impairment, blood clotting disorders or change in blood platelet function.

WARNINGS AND SPECIAL PRECAUTIONS

Do not use if known hypersensitivity or allergy exists towards any of the ingredients. If in doubt, consult your medical practitioner. People using anticoagulant - or antiplatelet medication, such as Warfarin, should use this product with caution as *Ginkgo biloba* may have a blood thinning effect. Contains fructose. People with rare hereditary conditions such as fructose intolerance, glucose-galactose mal-absorption or sucrose-isomaltase insufficiency should not take this product. Contains fructose which may have an effect on the glycaemic control of people with diabetes mellitus. Use with caution in people with diabetes or hypertension, as *Panax ginseng* can have an effect on blood sugar levels and blood pressure. Do not exceed the recommended daily dosage. Do not use after date of expiry. Check expiry date on unit. Products containing herbal ingredients may interact with some medication. If you are taking any chronic medication, do not use this product without consulting your medical practitioner.

Porphyria: Safety has not been established.

KEEP OUT OF REACH OF CHILDREN.**INTERACTIONS**

Products containing herbal ingredients may interact with some medication. People using anticoagulant - or antiplatelet medication, such as Warfarin, should use this product with caution as *Ginkgo biloba* may have a blood thinning effect.

PREGNANCY AND LACTATION

Safety for use during pregnancy and lactation (breastfeeding) has not been established.

DOSAGE AND DIRECTIONS FOR USE

Do not exceed the recommended daily dosage.

Adults and children 12 years and older:

Take one sachet daily after a meal.

Pour one sachet in half a glass of water. Allow to dissolve, stir and drink.

SIDE EFFECTS

If you experience any side effects or sensitivity towards any of the ingredients, discontinue use. If symptoms persist, or if any adverse reactions occur, consult a medical practitioner. Side effects may include, but are not limited to; headache, dizziness, restlessness, nausea, vomiting, diarrhoea and constipation.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

Do not exceed the recommended daily dosage. If an accidental overdose occurs, consult a medical practitioner. Treatment is symptomatic and supportive.

IDENTIFICATION

Light yellow granules.

PRESENTATION

20 sachets packed in a unit carton, with a package insert.

STORAGE INSTRUCTIONS

Store below 25 °C. Store away from moisture and direct sunlight.

KEEP OUT OF REACH OF CHILDREN.**REGISTRATION NUMBER**

To be allocated.

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION

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DATE OF PUBLICATION OF THE PACKAGE INSERT

December 2003

This medicine has not been evaluated by the Medicines Control Council.

This medicine is not intended to diagnose, treat, cure or prevent any disease.

PPIL012/04