

PATIENT INFORMATION LEAFLET

TURBOVITE® FOCUS EFFERVESCENT TABLETS

SCHEDULING STATUS

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PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

TURBOVITE® FOCUS EFFERVESCENT TABLETS (effervescent tablet)

Read all of this leaflet carefully because it contains important information for you.

TURBOVITE® FOCUS EFFERVESCENT TABLETS is available without a doctor's prescription, as a supplement. Nevertheless, you still need to use TURBOVITE® FOCUS EFFERVESCENT TABLETS carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share TURBOVITE® FOCUS EFFERVESCENT TABLETS with any other person.
- Ask your pharmacist if you need more information or advice.
- If you experience any side effects consult your doctor.

The TURBOVITE® FOCUS EFFERVESCENT TABLETS professional information may be obtained from the Nativa (www.nativa.co.za) or Turbovite® website (www.turbovite.co.za).

1. WHAT TURBOVITE® FOCUS EFFERVESCENT TABLETS CONTAINS

Active Ingredients	Per effervescent tablet (maximum daily dosage)	% NRV # per maximum daily dosage
<i>Panax ginseng</i> root extract	106,67 mg	-
Caffeine	100 mg	-
L-Theanine	200 mg	-
Vitamin B1 (Thiamine hydrochloride)	2,4 mg	200
Vitamin B2 (Riboflavin)	4 mg	308
Vitamin B3 (Nicotinamide)	18 mg	113
Vitamin B5 (Calcium D-Pantothenate)	6 mg	120
Vitamin B6 (Pyridoxine hydrochloride)	5 mg	294
Vitamin B9 (Folic acid)	500 µg	125
Vitamin B12 (Cyanocobalamin)	15 µg	625
Biotin (D-biotin)	100 µg	333
Vitamin C (Ascorbic acid)	500 mg	500
Magnesium (Magnesium sulfate)	84 mg	20

Nutrient Reference Values.

The other ingredients are: citric acid, maltodextrin, flavourings, polyethylene glycol 6000, simethicone, sodium bicarbonate, sodium carbonate.

Important information about some of the ingredients of TURBOVITE® FOCUS EFFERVESCENT TABLETS:

- Contains sweeteners (mannitol 550 mg/tablet, sodium cyclamate 30 mg/tablet, and saccharin sodium 20 mg/tablet).
- Contains sugar (sucrose 250 mg/tablet).

2. WHAT TURBOVITE® FOCUS EFFERVESCENT TABLETS IS USED FOR

TURBOVITE® FOCUS EFFERVESCENT TABLETS is a health supplement indicated for the support of mental performance during times of stress and for the maintenance of healthy energy levels.

TURBOVITE® FOCUS EFFERVESCENT TABLETS contains;

- L-theanine to help support relaxation. In combination with caffeine, L-theanine aids cognitive performance and alertness during times of stress
- *Panax ginseng* root extract, used in herbal medicine as an adaptogen to help support mental and physical energy during times of stress
- B complex vitamins, biotin and magnesium which assist the body's healthy energy yielding metabolism and help in the reduction of tiredness and fatigue
- B vitamins and biotin that contribute to normal nervous system and psychological function
- Vitamin C functions as an antioxidant to help protect cells from oxidative stress and maintain normal immune function.

3. BEFORE YOU TAKE TURBOVITE® FOCUS EFFERVESCENT TABLETS

Do not take TURBOVITE® FOCUS EFFERVESCENT TABLETS:

- If you are hypersensitive (allergic) to any of the ingredients of TURBOVITE® FOCUS EFFERVESCENT TABLETS (see **WHAT TURBOVITE® FOCUS EFFERVESCENT TABLETS CONTAINS**)
- If you suffer from liver disease or have peptic ulcer disease as TURBOVITE® FOCUS EFFERVESCENT TABLETS contains nicotinamide
- If you have cobalamin or cobalt hypersensitivity as TURBOVITE® FOCUS EFFERVESCENT TABLETS contains vitamin B12.

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

Take special care with TURBOVITE® FOCUS EFFERVESCENT TABLETS

- Consult a healthcare practitioner before use if you have diabetes, high blood pressure, glaucoma (a disease where you have raised pressure in the eye), or overactive bladder syndrome
- If you are taking other medication (see **Taking other medicines with TURBOVITE® FOCUS EFFERVESCENT TABLETS and HOW TO TAKE TURBOVITE® FOCUS EFFERVESCENT TABLETS**)
- If you have vitamin B12 deficiency (see **Taking other medicines with TURBOVITE® FOCUS EFFERVESCENT TABLETS**)
- This product is not intended as a substitute for sleep
- Porphyria: safety has not been established.

Taking TURBOVITE® FOCUS EFFERVESCENT TABLETS with food and drink:

You should take TURBOVITE® FOCUS EFFERVESCENT TABLETS after a meal, with a glass of water.

Pregnancy and Breastfeeding

It is not advisable to take TURBOVITE® FOCUS EFFERVESCENT TABLETS while you are pregnant or breastfeeding as it contains caffeine and *Panax ginseng*. If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking this medicine.

Driving and using machinery:

TURBOVITE® FOCUS EFFERVESCENT TABLETS should not affect your ability to drive or operate machinery. However, if you think you are affected you should not drive or operate machinery until you feel better.

Taking other medicines with TURBOVITE® FOCUS EFFERVESCENT TABLETS

- Always tell your healthcare professional if you are taking any other medicine (This includes complementary or traditional medicines)
- If you are taking antidepressant medication, blood thinners or digoxin, consult your doctor, pharmacist or other healthcare professional before use.
- You should consult a healthcare practitioner prior to use if you are taking lithium.
- Avoid taking TURBOVITE® FOCUS EFFERVESCENT TABLETS 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)
- You should use TURBOVITE® FOCUS EFFERVESCENT TABLETS with caution if you are taking antibiotics (used to treat infections), as the magnesium in TURBOVITE® FOCUS EFFERVESCENT TABLETS may reduce absorption. You should take all oral antibiotics at least two (2) hours before, or four (4) to six (6) hours after TURBOVITE® FOCUS EFFERVESCENT TABLETS or similar supplements.
- You should use TURBOVITE® FOCUS EFFERVESCENT TABLETS with caution if you have vitamin B12 deficiency, as vitamin B9 (Folic acid) can mask the deficiency. Please check with your doctor or pharmacist if you are unsure.

4. HOW TO TAKE TURBOVITE® FOCUS EFFERVESCENT TABLETS

Do not share medicines with any other person.

Do not exceed the recommended daily dosage. Always take TURBOVITE® FOCUS EFFERVESCENT TABLETS exactly as indicated or as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure.

The usual dose is:

Adults 18 years and older:

Dissolve one (1) effervescent tablet in a glass of water daily, after a meal. Take a few hours before or after taking other medications (see **Taking other medicines with TURBOVITE® FOCUS EFFERVESCENT TABLETS**).

Consult a healthcare practitioner for use beyond 3 months.

If you take more TURBOVITE® FOCUS EFFERVESCENT TABLETS than you should

Possible symptoms of TURBOVITE® FOCUS EFFERVESCENT TABLETS overdose may include but are not limited to; excessive urination, or unusual urine colour, dizziness, sleepiness, headache and inability to sleep and flushing of the skin.

If you have a history of kidney stones you should avoid high doses of vitamin C as this can increase risk of kidney stone formation.

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

If you forget to take / missed a dose of TURBOVITE® FOCUS EFFERVESCENT TABLETS

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

Effects when treatment with TURBOVITE® FOCUS EFFERVESCENT TABLETS is stopped

When taking the dose as indicated it is unlikely that there should be withdrawal effects when stopping use of this medication.

5. POSSIBLE SIDE EFFECTS

TURBOVITE® FOCUS EFFERVESCENT TABLETS can have side effects such as:

- abdominal discomfort
- anxiety
- diarrhoea
- difficulty swallowing
- headaches
- heartburn
- insomnia
- nausea
- skin inflammation or rash
- vomiting

Not all side effects reported for TURBOVITE® FOCUS EFFERVESCENT TABLETS are included in this leaflet. Stop use if you experience insomnia, anxiety or headaches.

Should your general health worsen or if you experience any untoward effects while taking this supplement, please consult your doctor, pharmacist or other healthcare professional for advice.

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

6. STORING AND DISPOSING OF TURBOVITE® FOCUS EFFERVESCENT TABLETS

Store at or below 25 °C.

Protect from light and moisture.

Store in original packaging until required for use.

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).

STORE ALL MEDICINES OUT OF REACH OF CHILDREN.

7. PRESENTATION OF TURBOVITE® FOCUS EFFERVESCENT TABLETS

One (1) plastic tube container with 10 effervescent tablets, with a leaflet, in a unit carton.

Two (2) plastic tube containers with 10 effervescent tablets each (20 effervescent tablets in total), with a leaflet, in a unit carton.

Three (3) plastic tube containers with 10 effervescent tablets each (30 effervescent tablets in total), with a leaflet, in a unit carton.

8. IDENTIFICATION OF TURBOVITE® FOCUS EFFERVESCENT TABLETS

Light yellow, round, orange flavoured effervescent tablets.

9. REGISTRATION NUMBER

To be allocated

10. NAME AND ADDRESS OF REGISTRATION HOLDER

Nativa (Pty) Ltd

260 Cradock Avenue, Lyttelton, Centurion, 0157, Gauteng, South Africa

Tel: +27 (0) 12 664 7110

Customer care line: 0860 628 482

Email: health@nativa.co.za

Website: www.nativa.co.za

11. DATE OF PUBLICATION

To be allocated

12. DATE OF REGISTRATION

To be allocated

COMPLEMENTARY MEDICINE

D.34.13 Complementary Medicines: 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.