

PATIENT INFORMATION LEAFLET

Scheduling status:

[S0]

TURBOVITE® FOCUS HYDRATION powder

Panax ginseng [root, 5:1 extract]; potassium chloride; potassium phosphate; calcium chloride; L-theanine; nicotinamide (vitamin B3); D-calcium pantothenate (vitamin B5); pyridoxine hydrochloride (vitamin B6); vitamin B2; thiamine hydrochloride (vitamin B1); folic acid (vitamin B9); D-biotin; vitamin B12.

Sugar, sodium and preservative free.

Contains sweeteners per 5 g: sorbitol (2,9 g) and sucralose (25 mg).

- Complementary Medicine: D.33.7. Discipline-Specific – Combination Product.
- 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 HYDRATION is available without a doctor's prescription. Nevertheless, you still need to use TURBOVITE® FOCUS HYDRATION carefully to get the best results from it.

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

1. What TURBOVITE® FOCUS HYDRATION is and what it is used for

TURBOVITE® FOCUS HYDRATION is a health supplement indicated for the support of mental performance and concentration during times of stress and for the maintenance of healthy energy levels. TURBOVITE® FOCUS HYDRATION has the added benefit of supporting hydration and electrolyte balance, especially before, during and after exercise.

Efficacy of support may vary between users.

2. What you need to know before you take TURBOVITE® FOCUS HYDRATION

Do not take TURBOVITE® FOCUS HYDRATION:

- If you are hypersensitive (allergic) to any of the ingredients of TURBOVITE® FOCUS HYDRATION (listed in section 6 **Contents of pack and other information**).
- If you suffer from liver disease or have peptic ulcer disease as TURBOVITE® FOCUS HYDRATION contains nicotinamide.
- If you have cobalamin or cobalt hypersensitivity as TURBOVITE® FOCUS HYDRATION contains vitamin B12.
- If you are pregnant or breastfeeding as TURBOVITE® FOCUS HYDRATION contains ginseng (see **Pregnancy, breastfeeding and fertility**).
- If you are taking any chronic medication do not use this product without consulting your medical practitioner.

Warnings and precautions

- Special care should be taken with TURBOVITE® FOCUS HYDRATION. Consult a healthcare provider before use if you have:
 - diabetes;
 - bleeding disorders;
 - high blood pressure;
 - medicine for cancer;
 - kidney disease;
 - liver disease; or
 - cardiopulmonary (heart and lung) disease.
- Do not exceed the daily recommended dose.
- Do not use after the date of expiry.
- Products containing herbal ingredients may interact with some medication.

Porphyria: Safety has not been established.

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

Other medicines and TURBOVITE® FOCUS HYDRATION

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/have:

- cancer medication e.g., Erdafitinib, Futibatinib, as concomitant use with phosphate increases the risk of hyperphosphatemia;
- bisphosphates (to treat osteoporosis), as concomitant use with phosphate increases the risk of hypocalcaemia. Calcium reduces the absorption of bisphosphonates;
- ACE inhibitors (to treat high blood pressure), angiotensin receptor blockers (to treat heart failure or kidney disease), potassium-sparing diuretics, as concomitant use with potassium increases the risk of hyperkalaemia;
- antibiotics (used to treat infections), as the magnesium in TURBOVITE® FOCUS HYDRATION may reduce their absorption. You should take all oral antibiotics at least two (2) hours before, or four (4) hours after TURBOVITE® FOCUS HYDRATION or similar supplements;
- vitamin B12 deficiency, as vitamin B9 (folic acid) could mask the deficiency;
- blood thinners (anticoagulant - or antiplatelet medication) e.g., warfarin, as some of the ingredients may have a blood thinning effect increasing the risk of bleeding;
- levodopa, as TURBOVITE® FOCUS HYDRATION contains vitamin B6 which enhances the metabolism of levopoda, reducing its antiparkinsonism effect. However, this interaction does not occur when carbidopa is used in combination with levodopa;
- chloramphenicol, as chloramphenicol may delay or interrupt the reticulocyte response (how the body makes new red blood cells) to vitamin B12. Therefore, blood counts need to be closely monitored if this combination can't be avoided;
- methotrexate, as vitamin B9 (folic acid) supplementation may reduce the effectiveness of methotrexate in the treatment of acute lymphoblastic leukaemia and theoretically, the efficacy in the treatment of other cancers;
- antidepressants, as TURBOVITE® FOCUS HYDRATION contains *Panax ginseng*;
- antihypertensive medication, as concomitant use with L-theanine may increase the effects of antihypertensive medication; or
- antidiabetic medication, as concomitant use with *Panax ginseng* may increase the risk of hypoglycaemia.

Take TURBOVITE® FOCUS HYDRATION a few hours before or after other medication (see **How to take TURBOVITE® FOCUS HYDRATION**).

Taking TURBOVITE® FOCUS HYDRATION with food, drink and alcohol

There is no known interaction between contents of TURBOVITE® FOCUS HYDRATION and food, drink and alcohol.

Pregnancy, Breastfeeding and fertility

Do not take TURBOVITE® FOCUS HYDRATION while you are pregnant or breastfeeding as it contains *Panax ginseng* which is contraindicated. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist, or other healthcare provider for advice before taking this medicine.

Driving and using machines

TURBOVITE® FOCUS HYDRATION 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.

It is not always possible to predict to what extent TURBOVITE® FOCUS HYDRATION may interfere with your daily activities. Ensure that you do not engage in the above activities until you are aware of the measure to which TURBOVITE® FOCUS HYDRATION affects you.

3. How to take TURBOVITE® FOCUS HYDRATION

Do not share medicines with any other person.

Do not exceed the recommended daily dose.

Always take TURBOVITE® FOCUS HYDRATION exactly as described in this leaflet or as your doctor, pharmacist or nurse 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) sachet per day, after a meal. Pour one (1) sachet into half a glass of water (125 ml), or to taste. Allow the powder to dissolve, stir and drink.

Take a few hours before or after taking other medications (see **Other medicines and TURBOVITE® FOCUS HYDRATION**).

If you take more TURBOVITE® FOCUS HYDRATION than you should

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 HYDRATION

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 HYDRATION

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 HYDRATION can have side effects.

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

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

Allergic reactions such as: skin rashes, hives (skin bumps), itchiness, swelling of the face, lips, mouth or throat, which may cause difficulty in swallowing or breathing.

These are all very serious side effects. If you have them, you may have had a serious reaction to TURBOVITE® FOCUS HYDRATION. You may need urgent medical attention or hospitalisation.

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

Frequency unknown:

- Hypersensitivity reactions or anaphylaxis, symptoms include: difficulty breathing or swallowing, angioedema, itchy throat, urticaria (hives), skin rash and itching.
- Drowsiness and headache.
- Abdominal discomfort, burping, diarrhoea, constipation, difficulty swallowing, heartburn, flatulence, nausea and vomiting.

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 the SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website.

By reporting side effects, you can help provide more information on the safety of TURBOVITE® FOCUS HYDRATION.

5. How to store TURBOVITE® FOCUS HYDRATION

- Store all medicines out of reach of children.
- Store in a dry place at or below 25 °C.
- Protect from light and moisture.
- Keep in original packaging until use.
- 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 HYDRATION contains

Active ingredients	Per maximum daily dose (5 g sachet)	% NRV* per maximum daily dosage (5 g sachet)
<i>Panax ginseng</i> [root, 5:1 extract] providing	106,68 mg 533,40 mg DHE**	*
Potassium chloride providing potassium (elemental) providing chloride (elemental)	560 mg 294 mg 266 mg	7 %
Potassium phosphate providing potassium (elemental) providing phosphorus (elemental)	400 mg 180 mg 71 mg	
Calcium chloride providing calcium (elemental) providing chloride (elemental)	100 mg 36 mg 64 mg	
total potassium (elemental)	473 mg	*
total chloride (elemental)	330 mg	*
L-theanine	200 mg	*
Nicotinamide (vitamin B3)	9 mg	56 %
D-Calcium pantothenate (vitamin B5) providing pantothenic acid	3,3 mg 3 mg	* 60 %
Pyridoxine hydrochloride (vitamin B6) providing pyridoxine	3 mg 2,5 mg	* 147 %
Vitamin B2	2 mg	154 %
Thiamine hydrochloride (vitamin B1) providing thiamine	1,6 mg 1,2 mg	* 100 %
Vitamin B9	250 µg	63 %
D-biotin	50 µg	167 %
Vitamin B12	8 µg	333 %

*Nutrient reference values for adults and children older than 4 years.

*NRV not established.

**Dried herb equivalent.

The other ingredients are (mixed berry): malic acid, silicon dioxide, citric acid, colourant (E122), flavouring.

TURBOVITE® FOCUS HYDRATION is sugar, sodium and preservative free.

TURBOVITE® FOCUS HYDRATION contains sweeteners per 5 g: sorbitol (2,9 g) and sucralose (25 mg).

What TURBOVITE® FOCUS HYDRATION looks like and contents of the pack

TURBOVITE® FOCUS HYDRATION is a mixed berry powder, available in a 5 g sachet. It contains either 10 or 30 sachets and includes a patient information leaflet in a printed unit carton.

Holder of Certificate of Registration

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

This leaflet was last revised in

May 2026

Date of registration

To be allocated

Registration number

To be allocated

Professional Information

The TURBOVITE® FOCUS HYDRATION Professional Information may be obtained from the Nativa website (www.nativa.co.za).

Skeduleringsstatus:

[S0]

TURBOVITE® FOCUS HYDRATION

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Panax ginseng [wortel, 5:1 uittreksel]; kaliumchloried; kaliumfosfaat; kalsiumchloried; L-teanien; nikotienamied (vitamien B3); D-kalsiumpantotenaat (vitamien B5); piridoksienhidrochloried (vitamien B6); vitamien B2; tiamienhidrochloried (vitamien B1); foliensuur (vitamien B9); D-biotien; vitamien B12.

Suiker-, natrium- en preserveermiddel-vry.

Bevat versoeters per 5 g: sorbitol (2,9 g) en sucralose (25 mg).

- Komplementêre Medisyne: D.33.7. Dissipline-Spesifieke – Kombinasie Produk.
- Hierdie medisyne is nog nie deur die SAHPRA geregistreer of geëvalueer vir kwaliteit, veiligheid of voorgestelde gebruik nie.

Lees alles op hierdie brosjure noukeurig deur want dit bevat belangrike inligting

TURBOVITE® FOCUS HYDRATION is beskikbaar sonder 'n dokter se voorskrif. U moet egter steeds TURBOVITE® FOCUS HYDRATION met omsigtigheid gebruik om die beste resultate daarmee te verkry.

- Hou hierdie brosjure. Dit kan nodig wees dat u dit weer moet lees.
- Moet nie TURBOVITE® FOCUS HYDRATION met enige ander persoon deel nie.
- Indien u verdere inligting of advies verlang, vra asseblief u gesondheidsorgverskaffer of apteker.

WAT IS IN HIERDIE BROSJURE

1. Wat TURBOVITE® FOCUS HYDRATION is en waarvoor dit gebruik word
2. Wat u moet weet voordat u TURBOVITE® FOCUS HYDRATION neem
3. Hoe om TURBOVITE® FOCUS HYDRATION te neem
4. Moontlike nuwe-effekte
5. Hoe om TURBOVITE® FOCUS HYDRATION te bewaar
6. Inhoud van die verpakking en ander inligting

1. Wat TURBOVITE® FOCUS HYDRATION is en waarvoor dit gebruik word

TURBOVITE® FOCUS HYDRATION is 'n gesondheidsaanvulling aangedui vir die ondersteuning van verstandelike prestasie en konsentrasie gedurende tye van stres, asook vir die instandhouding van gesonde energievlakke. TURBOVITE® FOCUS HYDRATION het die bykomende voordeel dat dit hidrasie en elektrolietbalans ondersteun, veral voor, tydens en na oefening.

Effektiwiteit van ondersteuning kan tussen gebruikers verskil.

2. Wat u moet weet voordat u TURBOVITE® FOCUS HYDRATION neem

Moet nie TURBOVITE® FOCUS HYDRATION neem nie:

- Indien u hipersensitief (allergies) is vir enige van die bestanddele in TURBOVITE® FOCUS HYDRATION (gelys in afdeling 6 **Inhoud van die verpakking en ander inligting**).
- Indien u aan lewersiekte ly of maagulkussiekte het nie, aangesien TURBOVITE® FOCUS HYDRATION nikotienamied bevat.
- Indien u kobalamien- of kobalthipersensitiwiteit het nie, aangesien TURBOVITE® FOCUS HYDRATION vitamien B12 bevat.
- Indien u swanger is of borsvoed aangesien TURBOVITE® FOCUS HYDRATION ginseng bevat (sien **Swangerskap, borsvoeding en vrugbaarheid**).
- Indien u enige chroniese medikasie gebruik, moet nie hierdie produk gebruik sonder om u mediese praktisyn te raadpleeg nie.

Waarskuwings en voorsorgmaatreëls

- Noukeurige sorg behoort geneem te word met TURBOVITE® FOCUS HYDRATION. Raadpleeg 'n gesondheidsorgverskaffer voor gebruik indien u enige van die volgende het:
 - diabetes;
 - bloedversteurings;
 - hoë bloeddruk;
 - medisyne vir kanker;
 - niersiekte;
 - lewersiekte; of
 - kardiopulmonêre (hart en long) siekte.
- Moet nie die voorgeskrewe daaglikse dosis oorskry nie.
- Moet nie na die vervaldatum gebruik nie.
- Produkte wat kruie-bestanddele bevat kan interaksies met sommige medikasies hê.

Porfirie: Veiligheid is nog nie vasgestel nie.

U moet u dokter raadpleeg indien u onseker is van enige van die bogenoemde.

Ander medikasie en TURBOVITE® FOCUS HYDRATION

Lig altyd u gesondheidsorgverskaffer in wanneer u medisyne op 'n gereelde basis neem, insluitend komplementêre- of tradisionele- medisyne. Raadpleeg u dokter, apteker of gesondheidsorgverskaffer indien u TURBOVITE® FOCUS HYDRATION in kombinasie met die volgende medisyne wil gebruik/het:

- kanker medikasie bv., Erdafitinib, Futibatinib, aangesien gelyktydige gebruik met fosfaat die risiko van hiperfosfatemie verhoog;
- bisfosfate (vir die behandeling van osteoporose), aangesien gelyktydige gebruik met fosfaat die risiko van hipokalsemie verhoog. Kalsium verminder die absorpsie van bisfosfonate;
- ACE-inhibeerders (vir die behandeling van hoë bloeddruk), angiotensienreseptorblokkers (vir die behandeling van hartversaking of niersiekte), kaliumsparende diuretika, aangesien gelyktydige gebruik met kalium die risiko van hiperkalsemie verhoog;
- antibiotika (wat gebruik word om infeksies te behandel), aangesien die magnesium in TURBOVITE® FOCUS HYDRATION die absorpsie kan verminder. U moet alle mondelike antibiotika ten minste twee (2) ure voor, of vier (4) ure na TURBOVITE® FOCUS HYDRATION of soortegelyke aanvullings neem;
- 'n vitamien B12-tekort het, aangesien vitamien B9 (foliensuur) die tekort kan verberg;
- bloedverduunners (antikoagulant- of anti-bloedplaatjie-medikasie) byvoorbeeld warfarin aangesien van die bestanddele 'n bloedverdunnings effek mag hê wat die risiko van bloeding kan verhoog;
- levodopa, aangesien TURBOVITE® FOCUS HYDRATION vitamien B6 bevat, wat die metabolisme van levodopa bevorder en sodoende die antiparkinson-effek daarvan kan verminder. Hierdie interaksie kom egter nie voor wanneer karbidopa in kombinasie met levodopa gebruik word nie;
- chloramfenikol, aangesien chloramfenikol die retikulosietrespons (hoe die liggaam nuwe rooibloedselle maak) op vitamien B12, kan vertraag of onderbreek. Daarom moet die bloedtelling noukeurig gemonitor word, indien hierdie kombinasie nie vermy kan word nie;
- metotreksaat, aangesien vitamien B9 (foliensuur)-aanvullings die effektiwiteit van metotreksaat in die behandeling van akute limfoblastiese leukemie kan verlaag, en teoreties ook die effektiwiteit in die behandeling van ander kankers;
- antidepressante, aangesien TURBOVITE® FOCUS HYDRATION *Panax ginseng* bevat;
- antihipertensiewe medikasie, aangesien gelyktydige gebruik met L-teanien die effek van die antihipertensiewe medikasie kan versterk; of
- antidiabetiese medisyne, aangesien gelyktydige gebruik met ginseng en kafeïen die risiko van hipoglukemie (lae bloedsuikervlakke) kan verhoog;

Neem TURBOVITE® FOCUS HYDRATION 'n paar uur voor of na ander medikasie (sien **Hoe om TURBOVITE® FOCUS HYDRATION te neem**).

Neem van TURBOVITE® FOCUS HYDRATION saam met kos, drinkgoed en alkohol

Daar is geen bekende interaksie tussen die inhoud van TURBOVITE® FOCUS HYDRATION en kos, drinkgoed en alkohol nie.

Swangerskap, borsvoeding en vrugbaarheid

Moet nie TURBOVITE® FOCUS HYDRATION gebruik terwyl u swanger is of borsvoed nie; aangesien dit *Panax ginseng* bevat; wat teenaangedui is. Indien u swanger is of borsvoed, dink u is dalk swanger of beplan om 'n baba te hê, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat u hierdie medisyne gebruik.

Bestuur en die gebruik van masjinerie

TURBOVITE® FOCUS HYDRATION behoort nie u vermoë om te bestuur of masjinerie te gebruik, te beïnvloed nie.

Indien u egter dink dat u aangetas is, moet u nie bestuur of masjinerie gebruik voordat u beter voel nie.

Dit is nie altyd moontlik om te voorspel tot watter mate TURBOVITE® FOCUS HYDRATION kan inmeng met u daaglikse aktiwiteite nie. U moet verseker dat u nie by bogenoemde aktiwiteite betrokke raak voordat u bewus is van die mate waarin TURBOVITE® FOCUS HYDRATION u affekteer nie.

3. Hoe om TURBOVITE® FOCUS HYDRATION te neem

Moet nie u medisyne met enige ander persoon deel nie.

Moet nie die aanbevole daaglikse dosis oorskry nie.

Neem TURBOVITE® FOCUS HYDRATION altyd presies soos voorgeskryf in hierdie brosjure of soos u dokter, apteker of verpleegster u aanbeveel het. Maak asseblief seker by u dokter of apteker wat die aanbevole dosis is indien u onseker is.

Die gewone dosis vir volwassenes 18 jaar en ouer is:

Neem een (1) sakkie per dag, na 'n ete. Gooi een (1) sakkie in 'n halwe glas water (125 ml), of na smaak. Laat die poeier oplos, roer en drink.

Neem 'n paar uur voor of na ander medikasie (sien **Ander medikasie en TURBOVITE® FOCUS HYDRATION**).

Indien u meer TURBOVITE® FOCUS HYDRATION geneem het as wat u moes

In die geval van 'n oordosis, raadpleeg u dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

Indien u vergeet om TURBOVITE® FOCUS HYDRATION te neem

Neem die dosis wat oorgeslaan is, sodra u daarvan onthou. Moet nie 'n dubbele dosis neem om te vergoed vir individuele dosisse wat u oorgeslaan het nie.

Wanneer u stop om TURBOVITE® FOCUS HYDRATION te gebruik

Indien u die dosis neem soos aangedui, sal daar waarskynlik geen onttrekkingseffek wees wanneer u die gebruik van hierdie medikasie staak nie.

4. Moontlike nuwe-effekte

TURBOVITE® FOCUS HYDRATION kan nuwe-effekte hê.

Nie alle nuwe-effekte wat aangemeld is vir TURBOVITE® FOCUS HYDRATION is in hierdie brosjure ingesluit nie.

Indien u algemene gesondheid vererger, of indien u ongewenste gevolge ervaar tydens die gebruik van TURBOVITE® FOCUS HYDRATION, raadpleeg u gesondheidsorgverskaffer vir advies.

Indien een van die volgende of ander nuwe-effekte voorkom, stop die gebruik van TURBOVITE® FOCUS HYDRATION en raadpleeg u dokter of apteker of gaan na die naaste ongevalle-afdeling by u naaste hospitaal:

Allergiese reaksies soos: veluitslag, knoppe (velbultjies), jeukerigheid, swelling van die gesig, lippe, mond of keel, wat probleme met sluk of asemhaling kan veroorsaak.

Hierdie is almal baie ernstige nuwe-effekte. Indien u dit ervaar, het u dalk 'n ernstige reaksie op TURBOVITE® FOCUS HYDRATION gehad. U mag dalk dringende mediese aandag of hospitalisasie benodig.

Vertel u dokter of apteker indien u enige van die volgende waarneem:

Frekwensie onbekend:

- Hipersensitiwiteits-reaksies of anafalaktiese simptome insluitend: moeilike asemhaling of sluk, angio-edeem, jeukerige keel, urtikaria (knoppe), veluitslag en jeukerigheid.
- Slaperigheid en hoofpyn.
- Buikongemak, oprisping, diarree, hardlywigheid, sukkel om te sluk, sooibrand, winderigheid, naarheid en braking.

Lig asseblief u dokter of apteker in indien u enige nuwe-effekte opmerk wat nie in hierdie inligtingstuk genoem word nie.

Rapportering van nuwe-effekte

Praat met u dokter, apteker, of verpleegster indien u nuwe-effekte ervaar. U kan ook nuwe-effekte by die SAHPRA aanmeld via die Med Safety APP (Medsafety X SAHPRA) en eReporting platform (who-umc.org) beskikbaar op die SAHPRA webwerf.

Deur nuwe-effekte aan te meld, kan u help om meer inligting rakende die veiligheid van TURBOVITE® FOCUS HYDRATION te verskaf.

5. Hoe om TURBOVITE® FOCUS HYDRATION te bewaar

- Bewaar alle medisyne buite die bereik van kinders.
- Bewaar in 'n droë plek by of benede 25 °C.
- Beskerm teen lig en vog.
- Hou in oorspronklike verpakking totdat gebruik word.
- Moet nie in die yskas verkoel nie.
- Moet nie in die badkamer stoor nie.
- Moet nie ná die vervaldatum op die verpakking gebruik nie.
- Neem alle ongebruikte medisyne terug na u apteker.
- Moet nie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die verpakking en ander inligting

Wat TURBOVITE® FOCUS HYDRATION bevat

Aktiewe bestanddele	Per maksimum daaglikse dosis (5 g sakkie)	% VVW* per maksimum daaglikse dosis (5 g sakkie)
<i>Panax ginseng</i> [wortel, 5:1 uittreksel] voorsien	106,68 mg 533,40 mg GKE**	*
Kaliumchloried voorsien kalium (elementeel) voorsien chloried (elementeel)	560 mg 294 mg 266 mg	
Kaliumfosfaat voorsien kalium (elementeel) voorsien fosfor (elementeel)	400 mg 180 mg 71 mg	7 %
Kalsiumchloried voorsien kalsium (elementeel) voorsien chloried (elementeel)	100 mg 36 mg 64 mg	3 %
totale kalium (elementeel) totale chloried (elementeel)	473 mg 330 mg	* *
L-teanien	200 mg	*
Nikotienamied (vitamien B3)	9 mg	56 %
D-kalsiumpantotenaat (vitamien B5) voorsien pantoteensuur	3,3 mg 3 mg	* 60 %
Piridoksienhidrochloried (vitamien B6) voorsien piridoksien	3 mg 2,5 mg	* 147 %
Vitamien B2	2 mg	154 %
Tiamienhidrochloried (vitamien B1) voorsien tiamien	1,6 mg 1,2 mg	* 100 %
Vitamien B9	250 µg	63 %
D-biotien	50 µg	167 %
Vitamien B12	8 µg	333 %

*Voedingstofverwysingswaardes vir volwassenes en kinders ouer as 4 jaar.

**VVW nie vasgestel nie.

**Gedroogde kruie-ekwivalent.

Die ander bestanddele is (gemengde bessie): appelsuur, silikondioksied, sitroensuur, kleurstof (E122), geursel.

TURBOVITE® FOCUS HYDRATION is suiker-, natrium- en preserveermiddel-vry.

TURBOVITE® FOCUS HYDRATION bevat versoeters per 5 g: sorbitol (2,9 g) en sukrulose (25 mg).

Hoe TURBOVITE® FOCUS HYDRATION lyk en die inhoud van die verpakking

TURBOVITE® FOCUS HYDRATION is 'n gemende bessiegeur poeier, beskikbaar in 'n 5 g sakkie. Dit bevat 10 of 30 sakkies, in 'n gedrukte eenheidskarton, wat 'n pasiëntinligtingsbrosjure insluit.

Houer van Sertifikaat van Registrasie

Nativa (Edms) Bpk

Cradocklaan 260, Lyttelton, Centurion, 0157, Gauteng, Suid-Afrika

Tel: +27 (0) 12 664 7110

Verbruikershulplyn: 0860 628 482

E-pos: health@nativa.co.za

Webwerf: www.nativa.co.za

Hierdie brosjure was laas hersien in

Mei 2026

Datum van registrasie

Moet toegeken word

Registrasienuommer

Moet toegeken word

Professionele Inligting

Die TURBOVITE® FOCUS HYDRATION Professionele Inligting kan verkry word op die Nativa webwerf (www.nativa.co.za).