

PROFESSIONAL INFORMATION

SCHEDULING STATUS:
Not scheduled.

PROPRIETARY NAME AND DOSAGE FORM:



USN PHEDRACUT LIPO X GOLD

35752 PI 2

(capsules)

COMPOSITION:

ACTIVE INGREDIENTS:	Per Capsule	Per Dose	%NRV
Reduxoslim™ blend <i>Sphaeranthus indicus</i> L. [flower head; 4:1 extract]	150 mg	300 mg	
<i>Garcinia mangostana</i> L. [fruit rind; 4:1 extract]	50 mg	100 mg	
Caffeine Anhydrous	100 mg	200 mg	
L-Theanine	50 mg	100 mg	
Max-NR-Gex™ [<i>Alpinia officinarum</i> Hance (Galangal) (root; 10:1 extract)]	37,5 mg	75 mg	
Thermozine™ [<i>Aframomum melegueta</i> (Grains of Paradise) (seed; 10:1 extract)]	20 mg	40 mg	
Chromium picolinate providing Chromium (elemental)	417 µg 50 µg	834 µg 100 µg	286 %

*%Nutrient Reference Values (NRVs) for individuals 4 years & older (2010).

Other ingredients: Bovine gelatine capsules, colloidal silicon dioxide (Aerosil®), magnesium stearate, potato starch.

Sugar Free

CATEGORY AND CLASS:

D 33.7 Combination Product

PHARMACOLOGICAL ACTION:

Reduxoslim™ blend - *Sphaeranthus indicus* (flower head) & *Garcinia mangostana* (fruit rind) extract: A blend composing extracts of the flower heads from *Sphaeranthus indicus* and the fruit rinds of *Garcinia mangostana* blended together in a ratio of 3:1 was shown to be effective in inhibiting adipogenesis while promoting lipolysis.

Caffeine Anhydrous: Caffeine increases resting energy expenditure (REE) or resting metabolic rate (RMR), and cellular thermogenesis. The thermogenic effects of caffeine may be due to vasoconstriction and increase in vascular smooth muscle tone. Caffeine also causes an increase in non-oxidative fatty acid turnover and lipid oxidation. The effects of caffeine on energy expenditure and lipid metabolism seem to be mediated by both sympathetic and non-sympathetic mechanisms.

L-Theanine: L-Theanine's anxiolytic effects might be due to its effects on glutamate receptors and the possibility that it increases inhibitory neurotransmitters such as glycine or gamma-aminobutyric acid (GABA). Theanine's improvement in certain components of cognitive function may be secondary to its effects on alpha-wave activity. Theta waves also indicate cognitive alertness. Research also suggests theanine may act synergistically with caffeine to assist with weight loss.

Max-NR-Gex™ - *Alpinia officinarum* Hance (Galangal) extract: *Alpinia officinarum*, a plant species of the *Zingiberaceae* family, contains high concentrations of the flavonol, galangin. Historically, the rhizomes were reputed to have stimulant and digestive effects. Galangin in *Alpinia officinarum*, demonstrated antioxidative and free radical scavenging activities capable of modulating enzyme activities and suppressing the genotoxicity of chemicals. The galangal, the rhizome of *Alpinia officinarum* Hance, can also inhibit fatty-acid synthase.

Thermozine™ - *Aframomum melegueta* (Grains of Paradise) extract: Grains of Paradise, a species of the ginger family, contain pungent, aromatic ketones such as 6-paradol, 6-gingerol and 6-shogaol. An alcohol extract of Grains of Paradise seeds and 6-paradol are known to activate brown adipose tissue (BAT) thermogenesis. Grains of Paradise has been found to help convert White Adipose Tissue (WAT) into Brown Adipose Tissue (BAT), therefore converting the energy storing fat tissue into the fat tissue that helps increase thermogenesis and total calorie expenditure.

Chromium (from Chromium Picolinate): Contributes to the maintenance of normal blood glucose levels. Chromium's mechanism for decreasing insulin resistance is due to an improved first phase of secretion of insulin or facilitated post-receptor insulin sensitivity as a way of potentiating the action of insulin. Therefore, taking chromium before a high carbohydrate meal seems to lessen postprandial hyperglycaemia. Chromium picolinate may also reduce fat cravings and hunger by affecting the brain's hunger receptor. This is due to the fact that chromium might sensitise insulin-sensitive glucoreceptors in the brain, resulting in appetite suppression, stimulation of thermogenesis and down-regulation of insulin secretion.

INDICATIONS:

USN PHEDRACUT LIPO X GOLD is indicated as a thermogenic agent that provides added energy as an aid to a weight management programme combined with a balanced, energy-restricted diet and regular exercise.

CONTRAINDICATIONS:

This product is contraindicated for individuals that are hypersensitive (allergic) to any of the listed ingredients. This includes an allergy to ginger, as *Aframomum melegueta* (Grains of Paradise) is a member of the *Zingiberaceae* (ginger) family.

Not for use in persons under the age of 18 years.

Do not use if you are pregnant or lactating.

WARNINGS AND SPECIAL PRECAUTIONS:

- Use with caution in patients with hypertension. Caffeine can temporarily increase blood pressure.
- Use with caution in patients with cardiac conditions. Caffeine, especially taken in high doses, can induce cardiac arrhythmias in individuals sensitive to caffeine.
- Discontinue at least two weeks before elective surgery. Due to its stimulant effects, **USN PHEDRACUT LIPO X GOLD** might interfere with surgical procedures by increasing heart rate and blood pressure.
- Use with caution in patients with diabetes. **USN PHEDRACUT LIPO X GOLD** can influence blood sugar levels in diabetic patients; monitor closely. Dose adjustments to antidiabetic medication might be necessary.
- USN PHEDRACUT LIPO X GOLD** can inhibit platelet aggregation and increase the risk of bruising and bleeding in patients with bleeding disorders. Use with caution.
- Use with caution in patients with anxiety disorders: the caffeine might aggravate the symptoms.
- Use with caution in patients with liver disease; **USN PHEDRACUT LIPO X GOLD** might exacerbate liver dysfunction.
- Epileptic patients should use with caution. Caffeine can increase the risk for seizures and can decrease the activity of some anticonvulsant medicines.
- USN PHEDRACUT LIPO X GOLD** might temporarily increase intraocular pressure in patients with narrow-angle glaucoma due to the caffeine content; glaucoma patients should use with caution.
- Use with caution in patients with renal disease; **USN PHEDRACUT LIPO X GOLD** might exacerbate renal dysfunction.
- Use with caution in patients with a stomach ulcer as *Alpinia officinarum* Hance (Galangal) extract in **USN PHEDRACUT LIPO X GOLD** can increase stomach acid and worsen the condition.
- Do not exceed the daily recommended dose.

INTERACTIONS:

- Anticoagulant/antiplatelet medicine:** **USN PHEDRACUT LIPO X GOLD** can inhibit platelet aggregation and therefore might increase the risk of bleeding when used concomitantly with anticoagulant or antiplatelet medicine, including aspirin, clopidogrel, heparin, indomethacin and warfarin.
- Anticonvulsant medicine:** **USN PHEDRACUT LIPO X GOLD** could lower the effect of anticonvulsant medicine due to its caffeine content. Taking caffeine in combination with one of the following medicines could reduce the effect of the medicine and increase the risk of seizures: Carbamazepine, ethosuximide, felbamate, phenytoin and valproate.
- Antidiabetic medicine:** Concomitant use of **USN PHEDRACUT LIPO X GOLD** and antidiabetic medicine might interfere with blood glucose control and increase the risk of hypoglycaemia. Consult your doctor before using. Antidiabetic medicine includes glimepiride, insulin, metformin, and others.
- Ephedrine and other stimulants:** The use of **USN PHEDRACUT LIPO X GOLD** with ephedrine can increase the risk of stimulatory adverse effects. Using ephedrine with caffeine might increase the risk of serious life-threatening or debilitating adverse effects such as hypertension, myocardial infarction, stroke, seizures, and death. Avoid taking **USN PHEDRACUT LIPO X GOLD** with ephedrine, pseudoephedrine, phenylpropanolamine, and other stimulants.
- Monoamine oxidase inhibitors (MAOIs):** Concurrent use of MAOIs with caffeine might increase blood pressure raising effects and potentially cause a hypertensive crisis. Avoid using **USN PHEDRACUT LIPO X GOLD** with MAOIs. MAOIs include phenelzine, tranlycypromine and others.
- Levothyroxine:** The use of **USN PHEDRACUT LIPO X GOLD** with levothyroxine might decrease serum levels of levothyroxine due to chromium that can bind levothyroxine in the intestinal tract and decrease absorption. Take levothyroxine at least 30 minutes before or 3-4 hours after taking **USN PHEDRACUT LIPO X GOLD**.
- Antacids:** *Alpinia officinarum* Hance (Galangal) extract in **USN PHEDRACUT LIPO X GOLD** can increase stomach acid. By increasing stomach acid, *Alpinia officinarum* might decrease the effectiveness of antacids. Antacids include calcium carbonate, dihydroxyaluminium sodium carbonate, aluminium hydroxide, and others.
- H2-blockers and proton pump inhibitors (PPIs):** *Alpinia officinarum* Hance (Galangal) extract in **USN PHEDRACUT LIPO X GOLD** may increase stomach acid. By increasing stomach acid, *Alpinia officinarum* might decrease the effectiveness of medications that decrease stomach acid, called H2-blockers and proton pump inhibitors (PPIs). H2-blockers include cimetidine, ranitidine, etc. and proton pump inhibitors include omeprazole, lansoprazole, pantoprazole and esomeprazole.
- Herbs and supplements with stimulant properties:** Bitter orange supplements as well as other caffeine-containing herbs and supplements such as coffee, guarana and maté can increase the risk of hypertension and cardiovascular adverse effects when used with **USN PHEDRACUT LIPO X GOLD**.
- Herbs and supplements with anticoagulant/antiplatelet properties:** Herbs that affect platelet aggregation such as garlic, ginger, turmeric and others, can increase the risk of bruising and bleeding when used with **USN PHEDRACUT LIPO X GOLD**.
- Herbs and supplements with hypoglycaemic potential:** Herbs and supplements with hypoglycaemic potential (such as fenugreek, garlic, Panax ginseng and others) can have additive blood glucose lowering effects when used with **USN PHEDRACUT LIPO X GOLD**.

HUMAN REPRODUCTION:

Safety has not been established for use during pregnancy and lactation. Do not use **USN PHEDRACUT LIPO X GOLD** if you are pregnant or lactating.

DOSAGE AND DIRECTIONS FOR USE:

Adults: Take 2 capsules twice daily on an empty stomach with a glass of water (at least 30 minutes prior to a meal, snack or workout).

Start with 1 capsule to assess tolerance and increase dosage to a maximum of 2 capsules (full dosage) as tolerated (maximum 4 capsules per day).

Take **USN PHEDRACUT LIPO X GOLD** for 5 consecutive days of the week and stop use for 2 days before continuing again. **USN PHEDRACUT LIPO X NIGHT** can be used during off-cycle and before evening meals. **USN PHEDRACUT LIPO X GOLD** is not recommended after 4 pm.

Do not exceed the recommended daily dosage.

SIDE EFFECTS:

The following side effects may be associated with the use of **USN PHEDRACUT LIPO X GOLD**:

- Blood disorders:** *Frequency unknown* – Increased bleeding risk.
- Immune system disorders:** *Frequency unknown* – Hypersensitivity and/or allergic reactions.
- Endocrine disorders:** *Frequency unknown* – Hypoglycaemia.
- Psychiatric disorders:** *Frequency unknown* – Anxiety, agitation, mood changes.
- Nervous system disorders:** *Frequency unknown* – Dizziness, insomnia, headache, nervousness, restlessness.
- Eye disorders:** *Frequency unknown* – Increased intraocular pressure in patients with narrow-angle glaucoma.
- Cardiac disorders:** *Frequency unknown* – Elevated blood pressure, tachycardia/tachyarrhythmia.
- Gastrointestinal disorders:** *Frequency unknown* – Abdominal cramps, gastric irritation, abdominal bloating, flatulence, constipation, dyspepsia, reflux, heartburn, nausea, vomiting, diarrhoea, decreased appetite.
- Hepato-biliary disorders:** *Frequency unknown* – Hepatotoxicity.
- Skin and subcutaneous tissue disorders:** *Frequency unknown* – Urticaria.
- Musculoskeletal disorders:** *Frequency unknown* – Muscular tremors.
- Renal and urinary disorders:** *Frequency unknown* – Diuresis, renal disease.

Should your general health worsen, or if you experience any untoward effects or allergic reactions while taking this medicine, please consult your doctor, pharmacist or other healthcare professional immediately

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT:

None known. If suspected overdose occurs, please consult your healthcare practitioner immediately. Treatment should be symptomatic and supportive.

IDENTIFICATION:

Pearl white and gold gelatine capsules containing light brown powder with white and dark speckles.

PRESENTATION:

White HDPE plastic container with a white USN lid, containing 40 or 80 capsules, packed inside a carton.

STORAGE INSTRUCTIONS:

Store in a cool, dry place at or below 25 °C.
KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER:

To be allocated by the Authority.

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

USN Pty (Ltd)
Building C, Southdowns Office Park, 2nd Floor,
21 Karee Street, Irene Ext 54
0157
Tel: 0861 111 876

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION:

September 2019.

COMPLEMENTARY MEDICINE:

Discipline: Combination Product – Western Herbal Medicine & Health Supplement.

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

JOB: SACE_PhedraCut Lipo X Gold_PI/PIL	SIZE: 300mm x 385mm
STOCK: Foil Substrate: <input type="checkbox"/> Clear Substrate: <input type="checkbox"/> White Substrate: <input type="checkbox"/> Paper: <input checked="" type="checkbox"/>	
COLOURS: <input checked="" type="checkbox"/> K	FINISHING: <input type="checkbox"/> Foil / Holographic Foil <input type="checkbox"/> Matte <input type="checkbox"/> Gloss <input type="checkbox"/> Spot UV <input type="checkbox"/> Blurring <input type="checkbox"/> Embossing

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS:

Not scheduled.

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM:



USN PHEDRACUT LIPO X GOLD

(capsules)

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

USN PHEDRACUT LIPO X GOLD is available without a doctor's prescription. Nevertheless, you still need to use USN PHEDRACUT LIPO X GOLD carefully to get the best results for it.

- Keep this leaflet. You may need to read it again.
- Do not share USN PHEDRACUT LIPO X GOLD with any other person.
- Ask your pharmacist if you need more information or advice.

1. WHAT USN PHEDRACUT LIPO X GOLD CONTAINS:

ACTIVE INGREDIENTS:	Per Capsule	Per Dose	**NRV
Reduxosim™ blend <i>Sphaeranthus indicus</i> L. [flower head; 4:1 extract] <i>Garcinia mangostana</i> L. [fruit rind; 4:1 extract]	150 mg	300 mg	
Caffeine Anhydrous L-Theanine	100 mg 50 mg	200 mg 100 mg	
Max-NR-Gex™ [<i>Alpinia officinarum</i> Hance (Galangal) (root; 10:1 extract)]	37,5 mg	75 mg	
Thermozine™ [<i>Aframomum melegueta</i> (Grains of Paradise) (seed; 10:1 extract)]	20 mg	40 mg	
Chromium picolinate providing Chromium (elemental)	417 µg 50 µg	834 µg 100 µg	286 %

**%Nutrient Reference Values (NRVs) for individuals 4 years & older (2010).

Other ingredients: Bovine gelatine capsules, colloidal silicon dioxide (Aerosil®), magnesium stearate, potato starch.

Sugar Free

2. WHAT USN PHEDRACUT LIPO X GOLD IS USED FOR:

USN PHEDRACUT LIPO X GOLD is indicated as a thermogenic agent that provides added energy as an aid to a weight management programme combined with a balanced, energy-restricted diet and regular exercise.

3. BEFORE YOU TAKE USN PHEDRACUT LIPO X GOLD:

Do not take USN PHEDRACUT LIPO X GOLD:

- If you are hypersensitive (allergic) to any of the active or inactive ingredients (see **WHAT USN PHEDRACUT LIPO X GOLD CONTAINS**). This includes an allergy to ginger, as *Aframomum melegueta* (Grains of Paradise) is a member of the *Zingiberaceae* (ginger) family.
- If you are pregnant or breastfeeding your baby (see **Pregnancy and Breastfeeding**).
- If you are under 18 years of age.

Take special care with USN PHEDRACUT LIPO X GOLD:

- If you have high blood pressure. Caffeine can temporarily increase blood pressure.
- If you have any cardiac conditions. Caffeine, especially taken in high doses, can lead to irregular heartbeat in individuals sensitive to caffeine.
- If you are having elective surgery within two weeks. The stimulant effects of USN PHEDRACUT LIPO X GOLD might interfere with surgical procedures by increasing heart rate and blood pressure.
- If you have diabetes. USN PHEDRACUT LIPO X GOLD can increase blood sugar levels. Dose adjustments to antidiabetic medicine might be necessary. Monitor closely.
- If you have a bleeding disorder, USN PHEDRACUT LIPO X GOLD can inhibit platelet aggregation and increase the risk of bruising and bleeding; use with caution.
- If you have an anxiety disorder, the caffeine might worsen the symptoms.
- If you have a liver disease, USN PHEDRACUT LIPO X GOLD might worsen liver dysfunction. Use with caution.
- If you have epilepsy. Caffeine can increase the risk for seizures (fits) and can reduce the effectiveness of some anticonvulsant medicine.
- If you have narrow-angle glaucoma, USN PHEDRACUT LIPO X GOLD can temporarily increase intraocular pressure due to the caffeine content.
- If you have a kidney disease, USN PHEDRACUT LIPO X GOLD might worsen kidney dysfunction. Use with caution.
- If you have a stomach ulcer, *Alpinia officinarum* Hance (Galangal) extract can increase stomach acid and worsen the condition.
- Do not exceed the daily recommended dose.

PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSSTATUS:

Nie geskeduleer nie.

HANDELSNAAM, STERKTE EN FARMASEUTIESE VORM:



USN PHEDRACUT LIPO X GOLD

(kapsules)

Lees die hele pamflet noukeurig deur, aangesien dit belangrike inligting vir u bevat.

USN PHEDRACUT LIPO X GOLD is beskikbaar sonder 'n dokter se voorskryf. Nietemin moet u steeds USN PHEDRACUT LIPO X GOLD versigtig gebruik om die beste resultate te verkry.

- Bewaar hierdie pamflet. U mag dit dalk weer moet lees.
- Moenie USN PHEDRACUT LIPO X GOLD met enige ander persoon deel nie.
- Vra u apteker indien u verdere inligting of advies benodig.

1. WAT USN PHEDRACUT LIPO X GOLD BEVAT:

AKTIEWE BESTANDDELE:	Per Kapsule	Per Dosering	**%NWW
Reduxosim™ mengsel <i>Sphaeranthus indicus</i> L. [blomkop; 4:1 ekstrak] <i>Garcinia mangostana</i> L. [vrugteskil; 4:1 ekstrak]	150 mg	300 mg	
Anthidriese Kafeien L-Theanien	100 mg 50 mg	200 mg 100 mg	
Max-NR-Gex™ [<i>Alpinia officinarum</i> Hance (Galangal) (wortel; 10:1 ekstrak)]	37,5 mg	75 mg	
Thermozine™ [<i>Aframomum melegueta</i> (Grains of Paradise) (saad; 10:1 ekstrak)]	20 mg	40 mg	
Chroompikolninaat verskaf Chroom (elementele)	417 µg 50 µg	834 µg 100 µg	286 %

**%Nutriëntverwysingswaardes (NWW) vir individue 4 jaar en ouer (2010)

Onaktiewe bestanddele: Aartappelstysel, beesgelatienkapsules, kolloidale silikondioksied (Aerosil®) magnesiumstearaat.

Suikervry

2. WAARVOOR USN PHEDRACUT LIPO X GOLD GEBRUIK WORD:

USN PHEDRACUT LIPO X GOLD word aangedui as 'n termogeniese middel wat aanvullende energie verskaf as 'n hulpmiddel in 'n gewigsbeheerprogram wat 'n gebalanseerde, energiebeperkte dieet en gereelde oefening insluit.

3. VOOR U USN PHEDRACUT LIPO X GOLD NEEM:

Moenie USN PHEDRACUT LIPO X GOLD neem:

- Indien u hipersensitief (allergies) is vir enige van die aktiewe of onaktiewe bestanddele (sien **WAT USN PHEDRACUT LIPO X GOLD BEVAT**). Dit sluit in 'n allergie vir gemmer, aangesien *Aframomum melegueta* (Grains of Paradise) 'n lid is van die *Zingiberaceae* (gemmer) familie.
- Indien u swanger is of u baba borsvoed (sien **Swangerskap en Borsvoeding**).
- Indien u jonger as 18 jaar is.

Neem spesiale sorg met USN PHEDRACUT LIPO X GOLD:

- Indien u aan hoë bloeddruk ly. Kafeien kan bloeddruk tydelik verhoog.
- Indien u aan enige hartaestand ly. Kafeien, veral wanneer dit in hoë dosisse geneem word, kan lei tot onreëlmattige hartklop in individue wat sensatief is vir kafeien.
- Indien u binne twee weke elektiewe chirurgie ondergaan. Die stimulansteffek van USN PHEDRACUT LIPO X GOLD mag inmeng met chirurgiese prosedures deur hartklop en bloeddruk te verhoog.
- Indien u 'n diabeet is, kan USN PHEDRACUT LIPO X GOLD bloedsuikervlakke beïnvloed. Dosisaanpassings ten opsigte van antidiabetiese medisyne mag nodig wees. Monitor noukeurig.
- Indien u aan 'n bloedingsiekte ly, mag USN PHEDRACUT LIPO X GOLD die sameklomp van bloedplaatjies inhibeer en sodoende die risiko van kneusing en bloeding verhoog; gebruik met omsigtigheid.
- Indien u aan 'n angsversteuring ly, mag die kafeien die simptome vererger.
- Indien u aan 'n lewersiekte ly, mag USN PHEDRACUT LIPO X GOLD lewerdisfunksie vererger. Gebruik met omsigtigheid.
- Indien u 'n epileptisielyer is. Kafeien kan die risiko vir konvulsies verhoog en die effektiwiteit van sommige antikonvulsiewe middels verminder.
- Indien u nouhoekgloukoom het, kan USN PHEDRACUT LIPO X GOLD intraokulêre druk tydelik verhoog te wye aan die kafeïeninhoud.
- Indien u aan 'n niersiekte ly, mag USN PHEDRACUT LIPO X GOLD nierdisfunksie vererger. Gebruik met omsigtigheid.
- Indien u 'n maagseer het, *Alpinia officinarum* Hance (Galangal) ekstrak kan maagsuur verhoog en die toestand vererger.
- Moet nie die voorgeskrewe daaglikse dosis oorskry nie.

Neem van USN PHEDRACUT LIPO X GOLD met voedsel en drank:

- USN PHEDRACUT LIPO X GOLD moet 30 minute voor maaltye of versnaperings (verkielik voor ontbyt en middagete) geneem word.

Taking USN PHEDRACUT LIPO X GOLD with food and drink:

- USN PHEDRACUT LIPO X GOLD should be taken 30 minutes before meals or snacks (preferably before breakfast and lunch).

Pregnancy and Breastfeeding:

- Safety has not been established for use during pregnancy and breastfeeding. Avoid use.

Driving and using machinery:

It is unlikely that USN PHEDRACUT LIPO X GOLD will affect your ability to drive a vehicle or operate machinery requiring your attention.

Taking other medicines with USN PHEDRACUT LIPO X GOLD:

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

If you are on any of the following medicine or treatment, you should discuss the use of USN PHEDRACUT LIPO X GOLD with your doctor or pharmacist first:

- Anticoagulant/antiplatelet medicine (such as aspirin, clopidogrel, heparin, indomethacin and warfarin), as USN PHEDRACUT LIPO X GOLD can inhibit platelet aggregation and might increase the risk of bleeding when used with these medicine.
- Anticonvulsant medicine (such as carbamazepine, ethosuximide, felbamate, phenytoin and valproate), as the caffeine in USN PHEDRACUT LIPO X GOLD can lower the effect of these medicine and increase the risk of seizures (fits).
- Antidiabetic medicine (such as glimepiride, insulin, metformin, etc.). Use of these medicine with USN PHEDRACUT LIPO X GOLD might interfere with blood glucose control and increase the risk of low blood sugar.
- Ephedrine and other stimulants (such as pseudoephedrine, phenylpropanolamine, etc.). These stimulants can increase the risk of stimulatory adverse effects when used with USN PHEDRACUT LIPO X GOLD. The use of ephedrine with caffeine might increase the risk of serious life-threatening adverse effects such as high blood pressure, heart attack, stroke, fits and death. Avoid using together.
- Monoamine oxidase inhibitors (MAOIs) (such as phenelzine, tranylcypromine and others), as these medicine used with caffeine might increase blood pressure and could cause a hypertensive crisis. Avoid using together.
- Levothyroxine, as the chromium in USN PHEDRACUT LIPO X GOLD can bind to levothyroxine in the intestinal tract and cause serum levels of levothyroxine to decrease. Take levothyroxine at least 30 minutes before or 3-4 hours after taking USN PHEDRACUT LIPO X GOLD.
- Antacids (such as calcium carbonate, dihydroxyaluminium sodium carbonate, aluminium hydroxide, etc.), as *Alpinia officinarum* Hance (Galangal) extract in USN PHEDRACUT LIPO X GOLD can increase stomach acid and concurrent use might decrease the effectiveness of antacids.
- H2-blockers (e.g. cimetidine and ranitidine) and proton pump inhibitors (PPIs) (e.g. omeprazole, lansoprazole, pantoprazole and esomeprazole), as *Alpinia officinarum* Hance (Galangal) extract in USN PHEDRACUT LIPO X GOLD can increase stomach acid and concurrent use might decrease the effectiveness of these medicine.
- Herbs and supplements with stimulant properties (bitter orange supplements as well as other caffeine-containing herbs and supplements such as coffee, guarana, maté, etc.), can increase the risk of high blood pressure and cardiovascular adverse effects when used with USN PHEDRACUT LIPO X GOLD.
- Herbs and supplements with anticoagulant/antiplatelet properties (such as garlic, ginger, turmeric and others), can increase the risk of bruising and bleeding when used with USN PHEDRACUT LIPO X GOLD.
- Herbs and supplements with hypoglycaemic potential (such as fenugreek, garlic, Panax ginseng and others); as these supplements can increase the risk of low blood sugar when used with USN PHEDRACUT LIPO X GOLD.

4. HOW TO TAKE USN PHEDRACUT LIPO X GOLD:

Do not share medicines prescribed for you with any other person. Always take USN PHEDRACUT LIPO X GOLD exactly as directed. You should check with your doctor or pharmacist if you are unsure.

The usual dose is:

Adults: Take 2 capsules twice daily on an empty stomach with a glass of water (at least 30 minutes prior to a meal, snack or workout).

Start with 1 capsule to assess tolerance and increase dosage to a maximum of 2 capsules (full dosage) as tolerated (maximum 4 capsules per day).

Take USN PHEDRACUT LIPO X GOLD for 5 consecutive days of the week and stop use for 2 days before continuing again. USN PHEDRACUT LIPO X NIGHT can be used during off-cycle and before evening meals. USN PHEDRACUT LIPO X GOLD is not recommended after 4 pm.

Do not exceed the recommended daily dosage.

If you take more USN PHEDRACUT LIPO X GOLD than you should:

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

If you forget to take USN PHEDRACUT LIPO X GOLD:

Take the missed dose as soon as you remember. If it is almost time for your next dose, do not take the missed dose but simply take your next dose at the normal time. Do not take a double dose to make up the one you missed.

5. POSSIBLE SIDE EFFECTS:

- USN PHEDRACUT LIPO X GOLD can have side effects.
- Not all side effects reported for USN PHEDRACUT LIPO X GOLD are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your health care provider for advice.

Swangerskap en Borsvoeding:

- Die veiligheid van die gebruik van hierdie produk tydens swangerskap en borsvoeding is nie vasgestel nie. Vermey gebruik.

Bestuur en gebruik van masjienerie:

Dit is onwaarskynlik dat USN PHEDRACUT LIPO X GOLD u vermoë sal beïnvloed om 'n voertuig te bestuur of masjienerie te gebruik wat u aandag verg.

Die neem van ander medikasie saam met USN PHEDRACUT LIPO X GOLD:

- Stel altyd u gesondheidsorgdeskundige daarvan in kennis indien u enige ander medikasie gebruik (Dit sluit aanvullende of tradisionele medikasie in).

Indien u enige van die volgende medisyne gebruik of behandeling ondergaan, bespreek eers die gebruik van USN PHEDRACUT LIPO X GOLD met u dokter of apteker:

- Anti-stolmiddels/antiplaatjemedisyne (soos aspirien, klopidogrel, heparien, indometasin en warfarien), aangesien USN PHEDRACUT LIPO X GOLD die sameklomp van bloedplaatjies kan inhibeer en die risiko van bloeding mag verhoog indien dit saam met hierdie medisyne geneem word.
- Antikonvulsiewe middels (soos karbamazepien, etosuksimied, felbamaat, fenitoin en valproaat), aangesien die kafeien in USN PHEDRACUT LIPO X GOLD die effek van hierdie medisyne kan verminder en die risiko van konvulsies verhoog.
- Antidiabetiese medisyne (soos glimepiried, insulien, metformien, ens.). Gebruik van hierdie medisyne saam met USN PHEDRACUT LIPO X GOLD mag inmeng met bloedglukosebeheer en die risiko van lae bloedsuiker verhoog.
- Efedrien en ander stimulanste (soos pseudo-efedrien, fenielpropanolamien, ens.). Hierdie stimulanste kan die risiko van stimulerende nadelige effekte verhoog wanneer saam met USN PHEDRACUT LIPO X GOLD gebruik. Die gebruik van efedrien saam met kafeien mag die risiko verhoog van ernstige lewensbedreigende nadelige effekte soos hoë bloeddruk, hartaanval, beroerte, konvulsies en sterfte. Vermey saamlopende gebruik.
- Monoamienoksidasieremmers (MAOIs) (soos fenelisiin, tranilepsipromien en ander), aangesien hierdie medisyne gebruik saam met kafeien bloeddruk mag verhoog en 'n hipertensiewe krisis mag veroorsaak. Vermey saamlopende gebruik.
- Levotiroksien, aangesien die chroom in USN PHEDRACUT LIPO X GOLD kan bind met die levotiroksien in die dermkanaal en 'n verlaging in die levotiroksien serumvlakke kan veroorsaak. Neem levotiroksien ten minste 30 minute voor of 3-4 ure na die neem van USN PHEDRACUT LIPO X GOLD.
- Teensuurmiddels (soos kalsiumkarbonaat, dihidroksialuminium natriumkarbonaat, aluminiumhidroksied, ens.), aangesien *Alpinia officinarum* Hance (Galangal) ekstrak in USN PHEDRACUT LIPO X GOLD maagsuur kan vermeerder en saamlopende gebruik die effektiwiteit van die teensuurmiddels mag verminder.
- H2-blokkeerders (bv. simetidine en ranitidine) en protonpomp-inhibeerders (PPI's) (bv. omeprasol, lansoprasool, pantoprasool en esomeprasool), aangesien *Alpinia officinarum* Hance (Galangal) ekstrak in USN PHEDRACUT LIPO X GOLD maagsuur mag vermeerder en saamlopende gebruik die effektiwiteit van hierdie medisyne mag verlaag.
- Kruië en aanvullings met stimulantieskappe (bitterlemonaanvullings sowel as ander kafeïenbevattende kruië en aanvullings soos koffie, guarana, maté, ens.) kan die risiko van hoë bloeddruk en kardiovaskulêre nadelige effekte verhoog wanneer saam met USN PHEDRACUT LIPO X GOLD gebruik.
- Kruië en aanvullings met anti-stol/antiplaatjie eienskappe (soos knoffel, gemmer, borrie, ens.) kan die risiko van kneusing en bloeding verhoog indien saam met USN PHEDRACUT LIPO X GOLD gebruik word.
- Kruië en aanvullings met hipoglukemiese potensiaal (soos fenegreek, knoffel, Panax ginseng, ens.), aangesien hierdie aanvullings die risiko van lae bloedsuiker kan verhoog indien saam met USN PHEDRACUT LIPO X GOLD gebruik word.

4. HOE OM USN PHEDRACUT LIPO X GOLD TE NEEM:

Moenie medikasie wat vir u voorskryf is met enige ander persoon deel nie. Neem altyd USN PHEDRACUT LIPO X GOLD presies soos voorskryf. Raadpleeg u dokter of apteker indien u onseker is.

Die gewone dosering is:

Volwassene: Neem 2 kapsules twekeer daaglik op 'n leë maag saam met 'n glas water (ten minste 30 minute voor 'n maaltyd, versnapering of oefening).

Begin met 1 kapsule om toleransievlak te bepaal en verhoog dosering tot 'n maksimum van 2 kapsules (volle dosering) soos verdra (maksimum van 4 kapsules per dag).

Neem USN PHEDRACUT LIPO X GOLD vir 5 opeenvolgende dae van die week, gevolg deur 'n 2-dag onderbreking, voordat die siklus weer voortgeset word. PHEDRACUT LIPO X NIGHT kan gebruik word tydens af-siklus en voor aandetes. USN PHEDRACUT LIPO X GOLD word nie na 4 nm aanbeveel nie.

Moenie die aanbevole daaglikse dosering oorskry nie.

Indien u meer USN PHEDRACUT LIPO X GOLD neem as wat u veronderstel is:

In die geval van oordosering, raadpleeg u dokter of apteker. Indien daar nie een beskikbaar is nie, kontak u naaste hospitaal of gifbeheersentrum.

Indien u vergeet om USN PHEDRACUT LIPO X GOLD te neem:

Neem die dosis wat u oorgeslaan het sodra u onthou. Indien dit amper tyd is vir die volgende dosis, moenie die vergete dosis neem nie, maar neem die volgende dosis die normale tyd. Moenie 'n dubbele dosis neem om te maak vir die vergete individuele dosis nie.

5. MOONTLIKE NEWE-EFFEKTE:

- USN PHEDRACUT LIPO X GOLD kan newe-effekte hê.
- Nie alle newe-effekte van USN PHEDRACUT LIPO X GOLD wat aangemeld is, word by hierdie pamflet ingesluit nie. Indien u algemene gesondheid versleg of as u enige ongewenste effekte ervaar terwyl u hierdie medisyne gebruik, raadpleeg u gesondheidsorgdeskundige vir advies.
- Indien enige van die volgende gebeur, staak USN PHEDRACUT LIPO X GOLD se gebruik en stel u dokter onmiddellik in kennis of gaan na die ongevalle-afdeling by u naaste hospitaal:

- If any of the following happens, stop taking USN PHEDRACUT LIPO X GOLD and tell your doctor immediately or go to the casualty department at your nearest hospital:
 - Swelling of your hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing.
 - Rash or itching.
 - Fainting.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to USN PHEDRACUT LIPO X GOLD. You may need urgent medical attention or hospitalisation.

- Tell your doctor immediately or go to the casualty department at your nearest hospital if any of the following happens:
 - Seizure (fit).
 - Stroke/ischemic stroke.
 - Heart attack.
 - Angina (chest pain)

These are all serious side effects. You may need urgent medical attention.

- Tell your doctor as soon as possible if you notice any of the following:

- High blood pressure.
- Increased/irregular heart rate.
- Increased bleeding.
- Low blood sugar.
- Increased anxiety/agitation*.
- Severe mood changes.
- Nervousness, restlessness.
- Dizziness.
- Insomnia (difficulty falling/staying asleep).
- Headache*.
- Abdominal cramps, stomach irritation.
- Abdominal bloating, flatulence (gas), constipation.
- Nausea*, vomiting.
- Diarrhoea.
- Decreased appetite.
- Dyspepsia, reflux, heartburn.
- Raised, itchy rash (urticaria).
- Muscular tremors.
- Increased production of urine (diuresis).
- Kidney pain.

*These side effects commonly occur with slimming agents that contain stimulants and usually subside within 2 weeks of use.

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

6. STORING AND DISPOSING OF USN PHEDRACUT LIPO X GOLD:

- Store all medicines out of reach of children.
- Store at or below 25 °C.
- Protect from light and moisture.
- Do not store in the bathroom.
- Store in its original container.
- Keep the container tightly closed.
- Do not use after the expiry date stated on the container.
- Do not use USN PHEDRACUT LIPO X GOLD if you notice visible signs of deterioration.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

7. PRESENTATION OF USN PHEDRACUT LIPO X GOLD:

White HDPE plastic container with a white USN lid, containing 40 or 80 capsules, packed inside a carton.

8. IDENTIFICATION OF USN PHEDRACUT LIPO X GOLD:

Pearl white and gold gelatine capsules containing light brown powder with white and dark speckles.

9. REGISTRATION NUMBER:

To be allocated by the Authority.

10. NAME AND ADDRESS OF REGISTRATION HOLDER:

USN Pty (Ltd)
Building C, Southdowns Office Park, 2nd Floor,
21 Karee Street, Irene Ext 54
0157
Tel: 0861 111 876

11. DATE OF PUBLICATION:

September 2019.

12. COMPLEMENTARY MEDICINE:

Discipline: Combination Product – Western Herbal Medicine & Health Supplement.

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

- Swelling van u hande, voete, enkels, gesig, lippe, mond of keel, wat probleme met sluk of asemhaling mag veroorsaak.
- Uitslag of jeukerigheid.
- Flou word.

Al hierdie newe-effekte is baie ernstig van aard. Indien u hierdie newe-effekte ervaar, het u dalk 'n ernstige allergiese reaksie tot USN PHEDRACUT LIPO X GOLD gehad. U mag dringende mediese aandag of hospitalisasie benodig.

- Stel u dokter onmiddellik in kennis of besoek die ongevalle-afdeling van u naaste hospitaal indien enige van die volgende gebeur:
 - Konvulsies.
 - Beroerte/skermiese beroerte.
 - Hartaanval.
 - Angina (borspyn).

Al hierdie newe-effekte is ernstig van aard. U mag dringende mediese aandag nodig hê.

- Stel u dokter so gou as moontlik in kennis sou u enige van die volgende opmerk:

- Hoë bloeddruk.
- Verhoogde/onreëlmattige hartklop.
- Verhoogde bloeding.
- Lae bloedsuiker.
- Verhoogde angstigheid/onrustigheid*.
- Ernstige buie veranderinge.
- Senuweeagtigheid, rusteloosheid.
- Duiseligheid.
- Hoofpyn*
- Slaaploosheid (sukkel om aan die slaap te raak/te bly).
- Maagkrampe, maagirritasie.
- Opgeblaasheid, windrigheid (gas), hardlywigheid.
- Naarheid*, braking.
- Diarree.
- Verminderde eetlus.
- Slegte spysvertering, reflux, sooibrand.
- Opgeheue, jeukerige uitslag (urtikaria).
- Spiertremors.
- Verhoogde urienproduksie (diuresie).
- Nierpyn.

*Hierdie newe-effekte kom algemeen voor met verslankingsmiddels wat stimulanste bevat en verdwyn gewoonlik binne 2 weke van gebruik.

- Indien u enige newe-effekte waarneem wat nie in hierdie pamflet genoem word nie, stel asseblief u dokter of apteker in kennis.

6. BERGING EN WEGDOENING VAN USN PHEDRACUT LIPO X GOLD:

- Bewaar alle medikasie buite bereik van kinders.
- Bewaar teen of benede 25 °C.
- Beskerm teen lig en vog.
- Moenie die produk in die badkamer bewaar nie.
- Bewaar in die oorspronklike houër.
- Hou die houër dig toe.
- Moenie gebruik na die vervaldatum aangedui op die houër nie.
- Moenie USN PHEDRACUT LIPO X GOLD gebruik indien u enige sigbare tekens van produkafbraak opmerk nie.

Neem alle ongebruikte medikasie terug na u apteker.

Moenie ongebruikte medikasie in dreine of rioolstelsels (bv. toilette) afspoel nie.

7. AANBIEDING VAN USN PHEDRACUT LIPO X GOLD:

Wit HDPE-plastiekhouer met 'n wit USN-deksel, wat 40 of 80 kapsules bevat, verpak binne 'n karton.

8. IDENTIFIKASIE VAN USN PHEDRACUT LIPO X GOLD: