



USN PHEDRACUT SLIMPACKS

38539 PS

(powder)

COMPLEMENTARY MEDICINE: COMBINATION PRODUCT (WESTERN HERBAL MEDICINE / HEALTH SUPPLEMENT)

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

SCHEDULING STATUS: S0

1. NAME OF THE MEDICINE

USN PHEDRACUT SLIMPACKS BERRY FLAVOUR powder
 USN PHEDRACUT SLIMPACKS MANGO-ORANGE FLAVOUR powder
 USN PHEDRACUT SLIMPACKS GRAPE FLAVOUR powder

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

ACTIVE INGREDIENTS	Per 5 g sachet	%NRV
<i>Garcinia cambogia</i> [fruit, extract standardised to 60 % (120 mg) hydroxycitric acid (HCA)]	200 mg	
<i>Ilex paraguariensis</i> A.St.-Hil. (Yerba Mate) [leaf; 5:1 extract providing 350 mg dried herb equivalent]	70 mg	
<i>Lycium barbarum</i> L. (Goji Berry) [fruit, 4:1 extract providing 96 mg dried herb equivalent]	24 mg	
Calcium Lactate providing Calcium (elemental)	500 mg 65 mg	5 %
Taurine	500 mg	
L-Carnitine Fumarate	200 mg	
Caffeine Anhydrous	170 mg	
N-Acetyl-L-Tyrosine	150 mg	
Medium Chain Triglyceride (MCT) powder	30 mg	
Ascorbic Acid (Vitamin C)	15 mg	15 %
Zinc Citrate providing Zinc (elemental)	4,8 mg 1,5 mg	14 %
Calcium-D-Pantothenate providing Pantothenic acid (Vitamin B ₅)	0,9 mg 0,4 mg	8 %
Chromium Picolinate providing Chromium (elemental)	133 µg 16,5 µg	47 %

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

CONTAINS CAFFEINE (170 mg/5 g sachet).

A cup of instant coffee contains approximately 80 mg of caffeine.

Excipients with known effects:

Contains sugar: Glucose, Fructose and Sucrose 39 mg/5 g.
 Contains sweeteners: Sodium Cyclamate 162 mg/5 g, Sucralose 68 mg/5 g, Acesulfame-K 27 mg/5 g and Sodium Saccharin 20 mg/5 g.

For a full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM

Powder.
 USN PHEDRACUT SLIMPACKS BERRY FLAVOUR powder: Pale red powder with a berry flavour.
 USN PHEDRACUT SLIMPACKS MANGO-ORANGE FLAVOUR powder: Pale orange powder with a mango-orange flavour.
 USN PHEDRACUT SLIMPACKS GRAPE FLAVOUR powder: Pale purple powder with a grape flavour.

4. CLINICAL PARTICULARS

4.1 Therapeutic indications

USN PHEDRACUT SLIMPACKS is an energizing drink indicated as a thermogenic aid to assist weight loss as part of a weight management programme. Only effective when combined with a balanced, energy-restricted eating plan and regular physical activity. USN PHEDRACUT SLIMPACKS may assist with appetite control and increased energy levels.

4.2 Posology and method of administration

- Adults:**
- Mix 1 sachet into a 500 ml bottle of mineral water and shake well. Take 1 - 2 times daily, preferably 30 minutes prior to meals or snacks. It is recommended that the first serving be taken in the morning on an empty stomach, 30 minutes prior to a morning workout or breakfast.
 - Can also be taken as a refreshing energising drink during training.
 - Do not use after 4 pm.
 - Take USN PHEDRACUT SLIMPACKS for 5 consecutive days of the week and stop use for 2 days before continuing again.
 - Do not exceed the recommended daily dosage.
- Children:**
- Not suitable for children under the age of 18 years.

4.3 Contraindications

Hypersensitivity to any of the active ingredients or to any of the excipients listed in section 2 or 6.1.
 Hypersensitivity to lipid transfer protein (LTP) included in peaches, tomatoes, tobacco or nuts due to a cross-sensitivity with goji.

4.4 Special warnings and precautions for use

Bleeding disorders:
 USN PHEDRACUT SLIMPACKS may have antiplatelet effects and may increase the risk of bruising and bleeding when used in patients with bleeding disorders. Patients should be advised to discontinue USN PHEDRACUT SLIMPACKS at least 2 weeks prior to surgical procedures (see section 4.5).

Cardiac conditions:
 USN PHEDRACUT SLIMPACKS may reduce blood flow to the heart muscle during exercise which might lead to cardiovascular complications such as chest pain and dysrhythmia, even in healthy individuals. USN PHEDRACUT SLIMPACKS may also temporarily increase blood pressure when used short-term.

Diabetes mellitus:
 USN PHEDRACUT SLIMPACKS may increase insulin levels and/or decrease blood glucose levels and cause hypoglycaemia. Dose adjustment of antidiabetic medicine might be necessary (see section 4.5).

Glaucoma:
 USN PHEDRACUT SLIMPACKS may temporarily increase intraocular pressure in patients with narrow-angle glaucoma.

Renal disease:
 USN PHEDRACUT SLIMPACKS may exacerbate renal dysfunction in patients with renal disease. USN PHEDRACUT SLIMPACKS may also increase the risk of incontinence or worsen symptoms of urinary incontinence, such as urinary frequency and urgency (overactive bladder syndrome).

Liver disease:
 USN PHEDRACUT SLIMPACKS may exacerbate liver dysfunction in patients with liver disease.

Bipolar disorder:
 USN PHEDRACUT SLIMPACKS may exacerbate mania in patients with bipolar disorder.

Thyroid dysfunction:
 USN PHEDRACUT SLIMPACKS may exacerbate hyperthyroidism.

Epilepsy:
 USN PHEDRACUT SLIMPACKS may increase seizure frequency or severity in people with a history of seizures.

Low protein diet:
 Patients following a low protein diet should consult a healthcare provider before they take USN PHEDRACUT SLIMPACKS.

Sleep deprivation:
 Use of USN PHEDRACUT SLIMPACKS is not recommended before bedtime as it may result in sleep deprivation. USN PHEDRACUT SLIMPACKS is not intended as a substitute for sleep.

Contains sugar:
 USN PHEDRACUT SLIMPACKS contains sugar (Glucose, Fructose and Sucrose). The additive effect of concomitantly administered products containing fructose (or sorbitol) and dietary intake of fructose (or sorbitol) should be taken into account. Patients with rare hereditary problems of fructose intolerance, glucose-galactose malabsorption or sucrose-isomaltase insufficiency should not take USN PHEDRACUT SLIMPACKS.

USN PHEDRACUT SLIMPACKS also contains maltodextrin. Maltodextrin has a high glycaemic index value and should be used sparingly by diabetic and/or hypoglycaemic individuals, as it may increase blood sugar levels.

Paediatric population
 The safety and efficacy of USN PHEDRACUT SLIMPACKS have not been established in children under the age of 18 years.

4.5 Interaction with other medicines and other forms of interaction

Anticoagulant/antiplatelet medicines:
 USN PHEDRACUT SLIMPACKS may enhance the effects of anticoagulant/antiplatelet medicines or herbal supplements. Concomitant use may increase the risk of bruising and bleeding.

Antidiabetic medicines:
 The use of USN PHEDRACUT SLIMPACKS with antidiabetic medicines or herbal supplements with hypoglycaemic effects may have an additive effect when used concomitantly (see section 4.4). Caution is advised.

Ephedrine and other stimulants:
 Concomitant use of USN PHEDRACUT SLIMPACKS with ephedrine or other stimulants such as bitter orange extract, synephrine, octopamine and ephedra may increase blood pressure and heart rate and potentially increase the risk of serious cardiovascular adverse effects. Caution is advised.

Caffeine-containing products or foods:
 The use of caffeine-containing products should be limited when taking USN PHEDRACUT SLIMPACKS. Use with other caffeine-containing products or foods may increase the risk of caffeine-related adverse effects. Other natural products which contain caffeine include coffee, tea, cola nut, cocoa, guarana and maté.

Hepatotoxic medicines:
 Taking USN PHEDRACUT SLIMPACKS with hepatotoxic medicines or herbal supplements with hepatotoxic effects may increase the risk of developing liver damage. Caution is advised.

Thyroid hormones:
 The use of USN PHEDRACUT SLIMPACKS with levothyroxine may decrease serum levels of levothyroxine. Levothyroxine should be taken at least 30 minutes before or 3 - 4 hours after taking USN PHEDRACUT SLIMPACKS.

Antidepressant medicines:
 The use of USN PHEDRACUT SLIMPACKS with antidepressant medicines or other serotonergic medicines may increase the risk of serotonergic side effects. Concomitant use of USN PHEDRACUT SLIMPACKS with Monoamine oxidase inhibitors (MAOIs) may increase blood pressure raising effects. Caution is advised.

Thyroid hormones:
 The use of USN PHEDRACUT SLIMPACKS with thyroid hormone medicines may have additive effects. Caution is advised.

Lithium:
 The concomitant use of USN PHEDRACUT SLIMPACKS with lithium may affect serum lithium levels. Caution is advised.

4.6 Fertility, pregnancy and lactation

Safety in pregnancy and lactation has not been established. Total caffeine intake more than 200 mg per day is not recommended during pregnancy or breastfeeding.

4.7 Effects on ability to drive and use machines

USN PHEDRACUT SLIMPACKS may cause side effects such as dizziness which can affect the ability to drive a vehicle and use machines (see section 4.8). Caution is advised before driving a vehicle or operating machinery until the effects of USN PHEDRACUT SLIMPACKS are known

4.8 Undesirable effects

USN PHEDRACUT SLIMPACKS is generally well tolerated.

Immune system disorders:
Frequency unknown: hypersensitivity and/or allergic reactions.

Psychiatric disorders:
Frequency unknown: anxiety, nervousness, irritability, insomnia.

Nervous system disorders:
Frequency unknown: restlessness, dizziness, tremors, agitation, headache.

Cardiac disorders:
Frequency unknown: dysrhythmia, hypertension.

Vascular disorders:
Frequency unknown: flushing.

Gastrointestinal disorders:
Frequency unknown: gastric irritation, stomach upset, nausea, vomiting, abdominal pain, diarrhoea.

Hepato-biliary disorders:
Frequency unknown: hepatotoxicity.

Renal and urinary disorders:
Frequency unknown: diuresis.

Reporting of suspected adverse reactions
 Reporting suspected adverse reactions after authorisation of USN PHEDRACUT SLIMPACKS is important. It allows continued monitoring of the benefit/risk balance of USN PHEDRACUT SLIMPACKS. Healthcare providers are asked to report any suspected adverse reactions to the South African Health Products Regulatory Authority (SAHPRA) via the 6.04 Adverse Drug Reaction Reporting Form, found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>.

4.9 Overdose

In overdose, side effects can be precipitated and/or be of increased severity (see section 4.8). In the event of overdose, treatment should be symptomatic and supportive.

5. PHARMACOLOGICAL PROPERTIES

5.1 Pharmacodynamic properties

Category and class: D 33.7 Combination product.

USN PHEDRACUT SLIMPACKS contains a variety of herbal ingredients, vitamins, minerals, amino acids and caffeine to assist with weight loss as part of a weight management programme.

5.2 Pharmacokinetic properties

Hydroxycitric acid (HCA) is the principal acid in *Garcinia cambogia* fruit rind. HCA competitively inhibits the extramitochondrial enzyme adenosine triphosphate (ATP) citrate lyase, which is involved in the conversion of carbohydrate to fat (lipogenesis). Inhibition of this enzyme prevents cleavage of citrate to oxaloacetate and acetyl-CoA, limiting the availability of acetyl-CoA for lipogenesis. By this mechanism, HCA limits biosynthesis of fatty acids and cholesterol in a variety of tissues. Conversion of citrate to acetyl-CoA occurs when energy consumed exceeds the energy requirements of the body.

Polyphenols, including hydroxycinnamic acids, are partially absorbed after oral consumption of Yerba mate. These polyphenols are metabolised by the colonic microbiota, which can delay absorption of certain polyphenols such as dihydrocaffeic, dihydroferulic, and dihydrocoumaric acids. High concentrations of caffeine and theobromine were found in the placenta, cord serum, neonatal urine, maternal and neonatal hair, meconium, and breast milk from a mother who reported drinking yerba mate during pregnancy.

Goji berries contain beta-sitosterol, betaine, carotenoids, primarily lutein, zeaxanthin, p-coumaric acid, beta-carotene, polysaccharides, niacin, pyridoxine, ascorbic acid and various minerals.

Calcium absorption is affected by several factors like age, race, environmental and dietary conditions. Dietary calcium absorption is inversely correlated with total dietary calcium, dietary fibre, alcohol intake and physical activity. Calcium is distributed in the bones and teeth and excreted via the urine and faeces.

Taurine is an amino acid which is normally synthesised in the human body in adequate amounts by oxidation and decarboxylation of cysteine. Taurine has been reported to decrease oxidative stress and it is possible that it prevents increases in carbonyl protein and lipoperoxide levels which contribute to muscle soreness. Taurine is conjugated to bile acids, and it is also excreted in the urine.

L-Carnitine is mainly distributed to the muscle. The half-life of L-Carnitine is about 15 hours and is excreted in the urine.

Caffeine is rapidly and almost completely (99 %) absorbed after oral administration. Cytochrome P450 1A2 plays a role in the metabolism of caffeine in the liver. The half-life of caffeine in healthy adults is 3 – 6 hours and is excreted in the urine. Pregnancy and oral contraceptives appear to delay caffeine clearance and smoking increases it.

Peak plasma levels of tyrosine occur within 1,5 to 3 hours after oral intake. Tyrosine is converted to L-dopa, dopamine, noradrenaline and adrenaline in the brain by tyrosine hydroxylase. Tyrosine is transported across the blood brain barrier by the large neutral amino acid (LNAA) transporter and excreted in the urine as noradrenaline, adrenaline, dopamine, 3-methoxy-4-hydroxyphenylglycol, vanillylmandelic acid and homovanillic acid in men.

Medium chain triglycerides (MCTs) are efficiently absorbed. At physiological pH, MCTs are weak electrolytes and highly ionised, which increases their solubility. Unlike long chain triglycerides (dietary fat), MCTs don't require the intestinal lymphatic system or bile salts for absorption. They are absorbed directly into the portal circulation. MCTs are metabolized primarily in the liver by beta-oxidation.

Vitamin C is readily absorbed from the gastrointestinal tract and is widely distributed in the body. The main route of elimination is through urine.

Vitamin B₅ is an essential B vitamin. It is absorbed from the small intestines and widely distributed through the body. About 70 % is excreted unchanged in the urine, and 30 % in the faeces.

Approximately 0,5 % to 2 % of chromium is absorbed.

Chromium as chromium picolinate have increased absorption, retention and accumulation of chromium. Absorbed chromium is rapidly excreted in the urine and unabsorbed chromium in the faeces.

6. PHARMACEUTICAL PARTICULARS

6.1 List of excipients

- Acesulfame-K
- Colourant (Red, Orange or Purple)
- Flavour (Berry, Mango-orange or Grape)
- Fructooligosaccharides (containing Glucose, Fructose and Sucrose)
- Malic acid
- Maltodextrin
- Sodium Cyclamate
- Sodium Saccharin
- Sucralose.

6.2 Incompatibilities

Not applicable

6.3 Shelf life

24 months.
 Store at or below 25 °C.

6.4 Special precautions for storage

Store in a dry place.

6.5 Nature and contents of container

White plastic sachets with 5 g powder, packed inside a carton. Pack size: 20 sachets per carton.

6.6 Special precautions for disposal

No special requirements.

7. HOLDER OF CERTIFICATE OF REGISTRATION

USN (Pty) Ltd
 Unit 4, Louwardia Logistics Park
 cnr Nellmapus Drive & Olivenhoutbosch Road
 Centurion, 1683
 Pretoria

8. REGISTRATION NUMBER

Will be allocated by SAHPRA upon registration.

9. DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION

Will be allocated by SAHPRA upon registration.

10. DATE OF REVISION OF THE TEXT

This leaflet was last revised in June 2021.

JOB: SAHC_PhedracutSlimpacks PI/PI/L	SIZE: 300mm x 403mm
STOCK: Foil Substrate: <input type="checkbox"/> Clear Substrate: <input type="checkbox"/> White Substrate: <input type="checkbox"/> Paper: <input checked="" type="checkbox"/> Other: <input type="checkbox"/>	
COLOURS: 	FINISHING: <input type="checkbox"/> Foil / Holographic Foil <input type="checkbox"/> Matte <input type="checkbox"/> Gloss <input type="checkbox"/> Spot UV <input type="checkbox"/> Dorning <input type="checkbox"/> Embossing
PLEASE CHECK CAREFULLY	Although we endeavour to proof accurately, we cannot accept responsibility for errors once proofs are signed and accepted by our clients.



USN PHEDRACUT SLIMPACKS

(poeder)

SCHEDULING STATUS: S0

USN PHEDRACUT SLIMPACKS BERRY FLAVOUR powder

USN PHEDRACUT SLIMPACKS MANGO-ORANGE FLAVOUR powder

USN PHEDRACUT SLIMPACKS GRAPE FLAVOUR powder

Contains sugar: Glucose, Fructose and Sucrose 39 mg/5 g.

Contains sweeteners: Sodium Cyclamate 162 mg/5 g, Sucralose 68 mg/5 g, Acesulfame-K 27 mg/5 g and Sodium Saccharin 20 mg/5 g.

COMPLEMENTARY MEDICINE: COMBINATION PRODUCT (WESTERN HERBAL MEDICINE / HEALTH SUPPLEMENT)

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

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

USN PHEDRACUT SLIMPACKS is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use USN PHEDRACUT SLIMPACKS carefully to get the best results from it.

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

What is in this leaflet

- What USN PHEDRACUT SLIMPACKS is and what it is used for.
- What you need to know before you take USN PHEDRACUT SLIMPACKS.
- How to take USN PHEDRACUT SLIMPACKS.
- Possible side effects.
- How to store USN PHEDRACUT SLIMPACKS.
- Contents of the pack and other information.

1. What USN PHEDRACUT SLIMPACKS is and what it is used for

USN PHEDRACUT SLIMPACKS is an energizing drink indicated as a thermogenic aid to assist weight loss as part of a regular management programme. Only effective when combined with a balanced, energy-restricted eating plan and weight physical activity. USN PHEDRACUT SLIMPACKS may assist with appetite control and increased energy levels.

2. What you need to know before you take USN PHEDRACUT SLIMPACKS

Do not take USN PHEDRACUT SLIMPACKS

- If you are hypersensitive (allergic) to any of the ingredients of USN PHEDRACUT SLIMPACKS (listed in section 6).
- Hypersensitivity to a protein known as lipid transfer protein (LTP) found in peaches, tomatoes, tobacco or nuts due to a cross-sensitivity with goji.

Warnings and precautions

Take special care with USN PHEDRACUT SLIMPACKS:

- CONTAINS CAFFEINE.**
- Each 5 g sachet contains 170 mg caffeine. A cup of instant coffee contains approximately 80 mg of caffeine.
- If you have a bleeding disorder, USN PHEDRACUT SLIMPACKS should be discontinued at least 2 weeks before surgical procedures.
- If you have heart problems or high blood pressure.
- If you have diabetes mellitus (high blood sugar) and you are taking medicines to control your blood sugar levels.
- If you have glaucoma (a condition causing increased pressure behind your eye).
- If you have any kidney problems or overactive bladder syndrome.
- If you have a liver disease.
- If you have bipolar disorder (a mental disorder associated with episodes of mood swings ranging from depressive lows to manic highs).
- If you have any thyroid problems.
- If you have epilepsy (seizure disorder).
- If you are following a low protein diet.
- Do not use USN PHEDRACUT SLIMPACKS before bedtime, as it may result in sleep deprivation.

Children and adolescents

Do not give USN PHEDRACUT SLIMPACKS to children younger than 18 years, as the safety and efficacy in children have not yet been established.

Other medicines and USN PHEDRACUT SLIMPACKS

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

Tell your doctor or pharmacist if you are currently taking:

- Anticoagulant/antiplatelet medicines (used to thin your blood), or herbal supplements with blood thinning effects.
- Antidiabetic medicines (used to treat high blood sugar levels), or herbal supplements which can influence blood sugar levels.
- Ephedrine and other stimulants, such as bitter orange extract, synephrine, octopamine and ephedra.
- Other caffeine-containing products.
- Hepatotoxic medicines or herbal supplements (medicines or herbal supplements which can be harmful to your liver).
- Thyroid medicines (used to treat an underactive or overactive thyroid).
- Antidepressant medicines, including monoamine oxidase inhibitors (MAOIs) (used to treat depression).
- Lithium (used to stabilise your mood).

PASÏËNTINLIGINGSBLAD



USN PHEDRACUT SLIMPACKS

(poeler)

SKEDULERINGSSTATUS: S0

USN PHEDRACUT SLIMPACKS BERRY FLAVOUR poeler

USN PHEDRACUT SLIMPACKS MANGO-ORANGE FLAVOUR poeler

USN PHEDRACUT SLIMPACKS GRAPE FLAVOUR poeler

Bevat suiker: Glukose, Fruktose en Sukrose 39 mg/5 g.

Bevat versoeters: Natriumsiklmetaat 162 mg/5 g, Sukralose 68 mg/5 g, Ase-sulfame-K 27 mg/5 g en Natrium-sakkarien 20 mg/5 g.

KOMPLEMENTÊRE MEDISYNE: KOMBINASIEPRODUK (WESTERSE KRUIEMEDISYNE / GESONDHEIDSAANVULLING)

Hierdie ongeregieerde medisyne is nie vir gehalte, veiligheid of beoogde gebruik deur SAHPRA geëvalueer nie.

Lees hierdie hele inligtingsblad aandagtig deur want dit bevat inligting wat belangrik is vir jou.

USN PHEDRACUT SLIMPACKS is beskikbaar sonder 'n dokter se voorskrif, sodat jy jou gesondheid in stand kan hou. Jy moet USN PHEDRACUT SLIMPACKS nogtans met sorg neem om die beste resultate te verkry.

- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weer lees.
- Moenie USN PHEDRACUT SLIMPACKS met enigiemand anders deel nie.
- Vra gerus jou apteker indien jy verdere inligting of advies nodig het.

Wat is in hierdie inligtingsblad

- Wat is USN PHEDRACUT SLIMPACKS en waarvoor word dit gebruik.
- Wat jy moet weet voordat jy USN PHEDRACUT SLIMPACKS neem.
- Hoe om USN PHEDRACUT SLIMPACKS te neem.
- Moontlike neue-efekte.
- Hoe om USN PHEDRACUT SLIMPACKS te bêre.
- Inhoud van die pak en ander inligting.

1. Wat is USN PHEDRACUT SLIMPACKS en waarvoor word dit gebruik

USN PHEDRACUT SLIMPACKS is 'n energieranke aangedui as 'n termogeniese hulpmiddel om gewigsverlies as deel van 'n verslankingsprogram, te ondersteun. Sleë effektiwiteit indien dit met 'n gebalanseerde, energie-beperkte eetplan en gereelde oefening gekombineer word. USN PHEDRACUT SLIMPACKS kan help met eetlustbeheer en verhoogde energiegelukke.

2. Wat jy moet weet voordat jy USN PHEDRACUT SLIMPACKS neem

Moenie USN PHEDRACUT SLIMPACKS neem nie:

- Indien jy hipersensitief (allergies) is vir enige van die bestanddele van USN PHEDRACUT SLIMPACKS (gelys by afdeling 6).
- Hipersensitieweit vir 'n proteien wat bekend staan as lipiedoordragproteien (LTP) wat in perskes, tamaties, tabak en neutte voorkom en kruissensitieweit met goji het.

Waarskuwings en voorsorgmaatreëls

Wees veral versigtig met USN PHEDRACUT SLIMPACKS:

- DEBAT KAFEËN.**
 - Elke 5 g sakkie bevat 170 mg kafeïen. 'n Koppie kitskoffie bevat ongeveer 80 mg kafeïen.
- Indien jy 'n bloedsuikerversteuring het, hou twee weke voor enige chirurgiese prosedure (operasie) op om USN PHEDRACUT SLIMPACKS te neem.
- Indien jy hartprobleme of hoë bloeddruk het.
- Indien jy diabetes mellitus (hoë bloedsuiker) het en jy medisyne gebruik om jou bloedsuikervlakke te beheer.
- Indien jy gloukoom het ('n toestand wat verhoogde druk in jou oog veroorsaak).
- Indien jy enige nierprobleme of ooraktiewe blaasindroom het.
- Indien jy 'n lewersiekte het.
- Indien jy aan bipolêre versteuring is ('n geestesversteuring wat verband hou met episodes van buierigheid wat wissel van depressiewe laagtepunte tot maniese hoogtepunte).
- Indien jy enige skildklierprobleme het.
- Indien jy epilepsie (aanvalversteuring) het.
- Indien jy 'n lae proteïen-dieet volg.
- Moenie USN PHEDRACUT SLIMPACKS voor slaapyd gebruik nie, want dit kan slaaptkort tot gevolg hê.

Kinders en tieners

Moet nie USN PHEDRACUT SLIMPACKS aan kinders jonger as 18 jaar gee nie, aangesien die veiligheid en doeltreffendheid by kinders nog nie vasgestel is nie.

Ander medisyne en USN PHEDRACUT SLIMPACKS

Sê altyd vir jou gesondheidsorgverskaffer indien jy enige ander medisyne neem. (Dit sluit komplementêre of tradisionele medisyne in.)

Sê vir jou dokter of apteker indien jy tans die volgende gebruik:

- Antikoagulantmedisyne (word gebruik om jou bloed dun te hou) of kruie-aanvullings met bloedverduunnende effekte.
- Antidiabetese medisyne (gebruik om hoë bloedsuikervlakke te behandel) of kruie-aanvullings met bloedsuikerverlagende effekte.
- Efedrien of ander stimulete, soos bitterlemoen-ekstrak, synefrien, oktopamien en efedra.
- Ander kafeïen-bevattende produkte.
- Hepatotoksiese medisyne of kruie-aanvullings (medisyne of kruie-aanvullings wat 'n toksiese/skadelike effek op jou lewer mag hê).
- Schildklier medisyne (gebruik vir die behandeling van 'n onderaktiewe of ooraktiewe skildklier).
- Antidepressante, insluitende monoamienoksidase inhibeerdors (MAOIs) (gebruik om depressie te behandel).
- Lithium (gebruik om jou gemoed te stabiliseer).

USN PHEDRACUT SLIMPACKS with food and drink

Do not take USN PHEDRACUT SLIMPACKS with other caffeine-containing food and drinks, such as coffee, tea, cola nut, cocoa, guarana and maté.

Pregnancy, breastfeeding and fertility

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 USN PHEDRACUT SLIMPACKS. Safety in pregnancy and lactation has not been established. 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 healthcare provider prior to use.

Driving and using machines

USN PHEDRACUT SLIMPACKS may cause side effects, such as dizziness and can affect your ability to drive a vehicle and use machines (see section 4). Do not drive or operate machinery until you know how USN PHEDRACUT SLIMPACKS affects you.

USN PHEDRACUT SLIMPACKS contains sugar

USN PHEDRACUT SLIMPACKS contains sugar (Glucose, Fructose and Sucrose) 39 mg per 5 g sachet. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking USN PHEDRACUT SLIMPACKS.

USN PHEDRACUT SLIMPACKS also contains maltodextrin. This should be taken into account if you have diabetes mellitus, as maltodextrin can increase blood sugar levels.

3. How to take USN PHEDRACUT SLIMPACKS

Always take USN PHEDRACUT SLIMPACKS exactly as described in this leaflet or as your pharmacist has told you. Check with your pharmacist if you are not sure.

Adults:

- Mix 1 sachet into a 500 ml bottle of water and shake well. Take 1 – 2 times daily, preferably 30 minutes prior to meals or snacks. It is recommended that the first serving be taken in the morning on an empty stomach, 30 minutes prior to a morning workout or breakfast.
- Can also be taken as a refreshing energising drink during training.
- Do not use after 4 pm.
- Take USN PHEDRACUT SLIMPACKS for 5 consecutive days of the week and stop use for 2 days before continuing again.
- Do not exceed the recommended daily dosage.

If you take more USN PHEDRACUT SLIMPACKS than you should

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

If you forget to take USN PHEDRACUT SLIMPACKS

Take your next dose at the normal time.

Do not take a double dose to make up for individual forgotten doses.

4. Possible side effects

USN PHEDRACUT SLIMPACKS can have side effects.

Not all side effects reported for USN PHEDRACUT SLIMPACKS are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking USN PHEDRACUT SLIMPACKS, please consult your healthcare provider for advice.

If any of the following happens, stop taking USN PHEDRACUT SLIMPACKS 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 SLIMPACKS. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- Frequency unknown:**
- Changes in the way your heart beats, for example, if you notice it beating faster than normal.
- Yellowing of your skin and eyes, dark urine, and tiredness which may be symptoms of liver problems.
- If you pass more urine than is normal for you.

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

Tell your doctor if you notice any of the following:

- Frequency unknown:**
- Stomach pain/upset, nausea (feeling sick), vomiting (being sick), diarrhoea.
- Anxiousness, nervousness, restlessness, agitation, irritability, headache, dizziness.
- Insomnia (difficulty falling or staying asleep).
- Tremors (uncontrolled shaking).
- Increased blood pressure (headache, dizziness).

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 or pharmacist. You can also report side effects to SAHPRA via the 6.04 Adverse Drug Reactions Reporting Form, found online under SAHPRA's publications:

<http://www.sahpra.org.za/Publications/Index/8>.

By reporting side effects, you can help provide more information on the safety of USN PHEDRACUT SLIMPACKS.

5. How to store USN PHEDRACUT SLIMPACKS

- Store at or below 25 °C.
- Store in a dry place.
- Store all medicines out of reach of children.
- Do not use after the expiry date printed on the carton or sachet.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains and sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What USN PHEDRACUT SLIMPACKS contains

ACTIVE INGREDIENTS	Per 5 g sachet	*%NRV
<i>Carcinia cambogia</i> [fruit, extract standardised to 60 % (120 mg) hydroxytricric acid (HCA)]	200 mg	
<i>Ilex paraguariensis</i> A.St.–Hill. (Yerba Mate) [leaf; 5:1 extract providing 350 mg dried herb equivalent]	70 mg	
<i>Lycium barbarum</i> L. (Goji Berry) [fruit, 4:1 extract providing 96 mg dried herb equivalent]	24 mg	
Calcium Lactate providing Calcium (elemental)	500 mg 65 mg	5 %
Taurine	500 mg	
L-Carnitine Fumarate	200 mg	
Caffeine Anhydrous	170 mg	
N-Acetyl-L-Tyrosine	150 mg	
Medium Chain Triglyceride (MCT) powder	30 mg	
Ascorbic Acid (Vitamin C)	15 mg	15 %
Zinc Citrate providing Zinc (elemental)	4,8 mg 1,5 mg	14 %
Calcium-D-Panthenate providing Panthenoic acid (Vitamin B ₅)	0,9 mg 0,4 mg	8 %
Chromium Picolinate providing Chromium (elemental)	133 µg 16,5 µg	47 %

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

The other ingredients are Acesulfame-K, Colourant (Red, Orange or Purple), Flavour (Berry, Mango-orange or Grape), Fructooligosaccharides (containing Glucose, Fructose and Sucrose), Malic acid, Maltodextrin, Sodium Cyclamate, Sodium Saccharin and Sucralose.

What USN PHEDRACUT SLIMPACKS looks like and contents of the pack

USN PHEDRACUT SLIMPACKS BERRY FLAVOUR powder: Pale red powder with a berry flavour.

USN PHEDRACUT SLIMPACKS MANGO-ORANGE FLAVOUR powder: Pale orange powder with a mango-orange flavour.

USN PHEDRACUT SLIMPACKS GRAPE FLAVOUR powder: Pale purple powder with a grape flavour.

White plastic sachets with 5 g powder, packed inside a carton. Pack size: 20 sachets per carton.

Holder of Certificate of Registration:

USN (Pty) Ltd
Unit 4, Louwardia Logistics Park
cnr Nellmapius Drive & Olievenhoutbosch Road
Centurion, 1683
Pretoria
Tel: 086 111 1876

This leaflet was last revised in

June 2021.

Registration number

Will be allocated by SAHPRA upon registration.

Access to corresponding Professional Information

www.usn.co.za

5. Hoe om USN PHEDRACUT SLIMPACKS te bêre

- Bêre by of onder 25 °C.
- Bêre op 'n droë plek.
- Bêre alle medisyne buite bereik van kinders.
- Moenie gebruik na die vervaldatum wat op die karton of sakkie gedruk is nie.
- Neem alle ongebruikte medisyne terug na jou apteker.
- Moenie ongebruikte medisyne in dreine en rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die pak en ander inligting

Wat USN PHEDRACUT SLIMPACKS bevat

AKTIEWE BESTANDDELE	Per 5 g sakkie	*%NWW
<i>Carcinia cambogia</i> [vrug, ekstrak gestandaardiseer tot 60 % (120 mg) hidroksitriensuur (HCA)]	200 mg	
<i>Ilex paraguariensis</i> A.St.–Hill. (Yerba Mate) [blaar; 5:1 ekstrak wat 350 mg gedroogde kruie-ekwivalent bevat]	70 mg	
<i>Lycium barbarum</i> L. (Golibessie) [vrug; 4:1 ekstrak wat 96 mg gedroogde kruie-ekwivalent bevat]	24 mg	
Kalsiumlaktaat verskaf Kalsium (elementêr)	500 mg 65 mg	5 %
Taurien	500 mg	
L-Karnitienfumarat	200 mg	
Anhidriese Kafeïen	170 mg	
N-Asetiel-L-Tirosien	150 mg	
Mediumketting triglisieried (MKT) poeler	30 mg	
Askorsienuur (Vitamiem C)	15 mg	15 %
Sinksitraat verskaf Sink (elementêr)	4,8 mg 1,5 mg	14 %
Kalsium-D-Pantoteenaat verskaf Pantoteensuur (Vitamiem B ₅)	0,9 mg 0,4 mg	8 %
Chroompikolinaat verskaf Chroom (elementêr)	133 µg 16,5 µg	47 %

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

Die ander bestanddele is Ase-sulfame-K, Kleurmiddel (Rooi, Oranje of Pers), Geurmiddel (Bessie, Mango-lemoen of Druive), Fruktooligosakkariede (bevat Glukose, Fruktose en Sukrose), Appelsuur, Maltodekstriem, Natriumsiklmetaat, Natrium-sakkarien en Sukralose.

Hoe USN PHEDRACUT SLIMPACKS lyk en inhoud van die verpakking

USN PHEDRACUT SLIMPACKS BERRY FLAVOUR poeler: Ligte rooi poeler met 'n bessieger.

USN PHEDRACUT SLIMPACKS MANGO-ORANGE FLAVOUR poeler: Ligte oranje poeler met 'n mango-lemoengier.

USN PHEDRACUT SLIMPACKS GRAPE FLAVOUR poeler: Ligte pers poeler met 'n druivegier.

Wit plastieksakkies gevul met 5 g poeler, verpak binne 'n karton. Verpakingsgrootte: 20 sakkies per karton.

Hoer van die Registrasiesertifikaat:

USN (Edms) Bpk.
Eenhed 4, Louwardia Logistieke Park
h/v Nellmapiuslyaan & Olievenhoutboschweg
Centurion, 1683
Pretoria
Tel: 086 111 1876

Hierdie inligtingsblad is laas hersien in

Junie 2021.

Registrasiensommer

Moet toegeken word.

Toegang tot die ooreenstemmende Professionele Inligtingsblad

www.usn.co.za

JOB: SAHC_PhedracutSlimpacks PI/PI/L	SIZE: 300mm x 403mm
STOCK: Foil Substrate: <input type="checkbox"/> Clear Substrate: <input type="checkbox"/> White Substrate: <input type="checkbox"/> Paper: <input checked="" type="checkbox"/> Other: <input 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"/> Doming <input type="checkbox"/> Embossing
PLEASE CHECK CAREFULLY Although we endeavour to proof accurately, we cannot accept responsibility for errors once proofs are signed and accepted by our clients.	