

PROFESSIONAL INFORMATION



36848 P8

USN PHEDRACUT LIPO X LIQUID ORIGINAL

(liquid)

SCHEDULING STATUS: S0

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.

1. NAME OF THE MEDICINE

USN PHEDRACUT LIPO X LIQUID ORIGINAL

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

EACH 25 ml CONTAINS:

		*%NRV
Pyridoxine HCl	0,33 mg	
providing Pyridoxine (Vitamin B6)	0,3 mg	18 %
Ascorbic acid (Vitamin C)	500 mg	500 %
Chromium picolinate	110 mg	
providing Chromium (elemental)	13,7 µg	39 %
Total Caffeine	135 mg	
[from Caffeine anhydrous (125 mg) and Green Coffee Bean (10 mg)]		
Raspberry ketone	100 mg	
[fruit; extract providing 98 % p-hydroxyphenyl butanone]		
<i>Coffea arabica</i> L. (Green Coffee Bean)	200 mg	
[extract providing 45 % chlorogenic acid and 5 % (10 mg) caffeine]		
<i>Laminaria japonica</i> J.E. Areschoug (Kelp)	120 mg	
[extract providing 10 % fucoxanthin]		
N-acetyl-L-Tyrosine	200 mg	

*%Nutrient Reference Value (NRVs) for individuals 4 years and older (2010)

CONTAINS CAFFEINE (135 mg per 25 ml).
A cup of instant coffee contains approximately 80 mg of caffeine.

Excipients with known effects:
Contains sugar (1 000 mg Fructose per 25 ml) and sugar alcohol (2 500 mg Sorbitol per 25 ml).
Contains sweetener (105 mg Sucralose per 25 ml).

Preservatives:
Potassium sorbate 0,08 % m/v and sodium benzoate 0,15 % m/v.

For the full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM

Liquid.
Golden yellow coloured liquid with a sweet-sour taste.

4. CLINICAL PARTICULARS

4.1 Therapeutic indications

USN PHEDRACUT LIPO X LIQUID ORIGINAL is 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.

4.2 Posology and method of administration

Adults:

- Take 25 ml (2 tablespoons) 2 times daily.
- For best results, take 1 dosage (25 ml) on an empty stomach, 20 minutes prior to morning workout/breakfast.
- Take another dosage 20 minutes before lunch.
- Do not use USN PHEDRACUT LIPO X LIQUID ORIGINAL for more than five consecutive days per week. May be alternated with PHEDRACUT capsules in the same day.
- Shake well before use.
- Do not exceed the recommended daily dosage.

Children:

Not suitable for children under the age of 18 years. The safety and efficacy of USN PHEDRACUT LIPO X LIQUID ORIGINAL in children have not yet been established (see section 4.4).

4.3 Contraindications

Hypersensitivity to any of the active ingredients or to any of the excipients listed in section 6.1.

4.4 Special warnings and precautions for use

Bleeding disorders:

USN PHEDRACUT LIPO X LIQUID ORIGINAL 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 LIPO X LIQUID ORIGINAL at least 2 weeks prior to surgical procedures (see section 4.5).

Cardiac conditions:

USN PHEDRACUT LIPO X LIQUID ORIGINAL 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 LIPO X LIQUID ORIGINAL may also temporarily increase blood pressure when used short-term.

Diabetes mellitus:

USN PHEDRACUT LIPO X LIQUID ORIGINAL 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 LIPO X LIQUID ORIGINAL may temporarily increase intraocular pressure in patients with narrow-angle glaucoma.

Renal disease:

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

Sleep deprivation:

Use of USN PHEDRACUT LIPO X LIQUID ORIGINAL is not recommended before bedtime as it may result in sleep deprivation. USN PHEDRACUT LIPO X LIQUID ORIGINAL is not intended as a substitute for sleep.

Patients following a low protein diet should consult a healthcare provider before they take USN PHEDRACUT LIPO X LIQUID ORIGINAL.

Contains sugar:

USN PHEDRACUT LIPO X LIQUID ORIGINAL contains sugar (Fructose) and sugar alcohol (Sorbitol). 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 hereditary Fructose intolerance (HFI) should not take USN PHEDRACUT LIPO X LIQUID ORIGINAL.

The content of Sorbitol in USN PHEDRACUT LIPO X LIQUID ORIGINAL may affect the bioavailability of other medicinal products for oral use administered concomitantly.

Paediatric population

The safety and efficacy of USN PHEDRACUT LIPO X LIQUID ORIGINAL in children under the age of 18 years have not been established. USN PHEDRACUT LIPO X LIQUID ORIGINAL should not be used in children under 18 years (see section 4.2).

4.5 Interaction with other medicines and other forms of interaction

Anticoagulant/antiplatelet medicines:

USN PHEDRACUT LIPO X LIQUID ORIGINAL 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 LIPO X LIQUID ORIGINAL 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 LIPO X LIQUID ORIGINAL 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 LIPO X LIQUID ORIGINAL. 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.

Monoamine oxidase inhibitors (MAOIs):

Concomitant use of USN PHEDRACUT LIPO X LIQUID ORIGINAL with MAOIs may increase blood pressure raising effects. Caution is advised.

Levothyroxine:

The use of USN PHEDRACUT LIPO X LIQUID ORIGINAL 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 LIPO X LIQUID ORIGINAL.

Lithium:

The concomitant use of USN PHEDRACUT LIPO X LIQUID ORIGINAL 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 LIPO X LIQUID ORIGINAL 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 LIPO X LIQUID ORIGINAL are known.

4.8 Undesirable effects

USN PHEDRACUT LIPO X LIQUID ORIGINAL is generally well tolerated.

Immune system disorders:

Frequency unknown: hypersensitivity and/or allergic reactions.

Psychiatric disorders:

Frequency unknown: anxiety, nervousness, insomnia.

Nervous system disorders:

Frequency unknown: restlessness, dizziness, tremors, agitation, headache.

Cardiac disorders:

Frequency unknown: dysrhythmia, hypertension.

Gastrointestinal disorders:

Frequency unknown: gastric irritation, nausea, vomiting, abdominal cramps, dyspepsia, diarrhoea.

Skin and subcutaneous tissue disorders:

Frequency unknown: acne.

Renal and urinary disorders:

Frequency unknown: diuresis.

Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of USN PHEDRACUT LIPO X LIQUID ORIGINAL is important. It allows continued monitoring of the benefit/risk balance of USN PHEDRACUT LIPO X LIQUID ORIGINAL. 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 LIPO X LIQUID ORIGINAL contains caffeine, raspberry ketone, green coffee bean, kelp, N-acetyl-L-tyrosine and various vitamins and minerals which have thermogenic properties to assist weight loss as part of a weight management programme.

5.2 Pharmacokinetic properties

Pyridoxine (Vitamin B6) is passively absorbed from the upper gastrointestinal tract, converted in the liver to coenzyme pyridoxal phosphate and excreted in the urine.

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

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.

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.

Raspberry ketone and metabolites (conjugated with glucuronic acid or sulfate) are excreted in the urine within 24 hours.

Coffea arabica L. (green coffee bean) contains chlorogenic acids which are 50 % hydrolysed by the gut microflora after ingestion and excreted in the urine.

Laminaria japonica J.E. Areschoug (kelp) contains iodine and is a rich source of iron and potassium. Other constituents include alginates, fucoidan, laminarin and approximately 30 % cellulose (fiber).

Tyrosine (from N-acetyl-L-tyrosine) is an amino acid that is converted in the brain by tyrosine hydroxylase to L-dopa, dopamine, norepinephrine and then epinephrine, and are excreted in the urine.

6. PHARMACEUTICAL PARTICULARS

6.1 List of excipients

- Apple flavour
- Citric acid (E330)
- Fructose
- Glycerine
- Maltodextrin
- Natural flavours
- Pineapple flavour
- Potassium sorbate (E202)
- Purified water
- Silicon dioxide
- Sodium benzoate (E211)
- Sorbitol (E420)
- Sucralose.

6.2 Incompatibilities

Not applicable

6.3 Shelf life

14 months.

6.4 Special precautions for storage

Store in a cool dry place at or below 25 °C.
Refrigerate after opening.
Use within 1 month after first opening.

6.5 Nature and contents of container

500 ml filled in a white HDPE container with a white cap and induction seal. Each container is packed inside a 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 Nelmapius Drive & Olievenhoutbosch Road,
Centurion, RSA, 1683
Tel: 086 111 1876

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 February 2021.

JOB: SACE_PheducrutLipoXLiquid_500ml	SIZE: 300mm x 376mm
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 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"/> Darning <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.	

PATIENT INFORMATION LEAFLET



USN PHEDRACUT LIPO X LIQUID ORIGINAL

(liquid)

SCHEDULING STATUS: ☒

USN PHEDRACUT LIPO X LIQUID ORIGINAL

Contains sugar (1 000 mg Fructose per 25 ml) and sugar Alcohol (2 500 mg Sorbitol per 25 ml).
Contains sweetener (105 mg Sucralose per 25 ml).

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

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

What is in this leaflet

1. What USN PHEDRACUT LIPO X LIQUID ORIGINAL is and what it is used for
2. What you need to know before you take USN PHEDRACUT LIPO X LIQUID ORIGINAL
3. How to take USN PHEDRACUT LIPO X LIQUID ORIGINAL
4. Possible side effects
5. How to store USN PHEDRACUT LIPO X LIQUID ORIGINAL
6. Contents of the pack and other information

1. What USN PHEDRACUT LIPO X LIQUID ORIGINAL is and what it is used for
USN PHEDRACUT LIPO X LIQUID ORIGINAL is a thermogenic aid which assist you with weight loss as part of a weight management programme. Only effective when combined with a balanced, energy-restricted eating plan and regular physical activity.

2. What you need to know before you take USN PHEDRACUT LIPO X LIQUID ORIGINAL

Do not take USN PHEDRACUT LIPO X LIQUID ORIGINAL:

If you are hypersensitive (allergic) to any of the ingredients (listed in section 6).

Warnings and precautions

Take special care with USN PHEDRACUT LIPO X LIQUID ORIGINAL:

- **CONTAINS CAFFEINE:**
Each 25 ml contains 135 mg caffeine. A cup of instant coffee contains approximately 80 mg of caffeine.
- If you have a bleeding disorder, USN PHEDRACUT LIPO X LIQUID ORIGINAL 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.
- Do not use USN PHEDRACUT LIPO X LIQUID ORIGINAL before bedtime, as it may result in sleep deprivation.
- If you are following a low protein diet.

Children and adolescents

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

Other medicines and USN PHEDRACUT LIPO X LIQUID ORIGINAL

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.
- Monoamine oxidase inhibitors (MAOIs) (used to treat depression).
- Levothyroxine (used to treat an underactive thyroid).
- Lithium (used to stabilise your mood).

USN PHEDRACUT LIPO X LIQUID ORIGINAL with food and drink

Do not take USN PHEDRACUT LIPO X LIQUID ORIGINAL with other caffeine-containing food and drinks, such 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 LIPO X LIQUID ORIGINAL. 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 LIPO X LIQUID ORIGINAL 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 LIPO X LIQUID ORIGINAL affects you.

Contains sugar

USN PHEDRACUT LIPO X LIQUID ORIGINAL contains 1 000 mg Fructose and 2 500 mg Sorbitol per 25 ml. If your doctor has told you that you have an intolerance to some sugars or if you have been diagnosed with hereditary Fructose intolerance (HFI), a rare genetic disorder in which a person cannot break down Fructose, talk to your doctor before you take USN PHEDRACUT LIPO X LIQUID ORIGINAL.

3. How to take USN PHEDRACUT LIPO X LIQUID ORIGINAL

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

Adults:

- The usual dose is 25 ml (2 tablespoons) 2 times daily.
- For best results, take 1 dosage (25 ml) on an empty stomach, 20 minutes prior to morning workout/ breakfast.
- Take another dosage 20 minutes before lunch.
- Do not use USN PHEDRACUT LIPO X LIQUID ORIGINAL for more than five consecutive days per week. May be alternated with PHEDRACUT capsules in the same day.
- Shake well before use.
- Do not exceed the recommended daily dosage.

If you take more USN PHEDRACUT LIPO X LIQUID ORIGINAL 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.

4. Possible side effects

USN PHEDRACUT LIPO X LIQUID ORIGINAL can have side effects.

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

If any of the following happens, stop taking USN PHEDRACUT LIPO X LIQUID ORIGINAL 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 LIQUID ORIGINAL. 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.
- 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:

- Nausea (feeling sick), vomiting (being sick), stomach pain, stomach cramps, diarrhoea, heartburn.
- Anxiousness, nervousness, restlessness, agitation, headache, dizziness.
- Insomnia (difficulty falling or staying asleep).
- Tremors (uncontrolled shaking).
- Increased blood pressure (headache, dizziness).
- Acne.

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 LIPO X LIQUID ORIGINAL.

5. How to store USN PHEDRACUT LIPO X LIQUID ORIGINAL

- Store in a cool dry place at or below 25 °C.
- Refrigerate after opening.
- Use within 1 month after first opening of the container.
- Store all medicines out of reach of children.
- Do not use after the expiry date printed on the container.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What USN PHEDRACUT LIPO X LIQUID ORIGINAL contains

Each 25 ml contains:		*%NRV
Pyridoxine HCl	0,33 mg	
providing Pyridoxine (Vitamin B6)	0,3 mg	18 %
Ascorbic acid (Vitamin C)	500 mg	500 %
Chromium picolinate	110 mg	
providing Chromium (elemental)	13,7 µg	39 %
Total Caffeine	135 mg	
[from Caffeine anhydrous (125 mg) and Green Coffee Bean (10 mg)]		
Raspberry ketone	100 mg	
[fruit; extract providing 98 % p-hydroxyphenyl butanone]		
<i>Coffea arabica</i> L. (Green Coffee Bean)	200 mg	
[extract providing 45 % chlorogenic acid and 5 % (10 mg) caffeine]		
<i>Laminaria japonica</i> J.E. Areschoug (Kelp)	120 mg	
[extract providing 10 % fucoxanthin]		
N-acetyl-L-Tyrosine	200 mg	

*%Nutrient Reference Value (NRVs) for individuals 4 years and older (2010)

The other ingredients are apple flavour, citric acid, Fructose, glycerine, maltodextrin, natural flavour, spineapple flavour, potassium sorbate 0,08 % *m/v* (preservative), purified water, silicon dioxide, sodium benzoate 0,15 % *m/v* (preservative), Sorbitol and Sucralose.

7. What USN PHEDRACUT LIPO X LIQUID ORIGINAL looks like and contents of the pack

Golden yellow coloured liquid with a sweet-sour taste.
500 ml filled in a white HDPE container with a white cap and induction seal. Each container is packed inside a carton.

8. Holder of Certificate of Registration:

USN (PTY) LTD
Unit 4, Louwardia Logistics Park,
cnr Nellmapius Drive & Olievenhoutbosch Road,
Centurion, RSA, 1683
Tel: 086 111 1876

9. This leaflet was last revised in

February 2021.

10. Registration number

Will be allocated by SAHPRA upon registration.

11. Access to corresponding Professional Information

www.usn.co.za

PASIËNTINLIGTINGSBLAD



USN PHEDRACUT LIPO X LIQUID ORIGINAL

(vloeistof)

SKEDULERINGSTATUS: ☒

USN PHEDRACUT LIPO X LIQUID ORIGINAL

Bevat suiker (1 000 mg Fructose per 25 ml) en suiker alkohol (2 500 mg Sirbitol per 25 ml).
Bevat versoeter (105 mg Sukralose per 25 ml).

KOMPLEMENTÊRE MEDISYNE: KOMBINASIEPRODUK (WESTERSE KRUIEMEDISYNE / GESONDHEIDSAANVULLING)

Hierdie ongeregistreerde 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 LIPO X LIQUID ORIGINAL is beskikbaar sonder 'n dokter se voorskrif, sodat jy jou gesondheid in stand kan hou. Jy moet USN PHEDRACUT LIPO X LIQUID ORIGINAL 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 LIPO X LIQUID ORIGINAL met enigiemand anders deel nie.
- Vra gerus jou apteker indien jy verdere inligting of advies nodig het.

Wat is in hierdie inligtingsblad

1. Wat is USN PHEDRACUT LIPO X LIQUID ORIGINAL en waarvoor word dit gebruik.
2. Wat jy moet weet voordat jy USN PHEDRACUT LIPO X LIQUID ORIGINAL neem.
3. Hoe om USN PHEDRACUT LIPO X LIQUID ORIGINAL te neem.
4. Moontlike newe-effekte.
5. Hoe om USN PHEDRACUT LIPO X LIQUID ORIGINAL te bêre.
6. Inhoud van die pak en ander inligting.

1. Wat is USN PHEDRACUT LIPO X LIQUID ORIGINAL en waarvoor word dit gebruik

USN PHEDRACUT LIPO X LIQUID ORIGINAL is 'n termogeniese hulpmiddel wat gewigsverlies ondersteun as deel van 'n gewigsbestuursprogram. Sleë effektief as dit gekombineer word met 'n gebalanseerde, energiebeperkende eetplan en gereelde fisieke aktiwiteit.

2. Wat jy moet weet voordat jy USN PHEDRACUT LIPO X LIQUID ORIGINAL neem

Moenie USN PHEDRACUT LIPO X LIQUID ORIGINAL neem nie

Indien jy hipersensitief (allergies) is vir enige van die ander bestanddele (gelys by afdeling 6).

Waarskuwings en voorsorgmaatreëls

Wees veral versigtig met USN PHEDRACUT LIPO X LIQUID ORIGINAL:

- **BEVAT KAFEÏENE:**
Elke 25 ml bevat 135 mg kafeïen. 'n Koppie kitskoffie bevat ongeveer 80 mg kafeïen.
- Indien jy 'n bloedingversteuring het of vir 'n operasie moet gaan. Hou twee weke voor enige chirurgiese prosedure (operasie) op om USN PHEDRACUT LIPO X LIQUID ORIGINAL te neem.
- As u hartprobleme of hoë bloeddruk het.
- As u diabetes mellitus (hoë bloedsuiker) het en u medisyne gebruik om u bloedsuivervlakke te beheer.
- As u gloukoom het ('n toestand wat verhoogde druk in u oog veroorsaak).
- As u nierprobleme of ooraktiewe blaasindroom het.
- Moenie USN PHEDRACUT LIPO X LIQUID ORIGINAL voor slaapyd gebruik nie, want dit kan slaaptekort tot gevolg hê.
- As jy 'n lae proteïen-dieet volg.

Kinders en tieners

Moet nie USN PHEDRACUT LIPO X LIQUID ORIGINAL 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 LIPO X LIQUID ORIGINAL

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.
- Antidiabetiese medisyne (gebruik om hoë bloedsuivervlakke te behandel) of kruie-aanvullings met bloedsuikerverlagende effekte.

- Efedrien of ander stimulete, soos bitter-lemoen ekstrak, synefrien, oktopamien en efedra.
- Ander kafeïen-bevattende produkte.
- Monoamienoksidase inhibeerdere (MAOIs) (gebruik om depressie te behandel).
- Levotiroksien (gebruik vir die behandeling van 'n onderaktiewe skildklier).
- Litium (gebruik om jou gemoed te stabiliseer).

USN PHEDRACUT LIPO X LIQUID ORIGINAL met voedsel en drank

Moenie USN PHEDRACUT LIPO X LIQUID ORIGINAL saam met ander kafeïenbevattende voedsel en drank, soos koffie, tee, kola-neut, kakao, guarana en maté neem nie.

Swangerskap en borsvoeding

Indien jy swanger is of jou baba borsvoed, dink dat jy swanger mag wees of beplan om swanger te raak, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer voordat jy USN PHEDRACUT LIPO X LIQUID ORIGINAL neem.

Die veiligheid van USN PHEDRACUT LIPO X LIQUID ORIGINAL tydens swangerskap en borsvoeding is nie bepaal nie. Indien u 'n vrugbare ouderdom is, swanger is of borsvoed, en u bekommerd is dat u daaglikse inname van kafeïen meer as 200 mg per dag kan oorskry, moet u 'n dokter raadpleeg voordat u USN PHEDRACUT LIPO X LIQUID ORIGINAL gebruik.

Bestuur en die gebruik van masjiene

USN PHEDRACUT LIPO X LIQUID ORIGINAL kan duiseligheid veroorsaak wat jou vermoë om 'n voertuig te bestuur en masjiene te gebruik kan belemmer. Moenie 'n voertuig bestuur, masjinerie hanteer, of enigiets anders doen wat konsentrasie verg nie, totdat jy weet hoe USN PHEDRACUT LIPO X LIQUID ORIGINAL jou affekteer.

Bevat suiker

USN PHEDRACUT LIPO X LIQUID ORIGINAL bevat 1 000 mg Fruktose en 2 500 mg Sorbitol per 25 ml. Indien jou dokter jou ingelig het dat jy onverdraagsaam vir sekere suikers is, of indien jy gedagnoseer is met oorerflike Fruktose-intoleransie (HFI), 'n seldsame genetiese afwyking waarin 'n persoon nie Fruktose kan verteer nie, raadpleeg eers jou dokter voordat jy USN PHEDRACUT LIPO X LIQUID ORIGINAL neem.

3. Hoe om USN PHEDRACUT LIPO X LIQUID ORIGINAL te neem

Gebruik USN PHEDRACUT LIPO X LIQUID ORIGINAL altyd presies soos wat in hierdie inligtingsblad aangedui word, of soos wat jou dokter of apteker vir jou gesê het. Vra gerus jou dokter of apteker indien jy onseker is.

Volwassenes:

- Die gewone dosis is 25 ml (2 eetlepels) 2 maal per dag.
- Vir beste resultate, neem een dosering (25 ml) op 'n leë maag, 20 minute voor 'n oefensessie soggens/ontbyt.
- Neem dan 'n volgende dosis 20 minute voor middagete.
- Moenie USN PHEDRACUT LIPO X LIQUID ORIGINAL vir meer as vyf opeenvolgende dae van die week neem nie. Kan met PHEDRACUT kapsules afgewissel word in dieselfde dag.
- Skud goed voor gebruik.
- Moenie die aanbevole daaglikse dosering oorskry nie.

Wat om te doen indien jy meer USN PHEDRACUT LIPO X LIQUID ORIGINAL geneem het as wat jy moet

In geval van oordosering, raadpleeg jou dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

4. Moontlike newe-effekte

USN PHEDRACUT LIPO X LIQUID ORIGINAL kan newe-effekte hê. Nie alle newe-effekte wat vir USN PHEDRACUT LIPO X LIQUID ORIGINAL gerapporteer is, word in hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid verswak of jy enige ongunstige effekte ondervind terwyl USN PHEDRACUT LIPO X LIQUID ORIGINAL geneem word, raadpleeg asseblief jou gesondheidsorgverskaffer.

Indien enige van die volgende gebeur, hou op om USN PHEDRACUT LIPO X LIQUID ORIGINAL te neem en sê dadelik vir jou dokter, of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- Swelling van jou hande, voete, enkels, gesig, lippe, mond of keel, wat probleme kan veroorsaak met sluk en asemhaling.
- Uitslag of gejeuk.
- Floute

Hierdie is baie ernstige newe-effekte. Indien jy enige daarvan ondervind, mag jy 'n ernstige allergiese reaksie op USN PHEDRACUT LIPO X LIQUID ORIGINAL gehad het. Jy mag dringende mediese bystand of hospitalisasie benodig.

Sê vir jou dokter of gaan na die ongevalle-afdeling in u naaste hospitaal as u een van die volgende opmerk:

Newe-effekte wat met onbekende frekwensie voorkom:

- Verandering in die manier waarop u hart klop, byvoorbeeld as u agterkom dat dit vinniger klop as normaal.
- Vergeljing van die vel en oë, donker uriene en moegheid, wat simptome van lewerprobleme kan wees.
- As jy meer as normaalweg urineer.

Dit is alles ernstige newe-effekte. Jy benodig moontlik dringende mediese hulp.

Sê vir jou dokter indien jy enige van die volgende opmerk:

Newe-effekte wat met onbekende frekwensie voorkom:

- Naarheid, braking, maagpyn, maagkrampe, diarree, soorbrand.
- Angstigheid, senuweeagtigheid, rusteloosheid, oproerigheid, hoofpyn, duiseligheid.
- Slapeloosheid.
- Onbeheerde bewing.
- Verhoogde bloeddruk.
- Aknee.

Indien jy enige newe-effekte opmerk wat nie in hierdie inligtingsblad genoem word nie, sê asseblief vir jou dokter of apteker daarvan.

Aanmelding van newe-effekte

Indien enige newe-effekte ondervind word, bespreek dit met jou dokter of apteker. Jy kan ook newe-effekte aan SAHPRA rapporteer via die vorm om ongunstige geneesmiddelreaksies te rapporteer, wat aanlyn by SAHPRA se publikasies beskikbaar is: <http://www.sahpra.org.za/Publications/Index/8>. Deur newe-effekte te rapporteer kan jy help om meer inligting rakende die veiligheid van USN PHEDRACUT LIPO X LIQUID ORIGINAL te verskaf.

5. Hoe om USN PHEDRACUT LIPO X LIQUID ORIGINAL te bêre

- Bêre op 'n koel droë plek by of onder 25 °C.
- Verkoel in yskas nadat dit ooggemaak is.
- Gebruik binne 1 maand na die eerste opening van die houer.
- Bêre alle medisyne buite bereik van kinders.
- Moenie gebruik na die vervaldatum wat op die karton of etiket 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 LIPO X LIQUID ORIGINAL bevat

Elke 25 ml bevat:		*%NVW
Pyridoksien HCl	0,33 mg	
verskaf Piridoksien (Vitamiën B6)	0,3 mg	18 %
Askorbien-suur (Vitamien C)	500 mg	500 %
Chroompikolinaat	110 mg	
verskaf Chroom (elementêr)	13,7 µg	39 %
Totale Kafeien	135 mg	
[van Anhidriese Kafeïen (125 mg) en Groen Koffieboon (10 mg)]		
Frambooskatoon	100 mg	
[vrug; ekstrak verskaf 98 % p-hidroksifenielbutanoon]		
<i>Coffea arabica</i> L. (Groen Koffieboon)	200 mg	
[ekstrak verskaf 45 % chlorogeensuur en 5 % (10 mg) kafeïen]		
<i>Laminaria japonica</i> J.E. Areschoug (Seewier)	120 mg	
[ekstrak verskaf 10 % fukosantien]		
N-asetiel-L-Tirosien	200 mg	

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

Die ander bestanddele is appelgeur, Fruktose, gesuiwerde water, gliserien, kaliumsorbaat 0,08 % *m/v* (preserveermiddel), maltodekstrien, natuurlike geure, natriumbenzoaat 0,15 % *m/v* (preserveermiddel), pynappelsmaak, silikondioksied, sitroensuur, Sorbitol en Sukralose.

7. Hoe USN PHEDRACUT LIPO X LIQUID ORIGINAL lyk en inhoud van die verpakking

Goudgeel vloeistof met 'n soet-suur smaak.
500 ml gevul in 'n wit HDPE houer met 'n wit doppie en induksie seël. Elke houer is verpak in 'n karton.

8. Houer van die Registrasiesertifikaat

USN (PTY) LTD
Enheid 4, Louwardia Logistieke Park,
h/v Nellmapiusrylaan & Olievenhoutboschweg,
Centurion, RSA, 1683
Tel: 086 111 1876

9. Hierdie inligtingsblad is laas hersien in

Februarie 2021.

10. Registrasienuommer

Moet toegeken word.

11. Toegang tot die ooreenstemmende Professionele Inligtingsblad