

Afrasia Health Joint Support

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

Unscheduled

Afrasia Health Joint Support capsules

Curcuma longa (Turmeric)
Zingiber officinale (Ginger)
Piper nigrum (Black pepper)
Sugar free

COMPLEMENTARY MEDICINE:

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

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

Afrasia Health Joint Support is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Afrasia Health Joint Support carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your healthcare provider or pharmacist if you need more information or advice.

What is in this leaflet

1. What Afrasia Health Joint Support is and what it is used for
2. What you need to know before you take Afrasia Health Joint Support
3. How to take Afrasia Health Joint Support
4. Possible side effects
5. How to store Afrasia Health Joint Support
6. Contents of the pack and other information

1. What Afrasia Health Joint Support is and what it is used for
Afrasia Health Joint Support, a traditional use herbal supplement, is used as an antioxidant, and helps to relieve inflammation.

2. What you need to know before you take Afrasia Health Joint Support

Do not take Afrasia Health Joint Support:

- if you are hypersensitive (allergic) to any of the ingredients of Afrasia Health Joint Support (listed in section 6);
- if you are pregnant or breastfeeding.

Warnings and precautions

If you suffer from any serious ailments or conditions, please check with your healthcare provider before taking this medicine.

Consult your healthcare provider prior to use if you:

- are taking antiplatelet medication or blood thinners, as Afrasia Health Joint Support may slow blood clotting;
- have gallstones or a bile duct obstruction;
- have stomach ulcers or excess stomach acid; or
- are diabetic, as blood sugar control may be affected and your dose of anti-diabetic medication may need to be adjusted.

Relief of inflammation: tell your healthcare provider if your symptoms of inflammation persists or gets worse.

Other medicines and Afrasia Health Joint Support

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

Please check with your healthcare provider before taking this medicine, if you are taking:

- herbs and supplements that may increase the risk of bleeding;
- anticoagulant or antiplatelet medication, as this may increase the risk of bleeding;
- non-steroidal anti-inflammatory medication;
- salicylates; or
- thrombolytic medication.

Afrasia Health Joint Support with food and drink

See section 3 (How to take Afrasia Health Joint Support).

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 this medicine.

Do not take this medicine if you are pregnant or breastfeeding.

Driving and using machines

Afrasia Health Joint Support is unlikely to have an effect on your ability to drive a vehicle and use machines.

It is not always possible to predict to what extent Afrasia Health Joint Support may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which Afrasia Health Joint Support affects them.

3. How to take Afrasia Health Joint Support

Do not share your medicines with any other person.

Always take Afrasia Health Joint Support exactly as described in this leaflet, or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The usual dose is:

Adults: Take 1 capsule twice daily with water after meals, or as directed by your healthcare provider.

If you take more Afrasia Health Joint Support that you should

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

If you forget to take Afrasia Health Joint Support

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

4. Possible side effects

Afrasia Health Joint Support can have side effects.

Turmeric: Less frequent side effects may include indigestion and itching of the skin.

Ginger: Less frequent side effects may include mild gastrointestinal disturbances including nausea, diarrhoea and mouth irritation; improper beating of the heart, whether irregular, too fast or too slow and immunoglobulin E allergic reaction which could present as itching, rash and skin irritation, and difficulty in breathing.

Black pepper: Less frequent side effects may include a burning aftertaste in the mouth.

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

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 info@grischo.co.za

By reporting side effects, you can help provide more information on the safety of Afrasia Health Joint Support.

5. How to store Afrasia Health Joint Support

- Store all medicines out of reach of children.
- Store in a cool dry place, at or below 25°C, and keep away from direct light.
- Keep the container tightly closed.
- 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 and sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What Afrasia Health Joint Support contains

Each capsule contains the following active ingredients:

Curcuma longa (Turmeric) (rhizome powder)	500 mg
Zingiber officinale (Ginger)	250 mg
Piper nigrum (Black pepper) (root extract)	5 mg

The other ingredients are microcrystalline cellulose, silicon dioxide, and magnesium stearate.

The capsules are free of gluten, sugar and lactose.

What Afrasia Health Joint Support looks like and contents of the pack

A white plastic bottle with a screw cap, pressure seal, packed in a carton.

Each bottle contains 60 clear capsules with yellow powder.

Holder of Certificate of Registration

Grischo (Pty) Ltd
Unit 2B 80A Concorde Road East, Bedfordview, 2007
info@grischo.co.za

This leaflet was last revised in

Will be allocated by the SAHPRA upon registration.

Registration number

Will be allocated by the SAHPRA upon registration

PASIËNTINLIGTINGSBLAD

SKEDULERINGSSTATUS

Ongeskeduleer

Afrasia Health Joint Support kapsules

Curcuma longa (Borrie)
Zingiber officinale (Gemmer)
Piper nigrum (Swartpeper)
Suikervry

KOMPLEMENTÊRE MEDISYNE:

Hierdie ongeregistreerde medisyne is nie deur die SAHPRA geëvalueer vir sy gehalte, veiligheid of beoogde gebruik nie.

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

Afrasia Health Joint Support is beskikbaar sonder 'n dokter se voorskrif, vir jou om jou gesondheid te onderhou. Nietemin, moet jy Afrasia Health Joint Support versigtig gebruik om die beste resultate daaruit te kry.

- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weers lees.
- Vra gerus jou gesondheidsorgverskaffer of apteker indien jy verdere inligting of advies nodig het.

Wat is in hierdie inligtingsblad

1. Wat Afrasia Health Joint Support is en waarvoor dit gebruik word
2. Wat jy moet weet voordat jy Afrasia Health Joint Support neem
3. Hoe om Afrasia Health Joint Support te neem
4. Moontlike nuwe-effekte
5. Hoe om Afrasia Health Joint Support te bêre
6. Inhoud van die verpakking en ander inligting

1. Wat Afrasia Health Joint Support is en waarvoor dit gebruik word

Afrasia Health Joint Support, 'n kruie-aanvulling vir tradisionele gebruik, word as 'n antioksidant gebruik en help om inflammasie te verlig.

2. Wat jy moet weet voordat jy Afrasia Health Joint Support neem

Moet nie Afrasia Health Joint Support neem:

- indien jy hipersensitief (allergies) is vir enige van die bestanddele van Afrasia Health Joint Support (sien **Wat Afrasia Health Joint Support bevat**)
- as u swanger is of borsvoed.

Waaskuwings en voorsorgmaatreëls

As jy aan ernstige kwale of toestande ly, moet jy jou gesondheidsorgverskaffer raadpleeg voordat jy hierdie medisyne gebruik.

Raadpleeg jou gesondheidsorgverskaffer voor gebruik as jy:

- stollingsteenmiddels of bloedverduunnings-medisyne neem, aangesien Afrasia Health Joint Support die bloedstolling moontlik kan vertraag;
- galstene of 'n galbuis-obstruksie het;
- maagsere of 'n oormaat van maagsuur het; of
- 'n diabeet is, aangesien die beheer van jou bloedsuiker beïnvloed kan word en jou dosis van antidiabetiese medisyne dalk moet aangepas word.

Verligting van inflammasie: Sê vir jou gesondheidsorgverskaffer as jou simptome van inflammasie voortduur of vererger.

Ander medisyne en Afrasia Health Joint Support

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

Raadpleeg jou dokter voordat jy hierdie medisyne gebruik, indien jy die volgende gebruik:

- kruie en aanvullings wat die risiko van bloeding kan verhoog;
- stollingsteenmiddels of bloedverduunnings-medisyne want dit kan die risiko van bloeding verhoog;
- nie-steroidale anti-inflammatoriese medisyne;
- salisilate; of
- trombolitiese medisyne.

Afrasia Health Joint Support met voedsel en drank

Sien afdeling 3 (Hoe om Afrasia Health Joint Support te neem).

Swangerskap, borsvoeding en vrugbaarheid

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 die medisyne neem.

Moet nie Afrasia Health Joint Support gebruik as jy swanger is of borsvoed nie.

Bestuur en die gebruik van masjiene

Dit is onwaarskynlik dat Afrasia Health Joint Support 'n invloed sal hê op jou vermoë om 'n voertuig te bestuur en masjiene te gebruik.

Dit is nie altyd moontlik om te voorspel in watter mate Afrasia Health Joint Support die daaglikse aktiwiteite van 'n pasiënt kan beïnvloed nie. Pasiënte moet toesien dat hulle nie aan bogenoemde aktiwiteite deelneem nie, totdat hulle bewus is van die uitwerking wat Afrasia Health Joint Support op hulle sal hê.

3. Hoe om Afrasia Health Joint Support te neem

Moet nie jou medisyne met enige ander persoon deel nie.

Neem Afrasia Health Joint Support altyd presies soos aangedui in hierdie inligtingsblad, of soos jou dokter of apteker vir jou verduidelik het. Vra gerus jou dokter of apteker indien jy onseker is.

Die gewone dosis is:

Volwassenes: Neem 1 kapsule twee keer daaglik met water, na etes, of soos aanbeveel deur jou gesondheidsorgverskaffer.

As jy meer Afrasia Health Joint Support neem 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.

As jy vergeet om Afrasia Health Joint Support te neem

Moet nie 'n dubbele dosis neem om vir die vergete dosis op te maak nie.

4. Moontlike nuwe-effekte

Afrasia Health Joint Support kan nuwe- effekte hê.

Borrie: Minder gereelde nuwe-effekte kan slegte spysvertering en jeuk in die vel insluit.

Gemmer: Minder gereelde nuwe-effekte kan ligte gastro-intestinale verstourings insluitend naarheid, diarree en irritasie in die mond insluit; onbehoorlike klop van die hart, of onreëlmatig, te vinnig of te stadig, en immuunglobulien E allergiese reaksie wat kan voorkom as jeuk, uitslag en velirritasie en asemhalingsprobleme.

Swartpeper: Minder gereelde nuwe-effekte kan 'n brandende nasmaak in die mond insluit.

Nie alle nuwe-effekte wat vir Afrasia Health Joint Support gerapporteer is, word in hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid verswak of indien jy enige ongunstige effekte onderwind terwyl jy Afrasia Health Joint Support neem, raadpleeg asseblief jou gesondheidsorgverskaffer.

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

Aanmelding van nuwe-effekte

Indien jy nuwe-effekte ondervind, bespreek dit met jou dokter of apteker.

Jy kan ook nuwe-effekte by info@grischo.co.za rapporteer.

Deur nuwe-effekte te rapporteer kan jy help om meer inligting rakende die veiligheid van Afrasia Health Joint Support te verskaf.

5. Hoe om Afrasia Health Joint Support te bêre

- Bêre alle medisyne buite die bereik van kinders.
- Bêre in 'n koel droë plek, teen of benede 25°C, en hou weg van direkte lig.
- Hou die houder dig toe.
- Moet nie gebruik word na die vervaldatum wat op die houder gedruk is nie.
- Neem alle ongebruikte medisyne terug na jou apteker.
- Moet nie ongebruikte medisyne in dreine en rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die verpakking en ander inligting

Wat Afrasia Health Joint Support bevat

Elke kapsule bevat die volgende aktiewe bestanddele:

Curcuma longa (Borrie) (wortelpoeier)	500 mg
Zingiber officinale (Gemmer)	250 mg
Piper nigrum (Swartpeper) (wortel-uittreksel)	5 mg

Die ander bestanddele is mikrokristallyne sellulose, silikondioksied, magnesiumstearaat.

Die kapsules bevat geen gluten, suiker en laktose.

Hoe Afrasia Health Joint Support lyk en die inhoud van die verpakking

n Wit plastiekbottel met 'n skroef dop, drukseël, verpak in 'n karton.

Elke bottel bevat 60 helder kapsules met geel poeier.

Houer van Registrasiesertifikaat

Grischo (Pty) Ltd
Unit 2B 80A Concorde Road East, Bedfordview, 2007
info@grischo.co.za

Hierdie inligtingsblad is hersien in

Sal met registrasie deur die SAHPRA toegeken word.

Registrasienommer

Sal met registrasie deur die SAHPRA toegeken word.

Afrasia Health Joint Support

PROFESSIONAL INFORMATION

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

Afrasia Health Joint Support capsules

COMPOSITION

Each capsule contains:

Curcuma longa (Turmeric) (rhizome powder)	500 mg
Zingiber officinale (Ginger)	250 mg
Piper nigrum (Black pepper) (root extract)	5 mg

Other excipients: Microcrystalline cellulose, silicon dioxide, magnesium stearate.

Capsules are free of gluten, sugar and lactose.

PHARMACOLOGICAL CLASSIFICATION

Category D Complementary Medicine

33.8 Other Herbal

PHARMACOLOGICAL ACTION

Curcuma longa contains curcumin, which has been shown to interfere with the eicosanoid pathway, involving cyclooxygenase and lipoxygenase enzymes, reflecting the traditional use of turmeric in Ayurvedic medical systems for inflammation.

The anti-inflammatory effects of Zingiber officinale (ginger) include effects on the inflammatory precursor arachidonic acid and inhibition of prostoglandin and leukotriene synthesis.

Piper nigrum (black pepper) has been shown to reduce the production of IL-6, MMP-13 and prostoglandin E.

INDICATIONS

Afrasia Health Joint Support is used as an antioxidant, and helps to relieve inflammation.

CONTRAINDICATIONS

Hypersensitivity (allergy) to any of the ingredients in the formulation. Avoid use during pregnancy and lactation due to emmenagogue and uterine stimulant effects. This medicine should not be used in patients with gallstones, or bile duct or passage obstruction.

WARNINGS AND SPECIAL PRECAUTIONS

Afrasia Health Joint Support should be used with caution in patients taking antiplatelet medication or blood thinners. Caution should be taken when this medicine is used by patients who have stomach ulcers or excess stomach acid. Black pepper, an ingredient in Afrasia Joint Support, may affect blood sugar control in diabetics, and dosing adjustments of anti-diabetic medicine may be required for diabetic patients.

Relief of inflammation: consult your healthcare provider if inflammation persists or worsens.

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

INTERACTIONS

Medicine and or herbal supplement interactions:

- Anticoagulant or antiplatelet medicines
- Non-steroidal anti-inflammatory medicines
- Salicylates
- Thrombolytic medicines

Other medicine interactions that the healthcare provider should be aware of may include:

Moderate medicine interactions: cyclosporine, lithium, medicines changed by the liver using the cytochrome P450 enzymes, antidiabetic medicines, medicines moved by pumps in cells, nevirapine, pentobarbital, phenytoin, propranolol, rifampicin, theophylline.

Minor medicine interactions: amoxycillin, carbamazepine, cefotaxime.

PREGNANCY AND LACTATION

Avoid use during pregnancy and lactation.

EFFECTS ON ABILITY TO DRIVE AND USE MACHINES

It is unlikely that Afrasia Health Joint Support will affect the ability to drive or operate machines.

DOSAGE AND DIRECTIONS FOR USE

As a traditional herbal dietary supplement for adults, take one capsule twice daily with water after meals, or as directed by your healthcare provider.

SIDE EFFECTS

Turmeric: Less frequent side effects may include dyspepsia and pruritis.

Ginger: Less frequent side effects may include mild GI effects including nausea, diarrhoea and mouth irritation, arrhythmia and immunoglobulin E allergic reaction.

Black pepper: Less frequent side effects may include a burning aftertaste.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

Treatment is symptomatic and supportive.

IDENTIFICATION

Clear vegecap containing yellow powder.

PRESENTATION

White plastic bottle containing 60 capsules, in a carton.

STORAGE INSTRUCTIONS

Store in a cool dry place (at or below 25°C) and keep away from direct light. Keep the container tightly closed.

KEEP OUT OF REACH OF CHILDREN

REGISTRATION NUMBER

TBA

DATE OF REGISTRATION

TBA

NAME AND BUSINESS ADDRESS OF THE APPLICANT

Grischo (Pty) Ltd
Unit 2B 80A Concorde Road East, Bedfordview, 2007

CUSTOMER CARE

info@grischo.co.za

DATE OF PUBLICATION OF THIS PACKAGE INSERT

TBA