

EN PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: **SO**

COMPLEMENTARY MEDICINE: HEALTH SUPPLEMENT/WESTERN HERBAL MEDICINE

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

PRODUCT NAME, STRENGTH AND PHARMACEUTICAL FORM

LifePak Plus. Coated tablet.

For the full list of ingredients please refer to section 6.

Read all of this leaflet carefully before you start using LifePak Plus

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

- Keep this leaflet. You may need to read it again.
- Do not share **LifePak Plus** with any other person.
- Ask your healthcare practitioner if you need more information or advice.

What is in this leaflet

1. What **LifePak Plus** is and what it is used for
2. What you need to know before you use **LifePak Plus**
3. How to use **LifePak Plus**
4. Possible side effects
5. How to store **LifePak Plus**
6. Contents of the pack and other information

WHAT LifePak Plus IS AND WHAT IT IS USED FOR

LifePak Plus is a Health Supplement which assists with general well-being. A varied and balanced diet and a healthy lifestyle are of general importance.

LifePak Plus:

- Helps to metabolise carbohydrates, fats and proteins.
- Helps in the development and maintenance of bones, cartilage, teeth and gums.
- Contributes to tissue formation and maintenance of normal muscle function.
- Provides antioxidants for the maintenance of good health.
- Contributes to the maintenance of eyesight, skin, membranes and immune function.
- Helps to form red blood cells.
- Contributes to the normal production of the thyroid hormones and normal thyroid function.

2. WHAT YOU NEED TO KNOW BEFORE YOU USE LifePak Plus

Do not use LifePak Plus:

- If you are hypersensitive (allergic) to soy or any of the ingredients, including excipients of **LifePak Plus** (See section 6).
- If you have been diagnosed or suspected to suffer with prostate cancer.
- If you have been diagnosed with thyroid disorders.

Warnings and precautions:

Consult your doctor prior to use, especially if you are taking prescription medication, or

- if you are diabetic,
- if you have high blood sugar,
- if you are undergoing medical treatment.

Do not use if sachet integrity is affected. Do not exceed the stated recommended daily dose.

Children and adolescents: Not recommended for children under the age of 18.

Other medicines and LifePak Plus

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

Consult your doctor prior to use, especially if you are taking thyroid medication, anticoagulants, and diabetic medications or if you are a tobacco smoker.

LifePak Plus contains β -carotene. β -carotene might decrease effectiveness of statins used to lower cholesterol.

LifePak Plus with food and drink:

LifePak Plus may be taken without regard to food and drink. It is best to take the tablets with liquids with a meal.

Pregnancy and Breastfeeding:

Do not use this product, if you are pregnant or breastfeeding.

Driving and using machinery

LifePak Plus should have no or negligible influence on the ability to drive and use machines.

3. HOW TO USE LifePak Plus

Always take **LifePak Plus** exactly as directed in this leaflet or as your healthcare provider has told you. You should check with your healthcare provider if you are unsure.

The usual dose is:

Take the contents of one (1) **LifePak Plus** sachet: Four (4) coated tablets at the same time once a day.

If you take more LifePak Plus than you should:

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

If you forget to take LifePak Plus:

Do not take more **LifePak Plus** to make up for forgotten use.

4. POSSIBLE SIDE EFFECTS

LifePak Plus can have side effects.

Not all side effects reported for **LifePak Plus** are included in this leaflet. Should your general health worsen or if you experience any untoward effects while using **LifePak Plus**, please consult your doctor, pharmacist or other healthcare professional for advice.

If any of the following happens, stop using **LifePak Plus** 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 **LifePak Plus**. You may need urgent medical attention or hospitalisation.

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 Reaction Reporting Form**", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of **LifePak Plus**.

5. HOW TO STORE LifePak Plus

- Store all medicines out of the reach of children.
- Store at or below 25 °C.
- Protect from light and moisture
- Store in the original container until ready for use.
- Do not refrigerate.
- Do not use after the expiry date stated 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 LifePak Plus contains: Each tablet contains:

The active ingredients are:	
Magnesium citrate providing Magnesium (elemental)	279,0 mg 31,25 mg
Calcium carbonate and Calcium citrate providing Calcium (elemental)	75,7 mg 122,0 mg 62,5 mg
<i>Allium cepa</i> L. (onion) [bulb, 12 – 18:1 extract providing 255 mg – 382,5 mg of dried herb equivalent]	21,25 mg
Calcium-L-ascorbate providing Vitamin C	26,8 mg 20,0 mg
Citrus fruit [extract] Containing: <i>Citrus limon</i> (L.) Burm. f. (lemon) <i>Citrus sinensis</i> (L.) Osbeck (sweet orange) <i>Citrus reticulata</i> Blanco (mandarin orange) <i>Citrus x paradisi</i> Macfad (grapefruit)	6,25 mg 1,25 mg 3,75 mg 0,63 mg 0,63 mg
Niacinamide	4,0 mg
<i>Vitis vinifera</i> L. (grape) [seed, 10–15:1 extract providing 31,25 mg – 46,88 mg of dried herb equivalent]	3,13 mg
D-alpha-tocopherol succinate providing Vitamin E	4,02 mg 3 mg TE
Zinc bisglycinate providing Zinc (elemental)	9,38 mg 1,88 mg
D-calcium-pantothenate providing Pantothenic acid	1,83 mg 1,25 mg
Lycopene providing Lycopene	9,63 mg 0,88 mg
Lutein providing Lutein	12,0 mg 0,5 mg

Pyridoxine hydrochloride (Vitamin B ₆)	0,35 mg
Riboflavin (Vitamin B ₂)	0,33 mg
Thiamine mononitrate (Vitamin B ₁)	0,28 mg
Manganese bisglycinate providing Manganese (elemental)	1,56 mg 0,25 mg
Retinyl palmitate and Beta-carotene providing Vitamin A of which Beta-carotene	1,34 mg 8,57 mg 174,5 µg RE 100,0 µg RE
<i>Tagetes erecta</i> L. (marigold) [flower, 65:1 extract providing 203,45 mg of dried herb equivalent] providing Zeaxanthin	3,13 mg 0,13 mg
Copper bisglycinate providing Copper (elemental)	1,0 mg 0,1 mg
Pteroylmonoglutamic acid providing Folic acid	0,07 mg 50 µg
Sodium selenate and sodium selenite providing Selenium	0,34 mg 0,34 mg 12,5 µg
D-biotin providing Biotin	1,24 mg 11,25 µg
Potassium iodide providing Iodine (elemental)	0,23 mg 11,25 µg
Sodium molybdate providing Molybdenum (elemental)	1,13 mg 11,25 µg
Chromium (III) chloride providing Chromium (elemental)	0,63 mg 6,25 µg
Phytonadione providing Vitamin K ₁	0,81 mg 6,25 µg
Cholecalciferol providing Vitamin D ₃	0,6 mg 1,25 µg
Cyanocobalamin (Vitamin B ₁₂)	0,6 µg

The other ingredients are:

Tablet core: Croscarmellose sodium, dicalcium phosphate dihydrate, magnesium stearate, microcrystalline cellulose, silicon dioxide, stearic acid.

Coating: Dextrin, dextrose monohydrate, sodium carboxymethyl cellulose, sodium citrate dihydrate, soy lecithin.

Contains soy.

Contains sugar: Dextrose 0,96 mg per tablet.

What LifePak Plus looks like and contents of the pack

LifePak Plus tablets are yellow oval coated tablets, 19 mm length, 6 mm thick, with dark and red speckles.

4 coated tablets are packed into polypropylene film sachets and 60 sachets are packed into a carton.

Holder of Certificate of Registration

Nu Skin South Africa,
22 Magwa Crescent,
Waterfall City,
Ground and 1st Floor,
South Africa.

This leaflet was last revised in

October 2023

Access to the corresponding Professional Information

Detailed information on this medicinal product is available from Nu Skin South Africa via 5

<https://www.nuskin.com/content/dam/eu-library/2020/web/products/pharmanex/nutritionals/leaflets/pharmanex-lifepak+ld-patient-information-leaflet-en-za.pdf>.

AF PASIËNT INLIGTINGSBLAD

SKEDULERING STATUS: **SO**

KOMPLEMENTÊRE MEDISYNE: GESONDHEID AANVULLING/WESTERSE KRUIE MEDISYNE

Hierdie ongeregistreerde medisyne is nog nie geëvalueer deur die SAHPRA vir die kwaliteit, veiligheid of vir die voorgenome gebruik nie.

PRODUKNAAM, STERKTE EN DOSEERVORM

LifePak Plus. Bedekte tablet.

Vir die volledige lys van die bestanddele, sien afdeling 6.

Lees die hele blaadjie noukeurig deur omdat dit belangrike inligting vir u bevat.

LifePak Plus is beskikbaar sonder 'n dokter se voorskrif, vir u om te gebruik om u gesondheid in stand te hou. Nogtans behoort u **LifePak Plus** met versigtigheid te gebruik om die beste resultate daaruit te verkry.

- Hou hierdie blaadjie. U mag dit weer wil lees.
- Moenie **LifePak Plus** deel met enige ander persoon nie.
- Vra u gesondheidsorgverskaffer of apteker indien u meer inligting of advies benodig.

Wat is in hierdie blaadjie

1. Wat is **LifePak Plus** en waarvoor word dit gebruik
2. Wat u moet weet voordat u **LifePak Plus** gebruik
3. Hoe om **LifePak Plus** te gebruik
4. Moontlike nuwe-effekte
5. Hoe om **LifePak Plus** te berg
6. Inhoud van die verpakking en ander inligting

1. WAT IS LifePak® Plus EN WAARVOOR WORD DIT GEBRUIK

LifePak Plus is 'n gesondheid aanvulling wat help met algemene welstand. 'n Gevarieerde en gebalanseerde dieet en 'n gesonde leefstyl is van algemene belang.

LifePak Plus:

- Help om koolhidrate, vette en proteïene te metaboliseer.
- Help met die ontwikkeling en instandhouding van bene, kraakbeen, tande en tandvleis.
- Dra by tot weefselvorming en instandhouding van normale spierfunksie.
- Verskaf antioksidante vir die handhawing van goeie gesondheid.
- Dra by tot die handhawing van sig, vel, membrane en immuunfunksie.
- Help om rooibloedselle te vorm.
- Dra by tot die normale produksie van die tiroïed hormone en normale tiroïed funksie.

2. WAT U MOET WEET VOORDAT U LifePak Plus GEBRUIK

Moenie LifePak Plus gebruik nie:

- Indien u hipersensitief (allergies) is vir soja of enige van die bestanddele, insluitend hulpstowwe van **LifePak Plus** (Sien afdeling 6).
- Indien u gediagnoseer is of vermoedelik ly aan prostaatkanker.
- Indien u met skildklier afwykings gediagnoseer is.

Waarskuwings en voorsorgmaatreëls:

Raadpleeg u dokter voor gebruik, veral as u voorskrif medikasie gebruik, of

- indien u diabeet is,
- indien u hoë bloed suiker het,
- indien u mediese behandeling ondergaan.

Moenie gebruik as die sakkies se integriteit aangetas is nie. Moenie die genoemde aanbevole daaglikse dosis oorskry nie.

Kinders en adolessente: Nie aanbeveel vir kinders onder die ouderdom van 18 nie.

Ander medisyne en LifePak Plus:

Vertel altyd vir u gesondheidsorgverskaffer as u enige ander medisyne gebruik. (Dit sluit alle aanvullende of tradisionele medisyne in).

Raadpleeg u dokter voor gebruik, veral indien u skildklier medikasie, antikoagulante en diabetiese medikasie neem of indien u ’n tabak roker is.

LifePak Plus bevat β-karoteen. β-karoteen kan die doeltreffendheid van statiene wat gebruik word om cholesterol te verlaag, verminder.

LifePak Plus saam met voedsel en vloeistowwe:

LifePak Plus kan gebruik word sonder om aandag te gee aan voedsel of vloeistowwe. Dit is die beste om die tablette te neem met vloeistof saam met ’n maaltyd.

Swangerskap en borsvoeding:

Moenie hierdie produk gebruik indien u swanger is of borsvoed nie.

Bestuur en gebruik van masjinerie:

LifePak Plus behoort geen of onbeduidende invloed te hê op die vermoë om te bestuur en masjiene te gebruik nie.

3. HOE OM LifePak Plus TE GEBRUIK

Neem altyd **LifePak Plus** presies soos voorgeskryf in hierdie pamflet of soos u gesondheidsorgverskaffer vir u gesê het. Raadpleeg u gesondheidsorgverskaffer as u nie seker is nie.

Die gewone dosis is:

Neem die inhoud van een (1) **LifePak Plus** sakkie: Vier (4) bedekte tablette op dieselfde tyd een keer per dag.

Indien u meer LifePak Plus neem as wat u behoort:

In die geval van ’n oordosis, raadpleeg u dokter of apteker. Indien nie een beskikbaar is nie, kontak die naaste hospitaal of gif hulp sentrum.

Indien u vergeet om ’n dosis LifePak Plus te neem:

Moenie meer **LifePak Plus** neem om die vergete dosis in te haal nie.

4. MOONTLIKE NEWE EFFEKTE

LifePak Plus kan newe effekte hê.

Nie alle newe-effekte wat gerapporteer is, vir **LifePak Plus** word in hierdie pamflet ingesluit nie. Indien u algemene gesondheid versleg of indien u enige nadelige effekte ervaar terwyl u **LifePak Plus** gebruik, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgkundige vir advies.

As enige van die volgende gebeur, moet u ophou om **LifePak Plus** te neem en u dokter onmiddellik inlig of na die ongevalle-afdeling in u naaste hospitaal gaan:

- Swelling van die hande, voete, enkels, gesig, lippe, mond of keel, wat probleme met sluk of asemhaling kan veroorsaak.
- Uitslag of jeuk.
- Flou word.

Dit is alles baie ernstige newe-effekte. As u dit het, kan u ’n ernstige reaksie op **LifePak Plus** gehad het. U mag dringend mediese hulp of hospitalisasie benodig.

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

Rapportering van newe-effekte

As u newe-effekte kry, moet u met u dokter of apteker praat. U kan ook newe-effekte aan SAHPRA rapporteer via die “**6.04 Adverse Drug Reaction Reporting Form**”, aanlyn onder SAHPRA se publikasies: https://www.sahpra.org.za/Publications/Index/8. Deur newe-effekte aan te meld, kan u help om meer inligting oor die veiligheid van **LifePak Plus** voorsien.

5. HOE OM LifePak Plus TE BERG

- Hou alle medisyne buite bereik van kinders.
- Berg by of benede 25 °C.
- Beskerm teen lig en vog.
- Berg in die oorspronklike houer totdat gereed vir gebruik.
- Moenie in ’n yskas berg nie.
- Moenie gebruik na die vervaldatum soos op die houer aangedui is nie.
- Neem alle ongebruikte medisyne terug na u apteker toe.
- Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

6. INHOUD VAN DIE VERPAKKING EN ANDER INLIGTING Wat LifePak Plus bevat

Die aktiewe bestanddele is:

Magnesium sitraat verskaf Magnesium (elementêr)	279,0 mg 31,25 mg
Kalsium karbonaat en Kalsium sitraat verskaf Kalsium (elementêr)	75,7 mg 122,0 mg 62,5 mg
<i>Allium cepa</i> L. (ui) [bol 12 – 18:1 ekstrak verskaf 255 mg - 382,5 mg van gedroogde kruie ekwivalent]	21,25 mg
Kalsium–L-askorbaat verskaf Vitamien C	26,8 mg 20,0 mg
Sitrus vrugte [ekstrak] Bevat: <i>Citrus liman</i> (L.) Burm. f. (suurlemoen) <i>Citrus sinensis</i> (L.) Osbeck (soet lemoen) <i>Citrus reticulata</i> Blanco (mandaryn lemoen) <i>Citrus x paradisi</i> Macfad (pomelo)	6,25 mg 1,25 mg 3,75 mg 0,63 mg 0,63 mg
Niasinamied	4,0 mg
<i>Vitis vinifera</i> L. (druif) [saad, 10-15: 1 ekstrak verskaf 31,25 mg – 46,88 mg van gedroogde kruie ekwivalent]	3,13 mg

D-alfa-tokoferol suksinaat verskaf Vitamien E	4,02 mg 3 mg TE
Sinkbisglisinaat verskaf Sink (elementêr)	9,38 mg 1,88 mg
D-kalsium–pantotenaat verskaf Pantoteensuur	1,83 mg 1,25 mg
Likopeen verskaf Likopeen	9,63 mg 0,88 mg
Luteïen verskaf Luteïen	12,0 mg 0,5 mg
Piridoksien hidrokloried (Vitamien B ₆)	0,35 mg
Riboflaviën (Vitamien B ₂)	0,33 mg
Tiamien mononitraat (Vitamien B ₁)	0,28 mg
Mangaan bisglisinaat verskaf Mangaan (elementêr)	1,56 mg 0,25 mg
Retiniel palmitaat en Beta-karoteen verskaf Vitamien A waarvan Beta-karoteen	1,34 mg 8,57 mg 174,5 µg RE 100,0 µg RE
<i>Tagetes erecta</i> L. (gousblom) [blom, 65:1 ekstrak verskaf 203,45 mg gedroogde kruie ekwivalent] verskaf Zeaxantien	3,13 mg 0,13 mg
Koper bisglisinaat verskaf Koper (elementêr)	1,0 mg 0,1 mg
Pteroylmonoglutamiensuur verskaf Foliensuur	0,07 mg 50 µg
Natrium selenaat, en Natrium seleniet verskaf Selenium	0,34 mg 0,34 mg 12,5 µg
D-biotien verskaf Biotien	1,24 mg 11,25 µg
Kalium jodied verskaf Jodium (elementêr)	0,23 mg 11,25 µg
Natrium molibdaat verskaf Molibdeen (elementêr)	1,13 mg 11,25 µg
Chroom (III) chloried verskaf Chroom (elementêr)	0,63 mg 6,25 µg
Fitonadion verskaf Vitamien K ₁	0,81 mg 6,25 µg
Cholekalsiferol verskaf Vitamien D ₃	0,6 mg 1,25 µg
Sianokobalamien (Vitamien B ₁₂)	0,6 µg

Die ander bestanddele is:
Tablet kern:
Kruiskarmellose natrium, dikalsium fosfaat dihidraat, magnesium stearaat, mikrokrystallyne sellulose, silikon dioksied, steariensuur.

Bedekking:
Dekstrien, dekstrose monohidraat, natrium karboksimeetiel sellulose, natrium sitraat dihidraat, soja lesitien.

Bevat soja.

Bevat suiker:
Dekstrose 0,96 mg per tablet.

Hoe LifePak Plus lyk en die inhoud van die verpakking

LifePak Plus tablette is geel ovaal bedekte tablette, 19 mm lengte, 6 mm dik, met donker en rooi spikkels.

4 bedekte tablette word in polipropileen film sakkies verpak en 60 sakkies word in ’n karton verpak.

Houer van Registrasiesertifikaat

Nu Skin South Africa,

22 Magwa Crescent,

Waterfall City,

Grond en 1^e Vloer,

Midrand 1682,

Suid-Afrika.

Hierdie pamflet is laas hersien in

Oktober 2023

Toegang tot die ooreenstemmende professionele inligting

Gedetailleerde inligting oor hierdie medisyne is beskikbaar van Nu Skin South Africa via https://www.nuskin.com/content/dam/eu-library/2020/web/products/pharmanex/nutritionals/leaflets/pharmanex-lifepak+-ld-patient-information-leaflet-en-za.pdf.