

PROFESSIONAL INFORMATION - LifePak Plus

SCHEDULING STATUS: S0

COMPLEMENTARY MEDICINE: HEALTH SUPPLEMENT/ WESTERN HERBAL MEDICINE

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

1. NAME OF THE MEDICINE

LifePak Plus. Coated tablets.

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Qualitative and Quantitative declaration:

Magnesium citrate	279,0 mg
providing Magnesium (elemental)	31,25 mg
Calcium carbonate and	75,7 mg
Calcium citrate	122,0 mg
providing Calcium (elemental)	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	26,8 mg
providing Vitamin C	20,0 mg
Citrus fruit [extract]	6,25 mg
Containing:	
<i>Citrus limon</i> (L.) Burm. f. (lemon)	1,25 mg
<i>Citrus sinensis</i> (L.) Osbeck (sweet orange)	3,75 mg
<i>Citrus reticulata</i> Blanco (mandarin orange)	0,63 mg
<i>Citrus x paradisi</i> Macfad (grapefruit)	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	4,02 mg
providing Vitamin E	3 mg TE
Zinc bisglycinate	9,38 mg
providing Zinc (elemental)	1,88 mg
D-calcium-pantothenate	1,83 mg
providing Pantothenic acid	1,25 mg
Lycopene	9,63 mg
providing Lycopene	0,88 mg
Lutein	12,0 mg
providing Lutein	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	1,56 mg
providing Manganese (elemental)	0,25 mg
Retinyl palmitate and	1,34 mg
Beta-carotene	8,57 mg
providing Vitamin A	174,5 µg RE
of which Beta-carotene	100,0 µg RE
<i>Tagetes erecta</i> L. (marigold) [flower, 65:1 extract providing 203,45 mg of dried herb equivalent]	3,13 mg
providing Zeaxanthin	0,13 mg
Copper bisglycinate	1,0 mg
providing Copper (elemental)	0,1 mg
Pteroylmonoglutamic acid	0,07 mg
providing Folic acid	50 µg
Sodium selenate and	0,34 mg
sodium selenite	0,34 mg
providing Selenium	12,5 µg
D-biotin	1,24 mg
providing Biotin	11,25 µg
Potassium iodide	0,23 mg
providing Iodine (elemental)	11,25 µg
Sodium molybdate	1,13 mg
providing Molybdenum (elemental)	11,25 µg
Chromium (III) chloride	0,63 mg
providing Chromium (elemental)	6,25 µg
Phytonadione	0,81 mg
providing Vitamin K ₁	6,25 µg
Cholecalciferol	0,6 mg
providing Vitamin D ₃	1,25 µg
Cyanocobalamin (Vitamin B ₁₂)	0,6 µg
Contains soy.	
Contains sugar: Dextrose 0,96 mg per tablet.	

3. PHARMACEUTICAL FORM

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

4. CLINICAL PARTICULARS

4.1 Therapeutic indications

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.

4.2 Posology and method of administration:

Posology:

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

Paediatric population: Not recommended for children under the age of 18 years.

4.3 Contraindications

Hypersensitivity (allergy) to soy or any of the ingredients, including excipients of **LifePak Plus**. (See section 6.1).

If you have been diagnosed or suspected to suffer with prostate cancer.

If you have been diagnosed with thyroid disorders.

4.4 Special warnings and precautions for use

Consult your doctor prior to use, especially if you have a medical condition, or

- if you are diabetic,
- if you are hypoglycemic,
- if you are undergoing medical treatment.

4.5 Interaction with other medicines and other forms of interaction

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 the patient is a tobacco smoker.

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

4.6 Fertility, pregnancy and lactation

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

4.7 Effects on ability to drive and use machines

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

4.8 Undesirable effects

No known side-effects.

Should your general health worsen or if you experience any untoward effects while taking **LifePak Plus**, please consult your doctor, pharmacist or other healthcare professional for advice.

Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicine is important. It allows continued monitoring of the benefit/ risk balance of the medicine. Health care providers are asked to report any suspected adverse reactions to SAHPRA via the “**6.04 Adverse Drug Reactions Reporting Form**”, found online under SAHPRA’s

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

4.9 Overdose

None known. Treatment is supportive and symptomatic.

5. PHARMACOLOGICAL PROPERTIES

Pharmacological classification

D 34.12 Multiple substance formulation.

5.1 Pharmacodynamic properties

Not applicable.

5.2 Pharmacokinetic properties

Not applicable

5.3 Preclinical safety data

Not applicable.

6. PHARMACEUTICAL PARTICULARS

6.1 List of excipients

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.

6.2 Incompatibilities

Not applicable.

6.3 Shelf life

24 months.

6.4 Special precautions for storage

- Store at or below 25 °C.
- Protect from moisture and light.
- Keep in the original container until ready for use.
- Do not refrigerate.

6.5 Nature and contents of container

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.

6.6 Special precautions for disposal and other handling

No special requirements.

7. HOLDER OF CERTIFICATE OF REGISTRATION

Nu Skin South Africa, 22 Magwa Crescent, Waterfall City, Ground and 1st Floor, Midrand 1682, South Africa.

8. REGISTRATION NUMBER

Will be allocated by the Authority upon registration.

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

October 2023