



MarineOmega

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS:

(Exempted in term of the complementary call-up notice dated 22/2/2002)

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

MarineOmega. Each softgel capsule contains 1100 mg Fish Oil (165 mg EPA, 110 mg DHA), 50 mg Krill oil. Softgel capsules.

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

MarineOmega is available without a doctor's prescription, for you to use as a dietary supplement. Nevertheless you still need to use **MarineOmega** carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.

Do not share **MarineOmega** with any other person.

- Ask your doctor or pharmacist if you need more information or advice.

1. WHAT MARINEOMEGA CONTAINS

- The active substance is fish oil (EPA, DHA), krill oil.
- The other ingredients are tocopherol-rich extract (as antioxidant) and a soft capsule (gelatine, glycerin, vanillin).
-

2. WHAT MARINEOMEGA IS USED FOR

MarineOmega is a nutritional supplement which assists with general well-being. A varied and balanced diet and a healthy lifestyle are of general importance.

3. BEFORE YOU TAKE MARINEOMEGA

Do not take MarineOmega:

- if you are hypersensitive (allergic) to any of the ingredients of **MarineOmega**.
- if you are hypersensitive (allergic) to fish products.
- if you are hypersensitive (allergic) to soy.

Discontinue the use of **MarineOmega** 2 weeks prior to surgery.

Pregnancy and Breastfeeding

The safety of **MarineOmega** in pregnancy and lactation has not been established. If you are pregnant or breastfeeding your baby while taking/ having this medicine, please consult your doctor, pharmacist or other healthcare professional for advice.

Important information about some of the ingredients of MarineOmega

Contains fish products and soy.

Using other medicines with MarineOmega

If you are taking other medicines on a regular basis, including complementary or traditional medicines, the use of **MarineOmega** with these medicines may cause undesirable interactions. Please consult your doctor, pharmacist or other healthcare professional for advice.

4. HOW TO TAKE MARINEOMEGA

Do not share medicines you are taking with any other person.

Always take **MarineOmega** exactly as instructed. You should check with your doctor or pharmacist if you are unsure.

DO NOT EXCEED THE RECOMMENDED DAILY DOSE.

Take two (2) softgels twice daily with 250 ml of liquid with your morning and evening meals.

If you have the impression that the effect of **MarineOmega** is too strong or too weak, tell your doctor or pharmacist.

If you take MarineOmega then you should:

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

If you forget to take a dose of MarineOmega:

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

5. POSSIBLE SIDE EFFECTS

MarineOmega can have side effects.

Not all side effects reported for **MarineOmega** are included in this leaflet. Should your general health worsen while taking

MarineOmega, please consult your doctor, pharmacist or other healthcare professional for advice.

6. STORING AND DISPOSING OF MARINEOMEGA

- Keep all medicines out of the reach and sight of children.
- Store at or below 25 °C, in a cool place and protect from moisture.
- Keep in the original container until ready for use.
- Do not store in a bathroom.
- Do not use after the expiry date stated on the bottle.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

7. PRESENTATION OF MARINE OMEGA

120 Softgel capsules packed in a 300 ml white HDPE plastic bottle with a white cap.

8. IDENTIFICATION OF MARINE OMEGA

Red viscous liquid in a clear gelatin soft gelatin capsule; may contain cloudy phospholipid particles.

9. REGISTRATION NUMBER/REFERENCE NUMBER

Will be allocated.

10. NAME AND ADDRESS OF REGISTRATION HOLDER

Nu Skin Enterprises South Africa (Pty) Ltd.
Techno Link 63, Regency drive,
Route 21 Corporate Park, Nellmapius Drive,
Irene, 0157, South Africa

11. DATE OF PUBLICATION

Will be allocated.

D CATEGORY 11: COMBINATION COMPLEMENTARY MEDICINES

This medicine has not been evaluated by the Medicines Control Council.

This medicine is not intended to diagnose, treat, cure or prevent any disease.