

**SCHEDULING STATUS** Not scheduled  
**PROPRIETARY NAME AND DOSAGE FORM**

**BIOGEN**

3005P P11

**CINNATROL**

(capsule)

**COMPOSITION**

Each capsule contains:

<i>Cinnamomum aromaticum</i> (cinnamon) 10:1 extract	208mg
Chromium (as Chromium Picolinate)	45µg
Alpha-lipoic acid	50mg

**Inactive Ingredients:** Purified Talc, Maize Starch, Magnesium Stearate

Sugar Free

**PHARMACOLOGICAL CLASSIFICATION**

D 21.2 Oral hypoglycaemics

**PHARMACOLOGICAL ACTION**

***Cinnamomum aromaticum* (cinnamon):** Polyphenolic polymers such as hydroxychalcone found in cassia cinnamon seem to potentiate insulin action. These compounds seem to increase phosphorylation of the insulin receptor, which increases insulin sensitivity. Increased insulin sensitivity may improve blood glucose control and lipid levels. Cinnamon extracts may also activate glycogen synthetase and increase glucose uptake.

**Chromium:** Chromium's mechanism for decreasing insulin resistance falls in the light of an improved first phase of secretion of insulin or facilitated post-receptor insulin sensitivity as a way of potentiating the action of insulin. In addition, it has been demonstrated that chromium enhances the action of insulin at adipocyte level by increasing intracellular triglyceride synthesis and decreasing extracellular lipid.

**Alpha-lipoic acid (ALA)** is a powerful anti-oxidant. It restores the anti-oxidant properties of vitamin E and Vitamin C and stimulates the body's own production of glutathione, while assisting in the absorption of Co Enzyme Q10. ALA is both water and fat soluble and can therefore protect all areas of cells. It aids in controlling blood sugar levels, and cells also use it to metabolise sugar for energy.

**INDICATION**

To assist with glycaemic control and also serve as an anti-oxidant.

**CONTRAINDICATIONS**

Avoid with known allergy or hypersensitivity to the any of the ingredients, including excipients.

Do not use if you are pregnant or lactating.

**WARNINGS AND SPECIAL PRECAUTIONS**

Not recommended for use in children under the age of 18 years.

Avoid when using medication prescribed for treating thyroid conditions.

Diabetics/hypoglycaemic individuals should take note that this product may reduce blood sugar levels

- Diabetics may need to reduce medication dosages. Please discuss with your healthcare professional before taking this medicine.

Use cautiously in individuals with or at risk of liver disease.

If nausea, headaches, heartburn, stomach pain is a result, lower dosage or discontinue use, and especially if the symptoms persist for more than a week.

Remember that an adequate state of hydration must be maintained when using this product. Have at least 8-12 glasses of water per day.

Taking more than the recommended dose will not improve the results and may cause adverse reactions.

**INTERACTIONS**

Always tell your healthcare professional if you are taking any other medicine.

Concomitant use with Thyroxine might decrease the effects of thyroid hormone drugs.

May decrease blood glucose levels. Dosing adjustments for insulin or oral hypoglycemic agents may be necessary.

Might interfere with blood glucose control during and after surgical procedures. Discontinue at least 2 weeks before elective surgical procedures.

**PREGNANCY AND LACTATION**

Safety has not been established for use during pregnancy and lactation. Do not take this medicine during pregnancy or lactation.

**DOSAGE AND DIRECTIONS FOR USE**

*Adults and children older than 18 years:* Take 1 capsule per day, or as indicated by a healthcare practitioner.

Do not exceed the daily recommended dose.

**SIDE EFFECTS**

The following side effects may be associated with the use of **BIOGEN CINNATROL**:

**Endocrine disorders:** Insulin sensitivity, may lower blood glucose levels and result in hypoglycaemia.

**Nervous system disorders:** Headache, paraesthesia, insomnia, dizziness, and vertigo.

**Gastrointestinal disorders:** Gastrointestinal upset, decreased appetite, flatulence, constipation, nausea, vomiting, heartburn.

Not all side-effects reported for this medicine are included in this package insert. Should your general health worsen, or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice.

**KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT**

None known. Treatment is symptomatic and supportive.

**IDENTIFICATION**

Clear capsule containing a light brown coloured powder.

**PRESENTATION**

White plastic container with a white BIOGEN lid, containing 60 capsules.

**STORAGE INSTRUCTIONS**

Store in a cool, dry place at or below 25°C.  
STORE OUT OF REACH OF CHILDREN.

**REGISTRATION NUMBER**

To be allocated by the Medicines Control Council.

**NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION**

Biogen Nutritional Supplements  
23 Stag Road, Glen Austin, South Africa  
info@biogen.co.za  
www.biogen.co.za  
Tel 011 589 2322

**DATE OF PUBLICATION OF THE PACKAGE INSERT**

August 2014.

**DISCIPLINE**

Combination Product - Western Herbal Medicine

This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease.

SIZE: 170 x 205 mm  COLOURS: 1  FINISHING: EMBOSS  SPOT VARNISH:  FOIL:  CONTENT:  STOCK:  PAPER: X  SUBSTRATE:  OTHER:

SIGNATURE: I HEREBY CONFIRM THAT THE ARTWORK IS ACCORDING TO SPECIFICATIONS AND APPROVE ARTWORK TO BE UPLOADED FOR PRINTING.

SKEDULERINGSSTATUS Nie geskeduleer nie

HANDELSNAAM EN DOSEERVORM

**BIOGEN**

**CINNATROL**

(kapsule)

**SAMESTELLING**

Elke kapsule bevat:

*Cinnamomum aromaticum* (kaneel) 10:1 ekstrak

Chroom (as Chroompikolinaat)

Alfa-lipoësuur

208mg

45µg

50mg

**Onaktiewe Bestanddele:** Gesuiwerde Talkpoeier, Mielieblom, Magnesiumstearaat

Suiker-vry

**FARMAKOLOGIESE KLASSEERINGS**

D 21.2 Orale hipoglisemiese middels

**FARMAKOLOGIESE WERKING**

***Cinnamomum aromaticum* (kaneel):** Polifenoliese polimere soos hidrokisieshalkoon gevind in kassia kaneel kan insulien aksie potensieer. Hierdie bindingslyk fosforilering van die insulienreseptor te verhoog, wat insulien sensitiviteit verhoog. Verhoogde insulien sensitiviteit kan bloedglukose en lipiedvlakke verbeter. Kaneel ekstrakte kan ook glikogeen sintetase aktiveer en glukose opname verhoog.

**Chroom:** Chroom se meganisme vir die vermindering van insulienweerstand is as gevolg van 'n verbeterde eerste fase van die afskeiding van insulien of die gefasiliteerde post-reseptor insulien sensitiviteit, as 'n manier om die werking van insulien te verhoog. Daar is ook bewys dat chroom die werking van insulien by adiposietvlak verbeter, intrasellulêre trigliseried sintese verhoog en ekstrasellulêre lipiede verlaag.

**Alfa-lipoësuur (ALA)** is 'n kragtige anti-oksidadant. Dit herstel die anti-oksidadant eienskappe van vitamien E en vitamien C en stimuleer die liggaam se eie produksie van glutatione, terwyl dit die opname van Koënsiem Q10 ondersteun. ALA is beide water- en vetoplosbaar en kan dus alle gebiede van selle beskerm. Dit help met die beheer van bloedsuikervlakke, en selle gebruik dit ook om suiker vir energie te metaboliseer.

**INDIKASIE**

Dra by tot glukemiese beheer en dien ook as 'n anti-oksidadant.

**KONTRA-INDIKASIES**

Vermyn met 'n bekende allergie/hipersensitiviteit vir enige van die bestanddele, insluitend onaktiewe bestanddele.

Vermyn indien swanger of lakterend.

**WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS**

Nie aanbeveel vir gebruik in kinders onder die ouderdom van 18 jaar.

Vermyn wanneer jy voorgeskrewe medikasie vir die behandeling van skildklier toestande gebruik.

Diabete/hipoglisemiese individue behoort kennis te neem dat hierdie produk bloedsuikervlakke kan verlaag

- Diabete mag dit nodig vind om medikasie dosisse te verminder. Raadpleeg asseblief jou gesondheidsorgpraktisyn voordat u hierdie medisyne neem.

Gebruik versigtig in individue met/of 'n risiko van lewersiekte.

Indien naarheid, hoofpyn, soolbrand, maag pyn veroorsaak word, verlaag die dosis of staak gebruik, en veral as die simptome vir meer as 'n week voortduur.

Onthou dat 'n voldoende toestand van hidrasie gehandhaaf moet word wanneer jy hierdie produk gebruik. Drink ten minste 8-12 glase water per dag.

Die neem van meer as die aanbevole dosis sal nie die resultate verbeter nie en kan nadelige reaksies veroorsaak.

**INTERAKSIES**

Lig altyd u gesondheidspraktisyn in indien u enige ander medisyne gebruik.

Gelyktydige gebruik met Tiroksien kan die uitwerking van skildklierhormoon medisyne verminder.

Kan bloedglukosevlakke verlaag. Dosering aanpassings vir insulien of orale hipoglisemiese medisyne mag nodig wees.

Kan inmeng met bloedglukose beheer tydens en na chirurgiese prosedures. Staak ten minste 2 weke voor elektiewe chirurgie.

**SWANGERSKAP EN LAKTASIE**

Die veiligheid van die gebruik van hierdie produk tydens swangerskap en borsvoeding is nie vasgestel nie. Vermyn indien swanger of lakterend.

**DOSIS EN GEBRUIKSAANWYSINGS**

*Volwassenes en kinders ouer as 18 jaar:* Neem 1 kapsule daaglik, of soos deur 'n gesondheidspraktisyn aangedui.

Moenie die aanbevole daaglikse dosis oorskry nie.

**NEWE-EFFEKTE**

Die volgende nuwe-effekte kan geassosieer word met die gebruik van **BIOGEN CINNATROL**:

**Endokriene verstourings:** Insulien sensitiviteit, kan bloedglukosevlakke verlaag en lei tot hipoglukemie.

**Senueweestelsel verstourings:** Hoofpyn, parestesie, slapeloosheid, duiseligheid, en vertigo.

**Gastroïntestinale verstourings:** Gastroïntestinale ontsteldheid, verminderde aptyt, winderigheid, hardlywigheid, naarheid, braking, soolbrand.

Nie alle nuwe-effekte vir hierdie medisyne is in hierdie voubiljet ingesluit nie. Indien jou algemene gesondheid agteruitgaan, of indien jy enige ongewenste effekte ondervind terwyl hierdie medisyne gebruik word, raadpleeg jou dokter, apteker of ander gesondheidspraktisyn vir advies.

**BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING**

Geen simptome bekend. Behandeling is simptomaties en ondersteunend.

**IDENTIFIKASIE**

Deursigtige kapsule wat 'n ligte bruin kleur poeier bevat.

**AANBIEDING**

Wit plastiekhouer met 'n wit BIOGEN doppie wat 60 kapsules bevat.

**BERGINGSAAWYSINGS**

Bêre op 'n koel, droë plek teen of benede 25°C.

HOU BUITE BEREIK VAN KINDERS.

**REGISTRASIENOMMER**

Moet nog deur die Medisynebeheerraad toegeken word.

**NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT**

Biogen, 23 Stagweg, Glen Austin, Suid-Afrika

info@biogen.co.za

www.biogen.co.za

Tel 011 589 2322

**DATUM VAN PUBLIKASIE VAN HIERDIE VOUBILJET**

Augustus 2014

**DISSIPLINE**

Kombinasie Produk - Westerse Kruie-medikasie

Hierdie medisyne is nie deur die Medisynebeheerraad geëvalueer nie. Hierdie medisyne is nie bedoel om te diagnoseer, behandel, genees of enige siekte te voorkom nie.

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