

PROFESSIONAL INFORMATION
Complementary Medicine: Health Supplement

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. Health supplements are intended only to complement health or supplement the diet.

SCHEDULING STATUS: [S0]

1. NAME OF THE MEDICINE

BIOGEN SUPREME OMEGA 3 (Bovine gelatine capsules)

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Each soft gelatine capsule contains:

Fish oil	1 250 mg
Providing EPA (Eicosapentaenoic acid)	450 mg
and DHA (Docosahexaenoic acid)	300 mg
D-alpha tocopheryl acetate (Vitamin E)	3 mgTE (4 IU)
Sugar Free	
Bovine Gelatine Capsules	

For the full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM

Soft Gelatine Capsule

4. CLINICAL PARTICULARS

4.1 BIOGEN SUPREME OMEGA 3 is a high potency essential fatty acid supplement consisting of an 36:24 ratio of EPA and DHA in the Triglyceride (TG) form. These are fatty acids known to support heart, nervous system and eye health.

4.2 Posology and method of administration

Adults and children 6 years and older: Take 1-3 capsules daily, or as recommended by your or as recommended by a health care provider.

4.3 Contraindications:

- If you are allergic to seafood or fish.
- If you have a hypersensitivity to any of the excipients listed in 6.1.
- If you are allergic to any of the ingredients listed in 6.1.

4.4 Special warnings and precautions for use

Special care should be taken with BIOGEN SUPREME OMEGA 3

- If you suffer from diabetes.
- If you suffer from a bleeding or blood clotting disorder.
- If you suffer from iron-deficiency anaemia or hyperthyroidism.

Stop taking BIOGEN SUPREME OMEGA 3 at least two weeks before surgery, as it may interfere with bleeding during and after surgery.

Children and adolescents:

- BIOGEN SUPREME OMEGA 3 is likely safe for children and adolescents. Consult with a healthcare practitioner prior to giving BIOGEN SUPREME OMEGA 3 to children and adolescents under the age of 18.

Do not exceed the recommended daily dosage.

4.5 Interaction with other medicines and other forms of interaction

Fish oils may have interactions with other medicines. Give your health care provider a list of all the medicines, herbs, non-prescription drugs, or dietary supplements you use.

Anticoagulants/Anti-platelet medicines:

The use of fish oil and/or vitamin E with anticoagulants or anti-platelet agents may contribute to increased anticoagulant effects.

Anti-hypertensive medicines:

The use of fish oils in combination with anti-hypertensive agents may contribute to increased hypotensive effects.

Contraceptive medicines:

May decrease the triglyceride-lowering effects of fish oils.

Lipase inhibitors (Xenical, Orlistat):

Taking fish oil with lipase inhibitors might decrease the absorption of fish oil fatty acids. For best absorption, supplementation with fish oil fatty acids should be scheduled at least 2-4 hours apart.

Not all interactions with other medicines are included in this pamphlet.

4.6 Fertility, pregnancy and lactation

Safety in pregnancy and lactation has not been established.

4.7 Effects on ability to drive and use machines

No studies on the effects on the ability to drive or use machinery have been performed. Patients should exercise caution before driving or use of machinery until they are reasonably certain BIOGEN SUPREME OMEGA 3 does not adversely affect their performance.

4.8 Undesirable effects

BIOGEN SUPREME OMEGA 3 can have side effects. Not all side effects reported for BIOGEN SUPREME OMEGA 3 are included in this leaflet. Should your general health worsen or if you experience any untoward effects while BIOGEN SUPREME OMEGA 3, please consult your doctor, pharmacist or other healthcare practitioner for advice.

Immune system disorders

Frequency unknown: hypersensitivity reactions.

Nervous system disorders

Frequency unknown: headache, dizziness.

Gastrointestinal disorders

Frequent: gastrointestinal disturbances including abdominal bloating and pain or discomfort, indigestion, dyspepsia, flatulence, nausea and vomiting, diarrhoea or constipation, fishy breath, odour or aftertaste.

Skin and subcutaneous tissue disorders

Frequency unknown: skin rashes, itching and skin irritation.

If any of the following happens, stop using BIOGEN SUPREME OMEGA 3 and tell your doctor or pharmacist immediately, or go the casualty department at your nearest hospital: swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in swallowing or breathing, rash or itching, fainting. These are very serious side effects. If you have them, you may have had a serious reaction to BIOGEN SUPREME OMEGA 3. You may need urgent medical attention or hospitalisation.

Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of BIOGEN SUPREME OMEGA 3 is important. It allows continued monitoring of the benefit/risk balance of BIOGEN SUPREME OMEGA 3. Healthcare providers are asked to report any suspected adverse reactions to SAHPRA via the **Adverse Drug Reaction Reporting Form**, found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>.

4.9 Overdose

In overdose, side effects can be precipitated and/or be of increased severity (see section 4.8).

In the event of overdose, treatment should be symptomatic and supportive.

5. PHARMACOLOGICAL PROPERTIES

Essential nutrients are nutrients required by the human body to maintain an optimum nutritional status. These essential nutrients support health through its involvement in the biochemical processes in the human body by serving important structural and functional roles.

Dietary deficiency of essential nutrients may result in weakness, tiredness, decrease in vitality and can also contribute to the risk of developing illnesses and health problems.

The BIOGEN SUPREME OMEGA 3, a combination of fish oil and Vitamin E. Providing a source of omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), for the maintenance of good health. Helps maintain and support cardiovascular health. Helps to support cognitive health and brain function. Helps support the development of the brain, eyes and nerves in children. The added Vitamin E contributes to the protection of cells from oxidative stress.

6. PHARMACEUTICAL PARTICULARS
6.1 List of excipients

Gelatine, glycerine

6.2 Incompatibilities

Not applicable.

6.3 Shelf Life

24 Months.

6.4 Special precautions for storage

Store in a cool dry place, at or below 25 °C.

KEEP OUT OF REACH OF CHILDREN.

6.5 Nature and contents of container

250 ml PET Container

Pack size: 60+10's

6.6 Special precautions for disposal and other handling

No special requirements.

7. HOLDER OF CERTIFICATE OF REGISTRATION

Biogen,

23 Stag Rd,

Glen Austin,

South Africa

8. REGISTRATION NUMBER

Will be allocated by SAHPRA upon registration.

9. DATE OF FIRST AUTHORISATION

Will be allocated by SAHPRA upon registration.

10. DATE OF REVISION OF THE TEXT

July 2022.

JOB: BP5_Omega3 90s	SIZE: 246mm x 386mm
STOCK: Foil Substrate: <input type="checkbox"/> Clear Substrate: <input type="checkbox"/> White Substrate: <input type="checkbox"/> Paper: <input checked="" type="checkbox"/> Other: <input type="checkbox"/>	
COLOUR:  K	FINISHING: <input type="checkbox"/> Foil / Holographic Foil <input type="checkbox"/> Matte <input type="checkbox"/> Gloss <input type="checkbox"/> Spot UV <input type="checkbox"/> Doming <input type="checkbox"/> Embossing
PLEASE CHECK CAREFULLY Although we endeavour to proof accurately, we cannot accept responsibility for errors once proofs are signed and accepted by our clients.	

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

BIOGEN SUPREME OMEGA 3 1 000 mg FISH OIL

Each soft gelatine capsule contains:

Fish oil	1 250 mg
Providing EPA (Eicosapentaenoic acid) and DHA (Docosahexaenoic acid)	450 mg
D-alpha tocopheryl acetate (Vitamin E)	300 mg
Sugar Free Bovine Gelatine Capsules	3 mgTE (4 IU)

Complementary Medicine: Health Supplement

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

BIOGEN SUPREME OMEGA 3 is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to take BIOGEN SUPREME OMEGA 3 carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share BIOGEN SUPREME OMEGA 3 with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

What is in this leaflet

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

1. What BIOGEN SUPREME OMEGA 3 is and what it is used for

BIOGEN SUPREME OMEGA 3 is an essential fatty acid supplement consisting of an 36:24 ratio of EPA and DHA in the Triglyceride (TG) form. These are fatty acids known to support heart, nervous system and eye health.

2. What you need to know before you take BIOGEN SUPREME OMEGA 3

Do not take BIOGEN SUPREME OMEGA 3:

- If you are allergic to seafood or fish.
- If you a hypersensitivity to any of the ingredients of BIOGEN SUPREME OMEGA 3 (see section 6).

Warnings and precautions

Take special care with BIOGEN SUPREME OMEGA 3:

- If you suffer from diabetes.
- If you suffer from a bleeding or blood clotting disorder.
- If you suffer from iron-deficiency anaemia or hyperthyroidism.

Stop taking BIOGEN SUPREME OMEGA 3 at least two weeks before surgery, as it may interfere with bleeding during and after surgery.

Children and adolescents:

- BIOGEN SUPREME OMEGA 3 is likely safe for children and adolescents. Consult with a healthcare practitioner prior to giving BIOGEN SUPREME OMEGA 3 to children and adolescents under the age of 18.

Do not exceed the recommended daily dosage.

Other medicines and BIOGEN SUPREME OMEGA 3

Fish oils may have interactions with other medicines. Give your health care provider a list of all the medicines, herbs, non-prescription drugs, or dietary supplements you use.

Anticoagulants/Anti-platelet medicines:

The use of fish oil and/or vitamin E with anticoagulants or anti-platelet agents may contribute to increased anticoagulant effects.

Anti-hypertensive medicines:

The use of fish oils in combination with anti-hypertensive agents may contribute to increased hypotensive effects.

Contraceptive medicines:

May decrease the triglyceride-lowering effects of fish oils.

Lipase inhibitors (Xenical, Orlistat):

Taking fish oil with lipase inhibitors might decrease the absorption of fish oil fatty acids. For best absorption, supplementation with fish oil fatty acids should be scheduled at least 2-4 hours apart.

Not all interactions with other medicines are included in this pamphlet.

BIOGEN SUPREME OMEGA 3 with food and drink

Essential nutrients are nutrients required by the human body to maintain an optimum nutritional status. These essential nutrients support health through its involvement in the biochemical processes in the human body by serving important structural and functional roles.

Dietary deficiency of essential nutrients may result in weakness, tiredness, decrease in vitality and can also contribute to the risk of developing illnesses and health problems.

Use this product in conjunction with food as part of a healthy, balanced diet, not as a substitute for such.

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 BIOGEN SUPREME OMEGA 3.

Safety of BIOGEN SUPREME OMEGA 3 during pregnancy and lactation has not been established.

Do not take BIOGEN SUPREME OMEGA 3 while pregnant or breastfeeding.

Driving and using machinery

No studies on the effects on the ability to drive or use machinery have been performed. BIOGEN SUPREME OMEGA 3 are generally well tolerated but caution is advised (see section 4).

3. How to take BIOGEN SUPREME OMEGA 3

Do not share your medicines with any other person.

Always take BIOGEN SUPREME OMEGA 3 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.

Adults and children 6 years and older:

Take 1-3 (one to three) capsules daily, or as recommended by you or as recommended by a health care provider.

If you take more BIOGEN SUPREME OMEGA 3 than you should

In the event of an overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre. Take this leaflet and the rest of the BIOGEN SUPREME OMEGA 3 with you so the doctor will know what you have taken.

If you forget to take BIOGEN SUPREME OMEGA 3

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

4. Possible side effects

BIOGEN SUPREME OMEGA 3 can have side effects.

Not all side effects reported for BIOGEN SUPREME OMEGA 3 are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking BIOGEN SUPREME OMEGA 3, please consult your healthcare practitioner for advice.

If any of the following happens, stop taking BIOGEN SUPREME OMEGA 3 and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of the 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 BIOGEN SUPREME OMEGA 3. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Immune system disorders:

- *Frequency unknown:* Hypersensitivity reactions.

Nervous system disorders:

- *Frequency unknown:* Headache, dizziness.

Gastrointestinal disorders:

- *Frequent:* Gastrointestinal disturbances including abdominal bloating and pain or discomfort, indigestion, dyspepsia, flatulence, nausea and vomiting, diarrhoea or constipation, fishy breath, odour or aftertaste.

Skin and subcutaneous tissue disorders:

- *Frequency unknown:* Skin rashes, itching and skin irritation.

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 Adverse Drug Reactions Reporting Form, found online under SAHPRA's publications: <http://www.sahpra.org.za/Publications/Index/8>.

By reporting side effects, you can help provide more information on the safety of BIOGEN SUPREME OMEGA 3.

5. How to store BIOGEN SUPREME OMEGA 3

- Store at or below 25 °C.
- Protect from light and moisture.
- Store all medicines out of reach of children.
- 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 BIOGEN SUPREME OMEGA 3 contains

Each soft gelatine capsule contains:

Fish oil	1 250 mg
Providing EPA (Eicosapentaenoic acid) and DHA (Docosahexaenoic acid)	450 mg
D-alpha tocopheryl acetate (Vitamin E)	300 mg
Sugar Free Bovine Gelatine Capsules	3 mgTE (4 IU)

The other ingredients are gelatine, glycerine.

What BIOGEN SUPREME OMEGA 3 looks like and contents of the pack

250 ml PET Container
Pack size: 60+10's

Holder of certificate of registration

BIOGEN,
23 Stag Rd,
Glen Austin,
South Africa

This pamphlet was last revised in

July 2022

Registration number

Will be allocated by SAHPRA upon registration.

PASIËNTINLIGTINGSBLAD

SKEDULERINGSTATUS: S0

BIOGEN SUPREME OMEGA 3 1 000 mg FISH OIL

Elke sagte gelatienkapsule bevat:

Visolie	1 250 mg
Verskaf EPS (Eikosapentaënoësuur) en DHS (Dokosaheksaënoësuur)	450 mg
D-alfa tokoferielasetaat (Vitamien E)	300 mg
Suikervry Beesgelatienkapsules	3 mgTE (4 IU)

Aanvullende Medisyne: Gesondheidsaanvulling

Hierdie ongeregistreerde medisyne is nie vir gehalte, veiligheid of beoogde gebruik deur SAHPRA geëvalueer nie. Gesondheidsaanvullings dien slegs as aanvulling tot gesondheid of dieet.

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

BIOGEN SUPREME OMEGA 3 is beskikbaar sonder 'n dokter se voorskrif, sodat jy jou gesondheid kan onderhou. Jy moet BIOGEN SUPREME OMEGA 3 nietermin steeds versigtig neem om die beste resultate te verkry.

- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weer lees.
- Moenie BIOGEN SUPREME OMEGA 3 met enigiemand anders deel nie.
- Vra gerus jou gesondheidsorgverskaffer of apteker indien jy verdere inligting of advies nodig het.

Wat is in hierdie inligtingsblad

1. Wat is BIOGEN SUPREME OMEGA 3 en waarvoor word dit gebruik.
2. Wat jy moet weet voordat jy BIOGEN SUPREME OMEGA 3 neem.
3. Hoe om BIOGEN SUPREME OMEGA 3 te neem.
4. Moontlike nuwe-effekte.
5. Hoe om BIOGEN SUPREME OMEGA 3 te bêre.
6. Inhoud van die pak en ander inligting.

1. Wat is BIOGEN SUPREME OMEGA 3 en waarvoor word dit gebruik

BIOGEN SUPREME OMEGA 3 is 'n essensiële vetsuur aanvulling wat bestaan uit 'n 36:24 verhouding van EPA en DHA in die trigliseriede (TG) vorm. Dit is vetsure bekend aan ondersteun hart, senuweestelsel en ooggesondheid.

2. Wat jy moet weet voordat jy BIOGEN SUPREME OMEGA 3 neem

Moenie BIOGEN SUPREME OMEGA 3 neem nie:

- Indien jy allergies is vir seekos of vis.
- Indien jy hipersensitief (allergies) is vir enige van die bestanddele van BIOGEN SUPREME OMEGA 3 (sien afdeling 6).

Waarskuwings en voorsorgmaatreëls

Wees veral versigtig met BIOGEN SUPREME OMEGA 3:

- As u aan diabetes ly.
- As u aan bloeding of bloedstollingsversteuring ly.
- As u ly aan anemie-anemie of hipertreose.

Stak die gebruik van BIOGEN SUPREME OMEGA 3 ten minste twee weke voor 'n operasie, dit kan bloeding tydens en na die operasie beïnvloed.

Kinders en Adolessente:

- BIOGEN SUPREME OMEGA 3 is waarskynlik veilig vir kinders en tieners. Raadpleeg 'n mediese praktisyn voordat u BIOGEN SUPREME OMEGA 3 aan kinders en adolessente onder die ouderdom van 18 gee.

Moenie die aanbeveelde daaglikse dosis oorskry nie.

Ander medisyne en BIOGEN SUPREME OMEGA 3

Visolies kan interaksies met ander medisyne veroorsaak. Gee u gesondheidsorgverskaffer 'n lys van al die medisyne, kruie, nie-voorskrifmedisyne of aanvullings wat u gebruik.

Antistolmiddels / Plaatjie-medisyne:

Die gebruik van visolie en / of vitamien E saam met antistolmiddels of bloedplaatwerende middels kan bydra tot verhoogde antistolmiddels.

Anti-hipertensiewe medisyne:

Die gebruik van visolie in kombinasie met anti-hipertensiewe middels kan bydra tot verhoogde hipotensiewe effekte.

Voorbehoedmiddels:

Kan die trigliseriedverlagende effekte van visolie verminder.

Lipase-inhibeerdors (Xenical, Orlistat):

Neem visolie saam met lipase-remmers kan die opname van visolie-vetsure verminder. Vir die beste opname, moet aanvulling met visolie-vetsure minstens 2-4 uur uitmekaar geskeduleer word.

Nie alle interaksies met ander medisyne word in hierdie pamflet ingesluit nie.

BIOGEN SUPREME OMEGA 3 met kos en drinkgoed

Essensiële voedingstowwe is voedingstowwe wat die menslike liggaam benodig om 'n optimale voedingstatus te handhaaf. Hierdie noodsaaklike voedingstowwe ondersteun die gesondheid deur sy betrokkenheid by die biochemiese prosesse in die menslike liggaam deur belangrike strukturele en funksionele rolle.

Gebrek aan noodsaaklike voedingstowwe kan lei tot swakheid, moegheid, en afname in algemene gesondheid kan ook bydra tot die risiko om siektes en gesondheidsprobleme te ontwikkel.

Gebruik hierdie produk saam met voedsel as deel van 'n gesonde, gebalanseerde dieet, nie as 'n plaasvervanger daarvoor nie.

Swangerskap, borsvoeding en vrugbaarheid

Indien jy swanger is of jou baba borsvoed, vermoed dat jy swanger mag wees of beplan om swanger te raak, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer voordat jy BIOGEN SUPREME OMEGA 3 neem.

Dit is nie vasgestel of BIOGEN SUPREME OMEGA 3 veilig is om te gebruik tydens swangerskap en borsvoeding nie.

Moenie BIOGEN SUPREME OMEGA 3 gebruik indien jy swanger is of jou baba borsvoed nie.

Bestuur en die gebruik van masjiene

Geen studies is uitgevoer oor die effekte op die vermoë om te bestuur of die gebruik van masjinerie nie. Wees versigtig voordat u 'n voertuig bestuur of masjinerie gebruik totdat die effekte van BIOGEN SUPREME OMEGA 3 bekend is. (sien afdeling 4).

3. Hoe om BIOGEN SUPREME OMEGA 3 te neem

Moenie jou medisyne met enigiemand anders deel nie.

Neem BIOGEN SUPREME OMEGA 3 altyd presies soos wat in hierdie inligtingsblad aangeduid word, of soos wat jou dokter of apteker vir jou aangewys het. Vra gerus jou dokter of apteker indien jy onseker is.

Volwassenes en kinders van 6 jaar en ouer:

Neem daaglik 1-3 (een tot drie) kapsules, of soos aanbeveel deur u dokter of soos aanbeveel deur 'n mediese verskaffer.

Wat om te doen indien jy meer BIOGEN SUPREME OMEGA 3 geneem het as wat jy moet

In die geval van 'n oordosis, raadpleeg jou dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifsentrum. Neem hierdie inligtingsblad en die oorblywende BIOGEN SUPREME OMEGA 3 saam sodat die dokter kan sien wat jy ingeneem het.

Indien jy vergeet om BIOGEN SUPREME OMEGA 3 te neem

Moenie 'n dubbele dosis neem om te vergoed vir individuele dosisse wat vergeet is nie.

4. Moontlike nuwe-effekte

BIOGEN SUPREME OMEGA 3 kan nuwe-effekte hê.

Nie alle nuwe-effekte wat vir BIOGEN SUPREME OMEGA 3 gerapporteer is nie, is in hierdie pamflet ingesluit. Raadpleeg u dokter, apteker of ander mediese praktisyn vir advies indien u algemene gesondheid vererger of as u enige ongewenste effekte ervaar tydens BIOGEN SUPREME OMEGA 3.

Indien jy enige van die volgende ondervind, hou op om BIOGEN SUPREME OMEGA 3 te neem en sê dadelik vir jou dokter of gaan na die ongevallen-afdeling by jou naaste hospitaal:

- swelling van die hande, voete, enkels, gesig, lippe, mond of keel, wat probleme kan veroorsaak met sluk en asemhaling;
- uitslag of gejeuk;
- floute.

Hierdie is baie ernstige nuwe-effekte. Indien jy dit het, mag jy 'n ernstige allergiese reaksie op BIOGEN SUPREME OMEGA 3 gehad het. Jy mag dringende mediese bystand of hospitalisasie benodig.

Sê vir jou dokter indien jy enige van die volgende opmerk:

Immuunstelselafwykings:

- *Frekwensie onbekend:* Hipersensitiewiteitsreaksies.

Senuweestelselafwykings:

- *Frekwensie onbekend:* Hoofpyn, duiseligheid.

Gastro-intestinale afwykings:

- *Gereeld:* Gastro-intestinale versteurings, insluitend opgeblaasde buik en pyn of ongemak, slegte spysvertering, dispepsie, winderigheid, naarheid en braking, diarree of hardlywigheid, visasem, reuk of nasmaak.

Vel- en onderhuidse weefselafwykings:

- *Frekwensie onbekend:* Veluitslag, jeuk en vellirritasie.

As u enige nuwe-effekte opmerk wat nie in hierdie pamflet genoem word nie, moet u u dokter of apteker daarvan in kennis stel.

Rapportering van nuwe-effekte

Indien jy nuwe-effekte ondervind, bespreek dit met jou dokter of apteker. Jy kan ook nuwe-effekte aan SAHPRA rapporteer via die vorm om ongunstige geneesmiddelreaksies te rapporteer, wat aalyn by SAHPRA se publikasies beskikbaar is: <http://www.sahpra.org.za/Publications/Index/8>.

Deur nuwe-effekte te rapporteer kan jy help om meer inligting rakende die veiligheid van BIOGEN SUPREME OMEGA 3 te verskaf.

5. Hoe om BIOGEN SUPREME OMEGA 3 te bêre

- Bêre by of onder 25 °C.
- Beskerm teen lig en vog.
- Bêre alle medisyne buite bereik van kinders.
- Moenie gebruik ná die vervaldatum wat op die produk gedruk is nie.
- Neem alle ongebruikte medisyne terug na jou apteker.
- Moenie ongebruikte medisyne in dreine en rioolsisteme (bv. toilette) weggooi nie.

6. Inhoud van die pak en ander inligting

Wat BIOGEN SUPREME OMEGA 3 bevat

Elke sagte gelatienkapsule bevat:

Visolie	1 250 mg
Verskaf EPS (Eikosapentaënoësuur) en DHS (Dokosaheksaënoësuur)	450 mg
D-alfa tokoferielasetaat (Vitamien E)	300 mg
Suikervry Beesgelatienkapsules	3 mgTE (4 IU)

Die ander bestanddele is gelatien en glyserien.