

**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:**  SO

**1. NAME OF THE MEDICINE****BIOGEN RE I NU HAIR, SKIN & NAILS****2. QUALITATIVE AND QUANTITATIVE COMPOSITION**

Each capsule contains:

Choline (as Choline bitartrate)	125,00 mg	23 %
Vitamin C (as Ascorbic acid)	50,00 mg	50 %
L-Methionine	33,25 mg	
Para-amino Benzoic Acid (PABA)	20,00 mg	
Vitamin B <sub>3</sub> (as Nicotinic acid)	17,50 mg	109 %
L-Taurine	15,00 mg	
Zinc (as Zinc sulphate)	12,50 mg	114 %
Iron (as Ferrous Sulphate Monohydrate)	12,00 mg	67 %
Verbascoside Verbasol™ (Rehmannia glutinosa extract)	10,00 mg	
N-Acetyl-L-Cysteine	10,00 mg	
Manganese (as Manganese AAC 10 %)	2,00 mg	
Biotin (as D-Biotin)	250,00 µg RE	833 %
Folic Acid	250,00 µg RE	63 %
Copper (as Copper AAC)	450,00 µg RE	50 %

Preservatives in the capsule shell:

Methyl paraben 0,8 %.

Propyl paraben 0,2 %.

Sugar free

For a full list of excipients, see section 6.1.

**3. PHARMACEUTICAL FORM**

Bovine gelatine capsule.

**4. CLINICAL PARTICULARS****4.1 Therapeutic indications**

**BIOGEN RE I NU HAIR, SKIN & NAILS** is indicated as an Amino acid, Vitamin and Mineral Beauty complex that promotes healthy hair, skin and nails.

**4.2 Posology and method of administration**

**Adults:** Take 2 capsules daily with food, or as recommended by your healthcare practitioner.

**4.3 Contraindications**

- Hypersensitivity to any of the active ingredients or to any of the excipients (see section 6.1).
  - Pregnancy and lactation (see section 4.6).
- 4.4 Special warnings and precautions for use**
- Taking multiple supplements and multivitamins may cause a cumulative intake of certain nutrients/substances. It is therefore recommended that a healthcare provider is consulted prior to use.
  - If you suffer from any serious ailments or conditions; or if you are taking any prescribed medication, please check with your healthcare provider before taking this medicine.
  - Nutritional supplementation should not replace a balanced diet. Do not exceed the recommended dose without consulting a healthcare provider.

**4.5 Interaction with other medicines and other forms of interaction**

- Supplemental intake of certain ingredients may interfere with certain medicines and supplements, diseases and foods.
- If you are taking other medicines regularly, including complementary or traditional medicines, or start taking any additional medicines while taking this medicine, consult your healthcare provider for advice.
- Antibiotics: The concomitant use of zinc, as in **BIOGEN RE I NU HAIR, SKIN & NAILS**, with fluoroquinolones and tetracyclines reduces the absorption of these antibiotics. Advise patients to take these antibiotics 2 to 3 hours before or after taking **BIOGEN RE I NU HAIR, SKIN & NAILS**.
- Chelating agents: The use of zinc, as in **BIOGEN RE I NU HAIR, SKIN & NAILS**, with penicillamine reduces the absorption of penicillamine. Advise patients to separate doses by 2 to 3 hours.

**4.6 Fertility, pregnancy and lactation**

Safety in pregnancy and lactation has not been established.

**BIOGEN RE I NU HAIR, SKIN & NAILS** is not indicated for use during pregnancy or lactation. Consult a health care provider prior to use if you are of childbearing age, pregnant or breastfeeding.

Do not use **BIOGEN RE I NU HAIR, SKIN & NAILS** while pregnant or breastfeeding (see section 4.3).

**4.7 Effects on ability to drive and use machines**

**BIOGEN RE I NU HAIR, SKIN & NAILS** is unlikely to affect the ability to drive a vehicle or use machines. Caution is advised not to drive a vehicle or operate machinery until the effects of **BIOGEN RE I NU HAIR, SKIN & NAILS** are known.

**4.8 Undesirable effects**

**BIOGEN RE I NU HAIR, SKIN & NAILS** is generally well tolerated.

**Immune system disorders:**

*Frequency unknown:* allergic reactions including fever and skin rash.

**Psychiatric disorders:**

*Frequency unknown:* hypermania.

**Nervous system disorders:**

*Frequency unknown:* fatigue, headache, insomnia, sleepiness, vertigo, tremors, agitation, dizziness, vivid dreams, anxiety, lethargy, neuropathy, paresthesia, disorientation, inability to concentrate.

**Dermatologic:**

*Frequency unknown:* rash, itching, sweating, hives, flushing, edema.

*Frequency rare:* skin sensitivity, eczema.

**Cardiac disorders:**

*Frequency unknown:* chest pain, angina, flushing.

**Pulmonary/Respiratory:**

*Frequency rare:* congestion.

**Gastrointestinal disorders:**

*Frequency unknown:* nausea, vomiting, esophagitis, heartburn, abdominal cramps, gastrointestinal obstruction, diarrhea, increased salivation, bloating, flatulence, bowel symptoms, constipation, hunger, thirst, anorexia, blood in the stool, dry mouth, anorexia, dyspepsia, fever, indigestion, epigastric pain, gastrointestinal irritation, loss of appetite, gastric upset, intolerance to taste.

**Renal and urinary disorders:**

*Frequency unknown:* increased urinary frequency.

**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. Healthcare 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: <http://www.sahpra.org.za/Publications/Index/8>

**4.9 Overdose**

See section 4.8.

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

**5. PHARMACOLOGICAL PROPERTIES****Category and class:**

Category D 34.12 Multiple substance formulation

An Amino Acid based, Vitamin and Mineral beauty complex that promotes healthy hair, skin and nails. Biotin, a water-soluble B vitamin, and the essential mineral zinc, are important nutrients that may support the health of hair follicles. Copper contributes to normal hair pigmentation. These important nutrients may assist in maintaining healthy hair, and support an ideal shine. The antioxidants within Verbasol™ may assist in preventing the adverse effects of sunlight, oxidative stress, and dryness while maintaining skin hydration and elasticity. A key function of this is to keep moisture and collagen locked into the skin to maintain a healthy appearance. Biotin, Folic Acid and Vitamin C, are important vitamins necessary for cell growth, as well as the production and metabolism of protein into amino acids. The end result is strengthened nails with improved nail thickness and reduced splitting. Vitamin C, another strong antioxidant may also prevent skin, hair, and nail damage.

**6. PHARMACEUTICAL PARTICULARS****6.1 List of excipients**

Bovine Gelatine Capsule  
Aerosil  
Magnesium stearate  
Potato starch

**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.

**6.5 Nature and contents of container**

PET container (175 mL) with a grey/silver Biogen PET lid.

Pack size: 60 capsules.

**6.6 Special precautions for disposal**

No special requirements.

**7. HOLDER OF CERTIFICATE OF REGISTRATION**

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

**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**

This leaflet was last revised in October 2020.

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**PATIENT INFORMATION LEAFLET**SCHEDULING STATUS: **SO****BIOGEN RE I NU HAIR, SKIN & NAILS CAPSULES**

		%NRV*	
Each capsule contains:			
Choline (as Choline bitartrate)	125,00 mg	23 %	
Vitamin C (as Ascorbic acid)	50,00 mg	50 %	
L-Methionine	33,25 mg		
Para-amino Benzoic Acid (PABA)	20,00 mg		
Vitamin B <sub>3</sub> (as Nicotinic acid)	17,50 mg	109 %	
L-Taurine	15,00 mg		
Zinc (as Zinc sulphate)	12,50 mg	114 %	
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Verbascoside Verbasol™ ( <i>Rehmannia glutinosa</i> extract)	10,00 mg		
N-Acetyl-L-Cysteine	10,00 mg		
Manganese (as Manganese AAC 10 %)	2,00 mg		
Biotin (as D-Biotin)	250,00 µg RE	833 %	
Folic Acid	250,00 µg RE	63 %	
Copper (as Copper AAC)	450,00 µg RE	50 %	

Preservatives in the capsule shell:

Methyl paraben 0,8 %.

Propyl paraben 0,2 %.

Sugar free.

**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.

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

BIOGEN RE I NU HAIR, SKIN &amp; NAILS is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to take BIOGEN RE I NU HAIR, SKIN &amp; NAILS carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share BIOGEN RE I NU HAIR, SKIN & NAILS 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 RE I NU HAIR, SKIN & NAILS is and what it is used for.
2. What you need to know before you take BIOGEN RE I NU HAIR, SKIN & NAILS.
3. How to take BIOGEN RE I NU HAIR, SKIN & NAILS.
4. Possible side effects.
5. How to store BIOGEN RE I NU HAIR, SKIN & NAILS.
6. Contents of the pack and other information.

**1. WHAT BIOGEN RE I NU HAIR, SKIN & NAILS IS AND WHAT IT IS USED FOR**

BIOGEN RE I NU HAIR, SKIN &amp; NAILS is indicated as an Amino acid, Vitamin and Mineral Beauty complex that promotes healthy hair, skin and nails.

**2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE BIOGEN RE I NU HAIR, SKIN & NAILS****Do not take BIOGEN RE I NU HAIR, SKIN & NAILS:**

- If you are hypersensitive (allergic) to any of the ingredients of BIOGEN RE I NU HAIR, SKIN & NAILS (listed in section 6).
- If you are pregnant or breastfeeding your baby.

**Warnings and precautions**

- It is recommended that you consult your healthcare provider before you use BIOGEN RE I NU HAIR, SKIN & NAILS if you are taking various supplements. It may cause an increased intake of specific nutrients/substances from the different supplements.
- If you suffer from any serious ailments or conditions; or if you are taking any prescribed medication, please check with your healthcare provider before taking this medicine.
- Nutritional supplementation should not replace a balanced diet. Do not exceed the recommended dose without consulting a healthcare provider.
- If you are not sure of any of the above, ask your healthcare provider.

**Other medicines and BIOGEN RE I NU HAIR, SKIN & NAILS**

- Supplemental intake of certain ingredients may interfere with certain medicines and supplements, diseases and foods.
- If you are taking other medicines regularly, including complementary or traditional medicines, or start taking any additional medicines while taking this medicine, consult your healthcare provider for advice.
- Antibiotics: The concomitant use of zinc, as in BIOGEN RE I NU HAIR, SKIN & NAILS, with fluoroquinolones and tetracyclines reduces the absorption of these antibiotics. Advise patients to take these antibiotics 2 to 3 hours before or after taking BIOGEN RE I NU HAIR, SKIN & NAILS.
- Chelating agents: The use of zinc, as in BIOGEN RE I NU HAIR, SKIN & NAILS, with penicillamine reduces the absorption of penicillamine. Advise patients to separate doses by 2 to 3 hours.

**BIOGEN RE I NU HAIR, SKIN & NAILS with food and drink**

BIOGEN RE I NU HAIR, SKIN &amp; NAILS has no known interaction with food and drink.

**Pregnancy, breastfeeding and fertility**

Safety during pregnancy and breastfeeding has not been established. Do not use BIOGEN RE I NU HAIR, SKIN &amp; NAILS while pregnant or breastfeeding.

**Driving and using machinery**

BIOGEN RE I NU HAIR, SKIN &amp; NAILS is not likely to make you feel drowsy or sleepy. However, take special care before performing tasks that require your attention, until you know how you will react to BIOGEN RE I NU HAIR, SKIN AND NAILS.

**3. HOW TO TAKE BIOGEN RE I NU HAIR, SKIN & NAILS**

Do not share your medicines with any other person.

Always take BIOGEN RE I NU HAIR, SKIN &amp; NAILS exactly as indicated in this leaflet or as your doctor or pharmacist has told you. You should check with your doctor or pharmacist if you are unsure. Do not exceed the recommended dosage and directions for use.

Adults: Take 2 capsules daily with food, or as recommended by your healthcare practitioner.

**If you take more BIOGEN RE I NU HAIR, SKIN & NAILS than you should**

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

If you take more BIOGEN RE I NU HAIR, SKIN &amp; NAILS than recommended it may cause increased risk of bleeding, gastrointestinal effects such as loose stools, nausea and vomiting, stomach cramps and pain, and tiredness.

**If you forget to take BIOGEN RE I NU HAIR, SKIN & NAILS**

If you have missed the dose by only a few hours, take the missed dose as soon as you remember. If it is almost time for the next dose, skip the missed dose and take BIOGEN RE I NU HAIR, SKIN &amp; NAILS at the next regularly scheduled time.

Do not take a double dose of BIOGEN RE I NU HAIR, SKIN &amp; NAILS to make up for the forgotten individual doses.

**4. POSSIBLE SIDE EFFECTS**

BIOGEN RE I NU HAIR, SKIN &amp; NAILS my have side effects.

Not all side effects reported for BIOGEN RE I NU HAIR, SKIN &amp; NAILS are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking BIOGEN RE I NU HAIR, SKIN &amp; NAILS, please consult your healthcare provider for advice.

If any of the following happens, stop taking BIOGEN RE I NU HAIR, SKIN &amp; NAILS 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 BIOGEN RE I NU HAIR, SKIN &amp; NAILS. You may need urgent medical attention or hospitalisation.

Tell your doctor as soon as possible if you notice any of the following side effects, which may occur less frequently:

- Nausea (feeling sick), diarrhoea, stomach cramps, heartburn, digestive system effects.
- Fatigue.
- Headaches.

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 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 RE I NU HAIR, SKIN & NAILS.**5. HOW TO STORE BIOGEN RE I NU HAIR, SKIN & NAILS**

- Store at or below 25 °C.
- Protect from moisture.
- Keep the capsules in the original container until required for use.
- **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 RE I NU HAIR, SKIN & NAILS contains**The active substances are Choline, Vitamin C, L-Methionine, Para-amino Benzoic Acid, Vitamin B<sub>3</sub>, L-Taurine, Zinc, Iron, Verbascoside Verbasol™, N-Acetyl-L-Cysteine, Manganese, Biotin, Folic Acid, Copper.**What BIOGEN RE I NU HAIR, SKIN & NAILS looks like and contents of the pack**

Hard bovine gelatine capsule.

A transparent polypropylene securitainer with a grey/silver Biogen lid containing a silica gel desiccant and 60 capsules.

**HOLDER OF CERTIFICATE OF REGISTRATION**

Biogen

23 Stag Road, Glen Austin, South Africa

info@biogen.co.za

www.biogen.co.za

Tel: 011 589 2322

**THIS LEAFLET WAS LAST REVISED IN**

October 2020.

**REGISTRATION NUMBER**

Will be allocated by SAHPRA upon registration.

**PASIËNTINLIGTINGSBLAD**SKEDULERINGSTATUS: **SO****BIOGEN RE I NU HAIR, SKIN & NAILS KAPSULES**

			%NWW*
Elke kapsule bevat:			
Cholién (as Choliénbitartraat)	125,00 mg	23 %	
Vitamien C (as Askorbiensuur)	50,00 mg	50 %	
L-Methionine	33,25 mg		
Para-amino Benzoic Acid (PABA)	20,00 mg		
Vitamin B <sub>3</sub> (as Nicotinic acid)	17,50 mg	109 %	
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Zinc (as Zinc sulphate)	12,50 mg	114 %	
Iron (as Ferrous Sulphate Monohydrate)	12,00 mg	67 %	
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N-Acetyl-L-Cysteine	10,00 mg		
Manganese (as Manganese AAC 10 %)	2,00 mg		
Biotin (as D-Biotin)	250,00 µg RE	833 %	
Folic Acid	250,00 µg RE	63 %	
Copper (as Copper AAC)	450,00 µg RE	50 %	

Preserveermiddels in die kapsule:

Metielparaben 0,8%.

Propylparaben 0,2%.

Suklervy.

**KOMPLEMENTÈRE MEDISYNE: GESONDHEIDSAAVULLING**

Hierdie ongeregistreerde medisyne is nie vir gehalte, veiligheid of beoogde gebruik deur SAHPRA geëvalueer nie.

Gesondheidsaaavullings dien slegs as aanvulling tot gesondheid of dieet.

Les hierdie heel inligtingsblad aandagdig deur want dit bevat inligting wat belangrik is vir jou.

BIOGEN RE I NU HAIR, SKIN &amp; NAILS is beskikbaar sonder 'n dokter se voorskrif, sodat jy jou gesondheid in stand kan hou. Jy moet BIOGEN RE I NU HAIR, SKIN &amp; NAILS nie nettemeer versigtig neem om die beste resultate te verkry.

- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weer lees.
- Moenie BIOGEN RE I NU HAIR, SKIN & NAILS met enige ander persoon deel nie.
- Vra gerus jou gesondheidsorgverskaffer of apoteker indien jy verdere inligting of advies nodig het.

**Wat is in hierdie inligtingsblad**

1. Wat is BIOGEN RE I NU HAIR, SKIN & NAILS en waarvoor word dit gebruik.
2. Wat jy moet weet voordat jy BIOGEN RE I NU HAIR, SKIN & NAILS neem.
3. Hoe om BIOGEN RE I NU HAIR, SKIN & NAILS te neem.
4. Moontlike newe-effekte.
5. Hoe om BIOGEN RE I NU HAIR, SKIN & NAILS te bêre.
6. Inhoud van die pak.

**1. WAT IS BIOGEN RE I NU HAIR, SKIN & NAILS EN WAARVOOR WORD DIT GEBRUIK**

BIOGEN RE I NU HAIR, SKIN &amp; NAILS word aangedui as 'n aminosuur-, vitamien- en minerale skoonheidskompleks wat gesonde hore, vel en naels bevorder.

**2. WAT JY MOET WEET VOORDAT JY BIOGEN RE I NU HAIR, SKIN & NAILS**

Moenie BIOGEN RE I NU HAIR, SKIN &amp; NAILS neem nie:

- Indien jy hipersensitief (allergies) is vir enige van die bestanddele van BIOGEN RE I NU HAIR, SKIN & NAILS (gelys in afdeling 6).
- Indien jy swanger is of jou baby borsvoed.

**Waarskuwings en voorsorgmaatreëls**

- Dit word aanbeveel dat jy jou gesondheidsorgverskaffer raadpleeg voordat jy BIOGEN RE I NU HAIR, SKIN & NAILS gebruik indien jy verskillende aanvullings neem. Dit kan 'n verhoogde innname van spesifieke voedingstowwe veroorsaak.
- As u ernste kwalte van toestande het; of as u voorgeskrewe medikasie gebruik, raadpleeg u gesondheidsorgverskaffer voordat u hierdie medisyne gebruik.
- Voedingsaanvullings moet nie 'n gebalanseerde dieet vervang nie. Moet nie die aanbevolle dosis oorskry sonder om 'n mediese verskaffer te raadpleeg nie.
- Vra u gesondheidsorgverskaffer as u nie seker is van een van die bogenoemde nie.

**Ander medisyne en BIOGEN RE I NU HAIR, SKIN & NAILS**

- As u geredel ander medisyne gebruik, insluitend aanvullende of tradisionele medisyne, of enige aanvullende medisyne begin nieer temerwyl u hierdie medisyne gebruik, raadpleeg u dokter vir advies.
- Antibiotika: die gepaardgaande gebruik van sink, soos in BIOGEN RE I NU HAIR, SKIN & NAILS met fluorokinolone en tetrasiklies, verminder die opname van hierdie antibiotika.
- Adviseer pasiënte om hierdie antibiotika 2 tot 3 uur voor of na die gebruik van BIOGEN RE I NU HAIR, SKIN & NAILS te neem.
- Chelaatvormers: die gebruik van sink, soos in BIOGEN RE I NU HAIR, SKIN & NAILS, met penisillamine verminder die opname van penisillamine. Beveel pasiënte aan om dosisse van 2 tot 3 uur te skei.

**BIOGEN RE I NU HAIR, SKIN & NAILS met kos en dronk**

BIOGEN RE I NU HAIR, SKIN &amp; NAILS het geen bekende interaksie met kos of drankgoed nie.

**Swangerskap, borsvoeding en vrugbaardheid**

Veiligheid tydens swangerskap en borsvoeding is nog nie vasgestel nie. Moenie BIOGEN RE I NU HAIR, SKIN &amp; NAILS gebruik tydens swangerskap of borsvoeding nie.

**Bestuur en die gebruik van masjiene**

Dit is onwaarskynlik dat BIOGEN RE I NU HAIR, SKIN &amp; NAILS jou lomering of slaperig sal maak. Wees egter baie versigtig voordat jy take verryg wat kontrasasie verg, totdat jy weet hoe jy op BIOGEN RE I NU HAIR, SKIN &amp; NAILS reageer.

**3. HOE OM BIOGEN RE I NU HAIR, SKIN & NAILS TE NEEM**

Moenie jou medisyne neem nie enigeland anders deel nie.

Neem BIOGEN RE I NU HAIR, SKIN &amp; NAILS altyd presies soos wat in hierdie inligtingsblad aangedui word, of soos wat jou dokter of apoteker vir jou aangegewes het. Vra gerus jou dokter indien jy onseker is. Moenie meer neem as wat aangedui word nie.

Volwassenes: Neem 2 kapsules daagliks saam met kos, of soos aanbeveel deur u gesondheidsorgverskaffer.

Wat om te doen indien jy meer BIOGEN RE I NU HAIR, SKIN &amp; NAILS geneem het as wat jy moet

In die geval van 'n oordosis, raadpleeg jou dokter of apoteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gesentrum.

Indien jy meer BIOGEN RE I NU HAIR, SKIN &amp; NAILS neem as wat aanbeveel is, kan dit 'n verhoogde risiko vir bloeding, spysvertraging enige kwalte effekte soos los stoelgange, naarheid en brakking, maagkramp en -pyn, en moegheid veroorsaak.

Wat om te doen indien jy vergeet het om 'n dosis BIOGEN RE I NU HAIR, SKIN &amp; NAILS te neem

Indien dit net 'n paar uur later is, neem die dosis wat jy vergeslaan het sodra jy ontwaak. Indien dit byna tyd is vir jou volgende dosis, slaan die dosis wat vergeet is oor en neem BIOGEN RE I NU HAIR, SKIN &amp; NAILS op die gewone geskeduleerde tyd.