

**PROFESSIONAL INFORMATION**
**D 33.7 Combination Product. Complementary Medicine: Discipline-Specific: Traditional Claims.**

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

**SCHEDULING STATUS:** S0

**1. NAME OF THE MEDICINE**  
**BIOGEN ASHWAGANDHA ROOT**
**2. QUALITATIVE AND QUANTITATIVE COMPOSITION**

Each capsule contains

<i>Withania somnifera</i> (L.) Dunal (Ashwagandha) (Root, 15:1 Extract powder providing 3,00 g dried herb equivalent)	200 mg
BioPerine® ( <i>Piper nigrum</i> (Black Pepper), Fruit, 50:1 extract standardised to 95% piperine providing 250 mg DHE)	5 mg

**3. PHARMACEUTICAL FORM**

Vegetable capsule.

White to off white powder in a size 0 vegetable capsule.

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

**BIOGEN ASHWAGANDHA ROOT**, used as an adaptogen to help increase energy and resistance to stress e.g. mental or physical fatigue related to stress.

**4.2 Posology and method of administration**

*Adults:*

Take one to two capsules daily or as recommended by a healthcare provider.

The safety and efficacy of **BIOGEN ASHWAGANDHA ROOT** in children has not yet been established, not allowed in children under 18.

**4.3 Contraindications**

- If you have a hypersensitivity to Ashwagandha Root, or any of the excipients listed in 6.1.
- Not recommended during pregnancy and lactation.

**4.4 Special warnings and precautions for use**

Special care should be taken with **BIOGEN ASHWAGANDHA ROOT**.

If you are taking any prescribed medication, please check with your healthcare provider before taking this medicine. Please take note of the following:

- The use of Ashwagandha in patients with diabetes may cause blood sugar levels to go too low, therefore monitor your blood sugar closely.
- Ashwagandha may interfere with medications used to treat high blood pressure. Patients should use Ashwagandha cautiously if they take medication for treating high blood pressure.
- Ashwagandha can irritate the gastrointestinal (GI) tract. Patients are advised to discuss dosage requirements with their relevant healthcare provider.
- Patients with "Auto-immune diseases" such as multiple sclerosis (MS), lupus (systemic lupus erythematosus, SLE), rheumatoid arthritis (RA), are advised to avoid using ashwagandha or discuss dosage requirements with their relevant healthcare provider.
- Ashwagandha may slow down the central nervous system. Its is advised to discontinue use at least 2 weeks before a scheduled surgery.
- Ashwagandha might increase thyroid hormone levels. Ashwagandha should be used cautiously or avoided if patients have a thyroid condition or take thyroid hormone medications.

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**

Interactions can occur. Give your healthcare provider a list of all the medicines, herbs, non-prescription drugs, or dietary supplements you use.

**Interactions with Medicines**

**BIOGEN ASHWAGANDHA ROOT** may interact with the following medicines, herbs or supplements:

- Ashwagandha might lower blood pressure. Combining Ashwagandha with other herbs and supplements that also lower blood pressure might cause lowered blood pressure. Some herbs and supplements of this type include andrographis, casein peptides, Cat's Claw, coenzyme Q-10, fish oil, L-arginine, lyceum, Stinging Nettle, theanine. Not all interactions listed.
- Ashwagandha can act like a sedative. Using it along with other herbs and supplements to treat sleeplessness might cause interference and can result in excessive sleepiness. Some of these include: 5-HTP, Calamus, California Poppy, Catnip, Hops (*Humulus lupulus*), Jamaican Dogwood, Kava, St. John's Wort, Skullcap, Valerian and Yerba Mansa.

**Interactions with Diseases/Impairments**

- Ashwagandha might have immunostimulant effects. Caution is advised in patients with autoimmune diseases such as multiple sclerosis, systemic lupus erythematosus (SLE), rheumatoid arthritis (RA), or other (see section 4.4).
- Ashwagandha can have sedative effects. Ashwagandha might cause additive CNS depression when combined with anesthesia and other medications during and after surgical procedures. Patients should discontinue ashwagandha at least 2 weeks before elective surgical procedures.
- Ashwagandha might exacerbate hyperthyroidism by increasing thyroid hormone levels; use with caution in patients with hyperthyroidism or those being treated with thyroid hormones.

**Interactions with Foods**

- Do not take with alcohol as it may increase the risk of sedation and somnolence.

**4.6 Fertility, pregnancy and lactation**

Safety in fertility, pregnancy and lactation has not been established.

*Pregnancy:*

There is inadequate data concerning the use of Ashwagandha in pregnant women. Ashwagandha should not be used during pregnancy.

*Breast feeding:*

There is no data available on the excretion of Ashwagandha in breastmilk. The use of Ashwagandha during breast feeding is therefore not recommended as there is no data on the safety of the child.

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

No studies on the effects on the ability to drive or use machines have been performed. If dizziness or drowsiness is experienced, car driving and the operating of machinery is not recommended.

**4.8 Undesirable effects**

Ashwagandha appears to be well tolerated when used within recommended dosage, but gastrointestinal disturbances, including vomiting and diarrhoea have resulted from large doses (undefined) due to irritation of mucous and serous membranes.

Should your general health worsen, or if you experience any untoward effects or allergic reactions while taking this medicine, please consult your doctor, pharmacist, or other healthcare professional immediately.

**4.9 Overdose**

See **Undesirable effects**

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

**5. PHARMACOLOGICAL PROPERTIES**
**5.1 Pharmacodynamic properties**

**BIOGEN ASHWAGANDHA ROOT**, used as an adaptogen to help increase energy and resistance to stress e.g. mental or physical fatigue related to stress.

**Pharmacodynamic effects**

Ashwagandha contains several active constituents including alkaloids, steroidal lactones, and saponins. Ashwagandha is used as an adaptogen to increase resistance to environmental stress by suppressing stress-induced increases of dopamine receptors in the corpus striatum of the brain. It is also used for immunomodulatory effects, improving cognitive function, decreasing inflammation. Ashwagandha has shown to improve memory function by restoring the pre- and post-synapses in the nervous system.

**5.2 Pharmacokinetic properties**

Ashwagandha is used as an adaptogen, which has been defined as enhancing the body's resistance to adapt to various environmental stressors. Ashwagandha has also been used in the treatment of many other disorders including anxiety, insomnia, inflammatory disorders, to enhance cognition including memory, and for its immunomodulatory properties.

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

Vegetarian capsules containing carrageenan, hydroxypropyl methylcellulose, potassium acetate and titanium dioxide.

**Excipients**

Maize starch  
Magnesium stearate  
Silicon dioxide.

**Sugar Free**
**6.2 Incompatibilities**

Not applicable.

**6.3 Shelf Life**

24 Months.

**6.4 Special precautions for storage**

Protect from moisture and store at or below 25 °C.

Keep capsules in original container until required for use.  
KEEP OUT OF REACH OF CHILDREN.

**6.5 Nature and contents of container**

PET bottle with PET screw cap.  
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: 0860 347243

**8. REGISTRATION NUMBER**

Will be allocated by SAHPRA upon registration.

**9. DATE OF FIRST AUTHORISATION**

Will be allocated by SAHPRA upon registration.

<b>JOB:</b> BPS_AshwagandhaRoot_60s	<b>SIZE:</b> 210mm x 286mm
<b>STOCK:</b> Foil Substrate: <input type="checkbox"/> Clear Substrate: <input type="checkbox"/> White Substrate: <input type="checkbox"/> Paper: <input checked="" type="checkbox"/> Other: <input type="checkbox"/>	
<b>COLOURS:</b>	<b>FINISHING:</b>
<input checked="" type="checkbox"/> K <input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot	<input type="checkbox"/> Foil / Holographic Foil <input type="checkbox"/> Matte <input type="checkbox"/> Gloss
<input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot	<input type="checkbox"/> Spot UV <input type="checkbox"/> Dorning <input type="checkbox"/> Embossing
<b>PLEASE CHECK CAREFULLY</b> 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**

**PRODUCT NAME**  
BIOGEN ASHWAGANDA ROOT

**COMPLEMENTARY MEDICINE: COMBINATION PRODUCT (HEALTH SUPPLEMENT)**  
This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

Read all of this leaflet carefully because it contains important information for you. BIOGEN ASHWAGANDA ROOT is available without a doctor's prescription, in order to treat a mild condition. Nevertheless, you still need to use BIOGEN ASHWAGANDA ROOT carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share BIOGEN ASHWAGANDA ROOT 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 ASHWAGANDA ROOT is and what it is used for.
2. What you need to know before you use BIOGEN ASHWAGANDA ROOT.
3. How to use BIOGEN ASHWAGANDA ROOT.
4. Possible side effects.
5. How to store BIOGEN ASHWAGANDA ROOT.
6. Contents of the pack and other information.

**1. WHAT BIOGEN ASHWAGANDA ROOT IS AND WHAT IT IS USED FOR**  
BIOGEN ASHWAGANDA ROOT used as an adaptogen to help increase energy and resistance to stress e.g. mental or physical fatigue related to stress.

**2. WHAT YOU NEED TO KNOW BEFORE YOU USE BIOGEN ASHWAGANDA ROOT**  
Do not use BIOGEN ASHWAGANDA ROOT:

- If you are sensitive or hypersensitive (allergic) to any of the ingredients.
- Hypersensitivity to the active substance or to any of the excipients listed in section 6.1.

**Warnings and precautions**

Special care should be taken with BIOGEN ASHWAGANDA ROOT:

- **Diabetes:** Ashwagandha might lower blood sugar levels. This could interfere with medications used for diabetes and cause blood sugar levels to go too low. If you have diabetes, monitor your blood sugar closely.
- **High or low blood pressure:** Ashwagandha might decrease blood pressure. This could cause blood pressure to go too low in people with low blood pressure; or interfere with medications used to treat high blood pressure. Ashwagandha should be used cautiously if you have low blood pressure or take medications for your blood pressure.
- **Stomach ulcers:** Ashwagandha can irritate the gastrointestinal (GI) tract. Do not use ashwagandha if you have a stomach ulcer.
- **"Auto-immune diseases" such as multiple sclerosis (MS), lupus (systemic lupus erythematosus, SLE), rheumatoid arthritis (RA), or other conditions:** Ashwagandha might cause the immune system to become more active, and this could increase the symptoms of auto-immune diseases. If you have one of these conditions, it is best to avoid using ashwagandha.
- **Surgery:** Ashwagandha may slow down the central nervous system. Healthcare providers worry that anesthesia and other medications during and after surgery might increase this effect. Stop taking ashwagandha at least 2 weeks before a scheduled surgery.
- **Thyroid disorders:** Ashwagandha might increase thyroid hormone levels. Ashwagandha should be used cautiously or avoided if you have a thyroid condition or take thyroid hormone medications.

**Other medicines and BIOGEN ASHWAGANDA ROOT**

Always tell your healthcare provider if you are taking any other medicine, this includes complementary or traditional medicines.

**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 using BIOGEN ASHWAGANDA ROOT.

**3. HOW TO USE BIOGEN ASHWAGANDA ROOT**

Always use BIOGEN ASHWAGANDA ROOT 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:**

Take one to two capsules daily. Capsules can be taken with or without food.

**Additional information on special populations:**

**Elders:**

No specific studies have been performed in the elderly.

**Children and adolescents:**

BIOGEN ASHWAGANDA ROOT is not recommended for use in children and adolescents below the age of 18 years, due to lack of data on safety and efficacy.

**4. POSSIBLE SIDE EFFECTS**

BIOGEN ASHWAGANDA ROOT can have side effects. Not all side effects report for BIOGEN ASHWAGANDA ROOT are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking BIOGEN ASHWAGANDA ROOT, please consult your healthcare provider for advice.

If any of the following happens, stop using BIOGEN ASHWAGANDA ROOT and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Gastrointestinal disturbances, including vomiting and diarrhoea have resulted from large doses (undefined) due to irritation of mucous and serous membranes.

Tell your doctor if you notice any of the following:

- Skin rash or skin burn.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

**Reporting of side effects**

If you experience 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 ASHWAGANDA ROOT.

**5. HOW TO STORE BIOGEN ASHWAGANDA ROOT**

Protect from moisture and store at or below 25 °C. Keep capsules in original container until required for use. KEEP OUT OF REACH OF CHILDREN.

**6. CONTENTS OF THE PACK AND OTHER INFORMATION**

**What BIOGEN ASHWAGANDA ROOT contains**

The active ingredients in each capsule are:  
200 mg *Withania somnifera* (L.) Dunal (Ashwaganda Root Extract [Root, 15:1 Extract powder providing 3,00 g dried herb equivalent] and 5 mg BioPerine® [Black Pepper Fruit (50:1) Extract].

The other ingredients are:

**Capsule**

Vegetarian capsules containing carrageenan, hydroxypropyl methylcellulose, potassium acetate and titanium dioxide.

**Excipients**

Maize starch  
Magnesium stearate  
Silicon dioxide.

**Sugar Free**

**What BIOGEN ASHWAGANDA ROOT looks like and contents of the pack**

PET bottle with PET screw cap.  
Pack-size: 60 capsules

**NAME AND ADDRESS OF REGISTRATION HOLDER:**

Biogen  
23 Stag Road, Glen Austin, South Africa  
info@biogen.co.za  
www.biogen.co.za  
Tel: 0860 347243

**REGISTRATION NUMBER**

Will be allocated by SAHPRA upon registration.

**PASIËNTINLIGTINGSBLAD**

SKEDULERINGSSTATUS: **S0**

**PRODUKNAAM**  
BIOGEN ASHWAGANDA ROOT

**AANVULLENDE MEDISYNE: KOMBINASIE PRODUK (GESONDHEIDSAANVULLING)**  
Hierdie ongeregistreerde medisyne is nie deur SAHPRA vir gehalte, veiligheid of beoogde gebruik geëvalueer nie.

Lees hierdie inligtingsblad noukeurig deur want dit bevat inligting wat belangrik is vir u. BIOGEN ASHWAGANDA ROOT is beskikbaar sonder 'n dokter se voorskrif, sodat u 'n ligte aandoening kan behandel. Nietemin, die gebruik van BIOGEN ASHWAGANDA ROOT moet steeds versigtig neem word om die beste resultate te verkry.

- Hou hierdie inligtingsblad. Dit mag nodig wees dat u dit weer lees.
- Moenie BIOGEN ASHWAGANDA ROOT met enige ander persoon deel nie.
- Vra u gesondheidsorgpraktisyn of apteker indien u verdere inligting of advies nodig het.

**Wat is in hierdie pamflet**

1. Wat is BIOGEN ASHWAGANDA ROOT en waarvoor dit gebruik word.
2. Wat u moet weet voordat u BIOGEN ASHWAGANDA ROOT gebruik.
3. Hoe om BIOGEN ASHWAGANDA ROOT te gebruik.
4. Moontlike nuwe-effekte.
5. Berging van BIOGEN ASHWAGANDA ROOT.
6. Inhoud van die verpakking en ander inligting.

**1. WAT IS BIOGEN ASHWAGANDA ROOT IS EN WAARVOOR DIT GEBRUIK WORD**  
BIOGEN ASHWAGANDA ROOT word gebruik as 'n adaptogeen wat help om energie en weerstand teen stres te verhoog, bv. geestelike of fisiese moegheid wat verband hou met stres.

**2. WAT U MOET WEE VOORDAT U BIOGEN ASHWAGANDA ROOT GEBRUIK MOENIE BIOGEN ASHWAGANDA ROOT NEEM.**

- Indien u sensitief of hipersensitief (allergies) is vir enige van die bestanddele.
- Hipersensitiwiteit teenoor die aktiewe bestanddele of enige van die ander bestanddele gelys in afdeling 6.1.

**Waarskuwings en voorsorgmaatreëls**

Wees versigtig met BIOGEN ASHWAGANDA ROOT:

- **Diabetes:** Ashwagandha kan bloedsuikervlakke verlaag. Dit kan medikasie wat vir diabetes gebruik word beïnvloed, en die bloedsuikervlakke tot laag laat daal. As u diabetes het, monitor u bloedsuiker noukeurig.
- **Hoë of lae bloeddruk:** Ashwagandha kan bloeddruk verlaag. Dit kan veroorsaak dat bloeddruk verlaag by mense wat reeds lae bloeddruk het; of interaksies veroorsaak met medikasie wat gebruik word om hoë bloeddruk te behandel. Ashwagandha moet versigtig gebruik word as u lae bloeddruk het of medikasie neem vir die behandeling van bloeddruk.
- **Maagseer:** Ashwagandha kan die spysverteringskanaal irriter. Moenie ashwagandha gebruik as u 'n maagsweer het nie.
- **"Outo-immuun siektes" soos veelvuldige sklerose (MS), lupus (sistemiese lupus erythematosus, SLE), rumatoïede artritis (RA), of ander toestande:** Ashwagandha kan veroorsaak dat die immunstelsel meer aktief raak, en dit kan die simptome van outo-immuun siektes verhoog. As u een van hierdie toestande het, is dit die beste om gebruik van ashwagandha te vermy.
- **Chirurgie:** Ashwagandha kan die sentrale senuweestelsel vertraag. Verskaffers van gesondheidsorg is bekommerd dat narkose en ander medikasie tydens en na die operasie hierdie effek kan verhoog. Staak gebruik van ashwagandha ten minste 2 weke voor 'n geskeduleerde operasie.
- **Skildklierafwykings:** Ashwagandha kan die tiroïedhormoonvlakke verhoog. Ashwagandha moet versigtig gebruik word of vermy word as u op medikasie is vir die behandeling van die skildklierhormoon.

**Die neem van ander medisyne saam met BIOGEN ASHWAGANDA ROOT**

Sê altyd vir u gesondheidsorgpraktisyn indien u enige ander medisyne neem, dit sluit aanvullende of tradisionele medisyne in. Die gelyktydige inname van Ashwaganda en sommige medisyne kan die effektiwiteit van sodanige medisyne verminder.

**Swangerskap, borsvoeding en vrugbaarheid**

As u swanger is of borsvoed, vermoed dat u swanger is, of beplan om 'n baba te hê, raadpleeg u dokter, apteker of ander gesondheidsorgpraktisyn voordat u BIOGEN ASHWAGANDA ROOT gebruik.

**3. HOE OM BIOGEN ASHWAGANDA ROOT TE GEBRUIK**

Gebruik BIOGEN ASHWAGANDA ROOT presies soos aanbeveel in hierdie pamflet, of soos aanbeveel deur u gesondheidsorgpraktisyn. Raadpleeg u dokter of apteker indien u nie seker is nie.

**Volwassenes:**

Neem een tot twee kapsules daaglik. Kapsules kan geneem word met of sonder kos.

**Addisionele inligting vir spesiale populasies:**

**Ouderlinge:**

Geen spesifieke studies is op bejaardes uitgevoer nie.

**Kinders en adolessente:**

BIOGEN ASHWAGANDA ROOT word nie aanbeveel vir gebruik by kinders en jongmense onder die ouderdom van 18 nie, as gevolg van 'n gebrek aan data oor die veiligheid en effektiwiteit.

**4. MOONTLIKE NEWE-EFFEKTE**

BIOGEN ASHWAGANDA ROOT kan nuwe-effekte hê. Nie alle nuwe-effekte vir BIOGEN ASHWAGANDA ROOT is ingesluit in hierdie pamflet nie. Indien u algemene gesondheid vererger, of as u slegte gevolge of allergiese reaksies ondervind tydens die gebruik van hierdie medisyne, raadpleeg u dokter, apteker of ander gesondheidsorgpraktisyn onmiddellik.

As een van die volgende gebeur, hou op met die gebruik van BIOGEN ASHWAGANDA ROOT en raadpleeg u dokter of apteker of gaan na die ongevalle-afdeling in u naaste hospitaal:

- Maag-intestinale versteurings, insluitend braking en diarree, as gevolg van groot dosisse (ongedefinieerd) of as gevolg van die slym- en serusvliese.

Stel u dokter in kennis indien een van die volgende opgemerk word:

- Veluitslag of velverbranding.

Lig asseblief u dokter of apteker in indien u enige nuwe-effekte opmerk wat nie in hierdie pamflet genoem word nie.

**Rapportering van nuwe-effekte**

Praat met u dokter of apteker as u nuwe-effekte kry. U kan ook nuwe-effekte by SAHPRA aanmeld via die "6.04 Adverse Drug Reactions Reporting Form", wat aanlyn gevind kan word onder SAHPRA se publikasies:

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

Deur nuwe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van BIOGEN ASHWAGANDA ROOT.

**5. BERGING EN WEGDOENING VAN BIOGEN ASHWAGANDA ROOT**

Beskerf teen vog en bêre by of benede 25 °C. Hou kapsules in die oorspronklike houertodtdit benodig word. HOU BUTTE BEREIK VAN KINDERS.

**6. INHOUD VAN DIE VERPAKKING EN ANDER INLIGTING**

**Wat BIOGEN ASHWAGANDA ROOT bevat**

Die aktiewe bestanddele in elke kapsule is:  
200 mg *Withania somnifera* (L.) Dunal (Ashwaganda Wortel Ekstak) [Wortel, 15:1 ekstrak poeier wat 3,00 g gedroogde kruiekwivalent verskaf] en 5 mg BioPerine® [Swartpeper Vrug (50:1) Ekstak].

Die ander bestanddele is:

**Kapsule**

Vegetariese kapsules wat karrageen, hidroksiopropielmetielsellulose, kaliumasetaat, en titaandioksied bevat.

**Ander bestanddele**

Mieliestysel  
Magnesiumstearaat  
Silikondioksied.

**Suikervry**

**Die aanbieding en identifikasie van BIOGEN ASHWAGANDA ROOT**

PET bottel met PET skroefprop.  
Verpakkingsgrootte: 60 kapsules

**NAAM EN ADRES VAN REGISTRASIEHOUER**

Biogen  
Stagweg 23, Glen Austin, Suid Afrika  
info@biogen.co.za  
www.biogen.co.za  
Tel: 0860 347243

**REGISTRASIENOMMER**

Sal met registrasie deur SAHPRA toegeken word.

<b>JOB:</b> BPS_AshwagandhaRoot_60s	<b>SIZE:</b> 210mm x 286mm
<b>STOCK:</b> Foil Substrate: <input type="checkbox"/> Clear Substrate: <input type="checkbox"/> White Substrate: <input type="checkbox"/> Paper: <input checked="" type="checkbox"/> Other: <input type="checkbox"/>	
<b>COLOURS:</b>	<b>FINISHING:</b>
<input checked="" type="checkbox"/> K <input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot	<input type="checkbox"/> Foil / Holographic Foil <input type="checkbox"/> Matte <input type="checkbox"/> Gloss
<input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot <input type="checkbox"/> Available Slot	<input type="checkbox"/> Spot UV <input type="checkbox"/> Dornig <input type="checkbox"/> Embossing
<b>PLEASE CHECK CAREFULLY</b>	
Although we endeavour to proof accurately, we cannot accept responsibility for errors once proofs are signed and accepted by our clients.	