

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: [S0]

SUPREME PROBIOTIC FOR HER

Each vegetarian capsule contains:

HOWARU[®] *Lactobacillus rhamnosus*
Lactobacillus reuteri
Orafti[®] Synergy1

CFU = Colony Forming Units
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.

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

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

What is in this leaflet

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

1. What SUPREME PROBIOTIC FOR HER is and what it is used for

SUPREME PROBIOTIC FOR HER may improve and restore the microbial balance in the intestines and thereby improve the functioning of the digestive tract, when ingested on a regular basis.

2. What you need to know before you take SUPREME PROBIOTIC FOR HER

Do not take SUPREME PROBIOTIC FOR HER:

- If you are hypersensitive (allergic) to any of the ingredients of BIOGEN PROBIOTIC FOR HER (see section 6).

Warnings and precautions

Take special care with SUPREME PROBIOTIC FOR HER:

- Use this product in conjunction with food as part of a healthy, balanced diet, not as a substitute for such.
- Might cause gastrointestinal reactions.
- Do not exceed the recommended daily dosage.

Other medicines and SUPREME PROBIOTIC FOR HER

Always tell your healthcare provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

Antibiotics might decrease the effects of Probiotics (bifidobacterial and lactobacillus species).

Advise patients to take antibiotics and this product at least 2 hours apart. Avoid taking Probiotics (bifidobacterial and lactobacillus species) during digestive tract surgery, as it might contribute to infection.

Lactobacillus could cause infection in patients with short bowel syndrome, who are immunocompromised, or who are taking immunosuppressants such as cyclosporine, tacrolimus, azathioprine and cancer chemotherapeutic agents like cyclophosphamide and cisplatin.

SUPREME PROBIOTIC FOR HER with food and drink

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 SUPREME PROBIOTIC FOR HER.

Safety of SUPREME PROBIOTIC FOR HER during pregnancy and lactation has not been established.

Driving and using machinery

SUPREME PROBIOTIC FOR HER are generally well tolerated and will not affect the ability to drive a vehicle and use machines (see section 4).

Caution is advised before driving a vehicle or operating machinery until the effects of BSUPREME PROBIOTIC FOR HER are known.

3. How to take SUPREME PROBIOTIC FOR HER

Do not share your medicines with any other person.

Always take SUPREME PROBIOTIC FOR HER 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 1-2 capsules daily with meals, or as recommended by a healthcare provider.

If you take more SUPREME PROBIOTIC FOR HER 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 SUPREME PROBIOTIC FOR HER with you so the doctor will know what you have taken.

If you forget to take SUPREME PROBIOTIC FOR HER

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

4. Possible side effects

In general, side effects have not been reported with the use of lactase. SUPREME PROBIOTIC FOR HER is generally well tolerated.

Should your general health worsen or if you experience any untoward effects while taking SUPREME PROBIOTIC FOR HER, please consult your healthcare provider for advice.

If any of the following happens, stop taking SUPREME PROBIOTIC FOR HER 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 SUPREME PROBIOTIC FOR HER. You may need urgent medical attention or hospitalisation.

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 SUPREME PROBIOTIC FOR HER.

5. How to store SUPREME PROBIOTIC FOR HER

- 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 SUPREME PROBIOTIC FOR HER contains

Each vegetarian capsule contains:

HOWARU[®] *Lactobacillus rhamnosus*
Lactobacillus reuteri
Orafti[®] Synergy1

CFU = Colony Forming
Sugar Free

The other ingredients, Magnesium stearate.

What SUPREME PROBIOTIC FOR HER looks like and contents of the pack

White capsules, packed in a 175 ml PET container in a unit carton.

Pack sizes: 30 capsules.

Holder of certificate of registration

Biogen,
23 Stag Rd,
Glen Austin,
South Africa

This pamphlet was last revised in

August 2022

Registration number

Will be allocated by SAHPRA upon registration.

CFU:

2,5 Billion
2,5 Billion
50 mg

PASIËNTINLIGTINGSBLAD

SKEDULERINGSSTATUS: [S0]

SUPREME PROBIOTIC FOR HER

Elke vegetariese kapsule bevat:

HOWARU[®] *Lactobacillus rhamnosus*
Lactobacillus reuteri
Orafti[®] Synergy1

KVE = Kolonievormende Eenhede
Suikervry

Komplementêre 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 aandagtig deur want dit bevat inligting wat belangrik is vir jou.

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

- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weer lees.
- Moenie SUPREME PROBIOTIC FOR HER met enigiemand anders deel nie.
- Vra gerus jou gesondheidsorgverskaffer of apteaker indien jy verdere inligting of advies nodig het.

Wat is in hierdie inligtingsblad

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

1. Wat is SUPREME PROBIOTIC FOR HER en waarvoor word dit gebruik

SUPREME PROBIOTIC FOR HER kan die mikrobie se balans in die ingewande verbeter en herstel en sodoende die werking van die spysverteringskanaal verbeter as dit gereeld ingeneem word.

2. Wat jy moet weet voordat jy SUPREME PROBIOTIC FOR HER neem

Moenie SUPREME PROBIOTIC FOR HER neem nie:

- Indien jy hipersensitief (allergies) is vir enige van die bestanddele van BIOGEN PROBIOTIC FOR HER (sien afdeling 6).

Waarskuwings en voorsorgmaatreëls

Wees veral versigtig met SUPREME PROBIOTIC FOR HER:

- Gebruik hierdie produk saam met voedsel as deel van 'n gesonde, gebalanseerde dieet, nie as 'n plaasvervanger daarvoor nie.
- Moet nie die aanbeveelde dosis oorskry nie.

Ander medisyne en SUPREME PROBIOTIC FOR HER

Sê altyd vir jou gesondheidsorgverskaffer indien jy enige ander medisyne neem. (Dit sluit alle aanvullende of tradisionele medisyne in.)

Antibiotika kan die effekte van Probiotika (bifidobakteriese en lactobacillus spesies) verminder.

Adviseer pasiënte om antibiotika en hierdie produk ten minste 2 uur uitmekaar te neem. Vermyn die neem van Probiotika (bifidobakteriese en lactobacillus spesies) tydens spysverteringskanaalchirurgie, aangesien dit tot infeksie kan bydra.

Lactobacillus kan infeksie veroorsaak by pasiënte met kortderm-sindroom, wat immuunonderdrukke gebruik soos siklosporien, takrolimus, azatioprien en kanker chemoterapeutiese middels soos siklofosfamied en sislipatin.

SUPREME PROBIOTIC FOR HER met kos en drinkgoed

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, apteaker of ander gesondheidsorgverskaffer voordat jy SUPREME PROBIOTIC FOR HER neem.

Dit is nie vasgestel of SUPREME PROBIOTIC FOR HER veilig is om te gebruik tydens swangerskap en borsvoeding nie.

Bestuur en die gebruik van masjiene

SUPREME PROBIOTIC FOR HER word oor die algemeen goed verdra en sal nie die vermoë om 'n voertuig te bestuur en masjiene te gebruik beïnvloed nie (sien afdeling 4).

Wees versigtig voordat u 'n voertuig bestuur of masjinerie gebruik totdat die effekte van SUPREME PROBIOTIC FOR HER bekend is.

3. Hoe om SUPREME PROBIOTIC FOR HER te neem

Moenie jou medisyne met enigiemand anders deel nie.

Neem SUPREME PROBIOTIC FOR HER altyd presies soos wat in hierdie inligtingsblad aangedui word, of soos wat jou dokter of apteaker vir jou aangewys het. Vra gerus jou dokter of apteaker indien jy onseker is.

Volwassenes:

Neem 1-2 kapsules daagliks saam met etes, of soos aanbeveel deur u gesondheidsorgverskaffer.

Wat om te doen indien jy meer SUPREME PROBIOTIC FOR HER geneem het as wat jy moet

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

Neem hierdie inligtingsblad en die oorblywende SUPREME PROBIOTIC FOR HER saam sodat die dokter kan sien wat jy ingeneem het.

Indien jy vergeet om SUPREME PROBIOTIC FOR HER te neem

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

4. Moontlike nuwe-effekte

Oor die algemeen is nuwe-effekte nie met die gebruik van laktase gerapporteer nie. Laktorase word oor die algemeen goed verdra.

Raadpleeg u gesondheidsorgverskaffer vir advies indien u algemene gesondheid vererger of as u enige ongewenste effekte ervaar tydens die gebruik van SUPREME PROBIOTIC FOR HER.

Indien jy enige van die volgende ondervind, hou op om SUPREME PROBIOTIC FOR HER te neem en sê dadelik vir jou dokter of gaan na die ongevalle-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 SUPREME PROBIOTIC FOR HER gehad het. Jy mag dringende mediese bystand of hospitalisasie benodig.

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

Rapportering van nuwe-effekte

Indien jy nuwe-effekte ondervind, bespreek dit met jou dokter of apteaker. Jy kan ook nuwe-effekte aan SAHPRA rapporteer via die vorm om ongunstige geneesmiddelreaksies te rapporteer, wat aanlyn 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 SUPREME PROBIOTIC FOR HER te verskaf.

5. Hoe om SUPREME PROBIOTIC FOR HER 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 apteaker.
- Moenie ongebruikte medisyne in dreine en rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die pak en ander inligting

Wat SUPREME PROBIOTIC FOR HER bevat

Elke vegetariese kapsule bevat:

HOWARU[®] *Lactobacillus rhamnosus*
Lactobacillus reuteri
Orafti[®] Synergy1

KVE = Kolonievormende
Suikervry

Die ander bestanddele is Magnesiumstearaat.

Hoe SUPREME PROBIOTIC FOR HER lyk en inhoud van die verpakking

Wit kapsules, verpak in 'n 175 ml PET-houer in 'n kartonboksie.

Verpakkingsgrootte: 30 kapsules.

Houer van die registrasiesertifikaat

Biogen,
23 Stag Rd,
Glen Austin,
South Africa

Hierdie inligtingsblad is laas hersien in


Augustus 2022

Registrasienuommer

Sal met registrasie deur SAHPRA toegeken word.

KVE:

2,5 Miljart
2,5 Miljart
50 mg

JOB: BPS_ProbioticFor_Her_30s	SIZE: 246mm x 320mm
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: 	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.	