

PACKAGE LEAFLET: INFORMATION FOR THE USER

SCHEDULING STATUS: S0

PROPRIETARY NAME (and dosage form): ALPHA Alkaline Effervescent Tablets 10's

ACTIVE INGREDIENTS:

Each effervescent tablet contains: mg *%NRV

Sodium Bicarbonate
providing sodium (elemental) 800 mg
219 mg 11%

Tricalcium Phosphate
providing Calcium (elemental)
providing Phosphorous (elemental) 704 mg
273 mg 21%
141 mg 12%

Magnesium Citrate
providing Magnesium (elemental) 315 mg
29 mg 8%

Potassium Chloride
providing Potassium (elemental) 250 mg
132 mg ***

Calcium Citrate
providing Calcium (elemental) 145 mg
37 mg 3%

Malpighia glabra L. (Acerola Extract) [Fruit, as 100 mg of an extract standardised to 5% Ascorbic Acid] 100 mg
**

Sodium Phosphate
providing Sodium (elemental) 1 mg
42 ug ***

Sodium Chloride
providing Sodium (elemental) 1 mg
25 ug ***

Potassium Iodide
providing Iodide (elemental) 75 ug
58 ug 39%

*NRV (Nutrient Reference Values)

** %NRV not available

***% NRV provided is negligible

Contains Sugar alcohol: Isomalt (450 mg) per effervescent tablet

Contains non-nutritive sweetener: Stevia (18 mg)

Excipients: Vanilla Flavour (50 mg) and a proprietary effervescent blend (1854 mg).

The effervescent blend contains Citric acid, Isomalt, Polyethylene Glycol, Stevia and Silicon Dioxide.

Complementary Medicine, Health Supplement

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

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

Keep this leaflet. You may need to read it again.

ALPHA Alkaline is available without a doctor's prescription, for you to maintain your health. Nevertheless, you

still need to use ALPHA Alkaline carefully to get the best results from it.

Do not share ALPHA Alkaline with any other person.

Ask your healthcare provider or Pharmacist if you need more information or advice.

What is in this leaflet?

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

1. What ALPHA Alkaline is, and what it is used for

ALPHA Alkaline contains a combination of mineral salts designed to support the biological processes which

maintain an optimal balance of acids and bases. ALPHA Alkaline is designed to assist in maintaining good

health.

Conditions resulting from an imbalance in acids and bases are called acidosis (too much acid) or alkalosis (too

little acidity). The lungs help to maintain the acid/base balance by breathing out CO₂, while the kidneys help

to maintain the acid/base balance by regulating the amount of minerals which are re-absorbed by the kidneys

or excreted via the urine. In particular, sodium bicarbonate is required as a buffer to neutralise excess acid or

alkaline on a continuous basis.

Minerals also regulate the activity of various enzymes, maintain osmotic pressure and hydration and facilitate

the transport of nutrients across the cell membrane.

Many factors of modern living such as a diet high in processed foods, carbohydrates (sugars) or animal

proteins, ongoing stress, too little or strenuous exercise, illness, pollution, recreational drugs and even medi-

cines may cause the acid-alkaline balance to be disrupted.

2. What you need to know before you take ALPHA Alkaline

Do not take ALPHA Alkaline:

if you are hypersensitive (allergic) to any of the ingredients of ALPHA Alkaline (listed in section 6).

if you suffer from or have previously suffered from serious liver, kidney or heart ailments.

if you suffer from Hypercalcaemia or Hyperkalaemia.

Warnings and precautions

Important information about some of the ingredients of ALPHA Alkaline: Patients on controlled sodium or

controlled calcium intake diets should take the sodium (220 mg) / calcium (310 mg) content of this product

into consideration.

Consult your Doctor or Pharmacist before using ALPHA Alkaline if you have high blood pressure.

Keep out of reach of children.

Unless otherwise prescribed, do not exceed the stated daily dose.

Vitamin supplements should not replace a balanced diet.

Other medicines and ALPHA Alkaline

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

Medications to combat Hypercalcaemia or Hyperkalaemia may be less effective when taken with ALPHA

Alkaline

The use of antacids together with ALPHA Alkaline will interfere with the absorption of some of the minerals.

ALPHA Alkaline with food

Do not use immediately after eating a full meal, as the buffering effect of some of the minerals may lead to a

reduction of stomach acid, thereby reducing the efficiency of digestion.

Pregnancy and breastfeeding

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 this medicine.

Safety in pregnancy has not been established.

3. How to take ALPHA Alkaline

Do not share medicines prescribed for you, with any other person.

Take ALPHA Alkaline exactly as described in this leaflet or as prescribed by your Doctor or Pharmacist.

Dosage and Directions for use

Adults: Take ONE effervescent tablet daily after a light meal or as prescribed by your Doctor or Pharmacist.

(Dissolve tablet in a glass of water and drink).

Do not exceed the stated daily dosage.

If you take more ALPHA Alkaline than you should you may experience flatulence and gastric discomfort.

In the event of overdosage, consult your Doctor or Pharmacist. If neither is available, contact the nearest

hospital or poison centre.

If you forget to take ALPHA Alkaline, do not take a double dose to make up for forgotten doses.

4. Possible side effects

ALPHA Alkaline can have side effects.

Not all side effects reported for ALPHA Alkaline are included in this leaflet. Should your general health worsen

or if you experience any untoward effects while taking ALPHA Alkaline, please consult your healthcare provid-

er for advice.

If any of the following happens, stop taking ALPHA Alkaline and tell your doctor:

swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in swallowing or

breathing,

Rash or itching.

Nausea or vomiting, loss of appetite (continuing)

Muscle pain or twitching

Swelling of feet or lower legs, frequent urge to urinate

Mood changes, nervousness or restlessness, unusual tiredness or weakness

Headache (continuing), slow breathing or unpleasant taste in the mouth

5. How to store ALPHA Alkaline

Store all medicines out of reach of children.

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

Keep lid firmly closed to exclude moisture

Use within 30 days of opening.

6. Contents of the pack and other information

What ALPHA Alkaline contains

The active substances are Sodium Bicarbonate (800 mg), Tri-calcium Phosphate (704 mg), Magnesium Citrate

(315 mg), Potassium Chloride (250 mg), Calcium Citrate (145 mg), Acerola extract (100 mg), Sodium Phosphate

(1 mg), Sodium Chloride (1 mg), Potassium Iodide (75 µg).

The other ingredients are Vanilla Flavour (50 mg) and a proprietary effervescent blend (1854mg)

The effervescent blend contains: Sodium Bicarbonate, Citric Acid, Isomalt, Polyethylene Glycol, Stevia and

Silicon Dioxide

What ALPHA Alkaline looks like and contents of the pack

White cylindrical effervescent tablet.

10 effervescent tablets in a polypropylene tube.

Applicant

Alpha Pharm Retail Promotions (Pty) Ltd

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Alpha Pharm Retail Promotions (Pty) Ltd

www.alphapharm.co.za