

**PACKAGE LEAFLET: INFORMATION FOR THE USER**

**SCHEDULING STATUS:** S0

**PROPRIETARY NAME (and dosage form):** ALPHA ENRG Effervescent Tablets 10's Wild Berry

**ACTIVE INGREDIENTS:**

Each effervescent tablet contains: mg    %NRV

Maltodextrin	440 mg	**	
Dextrose Anhydrous	205 mg	**	
Caffeine Anhydrous	130 mg	**	
Eleutherococcus senticosus (Siberian Ginseng) [Root, as 40 mg of a 10:1 extract providing 400 mg dried herb equivalent]	400 mg	**	
Glucuronolactone	24 mg	**	
Creatine Monohydrate	21 mg	**	
L-Glutamine	21 mg	**	
Taurine	21 mg	**	
Nicotinic Acid	15 mg	94%	
Lipoic Acid	8 mg	**	
Magnesium Aspartate providing Magnesium (elemental)	5 mg		
	375 ug	***	
Tricalcium Phosphate providing Calcium (elemental)			
providing Phosphorous (elemental)	5 mg		
	2 mg	***	
	1 mg	***	
Chromium Picolinate providing Chromium (elemental)	402,3 ug		
	50 ug	143%	

\*NRV (Nutrient Reference Values)

\*\* NRV not available

\*\*\*% NRV provided is negligible

Contains Sugars: Maltodextrin 440 mg, Dextrose 205 mg per effervescent tablet

Contains Sweeteners: Sucralose 25 mg per effervescent tablet

Contains Caffeine: 130 mg per effervescent tablet (one cup of instant coffee contains approximately 80 mg of caffeine)

Excipients: Wild Berry Flavour (280 mg), Ponceau (E124) Colouring (8 mg), and a proprietary effervescent blend (3183 mg).

The effervescent blend contains citric acid, sodium bicarbonate, isomalt, polyethylene glycol, silicon dioxide and Sucralose.

**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 ENRG is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use ALPHA ENRG carefully to get the best results from it.

Do not share ALPHA ENRG 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 ENRG is, and what it is used for
2. What you need to know before you take ALPHA ENRG
3. How to take ALPHA ENRG
4. Possible side effects
5. How to store ALPHA ENRG
6. Contents of the pack and other information

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

ALPHA ENRG contains several active ingredients designed to assist in providing sustained physical and mental energy for optimal performance

**Maltodextrin, Dextrose**

Consisting of glucose molecules, Maltodextrin and Dextrose are sources of carbohydrates to support energy production. Easily absorbed and used by the body, they assist in making energy available to the muscles immediately and aid in muscle recovery. They help to maintain performance during extended, high-intensity exercise.

Dextrose can also assist in the absorption of water and electrolytes and enhance the uptake of Creatine Monohydrate into muscles (see below).

**Caffeine**

Caffeine may contribute to sustained physical and mental energy by temporarily promoting alertness and wakefulness, assisting to relieve fatigue and increasing mental activity.

**Eleuthero (Siberian Ginseng: Eleutherococcus senticosus)**

Eleutherococcus senticosus is a herb which is an adaptogen and an anti-oxidant. It is known to improve athletic performance, endurance, stamina and recovery as well as mental alertness and attention span. It may assist in dealing with stress and improve the functioning of the immune system.

Eleuthero assists in improving blood flow, delaying the onset of hypoxia during strenuous exercise. It may also aid in stabilizing blood sugar levels and optimizing conversion of blood sugar to energy.

**Glucuronolactone**

A by-product of glucose metabolism, glucuronolactone occurs naturally in the body in small amounts. It is a structural component of almost all connective tissues. It may help to improve both aerobic and anaerobic performance as it may assist in preventing the formation of toxic substances during exercise. It may also assist in improving reaction time, concentration and memory.

**Creatine Monohydrate**

Creatine Monohydrate not only increases athletic performance but also delays the onset of fatigue and accelerates recovery during intense exercise. It increases muscle strength while reducing muscle pain and muscle cramps. It may reduce the amount of lactic acid produced during exercise by up to 40%.

**L-Glutamine**

L-Glutamine is required for the formation and proper functioning of many important substances in the body such as DNA, GABA, Glucosamine, Glutathione and Glycogen. Stress, exercise and in particular endurance exercise may reduce the amount of L-Glutamine in the body very significantly.

L-Glutamine may reduce the amount of lactic acid produced during exercise, thereby considerably reducing the amount of muscle (protein) breakdown which occurs. L-Glutamine is anabolic in nature, assisting in the growth of muscles.

**Taurine**

Taurine is an amino-acid which plays a vital role in transporting minerals and other nutrients across the cell membrane. During exercise, it protects the DNA and the heart from damage and decreases lactic acid formation. It also helps to control calcium levels, aiding in optimising muscle contractions, increasing stamina and endurance and delaying the onset of fatigue. It may also increase muscle strength and reduce muscle cramps.

As a powerful anti-oxidant, Taurine may help to reduce the build-up of toxins in muscle and brain tissue. An added benefit is that it may significantly improve sight and hearing.

**Nicotinic Acid (Vitamin B3/Niacin)**

Nicotinic Acid helps to metabolise carbohydrates, fats and proteins. It may improve blood circulation, helping to reduce blood pressure and improving the transport of nutrients to the cells and the removal of waste products from the cells.

**Lipoic Acid**

Lipoic Acid is a compound which has very special properties: it is a potent anti-oxidant which is both water- and fat soluble as a result of which it is able to exercise its protective properties both inside (intra-cellular, mitochondria) and outside (extra-cellular, cell membrane, red blood cells, proteins, fatty acids and more) the cell. Lipoic acid may increase both muscle and brain energy levels and facilitate muscle recovery after exercise. It may also reduce insulin resistance.

**Magnesium, Calcium, Phosphorous**

Magnesium, Calcium and Phosphorous have been included in ALPHA ENRG (albeit in very small amounts) as they are essential contributors to normal nerve and muscle function and in maintaining good overall metabolism and health.

**Chromium**

Chromium helps the body to metabolise carbohydrates and fats. In particular, it provides support for healthy glucose metabolism. During intense exercise, a significant portion of the body's Chromium reserves may be lost.

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

Do not take ALPHA ENRG:

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

if you are diabetic or pre-diabetic

if you suffer from serious kidney ailments or heart disease.

**Warnings and special precautions**

Important information about some of the ingredients of ALPHA ENRG: ALPHA ENRG contains Maltodextrin and Dextrose which may have an effect on the control of your blood sugar if you have diabetes mellitus.

Consult your Doctor or Pharmacist before taking ALPHA ENRG if you have high blood pressure, glaucoma, and/or detrusor instability (overactive bladder syndrome) (Due to the Caffeine content of ALPHA ENRG).

Keep out of reach of children.

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

Vitamin supplements should not replace a balanced diet.

Use of caffeine may result in sleep deprivation.

Caffeine may increase blood pressure. Stop use of ALPHA ENRG at least 2 days before any planned surgery.

**Other medicines and ALPHA ENRG**

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

Consumption with other medicines (e.g. bitter orange extract, synephrine, octopamine, ephedra, ephedrine) which increase blood pressure is not recommended (due to the Caffeine content of ALPHA ENRG).

Eleutherococcus senticosus may cause the heart to beat more strongly - use with care when using with other heart medications.

Eleutherococcus senticosus may slow blood clotting - use with care when using anti-coagulant medications.

Eleutherococcus senticosus may affect the rate at which some medications are broken down by the liver (Cytochrome P450 substrates)- use with care when using with any medications that are changed by the liver.

**ALPHA ENRG with food**

Consumption with other caffeine-containing products or foods (e.g. medications, coffee, tea, colas, cocoa, guarana, maté) is not recommended.

Use of antacids may interfere with the absorption of chromium picolinate.

Consumption together with alcohol is not advised as

Caffeine may increase the risks associated with the negative side-effects of alcohol

Eleutherococcus senticosus may cause excessive drowsiness when used together with alcohol.

**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.

NOTE: Total caffeine intake of more than 200 mg per day is not recommended during pregnancy or breastfeeding

3. How to take ALPHA ENRG

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

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

**Dosage and Directions for use**

Adults (Over 18 years): Take ONE effervescent tablet after breakfast if required or as prescribed by your Doctor or Pharmacist. (Dissolve tablet in a full glass of water and drink).

Do NOT exceed TWO effervescent tablets per day

Use as required. Not suitable for continuous use.

If you take more ALPHA ENRG than you should you may experience anxiety, irritability, rapid heartbeat, diarrhoea or vomiting, blood in urine or stool or coughing up blood.

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 ENRG, do not take a double dose to make up for forgotten doses.

**4. Possible side effects**

ALPHA ENRG has reported side effects.

Not all side effects have been reported for ALPHA ENRG are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking ALPHA ENRG, please consult your healthcare provider for advice.

If any of the following happens, stop taking ALPHA ENRG 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.

Diarrhoea or vomiting, constipation, Reflux, dark stools, stomach pain, loss of appetite

Anxiety, rapid heartbeat, feeling irritable.

Loss of balance, co-ordination or concentration

Insomnia

Headache

**5. How to store ALPHA ENRG**

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 ENRG contains

The active substances are Maltodextrin (440 mg), Dextrose Anhydrous (205 mg), Caffeine Anhydrous (130 mg), Eleutherococcus senticosus (Siberian Ginseng) [Root] (400 mg), Gucuronolactone (24 mg), Creatine Monohydrate (21 mg), L-Glutamine (21 mg), Taurine (21 mg), Nicotinic Acid (15 mg), Lipoic Acid (8 mg), Magnesium Aspartate (5 mg), Tri-Calcium Phosphate (5 mg), Chromium Picolinate (402,3 µg).

The other ingredients are Wild Berry Flavour (280 mg), Ponceau Colouring (8 mg) and a proprietary effervescent blend (3183 mg)

The effervescent blend contains: Citric Acid, Sodium Bicarbonate, Isomalt, Polyethylene Glycol, Silicon Dioxide and Sucralose

What ALPHA ENRG looks like and contents of the pack

Speckled pink cylindrical effervescent tablet (Wild Berry Flavour)

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