

## ALPHA PERFORMANCE

### SCHEDULING STATUS

Not Scheduled

### PROPRIETARY NAME (AND DOSAGE FORM)

Alpha Performance Effervescent Tablets 10's or 30s

### COMPOSITION

Each tablet contains:

Vitamin C (Ascorbic Acid)	400mg
Vitamin B1	12mg
Vitamin B2	12mg
Nicotinamide	50mg
Calcium Pantothenate	20mg
Vitamin B6	10mg
Folic Acid	350mcg
Biotin	120mcg
Magnesium	100mg
Zinc	10mg

### PHARMACOLOGICAL CLASSIFICATION

A.32.2 Other (Western Complimentary Medicine)

### INDICATIONS AND PHARMACOLOGICAL ACTION

Alpha Performance is not intended to replace a balanced diet and is intended as a dietary supplement.

### CONTRA-INDICATIONS

Alpha Performance is contra-indicated in patients with an allergy to any of the ingredients.

### WARNINGS

Do not exceed the recommended dose. In the event of overdose, immediately consult your doctor, pharmacist or healthcare professional for advice.

### INTERACTIONS

Vitamin B6 (Pyridoxine) can reduce the effect of Levodopa. Penicillamine may alter the metabolism of Pyridoxine.

### PREGNANCY AND LACTATION

If you are pregnant or breast feeding your baby, please consult your doctor or pharmacist or healthcare professional for advice before taking this medicine.

### DOSAGE AND DIRECTIONS FOR USE

Adults and Children over 10 years of age:

Take ONE effervescent tablet daily after a meal or as prescribed by your doctor or pharmacist.

(Dissolve tablet in a small quantity of water and drink) Do not exceed the prescribed dose.

### SIDE EFFECTS AND SPECIAL PRECAUTIONS

Some of the ingredients may be associated with gastro intestinal effects like abdominal cramps or diarrhoea. Not all side effects reported for this medicine are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor or pharmacist or other healthcare professional for advice.

### KNOWN SYMPTOMS-OF OVERDOSE AND PARTICULARS OF TREATMENT IDENTIFICATION

Speckled pale yellow cylindrical effervescent tablet.

### PRESENTATION

10 effervescent tablets in a polypropylene tube.

or

A box containing 3 x 10 10 effervescent tablets in a polypropylene tube.

### STORAGE INSTRUCTIONS

Keep in a dry, cool place below 25 °C. Keep out of reach of children.

Keep lid firmly closed to exclude moisture.

### APPLICANT

Alpha Pharm (Pty) Ltd. Corporate Park 66, Block D, Ground Floor, c/o Von Willich and Lenchen Avenues, Century, 0157.

[www.alphapharmacies.co.za](http://www.alphapharmacies.co.za)

### DATE OF PUBLICATION OF THIS INSERT

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This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease.