



PACKAGE LEAFLET: INFORMATION FOR THE USER

SCHEDULING STATUS: [S0]

PROPRIETARY NAME (and dosage form): ALPHA ImmuneBoost Capsules 60's

ACTIVE INGREDIENTS: EACH CAPSULE CONTAINS: QUANTITY PER CAP %NRV\* QUANTITY PER 2 CAPS %NRV\*

Hypoxis hemerocallidea (African Potato) [Rhizomes, as 100 mg of a powder]	100mg**	200mg**
Pinus pinaster (Pine Bark) [Bark, as 25 mg of a 4:1 extract]	100 mg**	200 mg**
Piper Nigrum (Black Pepper) [Fruit, as 2 mg of a 50:1 extract]		
Providing Bioperine®	100 mg	
100 mg**	200 mg	
200 mg**		
Di-Calcium Phosphate		
providing Calcium (elemental)		
providing Phosphorous (elemental)	86.5 mg	173 mg
25.5 mg		
19.70 mg	2%	
2%	51 mg	
39.4 mg	4%	
4%		
Magnesium Amino Acid Chelate		
providing Magnesium (elemental)	60 mg	120 mg
12 mg 3%	24 mg 6%	
Zinc Amino Acid Chelate		
providing Zinc (elemental)	37.5 mg	75 mg
3.75 mg 4%	7.5 mg 8%	
Ascorbic Acid (Vitamin C)	30 mg 30%	60 mg 60%
Potassium Gluconate		
providing Potassium (elemental)	30 mg	60 mg
5 mg***	10 mg***	
(Phytosterol) [30 mg standardised to 95% tot sterols]		
providing beta-sitosterol	45% 30 mg**	60 mg**
13.5 mg	27 mg	
Nicotinamide (Vitamin B3)	9 mg 56%	18 mg 112%
Vitis vinifera L. (Grape Seed) [Seed, as 7.5 mg standardised to 95% Proanthocyanidins]	7.5 mg**	15.0 mg**
**	7.1 mg	14.2 mg
Selenium Amino Acid Chelate		
providing Selenium (elemental)	6.25 mg	12.5 mg
125 µg 227%	250 µg 454%	
Copper Amino Acid Chelate		
providing Copper (elemental)	5 mg	10 mg
500 µg 56%	1.0 mg 112%	
Camellia sinensis (Green Tea) [Leaf, as 5 mg standardised to 95% Polypherol]	5.0 mg**	10.0 mg**
4.75 mg	9.5 mg	
Alpha Tocopherol Acetate (Vitamin E)		
providing Alpha Tocopherol (elemental)	5 mg	10 mg
2.5 mg 17%	5 mg 34%	
Vitamin A Palmitate		
providing all-trans-retinol (elemental)	4 mg	8 mg
300 µg 33%	600 µg 66%	
Calcium d-pantothenate (Vitamin B5)	3 mg 60%	6 mg 120%
Manganese Sulphate		
providing Manganese (elemental)	2.5 mg	5 mg
0.9 mg 39%	1.8 mg 78%	
Tin Amino Acid Chelate		
providing Tin (elemental)	2.5 mg	5 mg
5 µg**	10 µg**	
Boron Amino Acid Chelate		
providing Boron (elemental)	1.5 mg	3 mg
100 µg 7%	200 µg 14%	

Probiotic Blend (Total Lactobacilli/Bifidobacteria Culture 20 Million CFU):

Lactobacillus acidophilus, Bifidobacterium longum, Bifidobacterium bifidum, Bifidobacterium lactis 1 mg

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2 mg

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Pyridoxine HCl (Vitamin B6)

    providing Pyridoxine (elemental) 1 mg 2 mg

    0.82 mg 48% 1.64 mg 96%

Riboflavin (Vitamin B2) 0.85 mg 65% 1.7 mg 130%

Thiamine HCl (Vitamin B1)

    providing Thiamine (elemental) 0.7 mg 1.4 mg

    0.58 mg 49% 1.16 mg 98%

Molybdenum Amino Acid Chelate

    providing Molybdenum (elemental) 625 µg 1.25 mg

    12.5 µg 28% 25 µg 56%

Biotin (Vitamin B7) 75 µg 250% 150 µg 500%

Cholecalciferol Vitamin D3 (100 000 IU/g)

    providing Cholecalciferol (elemental) 400 µg 800 µg

    1 µg 4% 2 µg 8%

Nickel Amino Acid Chelate

    providing Nickel (elemental) 0.25 mg 0.5 mg

    2.5 µg\*\* 5 µg\*\*

Vanadium Amino Acid Chelate

    providing Vanadium (elemental) 0.25 mg 0.5 mg

    5 µg 56% 10 µg 112%

Folic Acid (Vitamin B9) 0.1 mg 25% 0.2 mg 50%

Beta Carotene

    providing Carotenoids (elemental) 0.1 mg 0.2 mg

    10 µg\*\* 20 µg\*\*

Cyanocobalamin (Vitamin B12)

    providing Cobalamin (elemental) 50 µg 100 µg

    0.1 µg 4% 0.2 µg 8%

Chromium Picolinate

    providing Chromium (elemental) 25 µg 50 µg

    3 µg 9% 6 µg 18%

\*NRV (Nutrient Reference Values for persons 4 years and older)

\*\* No NRV established

\*\*\* % of NRV provided is negligible

Contains No Sugar, Non-nutritive Sweeteners, colourant or flavourant

Excipients: 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 ImmuneBoost Capsules is available without a doctor's prescription, for you to maintain your health.

Nevertheless, you still need to use ALPHA ImmuneBoost Capsules carefully to get the best results from it.

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

The active ingredients of ALPHA ImmuneBoost Capsules include essential (cannot be produced by the body but must be obtained from the diet) Vitamins, Minerals and Pro-Biotics as well as anti-oxidants, immune-modulators and herbs. No single nutrient can fulfil any biological function on its own - every biochemical process requires many different vitamins and minerals to take place effectively. A healthy and balanced microbiome is also vital to ensure that adequate digestion and absorption of nutrients can take place.

ALPHA ImmuneBoost Capsules contains a wide spectrum of vital nutrients to assist in sustaining adequate levels of vitamins and minerals every day and especially in situations of ill health, stress or trauma where insufficient nutrients may be obtained from the diet.

Vitamins:

Vitamins are organic molecules which cannot be made by the body but must be obtained from the diet. Vitamins are essential for the normal development and function of the human body and play an important role in the maintenance of good health. In times of physical or emotional strain, the requirements may increase.

Minerals:

Minerals are key factors in the maintenance of good health. Many molecules required for vital biochemical processes, are dependent on the availability of specific minerals. Minerals also help to build the structural framework of the body and its organs, such as the bones, joints and muscles.

Anti-oxidants:

Anti-oxidants are molecules which assist the body in neutralising and excreting waste-products and free radicals (oxidants). In this way they protect the cells, tissues and organs from damage which may lead to diseases, chronic conditions or premature ageing.

Immune Modulators:

Immune modulators are substances which are able to assist the immune system in defending the body appropriately against many different disease causing agents.

Probiotics:

Probiotics assist the body in establishing a healthy and balanced intestinal flora which is essential for efficient digestion and absorption and assists in preventing deficiencies and resulting conditions. When ingested on a regular basis, probiotics may improve or normalise the microbial balance in the human intestines and thereby improve the functioning of the digestive tract/gut

Herbs:

The herbs and herbal extracts in ALPHA ImmuneBoost Capsules include

Bioperine ®(extract of black pepper) which is a powerful anti-oxidant and may assist in reducing inflammation (a leading source of pain) and fatty liver disease.

Green Tea Extract which may assist in regulating blood sugar and blood fat levels, promote a healthy immune system and prevent premature ageing

Grape Seed Extract which may help to improve blood flow and kidney function

Pine Bark Extract which is rich in polyphenols and procyanidins (anti-oxidants) and may assist in preventing and combatting inflammation

Beta-sitosterol which may assist in lowering cholesterol levels and may help for benign prostate hyperplasia and certain types of cancer.

African Potato which may have immunomodulating, pain reducing, blood sugar and cholesterol regulating, anti-inflammatory, anticonvulsant, antibacterial and other beneficial effects.

2. What you need to know before you take ALPHA ImmuneBoost Capsules

Do not take ALPHA ImmuneBoost Capsules:

if you are hypersensitive (allergic) to any of the active ingredients or any of the other ingredients of ALPHA ImmuneBoost Capsules (listed in section 6).

if you have been diagnosed with a renal condition (dysfunction)

if you have been diagnosed with Wilson's Disease (due to the copper content of ALPHA ImmuneBoost Capsules)

Warnings and precautions

Keep out of reach of children.

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

If you are using ANY prescribed medication FIRST consult your Doctor or Pharmacist before using ALPHA ImmuneBoost Capsules (due to the possibility of a change in the function of your prescribed medication when taken together with Bioperine ®)

Vitamin supplements should not replace a balanced diet.

Other medicines and ALPHA ImmuneBoost Capsules

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

if you have been diagnosed with or are being treated for thrombocytopenia (due to a possible inter-action with Selenium and other minerals)

if you are receiving anti-viral treatment (due to a possible inter-action with Selenium and other minerals)

if you are taking any prescribed chronic or short-term medication (due to the possible interference in the efficacy of your medication by Bioperine). See Warnings and Precautions

ALPHA ImmuneBoost Capsules with food

None known

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 ImmuneBoost Capsules

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

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

Dosage and Directions for use

Adults and Children over 12 years of age: Take two (2) capsules daily after breakfast or as prescribed by your Doctor or Pharmacist.

Children from 7 - 12 years of age: Take one (1) capsule daily after breakfast or as prescribed by your Doctor or Pharmacist.

Do not exceed the stated daily dosage.

If you take more ALPHA ImmuneBoost Capsules than you should you may experience one or more loose stools, nausea or vomiting, irritability or feeling very tired.

NOTE: If you are taking prescribed medication, symptoms of ALPHA ImmuneBoost Capsules overdose may present as the symptoms of an overdose of your prescribed medication due to the possible enhancement of your medication's action by Bioperine.

In the event of overdosage, stop using ALPHA ImmuneBoost Capsules and consult your Doctor or Pharmacist. If neither is available, contact the nearest hospital or poison centre.

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

4. Possible side effects

ALPHA ImmuneBoost Capsules can have side effects.

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

If any of the following happens, stop taking ALPHA ImmuneBoost Capsules 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, nausea or vomiting

Unusual tiredness or weakness

5. How to store ALPHA ImmuneBoost Capsules

Store all medicines out of reach of children.

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

Keep lid firmly closed to exclude moisture

6. Contents of the pack and other information

What ALPHA ImmuneBoost Capsules contains

The herbs included are: African Potato, Bioperine (Black Pepper Extract), Grape Seed Extract and Green Tea Extract.

Pro-Biotics include 4 strains of which one is a Lactobacillus type and three are Bifidobacteria.

Other Active Ingredients: Refer to the ingredients list at the beginning of this information leaflet for full details.

Excipients: Silicon Dioxide

What ALPHA ImmuneBoost Capsules looks like and contents of the pack

white capsules, size 0

60 capsules in a white, PET container with a white, child resistant lid.

Applicant

Alpha Pharm Retail Promotions (Pty) Ltd

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Alpha Pharm Retail Promotions (Pty) Ltd

www.alphapharm.co.za