

**PACKAGE LEAFLET: INFORMATION FOR THE USER**

**SCHEDULING STATUS: S0**

**PROPRIETARY NAME (and dosage form): ALPHAVitaBurn Fat Trapper Capsules 60's**

**ACTIVE INGREDIENTS:**

<b>Each capsule contains:</b>	<b>Unit</b>	<b>*%NRV</b>
Chitosan	250 mg	**
L-Carnitine Fumarate Providing L-Carnitine (Elemental)	350 mg 203 mg	**

\*NRV (Nutrient Reference Values)

**Excipients:** Silicon Dioxide (12 mg).

**Allergens:** Chitosan is derived from shellfish

*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.*

ALPHAVitaBurn Fat Trapper Capsules is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use ALPHAVitaBurn Fat Trapper Capsules carefully to get the best results.

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

**1. What ALPHAVitaBurn Fat Trapper Capsules is, and what it is used for**

ALPHAVitaBurn Fat Trapper Capsules contain Chitosan and L-Carnitine Fumarate as active ingredients. The product is designed to assist in losing excess body mass and maintaining a healthy weight.

IMPORTANT: AlphaVitaBurn Fat Trapper Capsules are ONLY effective when used in conjunction with a low kilojoule diet.

### **Chitosan**

Chitosan is an insoluble fibre which is derived from the outer skeleton (exoskeleton) of shellfish including crab, lobster and shrimp. In the stomach it begins to swell, creating a gel-like substrate. This gel-like mass helps to promote satiation and satiety (feeling 'full' sooner and for longer), and may also help to adsorb dietary fats, including cholesterol, thereby preventing their absorption.

### **L-Carnitine Fumarate**

The more carbohydrates and fatty acids that are used up in order to produce energy in the cells' mitochondria, the less of these nutrients are available for storage as adipose tissue!

L-Carnitine is known to have a multitude of beneficial metabolic effects. It plays a key role in the metabolism of fats and carbohydrates, which are both important factors contributing to body mass. L-Carnitine helps to mobilise the fats from adipose tissue, transport them into the cells, and then optimise the cells' use of these fatty acids in the production of energy. In the process, L-Carnitine also helps to control and regulate blood levels of cholesterol and fats.

In addition, L-Carnitine helps to control and regulate blood glucose levels, thereby reducing insulin resistance and Non-Alcoholic Fatty Liver Disease.

Fumarate is one of the molecules found in the mitochondria, which supports the process of creating energy. It offers the added benefit of further enhancing energy production in the cells.

## **2. What you need to know before you take ALPHAVitaBurn Fat Trapper Capsules**

Do not take ALPHAVitaBurn Fat Trapper Capsules:

- ☒ If you are allergic to seafood (due to the fact that Chitosan is derived from shellfish)
- ☒ if you are hypersensitive (allergic) to any of the ingredients of ALPHAVitaBurn Fat Trapper Capsules (listed in section 6).

### **Warnings and precautions**

Keep out of reach of children. Not suitable for children under the age of 18.

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

Consult a health care practitioner prior to use if you have a kidney disease, a liver disease or a seizure disorder (due to the L-Carnitine content of the product).

### **Other medicines and ALPHAVitaBurn Fat Trapper Capsules**

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

Consult a registered health care practitioner prior to use if you are using blood thinners.

Take two hours before or after taking other medications or natural health products since the absorption of these products may be delayed.

## ALPHAVitaBurn Fat Trapper Capsules with food

Use with a meal.

## 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 ALPHAVitaBurn Fat Trapper Capsules**

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

Take ALPHAVitaBurn Fat Trapper Capsules exactly as described in this leaflet or as prescribed by your Doctor or Pharmacist.

## Dosage and Directions for use

Adults of 18 years of age or older: Take 1 capsule with each fatty meal, or as prescribed by your Doctor or Pharmacist.

Do not exceed the stated daily dosage.

If you take more ALPHAVitaBurn Fat Trapper Capsules than you should, you may experience some gastro-intestinal discomfort. Consult your Doctor or Pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you forget to take ALPHAVitaBurn Fat Trapper Capsules, do not take a double dose to make up for forgotten doses.

## **4. Possible side effects**

ALPHAVitaBurn Fat Trapper Capsules can have side effects.

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

If any of the following happens, stop taking ALPHAVitaBurn Fat Trapper 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.
- ☒ Abdominal pain, bloating, constipation, indigestion and/or diarrhoea

## **5. How to store ALPHAVitaBurn Fat Trapper Capsules**

*Store all medicines out of reach of children.*

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

## **6. Contents of the pack and other information**

### What ALPHAVitaBurn Fat Trapper Capsules contains

- ☒ The active substances are: Chitosan (250 mg), L-Carnitine Fumarate (350 mg)
- ☒ The other ingredient is Sodium Dioxide (12 mg)

### What ALPHAVitaBurn Fat Trapper Capsules looks like and contents of the pack

- White capsule
- 60 capsules in a white, plastic container with a white, child-resistant top.

### Applicant

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