
	Alpha Pharm - Alpha Flaxseed Oil 90's Insert Redesign Artwork Version: 006/13-06-2019		
	Colours: 	Dimensions Insert: (H x Wmm) 296 x 188 mm	
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	Spelling:		
	Grammar:		
	Legislation & Claims:		
	Packaging Size:		

ALPHA PHARM ALPHA FLAXSEED OIL

SCHEDULING STATUS

50

PROPRIETARY NAME (AND DOSAGE FORM)

ALPHA PHARM ALPHA FLAXSEED OIL, softgel capsules.

COMPOSITION

Each Softgel capsule contains:		* % NRV's
Flaxseed Oil	1000 mg	
(with ALA 53%)		

PHARMACOLOGICAL CLASSIFICATION

Complementary Medicine

Category D

Discipline: Health Supplement

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use. This medicine is not intended to diagnose, treat, cure or prevent any disease.

PHARMACOLOGICAL ACTION AND INDICATIONS

A dietary source and supplement of omega 3 essential fatty acids. (ALA)

CONTRAINDICATIONS

Do not take if allergic to any of the ingredients. Do not use in combination with blood thinning medication.

WARNINGS AND SPECIAL PRECAUTIONS

Do not take if allergic to ingredients. Consult a medical practitioner if any side effects occur. Use with caution if blood thinning medication or preparations are used. Unless otherwise prescribed, do not exceed the stated dose.

INTERACTIONS

Do not use in combination with Warfarin or any other blood thinning medication.

PREGNANCY AND LACTATION

Safety in pregnancy and lactation has not been established. Always consult a healthcare professional before taking any supplements during pregnancy and lactation.

DOSAGE AND DIRECTIONS FOR USE

Take 1-3 softgel capsule a day with food and a full glass of water. Do not exceed recommended daily dose.

SIDE-EFFECTS AND SPECIAL PRECAUTIONS

Do not take if allergic to the ingredients. Consult a medical practitioner if any side effects occur.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

Treatment is supportive and symptomatic.

IDENTIFICATION

Dark yellow, oval shape softgel capsule.

PRESENTATION

90 Softgel capsules in a white bottle with seal.

STORAGE INSTRUCTIONS

Store below 25°C in a cool, dry place, and out of direct sunlight.
KEEP OUT OF REACH OF CHILDREN.

MANUFACTURED FOR

Alpha Pharm (Pty) Ltd
Corporate Park 66
Cnr. Von Willich and Lenchen Avenues
Centurion
Tel: +27 12 643 5840
Manufactured in South Africa

DATE OF PUBLICATION OF THIS PACKAGE INSERT

November 2015.

CATEGORY D

Discipline: Health Supplement

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ALPHA PHARM ALPHA FLAXSEED OIL

SKEDULERINGS STATUS

50

EIENDOMSNAAM EN DOSEERVORM

ALPHA PHARM ALPHA FLAXSEED OIL, sagte jel kapsules.

SAMESTELLING

Elke sagte jel kapsule bevat:		* % NRV's
Lynsaad olie	1000 mg	
(met ALA 53%)		

PHARMAKOLOGIESE KLASSIFIKASIE

Komplimentere Medisyne

Kategorie D

Dissipline: Gesondheids Aanvuller

Hierdie ongeregistreerde medisyne is nie deur die SAHPRA geëvalueer vir gehalte, veiligheid of beoogde gebruik nie. Hierdie medisyne is nie bedoel om enige siekte te diagnoseer, behandel, genees of te voorkom nie.

INDIKASIE

'n Dieet bron en aanvulling van omega 3-essensiële vetsure. (ALA)

KONTRA-INDIKASIE

Moenie neem indien allergies is, vir enige van die bestanddele nie. Moenie in kombinasie met bloed verdunner medikasie neem nie.

WAARSKUWING EN SPESIALE VOORSORGMATREËLS

Moenie neem indien allergies vir bestanddele is nie. Raadpleeg altyd 'n geneesheer indien enige newe-effekte voorkom. Gebruik met versigtigheid as enige bloed verdunner medikasie of preparate gebruik word. Tensy anders voorgeskryf, moenie die aanbevele dosis oorskry nie.

INTERAKSIE

Moenie in kombinasie met Warfarin of enige bloed verdunner medikasie neem nie.

SWANGERSKAP EN LAKTASIE

Veiligheid tydens swangerskap en laktasie is nie vasgestel nie. Altyd raadpleeg altyd eers u mediese dokter voordat enige aanvullings tydens swangerskap en laktasie gebruik word.

DOSIS EN GEBRUIKSAANWYSINGS

Neem 1-3 sagte jel kapsule per dag met kos en 'n vol glas water. Moenie die voorgeskrewe dosis oorskry nie.

NEWE EFFEKTE EN SPESIALE VOORSORGMATREËLS

Moenie neem indien allergies vir bestanddele is nie. Raadpleeg 'n geneesheer indien enige newe-effekte voorkom. Behandeling is ondersteunend en simptomaties.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN

Behandeling is ondersteunend en simptomaties.

IDENTIFIKASIE

Donker geel, ovaal vorm sagte jel kapsules.

AANBIEDING

90 Sagte jel kapsules in 'n wit plastiek bottel met seël.

BERGINGS- EN SPESIALE VOORSORGMATREËLS

Bewaar op 'n koel, droë plek benede 25 °C.
HOU BLIJTE BEREIK VAN KINDERS.

VERVAARDIG VIR

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Manufactured in South Africa

DATUM VAN PUBLIKASIE VAN HIERDIE VOUBILJET

November 2015.

KATEGORIE D

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PATIENT INFORMATION LEAFLET

ALPHA PHARM ALPHA FLAXSEED OIL

SCHEDULING STATUS

50

PROPRIETARY NAME (AND DOSAGE FORM)

ALPHA PHARM ALPHA FLAXSEED OIL, softgel capsules.

COMPOSITION

Each Softgel capsule Contains:		* % NRV's
Flaxseed Oil	1000 mg	
(with ALA 53%)		

GENERAL INFORMATION

If you have any questions about this product, please talk with your doctor, pharmacist, or other health care provider. It is to be used only by the patient for whom it is prescribed. Do not share it with other people.

If your symptoms do not improve or if they become worse, check with your doctor.

This information does not endorse any medicine as safe, effective, or approved for treating any patient or health condition. This is only a brief summary of general information about the product. It does NOT include all information about the possible uses, directions, warnings, precautions, interactions, adverse effects, or risks that may apply to this product. This information is not specific medical advice and does not replace information you receive from your health care provider. You must talk with your healthcare provider for complete information about the risks and benefits of using the product.

INDICATIONS AND USE

A dietary source and supplement of omega 3 essential fatty acids. (ALA)

INSTRUCTIONS BEFORE TAKING THE MEDICINE

Always tell your healthcare professional if you are taking any other medication. If you are pregnant or breast feeding your baby please consult your doctor, pharmacist or other healthcare professional for advice before taking this medicine.

Some medical conditions may interact with this product. Tell your doctor or pharmacist if you have any medical conditions, especially if any of the following apply to you:

- if you are pregnant, planning to become pregnant, or are breast-feeding
- if you are taking any prescription or nonprescription medicine, herbal preparation, or dietary supplement
- if you have allergies to medicines, foods, or other substances
- if you have, liver problems, or metabolism problems

CONTRAINDICATIONS

Do not use this product if you are allergic to any of the ingredients. Do not use in combination with blood thinning medication.

Contact your doctor or healthcare provider right away if this applies to you.

PRECAUTIONS AND WARNINGS

Do not take if allergic to ingredients. Consult a medical doctor if any side effects occur. Use with caution if blood thinning medication or preparations are used. Unless otherwise prescribed, do not exceed the stated dose.

INTERACTIONS

Do not use in combination with Warfarin or any other blood thinning medication. This may not be a complete list of all interactions that may occur. Ask your health care provider if this product may interact with other medicines that you take. Check with your health care provider before you start, stop, or change the dose of any medicine.

PREGNANCY AND LACTATION

Safety in pregnancy and lactation has not been established. Always consult a healthcare professional before taking any supplements during pregnancy and lactation.

INSTRUCTIONS ON HOW TO TAKE THE MEDICINE

Do not share medicines prescribed for you with any other person. In the event of over dosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

DOSAGE AND DIRECTIONS FOR USE

Take 1-3 softgel capsule a day with food and a full glass of water. Do not exceed recommended daily dose.

Use as directed by your doctor or pharmacist. Check the label on the medicine for exact dosing instructions.

Take by mouth with food.

If you miss a dose for 1 or more days, there is no cause for concern. If your doctor, pharmacist or healthcare professional recommends that you take it, try to remember your dose every day.

Ask your healthcare provider any questions you may have about how to use the product.

SIDE EFFECTS

Not all side effects reported for this medicine are included in this leaflet. Should your general health worsen while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice.

All medicines may cause side effects, but many people have no, or minor, side effects. No COMMON side effects have been reported with this product. Seek medical attention right away if any of these SEVERE side effects occur:

- Severe allergic reactions (rash; hives; itching; difficulty breathing; tightness in the chest; swelling of the mouth, face, lips, or tongue).

This is not a complete list of all side effects that may occur. If you have questions about side effects, contact your healthcare provider.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

Treatment is supportive and symptomatic.

STORAGE AND DISPOSAL

Keep in a dry, cool place below 25 °C. STORE ALL MEDICINE OUT OF REACH OF CHILDREN.

Check with your pharmacist about how to dispose safely of unused medicine.

PRESENTATION

90 Softgel capsules in a white bottle with seal.

IDENTIFICATION

Dark yellow, oval shape softgel capsule.

MANUFACTURED FOR

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DATE OF PUBLICATION OF THIS PACKAGE INSERT

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DISCIPLINE

CATEGORY D

Discipline: Health Supplement

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PASIENT INFORMASIE BRONSJURE

ALPHA PHARM ALPHA FLAXSEED OIL

SKEDULERINGS STATUS

50

EIENDOMSNAAM EN DOSEERVORM

ALPHA PHARM ALPHA FLAXSEED OIL, sagte jel kapsules.

SAMESTELLING

Elke sagte jel kapsule bevat:		* % NRV's
Lynsaad Olie	1000 mg	
(met ALA 53%)		

ALGEMENE INFORMASIE

As u enige vrae oor hierdie produk het, praat met u dokter, apteker of ander gesondheidsorg verskaffer. Dit moet slegs gebruik word deur die pasiënt vir wie dit voorgeskryf is en moenie dit met ander mense deel nie.

As u simptome nie verbeter nie, of as hulle erger raak, gaan praat met u dokter, apteker of ander gesondheidsorg verskaffer. Hierdie inligting onderskryf nie enige medisyne as veilig, doeltreffend of goedgekeur vir enige pasiënt of gesondheid toestand behandeling nie. Dit is net 'n kort opsomming van algemene inligting oor die produk en word nie onderskryf om te diagnoseer, behandel, genees of om enige siekte toestand te verhoed nie. Dit sluit nie al die inligting in, oor die moontlike gebruike, aanwysings, waarskuwings, voorsorgmaatreëls, interaksies, newe-effekte, of risiko's wat van toepassing is op hierdie produk nie. Hierdie inligting is nie spesifieke mediese advies nie, en vervang nie inligting wat u van u dokter, apteker of gesondheidsorg diensverskaffer ontvang nie. Vra u dokter, apteker of gesondheidsorg diensverskaffer vir volledige inligting oor die risiko's en voordele van die gebruik van die produk.

INDIKASIE EN GEBRUIK

'n Dieet bron en aanvulling van omega 3-essensiële vetsure. (ALA)

INSTRUKSIES VOOR DIE MEDISYNE GENEEM MOET WORD

Vertel altyd u gesondheids praktisyn indien u enige ander medikasie neem. Indien u swanger is of u baba borsvoed, konsulteer asseblief eers met u dokter, apteker of ander mediese gesondheids praktisyn voordat u die medikasie neem.

Sommige mediese toestande kan 'n interaksie met hierdie produk hê. Raadpleeg jou dokter of apteker indien u enige van die volgende mediese toestande op u van toepassing is:

- As jy swanger is, beplan om swanger te raak, of borsvoed
- Indien u enige voorskryf of nie voorgeskrewe medisyne, kruie of ander aanvullings neem.
- As jy allergiee tot medisyne, kos of enige ander stowwe het.
- As jy, lewer probleme, of metabolisme probleme het.

KONTRA-INDIKASIE

Moenie neem indien allergies is, vir enige van die bestanddele nie. Moenie in kombinasie met bloed verdunner medikasie neem nie.

WAARSKUWING EN SPESIALE VOORSORGMATREËLS

Moenie neem indien allergies vir bestanddele is nie. Raadpleeg 'n geneesheer indien enige newe-effekte voorkom. Gebruik met versigtigheid as enige bloed verdunner medikasie of preparate gebruik word. Tensy anders voorgeskryf, moenie die aanbevele dosis oorskry nie.

INTERAKSIE

Moenie in kombinasie met Warfarin of enige ander bloed verdunner medikasie neem nie.

SWANGERSKAP EN LAKTASIE

Veiligheid tydens swangerskap en laktasie is nie vasgestel nie. Altyd raadpleeg altyd eers u mediese dokter voordat enige aanvullings tydens swangerskap en laktasie gebruik word.

INSTRUKSIES OOR HOE OM DIE MEDIKASIE TE GEBRUIK

Moet nooit jou medisyne wat vir jou voorgeskryf is met n ander persoon deel nie. In die geval van oordosering raadpleeg u dokter of apteker. Indien geen een beskikbaar is nie kontak die naaste hospital of "gif centre"

DOSIS EN GEBRUIKSAANWYSINGS

Neem 1-3 sagte jel kapsule per dag met kos en 'n vol glas water. Moenie die voorgeskrewe dosis oorskry nie. Gebruik soos voorgeskryf. Gaan die etiket op die medisyne na vir die presiese dosering instruksies. Neem deur die mond met kos. As jy 'n dosis vir 1 of meer dae mis, is daar geen rede tot kommer nie, maar probeer onthou om jou dosis elke dag te neem soos voorgeskryf. Vra jou dokter, apteker of gesondheidsorg diensverskaffer enige vrae wat jy mag hê oor hoe om die produk te gebruik.

NEWE EFFEKTE

Nie alle newe effekte soos gerapporteer is in die voubiljet gesluit nie. Indien u algemene gesondheid agteruitgaan terwyl u die medikasie neem, raadpleeg asseblief u dokter, apteker of ander mediese gesondheids versorger.

Alle medisyne kan newe-effekte veroorsaak, maar baie mense het geen, of min, newe-effekte. Geen algemene newe-effekte is aangemeld, met gebruik van hierdie produk nie. Kry mediese hulp dadelik as enige van hierdie ernstige newe-effekte voorkom:

- Erge allergiese reaksies (veluitslag, korwe, jeuk, moeilike asemhaling; benoudheid in die bors; swelstel van die mond, gesig, lippe of tong).

Dit is nie 'n volledige lys van al die newe-effekte wat mag voorkom nie. As jy vrae het oor die newe-effekte, kontak jou dokter, apteker of gesondheidsorg diensverskaffer.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN

Behandeling is ondersteunend en simptomaties.

BERGINGS- EN SPESIALE VOORSORGMATREËLS

Bewaar op 'n koel, droë plek benede 25 °C. STOOR ALLE MEDISYNE BIJTE BEREIK VAN KINDERS.

Gaan praat met jou apteker oor hoe om ontlaste te raak van ongebruikte medisyne.

AANBIEDING

90 Sagte jel kapsules in 'n wit plastiek bottel met seël.

IDENTIFIKASIE

Donker geel, ovaal vorm sagte jel kapsules.

VERVAARDIG VIR

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