biodelta NUTRACEUTICALS	**Alpha Pharm - Alpha Salmon Oil 90's - Insert** **Revised Artwork Version: 007/13-06-2019**		
	Colours: Black	**Dimensions Insert: (H x Wmm)** **258 x 188 mm**	

Please note that whilst all designs, copy and die lines are carefully checked for accuracy by Bio Delta, it remains the responsibility of the client to check all the above mentioned items before proceeding to sign off artwork. Bio Delta does not take responsibility for our clients artwork infringing on copyright. Bio Delta does not accept any liability from any party that results from product claims made on this packaging. The full responsibility to prove the efficacy and claims of this product rests with the customer.

Item	Date	Person Resp.
Spelling:		
Grammar:		
Legislation & Claims:		
Packaging Size:		

Alpha Pharm
Care • Service • Value

ALPHA PHARM ALPHA OMEGA 3

SCHEDULING STATUS
S0

PROPRIETARY NAME (AND DOSAGE FORM)
ALPHA PHARM ALPHA OMEGA 3 OIL, softgel capsules.

COMPOSITION

Each Softgel capsule Contains:		* % NRV's
Fish Oil	1000 mg	
Containing:		
EPA 18% (Eicosapentaenoic Acid)		
DHA 12% (Docosahexaenoic Acid)		

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.

CONTRAINDICATIONS
This product is derived from fish. Do not take if allergic to any of the ingredients. This Product potentiates the effect of Blood Thinners. Use only after consultation with your Doctor if taking Blood Thinning medication.

WARNINGS AND SPECIAL PRECAUTIONS
Do not take if allergic to ingredients. Consult a Doctor or Pharmacist if any side effects occur. This Product potentiates the effect of Blood Thinners. Use only after consultation with your Doctor if taking Blood Thinning medication. Unless otherwise prescribed, do not exceed the stated dose.

INTERACTIONS
This product potentiates the effect of Blood Thinners. Use only after consultation with your Doctor if taking Blood Thinning medication.

PREGNANCY AND LACTATION
Safety in pregnancy and lactation has not been established. Always consult a Doctor or Pharmacist 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 Doctor or Pharmacist if any side effects occur.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT
Treatment is supportive and symptomatic.

IDENTIFICATION
Clear yellow, oval shape soft gel 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
August 2015.

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.

0025/2019/TR

Alpha Pharm
Care • Service • Value

ALPHA PHARM ALPHA OMEGA 3

SKEDULERINGS STATUS
S0

EIENDOMSNAAM EN DOSEERVORM
ALPHA PHARM ALPHA OMEGA 3 OIL, sagte jel kapsules.

SAMESTELLLING

Elke sagte jel kapsule bevat:		* % NRV's
Vis Olie	1000 mg	
Met:		
EPA 18% (Eicosapentaenoic Acid)		
DHA 12% (Docosahexaenoic Acid)		

FARMAKOLOGIESE KLASSIFIKASIE
Komplimentêre Medisyne
Kategorie D
Dissipline: Gesondheids Aanvulling
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 Dieët bron en aanvulling van omega 3-essensiële vetsure.

KONTRA-INDIKASIES
Hierdie produk bevat vis. Moenie neem indien allergies is, vir enige van die bestanddele nie. Moenie in kombinasie met bloed verdunner medikasie neem nie.

WAARSKUWING EN SPESIALE VOORSORGMAATREËLS
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.

INTERAKSIES
Moenie in kombinasie met bloed verdunner medikasie neem nie. (Warfarin etc).

SWANGERSKAP EN LAKTASIE
Veiligheid tydens swangerskap en laktasie is nie vasgestel nie. Altyd raadpleeg altyd eers u medisie 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 VOORSORGMAATREËLS
Moenie neem indien allergies vir bestanddele is nie. Raadpleeg 'n geneesheer indien enige newe-effekte voorkom.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN
Behandeling is ondersteunend en simptomaties.

IDENTIFIKASIE
Deurskynend geel, ovaal vorm sagte jel kapsules.

AANBIEDING
90 sagte jel kapsules in n wit plastiek bottel met seël.

BERGINGSAANWYSINGS
Bewaar op n koel, droë plek benede 25 ˚C.
HOU BUITE BEREIK VAN KINDERS.

VERVAARDIG VIR
Alphapharm Retail Promotion (Pty) Ltd
Suite 5 Village Square, 19A Village Rd, Kloof.

DATUM VAN PUBLIKASIE VAN HIERDIE VOUBILJET
Augustus 2015.

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.

0025/2019/TR

Alpha Pharm
Care • Service • Value

PATIENT INFORMATION LEAFLET

ALPHA PHARM ALPHA OMEGA 3

SCHEDULING STATUS
S0

PROPRIETARY NAME (AND DOSAGE FORM)
ALPHA PHARM ALPHA OMEGA 3, softgel capsules.

COMPOSITION

Each Softgel capsule Contains:		* % NRV's
Fish Oil	1000 mg	
Containing:		
EPA 18% (Eicosapentaenoic Acid)		
DHA 12% (Docosahexaenoic Acid)		

GENERAL INFORMATION
If you have any questions about this product, please talk with your Doctot or Pharmacist.
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 Doctor or Pharmacist. You must talk with your Doctor or Pharmacist 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.

INSTRUCTIONS BEFORE TAKING THE MEDICINE
Always tell your Doctot or Pharmacist if you are taking any other medication. If you are pregnant or breast feeding your baby please consult your Doctot or Pharmacist for advice before taking this medicine.
This product may affect certain medical conditions. 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
This product is derived from fish. Do not take if allergic to any of the ingredients. Do not use this product if you are allergic to any of the ingredients. This Product potentiates the effect of Blood Thinners. Use only after consultation with your Doctor if taking Blood Thinning medication.
Contact your Doctot or Pharmacist right away if this applies to you.
PRECAUTIONS AND WARNINGS
Do not take if allergic to ingredients. Consult a Doctot or Pharmacist if any side effects occur. This Product potentiates the effect of Blood Thinners. Use only after consultation with your Doctor if taking Blood Thinning medication. Unless otherwise prescribed, do not exceed the stated dose.
INTERACTIONS
Do not use in combination with blood thinning medication (Warfarin etc) This may not be a complete list of all interactions that may occur. Ask your Doctot or Pharmacist if this product may interact with other medicines that you take. Check with your Doctot or Pharmacist 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 Doctot or Pharmacist 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 Doctot 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 Doctot 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 Doctot or Pharmacist recommends that you take it, try to remember your dose every day. Ask your Doctot or Pharmacist 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 Doctot or Pharmacist.

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
Clear yellow, oval shape soft gel capsule.

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
August 2015.

DISCIPLINE
Category D - 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.

0025/2019/TR

Alpha Pharm
Care • Service • Value

PASIENT INFORMASIE BROSJURE

ALPHA PHARM ALPHA OMEGA 3

SKEDULERINGS STATUS
S0

EIENDOMSNAAM EN DOSEERVORM
ALPHA PHARM ALPHA OMEGA 3 OIL, sagte jel kapsules.

SAMESTELLLING

Elke sagte jel kapsule bevat:		* % NRV's
Vis Olie	1000 mg	
Met:		
EPA 18% (Eicosapentaenoic Acid)		
DHA 12% (Docosahexaenoic Acid)		

ALGEMENE INFORMASIE
As jy enige vrae oor hierdie produk het, praat met jou 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 jou simptome nie verbeter nie, of as hulle erger raak, gaan praat met jou 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 toetsand 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 *jy* van jou dokter, apteker of gesondheidsorg diensverskaffer ontvang nie. Vra jou 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.

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 he. 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 voorskrif of nie voorgeskrewe medisyne, kruie of ander annvullings neem.
- As *jy* allergieë tot medisyne, kos of enige ander stowwe het.
- As *jy*, lewer probleme, of metabolisme probleme het.

KONTRA-INDIKASIES
Hierdie produk bevat vis. Moenie neem indien allergies is, vir enige van die bestanddele nie. Moenie in kombinasie met bloed verdunner medikasie neem nie.
WAARSKUWING EN SPESIALE VOORSORGMAATREËLS
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.
INTERAKSIES
Moenie in kombinasie met bloed verdunner medikasie neem nie. (Warfarin etc)
SWANGERSKAP EN LAKTASIE
Veiligheid tydens swangerskap en laktasie is nie vasgestel nie. Altyd raadpleeg altyd eers u medisie 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 behandeling sentrum.

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 ingesluit nie. Indien u algemene gesondheid agteruitgang 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; swelsel 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.

BERGINGSAANWYSINGS EN VERNIETIGING VAN MEDISYNE
Bewaar op n koel, droë plek benede 25 ˚C. ***STOOR ALLE MEDISYNE BUITE BEREIK VAN KINDERS.***
Gaan praat met jou apteker oor hoe om ontslae te raak van ongebruikte medisyne.

AANBIEDING
90 sagte jel kapsules in n wit plastiek bottel met seël.

IDENTIFIKASIE
Deurskynend geel, ovaal vorm sagte jel kapsules.

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

DATUM VAN PUBLIKASIE VAN HIERDIE VOUBILJET
Augustus 2015.

DISSIPLINE
Kategorie D - 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.

0025/2019/TR