

	<b>Alpha Pharm - Alpha Probiotic 10's - Insert</b> <b>Version: 004/13-06-2019</b>		
	<b>Colours:</b> 	<b>Dimensions Insert: (H x Wmm)</b> <b>234 x 188 mm</b>	
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	<b>Item</b>	<b>Date</b>	<b>Person Resp.</b>
	<b>Spelling:</b>		
	<b>Grammar:</b>		
	<b>Legislation &amp; Claims:</b>		
	<b>Packaging Size:</b>		



#### ALPHA PHARM ALPHA PROBIOTIC

#### SCHEDULING STATUS

S0

#### PROPRIETARY NAME (AND DOSAGE FORM)

ALPHA PHARM ALPHA PROBIOTIC, capsules.

#### COMPOSITION

Each capsule contains:			
Probiotic Blend:	500 mg	**	% NRV
(Lactobacillus acidophilus Bifidobacterium longum Bifidobacterium bifidum Bifidobacterium lactis)			
Prebiotic –Inulin	50 mg	**	

\*NRV - %NRV (Nutrient Reference Value)

\*\*NRV not established

#### 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

By introducing probiotics into the intestinal tract, the flora populations are increased. The primary action of probiotics is the maintenance of the intestinal and vaginal flora and many health benefits are associated with probiotics.

#### CONTRAINDICATIONS

Contraindicated in patients with an allergic hypersensitivity to any of these ingredients.

#### WARNINGS AND SPECIAL PRECAUTIONS

Probiotics and probiotics are considered safe and listed on the GRAS (Generally Recognised as Safe) list of the FDA.

#### INTERACTIONS

None known.

#### PREGNANCY AND LACTATION

Safety in pregnancy and lactation has not been established.

#### DOSE AND DIRECTIONS FOR USE

Adults: Take 1-2 capsules daily or as directed by your pharmacist or doctor.

Do not exceed the recommended daily dosage.

#### SIDE EFFECTS AND SPECIAL PRECAUTIONS

None known at the prescribed daily dosage.

#### KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

Treatment is supportive and symptomatic.

#### IDENTIFICATIONS

White capsules.

#### PRESENTATION

10 Capsules in a blister pack.

#### STORAGE INSTRUCTIONS

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

**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

December 2018.

#### 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.



0043/2019/TR

#### ALPHA PHARM ALPHA PROBIOTIC

#### SKEDULERINGS STATUS

S0

#### EIENDOMSNAAM EN DOSEERVORM

ALPHA PHARM ALPHA PROBIOTIC, kapsules.

#### SAMESTELLING

Elke kapsul bevat:			
Probiotika Samestelling:	500 mg	**	% NRV
(Lactobacillus acidophilus Bifidobacterium longum Bifidobacterium bifidum Bifidobacterium lactis)			
Prebiotika –inulin	50 mg	**	

\*NRV - Nutrient Reference Value

\*\*NRV – nog nie vasgestel.

#### PHARMAKOLOGIESE KLASSEFIKASIE

Komplementêre Medisyne

Kategorie D

Disipline: 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.

#### PHARMAKOLOGIESE AKSIE EN INDIKASIE

Deur inname van probiotika in die dermkanaal, neem die flora populasie toe. Die primêre optrede van probiotika is die instandhouding van die derm en vaginale flora wat baie voordelig is vir die gesondheid.

#### KONTRA-INDIKASIE

Bekende hipersensitiwiteit teenoor enige van die bestandele.

#### WAARSKUWING EN SPESIALE VOORSORGMATREËLS

Probiotika en probiotika word beskou as veilig en is op die GRAS (algemeen erken as veilig) lys van die FDA.

#### INTERAKSIES

Geen bekend.

#### SWANGERSKAP EN LAKTASIE

Veiligheid in swangerskap is nie vasgestel nie.

#### DOSES EN GEBRUIKSAANWYSINGS

Volwassenes: Neem 1-2 kapsules daaglik of soos voorgeskryf deur n dokter of apteker.

Moenie die voorgeskrewe dosis oorskry nie.

#### NEWE EFFEKTE EN SPESIALE VOORSORGMATREËLS

Geen bekend op die voorgeskrewe daaglikse dosis.

#### BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN:

Behandeling is ondersteunend en simptomaties.

#### IDENTIFIKASIE

Wit kapsules.

#### AANBIEDING

10 Kapsules in n blister pak.

#### BERGINGSAAANWYSINGS

Bewaar op 'n koel, droë plek benede 25 °C.

**HOU BUITE BEREIK VAN KINDERS.**

#### VERVAARDIG VIR

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 VOUILJET

Desember 2018.

#### KATEGORIE D

Disipline: 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.



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#### PATIENT INFORMATION LEAFLET

#### ALPHA PHARM ALPHA PROBIOTIC

#### SCHEDULING STATUS

S0

#### PROPRIETARY NAME (AND DOSAGE FORM)

ALPHA PHARM ALPHA PROBIOTIC, capsules.

#### COMPOSITION

Each capsule contains:			
Probiotic Blend:	500 mg	**	% NRV
(Lactobacillus acidophilus Bifidobacterium longum Bifidobacterium bifidum Bifidobacterium lactis)			
Prebiotic –Inulin	50 mg	**	

\*NRV - %NRV (Nutrient Reference Value)

\*\*NRV not established

#### 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.

#### INDICATION AND USE

By introducing probiotics into the intestinal tract, the flora populations are increased. The primary action of probiotics is the maintenance of the intestinal and vaginal flora and many health benefits are associated with probiotics.

#### INSTRUCTIONS BEFORE TAKING THE MEDICINE

Some medical conditions may interact with the 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

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

#### WARNINGS AND SPECIAL PRECAUTIONS

Probiotics and probiotics are considered safe and listed on the GRAS (Generally Recognised as Safe) list of the FDA.

#### INTERACTIONS

This is not 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. None known.

#### PREGNANCY AND LACTATION

Safety in pregnancy has not been established.

#### 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.

#### DOSE AND DIRECTIONS FOR USE

Adults: Take 1-2 capsules daily or as directed by your pharmacist or doctor. Do not exceed the recommended daily dosage.

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 health care 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.

None known at the prescribed daily dosage.

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 health care 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

10 Capsules in a blister pack.

#### IDENTIFICATIONS

White capsules.

#### MANUFACTURED FOR

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

#### DATE OF PUBLICATION OF THIS PACKAGE INSERT

December 2018.

#### DISCIPLINE

Kategorie 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.



0043/2019/TR

#### PASIENT INFORMASIE BROSJURE

#### ALPHA PHARM ALPHA PROBIOTIC

#### SKEDULERINGS STATUS

S0.

#### EIENDOMSNAAM EN DOSEERVORM

ALPHA PHARM ALPHA PROBIOTIC, kapsules.

#### SAMESTELLING

Elke kapsul bevat:			
Probiotika Samestelling:	500 mg	**	%NRV
(Lactobacillus acidophilus Bifidobacterium longum Bifidobacterium bifidum Bifidobacterium lactis)			
Prebiotika –Inulin	50 mg	**	

\*NRV - Nutrient Reference Value

\*\*NRV – nog nie vasgestel.

#### ALGEMENE INFORMASIE

As jy enige vroeë oor hierdie produk het, moet jy 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 gesondheids 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 te voorkom te verhoed nie. Dit sluit nie al die inligting in, oor die moontlike gebruikte, aanwysings, waarskuwings, voorsorgmaatreëls, interaksies, nuwe-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. Via jou dokter, apteker of gesondheidsorg diensverskaffer vir volledige inligting oor die risiko's en voordele van die gebruik van die produk.

#### INDIKASIE EN GEBRUIK

Deur inname van probiotika in die dermkanaal, neem die flora populasie toe. Die primêre optrede van probiotika is die instandhouding van die derm en vaginale flora wat baie voordelig is vir die gesondheid.

#### INSTRUKSIES VOOR DIE MEDISYNE GENEEM MOET WORD

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

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

#### KONTRA-INDIKASIE

Bekende hipersensitiwiteit teenoor enige van die bestandele.

Kontak u dokter dadelik as dit op u van toepassing is.

#### WAARSKUWING EN SPESIALE VOORSORGMATREËLS

Probiotika en probiotika word beskou as veilig en is op die GRAS (algemeen erken as veilig) lys van die FDA.

#### INTERAKSIES

Dit is nie 'n volledige lys van alle interaksies wat mag voorkom nie. Via jou dokter of hierdie produk met die ander medisyne wat jy neem interaksies kan he.

Gaan praat met jou dokter of gesondheidsorg verskaffer voor jy enige van jou medikasie begin, stop, of die dosis verander. Geen bekend.

#### SWANGERSKAP EN LAKTASIE

Veiligheid in swangerskap is nie vasgestel nie.

#### 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 hospitaal of gif behandeling sentrum.

#### DOSES EN GEBRUIKSAANWYSINGS

Volwassenes: Neem 1-2 kapsules daaglik of soos voorgeskryf deur n dokter of apteker.

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. Via jou dokter, apteker of dokter enige vroeë wat jy mag he oor hoe om die produk te gebruik

#### NEWE EFFEKTE

Nie alle nuwe effekte soos gerapporteer is in die vouiljet ingesluit nie. Indien u algemene gesondheid agteruitgang ervaar u die medikasie neem, raadpleeg asseblief u dokter, apteker of ander mediese gesondheids versorger.

Geen bekend op die voorgeskrewe daaglikse dosis.

Alle medisyne kan nuwe-effekte veroorsaak, maar baie mense het geen, of min, nuwe-effekte. Geen algemene nuwe-effekte is aangemeld, met gebruik van hierdie produk nie. Kry mediese hulp dadelik as enige van hierdie ernstige nuwe-effekte voorkom: Erge allergiese reaksies (veluitslag, korse, jek, moeilike asemhaling, benoudheid in die bors, swelens van die mond, gesig, lippe of tong).

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

#### BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN:

Behandeling is ondersteunend en simptomaties.

#### BERGINGSAAANWYSINGS EN VERNIETIGING VAN MEDISYNE

Bewaar