

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

To be assigned

TRINAMIK™ Vegetarian Capsule Sucrose, Lactose, Gluten and Tartrazine Free

Complementary Medicine – Health Supplement

Read this leaflet carefully because it contains important information for you.

TRINAMIK™ is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use TRINAMIK™ carefully to get the best results from it.

- Keep this leaflet as you may need to read it again.
- Do not share TRINAMIK™ with any other person.
- Ask your healthcare professional or pharmacist if you need more information or advice.

What is in this leaflet

1. What TRINAMIK™ is and what it is used for.
2. What you need to know before you take TRINAMIK™.
3. How to take TRINAMIK™.
4. Possible side effects.
5. How to store TRINAMIK™.
6. Contents of the pack and other information.

1. What TRINAMIK™ is and what it is used for

TRINAMIK™ is a health supplement intended for use in adults in order to help maintain:

- Bone support in patients that have high levels of calcium in their blood;
- Bone support in patients prone to the formation of kidney stones;
- Cardiovascular health.

TRINAMIK™ can be used as an absorbable source of Vitamin D in those deficient in this nutrient as well as to aid in Brain function.

2. What you need to know before you take TRINAMIK™

Do not take TRINAMIK™ if you have:

A hypersensitivity (allergic reaction) to any of the ingredients of TRINAMIK™ (as listed in section 6).

Other medicines and TRINAMIK™

Always tell your healthcare professional if you are taking any other medicines. This includes complementary or traditional medicines.

Take TRINAMIK™ 2 hours before or after taking other medications or natural health products.

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding, think that you may be pregnant or planning to have a baby, please consult your doctor, pharmacist, or other healthcare professional for advice before taking this medicine.

The ingredients of TRINAMIK™ as listed below in section 6 are commonly used in prenatal products.

Driving and using machines

TRINAMIK™ does not have any effect on the ability to drive or the use of machinery.

3. How to take TRINAMIK™

Do not share medicines with any other person.

Always take TRINAMIK™ exactly as described in this leaflet or as your doctor, pharmacist or healthcare professional has advised you. Check with your doctor or pharmacist if you are not sure.

The usual dosage is one capsule daily. TRINAMIK™ should be taken with food.

Take TRINAMIK™ 2 hours before or after taking other medications including other natural health products.

TRINAMIK™ should be taken daily for as long as your healthcare professional indicates for you to use it.

The indicated daily dosage should not be exceeded.

TRINAMIK™ should not be given to children below the age of 18 years (due to the Vitamin K2 content) unless under the direct supervision of a qualified healthcare professional.

If you take more TRINAMIK™ than you should

In the event of an overdosage, consult your doctor or pharmacist.

If neither is available, contact your nearest hospital or poison centre.

If an overdosage is suspected, TRINAMIK™ should be stopped immediately.

If you forget to take TRINAMIK™

Do not take a double dose of TRINAMIK™ to make up for a forgotten individual dose.

4. Possible side effects

TRINAMIK™ can have side effects in exceptional instances.

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

Less Frequent side effects:

- nausea (feeling sick)
- diarrhoea
- constipation
- indigestion
- bloating
- flatulence

Reporting of adverse reactions:

Should you notice any side effects not mentioned in this leaflet, report it to AnaStellar Brands (Pty) Ltd via pharmacist@anastellar.co.za, (011) 792 4601 or <https://anastellar.co.za>

By reporting side effects, you can help provide more information on the safety of TRINAMIK™.

5. How to store TRINAMIK™

Store all medicines out of reach of children.

Store at or below 25 °C.

Protect from light and moisture.

Store in the original container.

Do not dispose of unused medicine in drains or sewerage systems (e.g., toilets).

6. Contents of the pack and other information

What TRINAMIK™ contains

Each capsule contains:

| | | |
|--|-----|----|
| Magnesium Oxide providing Magnesium 150 mg | 249 | mg |
| Menaquinone-7 providing Vitamin K ₂ 120 µg | 60 | mg |
| Cholecalciferol providing Vitamin D ₃ 1 000 IU | 10 | mg |

All minerals are expressed in their elemental and non-elemental forms.

The other ingredients are Magnesium Stearate, Maize Starch, Microcrystalline Cellulose and Pirosil.

What TRINAMIK™ looks like and contents of the pack

TRINAMIK™ is a hard-gel vegetarian capsule with a white body and white cap filled with a white powder.

Each pack contains 3 x PVC/PVDC/Aluminium blister strips with 10 capsules contained in each strip.

There are 3 x blister strips enclosed within a cardboard carton.

Holder of Certificate of Registration

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Registration Number

To be assigned

This leaflet was last revised in July 2021

The Professional Information leaflet is available on <https://anastellar.co.za>

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety, or intended use.

PASIËNT-INLIGTINGSPAMFLET

SKEDULERINGSSTATUS

Moet toegeken word

TRINAMIK™ Vegetariese Kapsule Sukrose-, Laktose-, Gluten- en Tartrasienvry

Aanvullende Middels – Gesondheidsaanvulling

Lees hierdie pamflet sorgvuldig deur, want dit bevat belangrike inligting vir jou.

TRINAMIK™ is sonder 'n doktersvoorskrif aan jou beskikbaar om jou gesondheid in stand te hou. Nogtans moet jy bedagsaam wees wanneer jy TRINAMIK™ gebruik om die beste resultate daarvan te kry.

- Hou hierdie pamflet, want dit mag nodig wees om dit weer te lees.
- Moenie TRINAMIK™ met iemand anders deel nie.
- Vra jou gesondheidspraktisyn of apteker as jy meer inligting of advies nodig het.

Wat is in hierdie pamflet

1. Wat TRINAMIK™ is en waarvoor dit gebruik word.
2. Wat jy moet weet voordat jy TRINAMIK™ neem.
3. Hoe om TRINAMIK™ te neem.
4. Moontlike nuwe-effekte.
5. Hoe om TRINAMIK™ te bewaar.
6. Die inhoud van die kartondosie en ander inligting.

1. Wat TRINAMIK™ is en waarvoor dit gebruik word

TRINAMIK™ is 'n gesondheidsaanvulling vir volwassenes met die doel om te help met die instandhouding van:

- Beegesondheid in pasiënte met hoë kalsiumvlakke in hul bloed;
- Beegesondheid in pasiënte wat 'n hoër risiko vir die vorming van nierstene het;
- Kardiovaskulêre gesondheid.

TRINAMIK™ kan gebruik word as 'n opneembare bron van Vitamien D deur diegene wat 'n tekort aan hierdie voedingstof het sowel as om te help met die breinfunksie.

2. Wat jy moet weet voordat jy TRINAMIK™ neem

Moenie TRINAMIK™ neem indien:

Jy 'n hipersensitiwiteit (allergiese reaksie) vir enige van die bestanddele van TRINAMIK™ toon nie (word in afdeling 6 aangegee).

Ander middels en TRINAMIK™

Vertel altyd vir jou gesondheidsdeskundige as jy enige ander middels neem. Dit sluit aanvullende of tradisionele medisyne in.

Neem TRINAMIK™ 2 uur voor of na jy enige ander medikasies of natuurlike gesondheidsprodukte geneem het.

Swangerskap, borsvoeding en vrugbaarheid

Indien jy swanger is of borsvoed, dink dat jy swanger mag wees of beplan om 'n baba te hê, raadpleeg asseblief jou dokter, apteker of ander gesondheidsdeskundige voordat jy hierdie medisyne neem.

Die bestanddele in TRINAMIK™ soos aangegee in afdeling 6, word algemeen in voorgeboorte-produkte gebruik.

Bestuur en die gebruik van masjinerie

TRINAMIK™ het nie 'n effek op die vermoë om te bestuur of wanneer 'n persoon masjinerie hanteer nie.

3. Hoe om TRINAMIK™ te neem

Moenie enige medisyne met iemand anders deel nie. Neem TRINAMIK™ altyd presies soos in hierdie pamflet beskryf word of soos jou dokter, apteker of ander gesondheidsdeskundige jou aanbeveel het. Vra jou dokter, apteker of gesondheidsdeskundige as jy nie seker is nie.

Die gewone dosis is een kapsule daaglik. TRINAMIK™ moet saam met voedsel geneem word.

Moenie meer as die aangeduide dosis neem nie.

Neem TRINAMIK™ 2 uur voor of na ander medikasies en ander natuurlike gesondheidsprodukte.

TRINAMIK™ moet daaglik geneem word vir so lank as wat jou gesondheidsdeskundige dit aanbeveel het.

TRINAMIK™ moet nie deur kinders jonger as 18 jaar (as gevolg van die vitamien K2-inhoud) gebruik word sonder die direkte toesig van 'n gekwalifiseerde gesondheidsdeskundige nie.

As jy meer TRINAMIK™ neem as wat jy moes

In die geval van 'n oordosering, raadpleeg jou dokter of apteker. As nie een van die twee beskikbaar is nie, kontak jou naaste hospitaal of gifbeheersentrum. As 'n oordosis vermoed word, moet die medisyne dadelik gestaak word.

As jy vergeet om TRINAMIK™ te neem

Moenie 'n dubbele dosis van TRINAMIK™ neem om te vergoed vir 'n individuele dosis wat jy vergeet het nie.

4. Moontlike nuwe-effekte

TRINAMIK™ kan in uitsonderlike gevalle nuwe-effekte hê.

Nie alle nuwe-effekte wat vir TRINAMIK™ vermeld is, is in hierdie pamflet ingesluit nie. As jou algemene gesondheid versleg of as jy enige ongewenste uitwerking ondervind terwyl jy TRINAMIK™ neem, vra asseblief jou gesondheidsdeskundige vir advies.

Minder dikwelse nuwe effekte:

- naarheid (voel mislik)
- diarree
- hardlywigheid
- slegte spysvertering
- voel opgeblas
- winderigheid

Aanmelding van nuwe-effekte

As jy enige nuwe-effekte bemerk wat nie in hierdie pamflet genoem word nie, meld dit asseblief by AnaStellar Brands (Edms) Bpk aan by pharmacist@anastellar.co.za, (011) 792 4601 of <https://anastellar.co.za>

Deur nuwe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van TRINAMIK™ te verskaf.

5. Hoe om TRINAMIK™ te bewaar

Hou alle medisyne buite kinders se bereik.

Bewaar teen 25 °C of benede.

Beskermt teen lig en vogtigheid.

Bewaar in die oorspronklike houër.

Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

6. Die inhoud van die kartondosie en ander inligting

Wat TRINAMIK™ bevat

Elke kapsule bevat:

| | | |
|--|-----|----|
| Magnesiumoksied verskaf Magnesium 150 mg | 249 | mg |
| Menakinoon-7 verskaf Vitamien K ₂ 120 µg | 60 | mg |
| Cholekalsiferol verskaf Vitamien D ₃ 1 000 IE | 10 | mg |

Alle minerale word in hul elementele en nie-elementele vorms aangegee.

Die ander bestanddele is Magnesiumstearaat, Mieliestysel, Mikrokrystallyne Sellulose en Pirosil.

Hoe TRINAMIK™ lyk en die inhoud van die kartondosie

TRINAMIK™ is 'n harde vegetariese jekapsule met 'n wit romp en wit doppie gevul met 'n witkleurige poeier. Elke pakkie bevat 3 x PVC/PVDC/Aluminium stulpstroke wat elk 10 kapsules het. Daar is 3 x stulpstroke binne-in elke kartondosie.

Houer van die Registrasiesertifikaat

AnaStellar Brands (Edms) Bpk
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Republiek van Suid-Afrika
+27 (0)11 792 4601

Registrasienommer

Moet nog toegeken word

Hierdie pamflet is laas in Julie 2021 hersien

Die Professionele Inligtingspamflet is beskikbaar by die webtuiste <https://anastellar.co.za>

Hierdie ongeregistreerde middel is nie deur die SAHPRA vir sy gehalte, veiligheid of beoogde gebruik geëvalueer nie.