

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

To be assigned.

AgeMETICS™ Film-coated Tablets Sucrose, Lactose, Gluten and Tartrazine Free

Complementary Medicine – Health Supplement

Read this leaflet carefully because it contains important information for you

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

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

What is in this leaflet

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

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

AgeMETICS™ is a health supplement intended as nutritional support to aid maturing skin in adults.

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

Do not take AgeMETICS™ if:

You experience a Hypersensitivity (allergic reaction) to any of the ingredients of AgeMETICS™ (as listed below in section 6).

Do not take AgeMETICS™ at bedtime, due to the MSM content.

AgeMETICS™ should not be used if you suffer from:

- conditions associated with hypercalcaemia and hypercalciuria, and in renal impairment (chronic);
- renal osteodystrophy with hyperphosphataemia (risk of metastatic calcification);
- if you have had a heart attack (myocardial infarction);
- a Fish allergy.

Consult a qualified healthcare professional:

- prior to use if you are pregnant or breastfeeding;
- if you have a cardiovascular condition and it worsens;
- prior to use if you have a renal/kidney disease or if you are following a low protein diet;
- if you suffer from a cardiovascular disease and are attempting an increase in physical activity;
- prior to use if you are taking medication for cardiovascular (heart) diseases, erectile dysfunction, and/or blood thinners.

Other medicines and AgeMETICS™

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

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

High dose Zinc supplementation may cause a copper or iron deficiency.

Vitamin D may increase the risk of hypercalcaemia.

Fertility, Pregnancy and Breastfeeding

If you are pregnant or breastfeeding, think 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 safety of L-Arginine as contained in AgeMETICS™ during pregnancy has not been established.

Driving and using machines

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

3. How to take AgeMETICS™

Do not share medicines with any other person.

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

The usual dose is one White Film-coated Tablet and **two** Red Film-coated Tablets daily in the Morning with Breakfast.

AgeMETICS™ should not be taken at bedtime due to the MSM content.

Do not take more than the daily dose specified.

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

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

AgeMETICS™ should not be given to children below the age of 18 years (due to the L-Arginine, MSM, Selenium, and Silicon content) unless under the direct supervision of a qualified healthcare professional.

If you take more AgeMETICS™ than you should

In the event of an overdose, consult your doctor or pharmacist. If neither is available, contact your nearest hospital or poison centre.

If an overdose is suspected, AgeMETICS™ should be stopped immediately.

Treatment is generally symptomatic and supportive.

If you forget to take AgeMETICS™

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

4. Possible side effects

AgeMETICS™ can have side effects in exceptional instances.

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

5. How to store AgeMETICS™

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 AgeMETICS™ contains

Component 1:

Each White Tablet contains

Vitamin A derived from Vitamin A Acetate 2 mg	1 000	IU
Vitamin C derived from Ascorbic Acid 200 mg	200	mg
Vitamin D3 derived from Cholecalciferol 10 mg	1 000	IU
Vitamin E derived from dl- α -Tocopherol Acetate 30 mg	20	IU
Biotin	500	μg
Calcium derived from Calcium Carbonate 200 mg	80	mg
Copper derived from Copper Sulphate 4 mg	1	mg
Folate derived from (6S)-5-Methyltetrahydrofolate 226 μ g	200	μg
Magnesium derived from Magnesium Oxide 133 mg	80	mg
Zinc derived from Zinc Oxide 25 mg	20	mg

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

The other ingredients are:

Tablet Core – Calcium Phosphate Dibasic, Magnesium Stearate, Povidone, Silicon Dioxide, Sodium Starch Glycolate, and Solvent 45.

Tablet Coating – Castor Oil, Flexicoat, and Shellac.

Component 2:

Each Red Tablet contains

Coenzyme Q10 derived from Ubidecarenone 50 mg	50	mg
Type I Hydrolysed Collagen [Marine]	1 000	mg
L-Arginine derived from L-Arginine Hydrochloride 60 mg	50	mg
MSM (Methylsulphonylmethane)	50	mg
Selenium derived from Selenium Glycinate 1,5 mg	30	μg
Silicon derived from Silicon Amino Acid Chelate 50 mg	2,5	mg

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

The other ingredients are:

Tablet Core – Calcium Phosphate Dibasic, Magnesium Stearate, Povidone, Silicon Dioxide, Sodium Starch Glycolate, and Solvent 45.

Tablet Coating – Castor Oil, Flexicoat, and Shellac.

What AgeMETICS™ looks like and contents of the pack

AgeMETICS™ contains White Oval shaped Film-coated Tablets and Red Oval shaped Film-coated Tablets.

Each pack contains 3 x PVC/PVDC/Aluminium blister strips with 10 x White Film-coated Tablets contained in each strip as well as 6 x PVC/PVDC/Aluminium blister strips with 10 x Red Film-coated tablets contained in each strip. The 9 x blister strips are enclosed within a cardboard carton.

Holder of Certificate of Registration

AnaStellar Brands (Pty) Ltd
Boskruin Business Park, Unit 15, North Wing, Ground Floor
Bosbok Road, Randpark Ridge, 2169, Gauteng
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Registration Number

To be assigned

This leaflet was last revised in January 2023

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

SKEDULERINGSTATUS

Moet toegeken word.

AgeMETICS™ Filmbedekte Tablette Sukrose-, Laktose-, Gluten- en Tartrasienvry

Aanvullende Middels – Gesondheidsaanvulling

Lees hierdie pamflet sorgvuldig want dit bevat belangrike inligting vir jou

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

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

Wat is in hierdie pamflet

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

1. Wat AgeMETICS™ is en waarvoor dit gebruik word

AgeMETICS™ is 'n gesondheidsaanvulling met die doel om voedingsondersteuning aan meer volwasse vel te bied.

2. Wat jy moet weet voordat jy AgeMETICS™ neem

Moenie AgeMETICS™ gebruik indien:

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

Moenie AgeMETICS™ met slapenstyd neem nie, vanweë die MSM-inhoud.

AgeMETICS™ behoort nie gebruik te word as jy ly aan:

- toestande geassosieer met hiperkalsemie en hiperkalsiurie, en aan nierontoereikendheid (kronies);
- nier-osteodistrofie met hiperfosfatemie (risiko van metastatiese kalsifisering);
- as jy 'n hartaanval (miokardiale infarske) gehad het;
- of 'n allergie vir Vis het nie.

Raadpleeg 'n gekwalifiseerde gesondheidsdeskundige:

- voor gebruik as jy swanger is of borsvoed;
- as jy 'n hartaandoening het en dit word erger;
- voor gebruik as jy 'n niersiekte het of as jy 'n lae-proteïen dieet volg;
- as jy 'n hartsiekte het en probeer om jou liggaamlike aktiwiteit te verhoog;
- voor gebruik as jy medikasie vir kardiovaskulêre (hart-)siektes, erektilie disfunksie, en/of bloedverdunners neem.

Ander medisyne en AgeMETICS™

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

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

'n Hoë-dosis Sinkaanvulling mag moontlik 'n koper- of ystergebrek veroorsaak.

Vitamiën D mag die risiko van hiperkalsemie verhoog.

Vrugbaarheid, Swangerskap en Borsvoeding

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 veiligheid van L-Arginien soos bevat in AgeMETICS™, is nie bepaal tydens swangerskap nie.

Motorbestuur en die gebruik van masjinerie

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

3. Hoe om AgeMETICS™ te neem

Moenie enige medisyne met iemand anders deel nie.

Neem AgeMETICS™ altyd presies soos in hierdie pamflet beskryf of soos jou dokter, apteker of ander gesondheidsdeskundige vir jou aanbeveel het. Vra jou dokter of apteker as jy nie seker is nie.

Die gewone dosis is een Wit Filmbedekte Tablette en **twee** Rooi Filmbedekte Tablette daaglik in die Oggend saam met Ontbyt.

AgeMETICS™ behoort nie met slapenstyd geneem te word nie vanweë die MSM-inhoud.

Moenie meer as die daaglikse dosis, soos wat aanbeveel word, neem nie.

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

AgeMETICS™ behoort daaglik geneem te word vir so lank as wat jou gesondheidspraktisyn dit vir jou aanbeveel het.

AgeMETICS™ behoort nie aan kinders onder die ouderdom van 18 jaar gegee te word nie (vanweë die Arginien-, MSM-, Seleen-, en Silikoninhoud) tensy onder die direkte toesig van 'n gekwalifiseerde gesondheidsdeskundige.

As jy meer AgeMETICS™ 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, behoort AgeMETICS™ dadelik gestaak te word.

Behandeling is oor die algemeen simptome en ondersteunend.

As jy vergeet om AgeMETICS™ te neem

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

4. Moontlike newe-effekte

AgeMETICS™ kan in buitengewone gevalle newe-effekte hê.

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

Minder dikwelse newe-effekte:

- naarheid (voel mislik)
- diarree
- hardlywigheid
- slegte spysvertering
- opgeblaasde maag
- wonderigheid

Aanmelding van newe-effekte:

As jy enige newe-effekte opmerk 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 newe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van AgeMETICS™ te verskaf.

5. Hoe om AgeMETICS™ te bewaar

Hou alle medisyne buite kinders se bereik.

Bewaar teen 25 °C of benede.

Beskerm teen lig en vogtigheid.

Bewaar in die oorspronklike houër.

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

6. Die inhoud van die kartondosie en ander inligting

Wat AgeMETICS™ bevat

Komponent 1:

Elke Wit Tablet bevat

Vitamiën A afgelei van Vitamiën A Asetaat 2 mg	1 000	IE
Vitamiën C afgelei van Askorbiensuur 200 mg	200	mg
Vitamiën D3 afgelei van Cholekalsiferol 10 mg	1 000	IE
Vitamiën E afgelei van dl- α -Tokoferolasetaat 30 mg	20	IE
Biotien	500	μg
Kalsium afgelei van Kalsiumkarbonaat 200 mg	80	mg
Koper afgelei van Kopersulfaat 4 mg	1	mg
Folaat afgelei van (6S)-5-Metieltetrahydrofolaat 226 μ g	200	μg
Magnesium afgelei van Magnesiumoksied 133 mg	80	mg
Sink afgelei van Sinkoksied 25 mg	20	mg

Alle minerale word in hul element- en nie-elementvorm weergegee.

Die ander bestanddele is:

Tabletkern – Kalsiumfosfaat-dibasies, Magnesiumstearaat, Povidoon, Silikondioksied, Natriumstyselglukolaat en Oplosmiddel 45.

Tabletbedekking – Kasterolie, Flexicoat en Skellak.

Komponent 2:

Elke Rooi Tablet bevat

Koënsiem Q10 afgelei van Ubidekarenoon 50 mg	50	mg
Type I Gehidroliseerde Kollageen [Mariene]	1 000	mg
L-Arginien afgelei van L-Arginienhidrochloried 60 mg	50	mg
MSM (Metielsulfonylmetaan)	50	mg
Seleen afgelei van Seleenglisinaat 1,5 mg	30	μg
Silikon afgelei van Silikonaminozuurchelaat 50 mg	2,5	mg

Alle minerale word in hul element- en nie-elementvorm weergegee.

Die ander bestanddele is:

Tabletkern – Kalsiumfosfaat-dibasies, Magnesiumstearaat, Povidoon, Silikondioksied, Natriumstyselglukolaat en Oplosmiddel 45.

Tabletbedekking – Kasterolie, Flexicoat en Skellak.

Hoe AgeMETICS™ lyk en die inhoud van die kartondosie

AgeMETICS™ bevat Wit Ovaal Filmbedekte Tablette en Rooi Ovaal Filmbedekte Tablette.

Elke kartondosie bevat 3 x PVC/PVDC/Aluminium stulpstrokke wat elk 10 x Wit Filmbedekte Tablette per stulpstrook bevat sowel as 6 x PVC/PVDC/Aluminium stulpstrokke wat elk 10 x Rooi Filmbedekte Tablette per stulpstrook bevat. Daar is 9 x stulpstrokke binne-in 'n kartondosie.

Houer van die Registrasiesertifikaat

AnaStellar Brands (Edms) Bpk
Boskruin Besigheidpark, Eenheid 15, Noordelike Vleuel, Grondverdieping
Bosbokweg, Randparkrif, 2169, Gauteng
Republiek van Suid-Afrika
+27 (0)11 792 4601

Registrasiënommer

Moet toegeken word

Hierdie pamflet is laas in Januarie 2023 hersien

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

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