

# PATIENT INFORMATION LEAFLET

## SCHEDULING STATUS

To be assigned.

## HyperMETICS™ Film-coated Tablets and Hard-Gel Vegetarian Capsules Sucrose, Lactose, Gluten and Tartrazine Free

Complementary Medicine – Health Supplement

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

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

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

### What is in this leaflet

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

#### 1. What HyperMETICS™ is and what it is used for

HyperMETICS™ is a health supplement intended as nutritional support to aid blemished skin in adults.

#### 2. What you need to know before you take HyperMETICS™

##### Do not take HyperMETICS™ if:

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

HyperMETICS™ 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).

##### Other medicines and HyperMETICS™

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

Take HyperMETICS™ 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 Glutathione as contained in HyperMETICS™ during pregnancy has not been established.

##### Driving and using machines

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

#### 3. How to take HyperMETICS™

Do not share medicines with any other person.

Always take HyperMETICS™ 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 one White Hard-Gel Vegetarian Capsule daily with a Meal.

Do not take more than the daily dose specified.

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

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

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

##### If you take more HyperMETICS™ 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, HyperMETICS™ should be stopped immediately.

Treatment is generally symptomatic and supportive.

##### If you forget to take HyperMETICS™

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

#### 4. Possible side effects

HyperMETICS™ can have side effects in exceptional instances.

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

#### 5. How to store HyperMETICS™

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 HyperMETICS™ contains

###### Component 1:

Each White Tablet contains

<b>Vitamin A</b> derived from Vitamin A Acetate 2 mg	1 000	IU
<b>Vitamin C</b> derived from Ascorbic Acid 200 mg	200	mg
<b>Vitamin D3</b> derived from Cholecalciferol 10 mg	1 000	IU
<b>Vitamin E</b> derived from dl- $\alpha$ -Tocopherol Acetate 30 mg	20	IU
<b>Biotin</b>	500	$\mu$ g
<b>Calcium</b> derived from Calcium Carbonate 200 mg	80	mg
<b>Copper</b> derived from Copper Sulphate 4 mg	1	mg
<b>Folate</b> derived from (6S)-5-Methyltetrahydrofolate 226 $\mu$ g	200	$\mu$ g
<b>Magnesium</b> derived from Magnesium Oxide 133 mg	80	mg
<b>Zinc</b> 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 Capsule contains

<b>Vitamin B3</b> derived from Niacinamide 200 mg	200	mg
<b>Vitamin B5</b> derived from Calcium-d-Pantothenate 218 mg	200	mg
<b>Glutathione</b>	250	mg

The other ingredients are Calcium Phosphate Dibasic, Magnesium Stearate and Silicon Dioxide.

##### What HyperMETICS™ looks like and contents of the pack

HyperMETICS™ contains White Film-coated Tablets and White size 00 Hard-Gel Vegetarian Capsules with White body and White cap filled with a Beige powder.

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

##### Holder of Certificate of Registration

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Boskruin Business Park, Unit 15, North Wing, Ground Floor  
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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

## SKEDULERINGSSTATUS

Moet toegeken word.

## HyperMETICS™ Filmbedekte Tablette en Hardejel Vegetariese Kapsules Sukrose-, Laktose-, Gluten- en Tartrasienvry

Aanvullende Middels – Gesondheidsaanvulling

### Lees hierdie pamflet sorgvuldig want dit bevat belangrike inligting vir jou

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

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

### Wat is in hierdie pamflet

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

### 1. Wat HyperMETICS™ is en waarvoor dit gebruik word

HyperMETICS™ is 'n gesondheidsaanvulling vir volwassenes wat voedingsondersteuning bied om 'n vleklose vel te bevorder.

### 2. Wat jy moet weet voordat jy HyperMETICS™ neem

#### Moenie HyperMETICS™ gebruik indien:

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

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

- toestande geassosieer met hiperkalsemie en hiperkalsiurie, en aan nierontoeikendheid (kronies);
- nier-osteodistrofie met hiperfosfatemie (risiko van metastatiese kalsifisering).

#### Ander medisyne en HyperMETICS™

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

Neem HyperMETICS™ 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 Glutatioon soos bevat in HyperMETICS™, is nie bepaal tydens swangerskap nie.

#### Motorbestuur en die gebruik van masjinerie

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

### 3. Hoe om HyperMETICS™ te neem

Moenie medisyne met iemand anders deel nie.

Neem HyperMETICS™ 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 een Wit Hardejel Vegetariese Kapsule daaglik saam met 'n Maaltyd.

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

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

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

HyperMETICS™ behoort nie aan kinders onder die ouderdom van 18 jaar gegee te word nie (vanweë die Glutatioon-inhoud) tensy onder die direkte toesig van 'n gekwalifiseerde gesondheidsdeskundige.

#### As jy meer HyperMETICS™ 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 HyperMETICS™ dadelik gestaak te word.

Behandeling is oor die algemeen simptomaties en ondersteunend.

#### As jy vergeet om HyperMETICS™ te neem

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

## 4. Moontlike newe-effekte

HyperMETICS™ kan in buitengewone gevalle newe-effekte hê.

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

#### Minder dikwelse newe-effekte:

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

#### 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](mailto: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 HyperMETICS™ te verskaf.

### 5. Hoe om HyperMETICS™ 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 HyperMETICS™ bevat

##### Komponent 1:

Elke Wit Tablette bevat

<b>Vitamiën A</b> afgelei van Vitamiën A Asetaat 2 mg	1 000	IE
<b>Vitamiën C</b> afgelei van Askorbiensuur 200 mg	200	mg
<b>Vitamiën D3</b> afgelei van Cholekalsiferol 10 mg	1 000	IE
<b>Vitamiën E</b> afgelei van dl- $\alpha$ -Tokoferolasetaat 30 mg	20	IE
<b>Biotien</b>	500	$\mu$ g
<b>Folaat</b> afgelei van (6S)-5-Metieltetrahydrofolaat 226 $\mu$ g	200	$\mu$ g
<b>Kalsium</b> afgelei van Kalsiumkarbonaat 200 mg	80	mg
<b>Koper</b> afgelei van Kopersulfaat 4 mg	1	mg
<b>Magnesium</b> afgelei van Magnesiumoksied 133 mg	80	mg
<b>Sink</b> 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 Kapsule bevat

<b>Vitamiën B3</b> afgelei van Niasienamied 200 mg	200	mg
<b>Vitamiën B5</b> afgelei van Kalsium-d-Pantotenaat 218 mg	200	mg
<b>Glutatioon</b>	250	mg

Die ander bestanddele is Kalsiumfosfaat-dibasies, Magnesiumstearaat en Silikondioksied.

### Hoe HyperMETICS™ lyk en die inhoud van die kartondosie

HyperMETICS™ bevat Wit Filmbedekte Tablette en Wit grootte 00 Hardejel Vegetariese Kapsules met 'n Wit romp en Wit doppie gevul met 'n Roomkleurige poeier.

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

#### Houer van die Registrasiesertifikaat

AnaStellar Brands (Edms) Bpk  
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#### Registrasienuommer

Moet toegeken word

#### Hierdie pamflet is laas in Januarie 2023 hersien

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

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