

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

To be assigned.

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

Complementary Medicine – Health Supplement

Read this leaflet carefully because it contains important information for you

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

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

What is in this leaflet

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

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

MendoMETICS™ is a health supplement intended as nutritional support to aid skin repair in adults.

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

Do not take MendoMETICS™ if:

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

MendoMETICS™ 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 relevant healthcare professional:

- 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 MendoMETICS™

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

Take MendoMETICS™ 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 MendoMETICS™ during pregnancy has not been established.

Driving and using machines

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

3. How to take MendoMETICS™

Do not share medicines with any other person.

Always take MendoMETICS™ 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 in the Morning with Breakfast and one Green Film-coated tablet in the Evening with Dinner.

Do not take more than the daily dose specified.

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

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

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

If you take more MendoMETICS™ 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, MendoMETICS™ should be stopped immediately.

Treatment is generally symptomatic and supportive.

If you forget to take MendoMETICS™

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

4. Possible side effects

MendoMETICS™ can have side effects in exceptional instances.

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

5. How to store MendoMETICS™

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 MendoMETICS™ 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	μ g
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	μ g
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 Green Tablet contains

Vitamin K2 derived from Menaquinone-7 23 mg	45	μ g
Type 1 Hydrolysed Collagen [Marine]	500	mg
L-Arginine derived from L-Arginine Hydrochloride 302 mg	250	mg

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 MendoMETICS™ looks like and contents of the pack

MendoMETICS™ contains White Oval shaped Film-coated Tablets and Green 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 3 x PVC/PVDC/Aluminium blister strips with 10 x Green Film-coated Tablets contained in each strip. The 6 x blister strips are enclosed within a cardboard carton.

Holder of Certificate of Registration

AnaStellar Brands (Pty) Ltd
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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.

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

Aanvullende Middels – Gesondheidsaanvulling

Lees hierdie pamflet sorgvuldig want dit bevat belangrike inligting vir jou

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

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

Wat is in hierdie pamflet

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

1. Wat MendoMETICS™ is en waarvoor dit gebruik word

MendoMETICS™ is 'n gesondheidsaanvulling met die doel om deur voedingsondersteuning herstelling van die vel by volwassenes te bevorder.

2. Wat jy moet weet voordat jy MendoMETICS™ neem

Moenie MendoMETICS™ gebruik indien:

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

MendoMETICS™ 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);
- As jy 'n hartaanval (miokardiale infarksie) gehad het;
- 'n Allergie vir Vis het nie.

Raadpleeg 'n toepaslike gesondheidsdeskundige:

- 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 bloedverduiners neem.

Ander medisyne en MendoMETICS™

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

Neem MendoMETICS™ 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 MendoMETICS™, is nie bepaal tydens swangerskap nie.

Motorbestuur en die gebruik van masjinerie

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

3. Hoe om MendoMETICS™ te neem

Moenie enige medisyne met iemand anders deel nie.

Neem MendoMETICS™ 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 in die Oggend saam met Ontbyt en een Groen Filmbedekte tablet in die Aand saam met Aandete.

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

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

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

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

As jy meer MendoMETICS™ 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 MendoMETICS™ dadelik gestaak te word.

Behandeling is oor die algemeen simptome en ondersteunend.

As jy vergeet om MendoMETICS™ te neem

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

4. Moontlike nuwe-effekte

MendoMETICS™ kan in buitengewone gevalle nuwe-effekte hê.

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

Minder dikwelse nuwe-effekte:

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

Aanmelding van nuwe-effekte:

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

5. Hoe om MendoMETICS™ 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 MendoMETICS™ bevat

Komponent 1:

Elke Wit Tablette 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	μ g
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	μ g
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, Natriumtyselglikolaat en Oplosmiddel 45.

Tabletbedekking – Kasterolie, Flexicoat en Skellak.

Komponent 2:

Elke Groen Tablette bevat

Vitamiën K2 afgelei van Menakinoon-7 23 mg	45	μ g
Tipe 1 Gehidroliseerde Kollageen [Mariene]	500	mg
L-Arginien afgelei van L-Arginienhidrochloried 302 mg	250	mg

Die ander bestanddele is:

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

Tabletbedekking – Kasterolie, Flexicoat en Skellak.

Hoe MendoMETICS™ lyk en die inhoud van die kartondosie

MendoMETICS™ bevat Wit Ovaal Filmbedekte Tablette en Groen Ovaal Filmbedekte Tablette.

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

Houer van die Registrasiesertifikaat

AnaStellar Brands (Edms) Bpk
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Republiek van Suid-Afrika
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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 ongeregistreerde middel is nie deur die SAHPRA vir sy gehalte, veiligheid of beoogde gebruik geëvalueer nie.