

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

To be assigned

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

InsuMax-Q Tablets and Capsule

Read all of this leaflet carefully before you start taking InsuMax-Q

InsuMax-Q is available without a doctor's prescription, for you to treat a mild condition.

Nevertheless, you still need to use InsuMax-Q carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share InsuMax-Q with any other person.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

WHAT INSUMAX-Q CONTAINS

InsuMax-Q is comprised of 3 Components:

Component 1:

Each Light Yellow Inositol & B-Complex Combination Tablet contains

Inositol (as Myo-Inositol)	1 000 mg
Inositol (as D-Chiro-Inositol)	25 mg
Folate (derived from 5-Methyltetrahydrofolate-5 as Active Extrafolate-S®)	500 µg
Vitamin B6 (derived from Pyridoxine Hydrochloride)	25 mg
Vitamin B12 (derived from Cyanocobalamin)	25 µg

The other ingredients are Flexicoat® light yellow, magnesium stearate (vegetable), maize starch, microcrystalline cellulose, povidone, shellac, silicon dioxide

Component 2:

Each White Co-Enzyme Q10 & Magnesium Combination Capsule contains

Co-Enzyme Q10 (as Ubidecarenone)	150 mg
Magnesium (derived from Magnesium oxide)	150 mg
Vitamin D3 (as Cholecalciferol)	1 000 IU

The other ingredients are hard-gel vegetable capsule, magnesium stearate (vegetable), maize starch, silicon dioxide

Component 3:

Each Orange Amino Acid & Anti-Oxidant Combination Tablet contains

Amino Acids	
L-Arginine (derived from L-Arginine hydrochloride)	800 mg
L-Carnitine (as L-Carnitine-L-Tartrate)	125 mg
Anti-Oxidants	
Alpha Lipoic Acid (as Alpha Lipoic Acid)	50 mg
Vitamin C (as Ascorbic acid)	250 mg
Vitamin E (as dl-α-Tocopherol)	20 IU
Selenium (derived from Selenium Amino Acid Chelate)	60 µg
Zinc (derived from Zinc Oxide)	25 mg

The other ingredients are Flexicoat® orange, magnesium stearate (vegetable), maize starch, microcrystalline cellulose, povidone, shellac, silicon dioxide

WHAT INSUMAX-Q IS USED FOR

Nutritional support for conditions where Glucose Metabolism is impaired.

BEFORE YOU TAKE INSUMAX-Q

Do not take INSUMAX-Q if:

- Hypersensitive (allergic) to any of the ingredients of INSUMAX-Q.
- You suffer from chronic kidney disease or if you have high levels of calcium in either your blood or urine.
- You suffer from renal osteodystrophy with hyperphosphataemia (a bone disease caused by incorrect functioning of the kidneys).
- You have had a previous heart attack.

Take special care with INSUMAX-Q:

Take INSUMAX-Q 2 hours before or after taking any other medication.

Do not take more than the recommended dose.

This medicine is not suitable for use by children unless their treatment is being monitored by a healthcare practitioner.

Inform your doctor if you have or have had the following conditions before starting to use this medicine:

- Renal/kidney disease
- Liver disease
- A condition which causes seizures e.g. epilepsy

Inform your healthcare practitioner before using this medicine if:

- you are following a low protein diet
- you suffer from a heart disease and are planning on increasing your level of physical activity
- You are taking medicine to treat heart disease, erectile dysfunction and/or blood thinners

Taking INSUMAX-Q with food and drink:

INSUMAX-Q should be taken with food.

Pregnancy and breastfeeding:

Tell your healthcare practitioner if you are pregnant or breastfeeding before using this medicine.

Taking other medicines with INSUMAX-Q:

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

Calcitonin (a hormone): effect of calcitonin may be antagonised by vitamin D.

Digoxin (a medicine used to treat heart failure): caution because hypercalcaemia caused by vitamin D may potentiate effects of digoxin, resulting in cardiac arrhythmias.

Oral Hypoglycaemics and Insulin (medicines used for diabetes): alpha lipoic acid could enhance the effects of these drugs.

4-Quinolones (a group of antibiotics): magnesium may reduce absorption of 4-quinolones.

Statins: reduce endogenous synthesis of Co-Enzyme Q10.

Tetracyclines (a type of antibiotic): magnesium may reduce absorption of tetracyclines.

Thiazide diuretics (a medicine used to treat high blood pressure and water retention/swelling): vitamin D may increase risk of hypercalcaemia.

Vitamin D analogues (alfacalcidol, calcitriol, dihydrotachysterol): increased risk of toxicity with vitamin D supplements.

HOW TO TAKE INSUMAX-Q

Do not share medicines with any other person.

You should check with your doctor or pharmacist if you are unsure on how to use INSUMAX-Q.

The usual dose is one light yellow tablet in the morning with breakfast and then one orange tablet and one white capsule in the evening with dinner.

Take 2 hours before or after taking other medications.

INSUMAX-Q should be taken daily for as long as your Healthcare Professional indicates for you to use it for.

If you take more INSUMAX-Q than you should:

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

If you missed a dose of INSUMAX-Q:

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

POSSIBLE SIDE EFFECTS

INSUMAX-Q can have side effects.

Not all side effects reported for INSUMAX-Q are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice.

You may experience (in exceptional circumstances) nausea, diarrhoea, constipation, indigestion, bloating and flatulence while taking INSUMAX-Q.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

STORING AND DISPOSING OF INSUMAX-Q

Store all medicines out of reach of children.

Store at or below 25 °C.

Protect from light and moisture.

Keep the blister strips in the outer carton.

Return all unused medicine to your pharmacist.

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

PRESENTATION OF INSUMAX-Q

A cardboard carton containing blister strips of 30 Light Yellow Inositol & B-Complex Combination Tablets, 30 White Co-Enzyme Q10 & Magnesium Combination Capsules and 30 Orange Amino Acid & Anti-Oxidant Combination Tablets.

IDENTIFICATION OF INSUMAX-Q

Component 1: Light Yellow Inositol & B-Complex Combination Tablets

Component 2: White Co-Enzyme Q10 & Magnesium Combination Capsules

Component 3: Orange Amino Acid & Anti-Oxidant Combination Tablets

REGISTRATION NUMBER

To be assigned

NAME AND ADDRESS OF REGISTRATION HOLDER

AnaStellar Brands (Pty) Ltd
Boskruin Business Park, Unit 15, North Wing, Ground Floor,
Bosbok Road, Randpark Ridge, 2169, Gauteng,
Republic of South Africa
+27 (0)11 792 4601

DATE OF PUBLICATION

August 2017

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