

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS:

S0

Bioplus Booster Original Syrup

Caffeine (anhydrous).....	90 mg/10 ml
Calcium gluconate.....	300 mg/10 ml
providing Calcium (elemental).....	27,9 mg/10 ml
Calcium citrate.....	60 mg/10 ml
providing Calcium (elemental).....	12,6 mg/10 ml
Nicotinamide (Vitamin B ₃).....	8 mg/ 10 ml
Thiamine hydrochloride (Vitamin B ₁).....	5,33 mg/10 ml
Riboflavin sodium phosphate (Vitamin B ₂).....	3,67 mg/10 ml
d-Pantothenol (Vitamin B ₅).....	3,66 mg/10 ml
Pyridoxine hydrochloride (Vitamin B ₆).....	3 mg/10 ml
Cyanocobalamin (Vitamin B ₁₂) 0,1 % in mannitol...	4 µg/10 ml

Contains sugars: Sucrose 2,40 g/10 ml, Liquid glucose 2,90 g/10 ml, Mannitol 8 mg/10 ml

Contains artificial sweeteners: Saccharin sodium 500 1,33 mg/10 ml,
Sodium cyclamate 13,30 mg/10 ml

Category D: Complementary Medicine

Health Supplements: D34.12 Multiple Substance Formulation

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

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

Bioplus Booster Original Syrup is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to take Bioplus Booster Original Syrup carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Bioplus Booster Original Syrup with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve after 7 days.

What is in this leaflet

1. What Bioplus Booster Original Syrup is and what it is used for
2. What you need to know before you take Bioplus Booster Original Syrup
3. How to take Bioplus Booster Original Syrup

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4. Possible side effects
5. How to store Bioplus Booster Original Syrup
6. Contents of the pack and other information

1. What Bioplus Booster Original Syrup is and what it is used for

Bioplus Booster Original Syrup is a tonic containing caffeine, the B- vitamins and calcium. Caffeine has been known to increase mental alertness resulting in a rapid and clearer flow of thought. It further reduces the feelings of fatigue and drowsiness resulting in an enhanced state of mind.

The B group vitamins assist in the metabolism of fatty acids, carbohydrates and protein for energy release and production. They are also involved in the maintenance of a healthy nervous system. Calcium assists in muscle contractility as well as myocardial conduction. It also maintains and promotes the growth of strong bones and teeth.

2. What you need to know before you take Bioplus Booster Original Syrup

Do not take Bioplus Booster Original Syrup:

- If you are hypersensitive (allergic) to the active ingredients or any of the other ingredients (listed in section 6).
- If you have liver failure, and other disorders with the bile duct.
- If you have genetic eye disease.
- If you have calcium kidney stones, or a history of kidney stones.
- If you have kidney failure and are taking aluminium compounds.

Warnings and precautions

Take special care with Bioplus Booster Original Syrup:

- If you have an active stomach ulcer or reduced blood flow to the heart, with or prone to gout, or in those who consume large amounts of alcohol.
- If you have diabetes mellitus.
- If you have kidney disease, or diseases associated with increased calcium levels.
- If you are taking caffeine and /or theophylline.
- Caffeine tolerance occurs rapidly to the stimulating effects of caffeine, physical signs of withdrawal including irritability, restlessness, lethargy, and headache may occur if intake is stopped abruptly.
- Use of caffeine with medicines that increase blood pressure (e.g., bitter orange extract, synephrine, octopamine, ephedra, ephedrine) is not recommended.
- If you are taking beta blockers.
- Consult a registered health care professional if you are taking any other medicine (such

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as lithium) including chronic, complementary, or traditional medicines; or have high blood pressure, glaucoma, and/or overactive bladder syndrome.

- Consumption with other caffeine-containing products or foods (e.g., medications, coffee, tea, colas, cocoa, guarana maté) is not recommended.
- Discontinue use two weeks prior to surgery.
- Total caffeine intake more than 200 mg per day is not recommended during pregnancy and breastfeeding.
- 90 mg of caffeine in each dosage unit (10 ml). A cup of instant coffee contains approximately 80 mg of caffeine.
- Use of caffeine may result in sleep deprivation.
- Cyanocobalamin should not be given before a diagnosis of subacute degeneration of the spinal cord, or if pernicious anaemia has been fully established, as these symptoms may be masked.
- Riboflavin sodium phosphate (Vitamin B₂), which in large doses results in a change in the colour of urine, which may interfere with certain laboratory results.
- Pyridoxine hydrochloride (Vitamin B₆) whose long-term use in large doses is linked with the development of pain, numbness, tingling, swelling, or muscle weakness in different parts of the body.

Children and adolescents

Do not use Bioplus Booster Original Syrup in children and adolescents under the age of 18 years.

Other medicines and Bioplus Booster Original Syrup

Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

- **Aspirin** may prolong the effect of Nicotinamide.
- **Albuterol, metaproterenol, terbutaline, isoproterenol** may cause low potassium levels.
- **Calcium** salts reduce the absorption of bisphosphonate (alendronate, ibandronate, risedronate)
- IV **chloramphenicol** may weaken the effect of vitamin B₁₂ in anaemia.
- Use of caffeine with **corticosteroids and/or diuretics** can cause low potassium levels.
- Use of caffeine with medicines that increase blood pressure (e.g., bitter orange extract, synephrine, octopamine, ephedra, ephedrine) is not recommended.
- Calcium salts will weaken the effects of some **fluorides, fluoroquinolones**

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(ciprofloxacin, gemifloxacin, levofloxacin, moxifloxacin), tetracyclines (doxycycline, minocycline).

- Nicotinamide decreases the effects of **insulin or oral hypoglycaemics**.
- Pyridoxine reduces the effects of **levodopa**, but this does not occur if a dopa decarboxylase inhibitor is also given.
- **Oral Contraceptives** may weaken the effects of cyanocobalamin.
- Pyridoxine reduces the effects of **Phenytoin & Phenobarbital**.
- **Statins** taken with nicotinamide may increase the risk of muscle disease.
- Calcium enhances the effects of digitalis on the heart and may precipitate digitalis intoxication.

Medicines that may decrease vitamin levels in the body:

Pyridoxine	Hydralazine, Isoniazid, Penicillamine, Oral contraceptives.
Cyanocobalamin	Neomycin, Aminosalicic acid, Histamine H2-antagonists, Omeprazole, Colchicine, Oral contraceptives
Calcium	Corticosteroids
Caffeine	Phenytoin, Phenobarbital, Felbamate, Ethosuximide, Carbamazepine, Valproate, Ritonavir, Rifampicin, and sulfinpyrazone.

Medicines that may increase vitamin levels in the body:

Calcium	Thiazide diuretics, Vitamin D
Caffeine	Allopurinol, some antiarrhythmics, Cimetidine, Disulfiram, Fluvoxamine, Interferon alfa, Macrolide antibacterials, Quinolones, Oral contraceptives, Tiabendazole, Viloxazine.

Bioplus Booster Original Syrup with food

- **Bran** weakens the effects of calcium.

Pregnancy and breastfeeding

Mothers should closely monitor their intake of caffeine. Caffeine crosses the human placenta but is not a factor which can cause the malformation of an embryo. Caffeine peaks in breast

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milk approximately 1-2 hours after consumption by the mother.

Total caffeine intake of more than 200 mg per day is not recommended during pregnancy or breastfeeding.

If you are of childbearing age, pregnant or breastfeeding and have concerns that your daily intake of caffeine from all sources may exceed 200 mg per day, please consult a relevant health care provider prior to use.

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist, or other health care provider for advice before taking this health supplement.

Driving and using machines

The influence of Bioplus Booster Original Syrup on the ability to drive and use machines is not known. It is not always possible to predict to what extent Bioplus Booster Original Syrup may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which Bioplus Booster Original Syrup affects them.

Bioplus Booster Original Syrup contains sugars and sweeteners:

- Sucrose and glucose which may have an effect on the control of your blood sugar if you have diabetes mellitus.
- Contains glucose which may be harmful to the teeth.
- If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking Bioplus Booster Original Syrup.

Bioplus Booster Original Syrup contains alcohol:

- 843 mg of alcohol (ethanol) in each dosage unit (10 ml). The amount in 10 ml of Bioplus Booster Original Syrup is equivalent to 2 ml of beer or 0.8 ml of wine.
- The amount of alcohol is not likely to have an effect in adults.
- The alcohol in this health supplement may alter the effects of other medicines. Talk to your doctor or pharmacist if you are taking other medicines.
- If you are addicted to alcohol, talk to your doctor or pharmacist before taking this medicine.

Bioplus Booster Original Syrup contains preservatives:

- Methyl parahydroxybenzoate (E218) and Propyl parahydroxybenzoate (E216) which may cause allergic reactions (possibly delayed).

Bioplus Booster Original Syrup contains sodium:

- Bioplus Booster Original contains less than 1 mmol sodium (23 mg) per 5 ml, that is to say essentially 'sodium-free'.

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3. How to take Bioplus Booster Original Syrup

Always use Bioplus Booster Original Syrup exactly as described in this leaflet or as your doctor or pharmacist or nurse have told you. Check with your doctor or pharmacist or nurse if you are not sure.

The usual dose is:

Adults over 18 years of age: 10 ml or 2 medicine measures three times a day, after meals.

- For occasional use only. Do not exceed the recommended dosage.
- For oral use, take undiluted.
- Shake well before use.
- A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.

If you take more Bioplus Booster Original Syrup than you should

- Excessive amounts of calcium may lead to hypercalcaemia. Symptoms of hypercalcaemia include anorexia, nausea, vomiting, constipation, abdominal pain, muscle weakness, mental disturbances, increased thirst, excessive urination, increased calcium in the kidneys, kidney stones, and, in severe cases, irregular heartbeats and coma.
- Caffeine overdose may lead to maniacal behaviour, diuresis and repeated vomiting with extreme thirst, tremor, delirium, hyperthermia, tachycardia, tachypnoea, electrolyte disturbances, convulsions and death.
- At doses of more than 600 mg per day, caffeine may cause anxiety, rapid heart rate, palpitations, insomnia, restlessness, nervousness, tremor and headache.]
- Treatment is symptomatic and supportive.
- In the event of overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you forget to take Bioplus Booster Original Syrup

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

If you stop taking Bioplus Booster Original Syrup

You can stop taking Bioplus Booster Original Syrup at any time.

If you have any further questions on the use of Bioplus Booster Original Syrup, ask your doctor or pharmacist.

4. Possible side effects

Bioplus Booster Original Syrup can have side effects.

Side effects reported include gastrointestinal disturbances (constipation, bloating and gas), fever, chills, hot flushing, dizziness, malaise, acneform and bullous eruptions, and tremor. Not

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all side effects reported for Bioplus Booster Original Syrup are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Bioplus Booster Original Syrup, please consult your health care provider for advice.

If any of the following happens, stop using Bioplus Booster Original Syrup and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in swallowing or breathing,
- severe rash or itching,
- fainting

These are all very serious side effects. If you have them, you may have had a serious reaction to Bioplus Booster Original Syrup. You may need urgent medical attention or hospitalisation. Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- chest pain
- angina
- changes in the way your heart beats, for example, if you notice it beating faster,
- difficulty breathing
- signs of recurrent infections such as fever or sore throat,
- less urine than is normal for you,
- yellowing of the skin and eyes, dark urine, and tiredness which may be symptoms of liver problems.

These are all serious side effects. You may need urgent medical attention. Tell your doctor if you notice any of the following:

Side effects with unknown frequency:

- gastrointestinal disturbances
- fever, chills, hot flushing, dizziness, general discomfort
- skin disorders
- tremor

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

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. You can also report side effects directly to SAHPRA via the “6.04 Adverse Drug Reactions Reporting Form”, found online under SAHPRA’s publications: <https://www.sahpra.org.za/Publications/Index/8>.

By reporting side effects you can help provide more information on the safety of Bioplus

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Booster Original Syrup.

5. How to store Bioplus Booster Original Syrup

STORE ALL MEDICINES OUT OF REACH OF CHILDREN.

Store in a cool, dry place at or below 25 °C. Protect from light.

Do not store in a bathroom.

Do not use after the expiry date stated on the packaging.

Return all unused medicine to your pharmacist for proper disposal.

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

6. Contents of the pack and other information

What Bioplus Booster Original Syrup contains

The active ingredients are:

Each 10 ml contains:	
Caffeine (anhydrous)	90 mg
Calcium gluconate providing Calcium (elemental)	300 mg 27,9 mg
Calcium citrate providing Calcium (elemental)	60 mg 12,6 mg
Nicotinamide (Vitamin B ₃)	8 mg
Thiamine hydrochloride (Vitamin B ₁)	5,33 mg
Riboflavin sodium phosphate (Vitamin B ₂)	3,67 mg
d-Pantothenol (Vitamin B ₅)	3,66 mg
Pyridoxine hydrochloride (Vitamin B ₆)	3 mg
Cyanocobalamin (Vitamin B ₁₂) 0,1 % in mannitol	4 µg

The other ingredients are Sucrose, Liquid Glucose (43 Neutral), Sodium Chloride BP, Saccharin Sodium 500, Mannitol (E421) - [Cyanocobalamin (Vitamin B₁₂) 0,1 % in mannitol], Sodium Cyclamate, Citric Acid Monohydrate, Hydrochloric Acid 32 % (pH adjustment), Ethanol 96,5 %, Methyl parahydroxybenzoate (E218), Propyl parahydroxybenzoate (E216), Cherry Brandy Liquid Flavour G2292, Colour Raspberry Red H1277, Purified Water

What Bioplus Booster Original Syrup looks like and contents of the pack

Bioplus Booster Original Syrup is a clear red liquid with a cherry brandy flavour in 10 ml sachets (laminated plastic/foil) containing 10 ml of syrup and in 30 ml bottles (amber glass) containing 30 ml of syrup.

Pack sizes: 10 ml and 30 ml. Not all pack sizes may be marketed.

Holder of Certificate of Registration

Adcock Ingram Limited
1 New Road

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Erand Gardens
Midrand
1685
Customer Care: 0860 ADCOCK/232625

This leaflet was last revised in
15 August 2023

Registration number
To be allocated.

adcock ingram 

PIL 31681 09/2023, 31773, 31774, 31775 03/2024

Date of Approval: 15 August 2023

PASIËNTINLIGTINGSVOUBILJET

SKEDULERINGSSTATUS:

S0

Bioplus Booster Original Syrup

Kafeïen (watervry).....	90 mg/10 ml
Kalsiumglukonaat.....	300 mg/10 ml
verskaf Kalsium (elementeel).....	27,9 mg/10 ml
Kalsiumsitraat.....	60 mg/10 ml
Verskaf Kalsium (elementeel).....	12,6 mg/10 ml
Nikotienamied (Vitamien B ₃).....	8 mg/ 10 ml
Tiamienhidrochloried (Vitamien B ₁).....	5,33 mg/10 ml
Riboflaviennatriumfosfaat (Vitamien B ₂).....	3,67 mg/10 ml
d-Pantotenol (Vitamien B ₅).....	3,66 mg/10 ml
Piridoksienhidrochloried (Vitamien B ₆).....	3 mg/10 ml
Sianokobalamien (Vitamien B ₁₂) 0.1 % mannitol....	4 µg/10 ml

Bevat suikers: Sukrose 2,40 g/10 ml, Vloeibare glukose 2,90 g/10 ml
Bevat kunsmatige versoeters: Sakkariennatrium 500 1,33 mg/10 ml,
Natriumsiklamaat 13,30 mg/10 ml.

Kategorie D: Aanvullende Medisyne

Gesondheidsaanvullings: D34.12 Meervoudige Stowwe formulering

Hierdie ongeregistreerde medisyne is nie deur SAHPRA getoets vir kwaliteit, veiligheid of beoogde gebruik nie.

Lees hierdie voubiljet noukeurig, want dit bevat belangrike inligting.

Bioplus Booster Original Syrup is beskikbaar sonder 'n dokter se voorskrif vir u om u gesondheid te onderhou. U moet Bioplus Booster Original Syrup nietemin steeds omsigtig gebruik om die beste resultate daarvan te kry.

- Hou hierdie voubiljet. U mag dit dalk weer moet lees.
- Moenie Bioplus Booster Original Syrup met enige ander persoon deel nie.
- Vra u gesondheidsorgverskaffer indien u meer inligting of advies benodig.
- U moet 'n dokter raadpleeg as u simptome vererger of nie na 7 dae verbeter nie.

Wat in hierdie voubiljet is

1. Wat Bioplus Booster Original Syrup is en waarvoor dit gebruik word
2. Wat u moet weet voordat u Bioplus Booster Original Syrup gebruik
3. Hoe om Bioplus Booster Original Syrup te gebruik

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4. Moontlike newe-effekte
5. Hoe om Bioplus Booster Original Syrup te bêre
6. Inhoud van die pak en ander inligting

1. Wat Bioplus Booster Original Syrup is en waarvoor dit gebruik word

Bioplus Booster Original Syrup is 'n tonikum wat kafeïen, die B-vitamiene en kalsium bevat. Kafeïen is bekend daarvoor om geestelike waaksaamheid te verhoog wat kan lei tot 'n vinnige en duideliker vloeï van gedagtes. Dit verminder verder die gevoel van moegheid en lomerigheid, wat lei tot 'n verbeterde gemoedstoestand.

Die B-groep vitamiene help met die vertering van vetterige sure, koolhidrate en proteïene vir energie vrylating en produksie. Hulle is ook betrokke in die onderhoud van 'n gesonde senuweestelsel. Kalsium help vir spiersametrekking sowel as miokardiale geleiding. Dit onderhou en bevorder ook die groei van sterk bene en tande.

2. Wat u moet weet voordat u Bioplus Booster Original Syrup gebruik

Moenie Bioplus Booster Original Syrup gebruik nie:

- As u hipersensitief (allergies) is vir die aktiewe bestanddele of enige van die ander bestanddele (in afdeling 6 gelys).
- As u lewersaking, en ander versteurings met die galbuis het.
- As u genetiese oog siekte het.
- As u kalsium-nierstene of 'n geskiedenis van nierstene het.
- As u nierversaking het en aluminium verbindings gebruik.

Waarskuwings en voorsorgmaatreëls

Neem spesiale sorg met Bioplus Booster Original Syrup:

- As u 'n aktiewe maagseer of verminderde bloedvloeï na die hart het, met of geneig is tot jig, of in diegene wat groot hoeveelhede alkohol inneem.
- As u suikersiekte het.
- As u niersiekte of siektes geassosieer met verhoogde kalsium vlakke het.
- As u kafeïen en/of teofillien gebruik.
- Kafeïen-verdraagsaamheid vind vinnig plaas vir die stimulerende effekte van kafeïen, fisiese tekens van onttrekking sluit prikkelbaarheid, rusteloosheid, lusteloosheid en hoofpyn in en kan voorkom as inname skielik gestaak word.
- Gebruik van kafeïen saam met medisyne wat bloeddruk verhoog (bv. bitterlemoenekstrak, sinefrien, oktopamien, efedra, efedrien) word nie aanbeveel nie.
- As u betablokkers gebruik.
- Raadpleeg 'n geregistreerde gesondheidsorgverskaffer as u enige ander medisyne

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(soos litium) gebruik, chroniese-, aanvullende- of tradisionele medisyne ingesluit; of hoë bloeddruk, gloukoom en/of ooraktiewe blaas sindroom het.

- Gebruik saam met ander kafeïenbevattende produkte of voedsel (bv. medikasie, koffie, tee, kola, kakao, guarana maté) word nie aanbeveel nie.
- Staak gebruik twee weke voor 'n operasie.
- Totale kafeïen-inname van meer as 200 mg per dag word nie tydens swangerskap en borsvoeding aanbeveel nie.
- 90 mg kafeïen in elke dosis eenheid (10 ml). 'n Koppie kitskoffie bevat ongeveer 80 mg kafeïen.
- Gebruik van kafeïen kan lei tot slaap gebrek.
- Sianokobalamien moenie gegee word voor 'n diagnose van sub-akute degenerasie van die rugmurg, of as pernisiouse anemie ten volle vasgestel is nie, aangesien hierdie simptome moontlik nie waargeneem kan word nie.
- Riboflaviën natriumfosfaat (Vitamiën B₂), wat in groot dosisse 'n verandering in die kleur van urine tot gevolg het, kan met sekere laboratorium resultate inmeng.
- Piridoksien hidrokloried (Vitamiën B₆) waarvan die langdurige gebruik in groot dosisse verband hou met die ontwikkeling van pyn, gevoelloosheid, tinteling, swelling of spierswakheid in verskillende dele van die liggaam.

Kinders en adolessente

Moenie Bioplus Booster Original Syrup gebruik in kinders en adolessente jonger as die ouderdom van 18 jaar nie.

Ander medisyne en Bioplus Booster Original Syrup

Lig altyd u gesondheidsorgverskaffer in as u enige ander medisyne gebruik. (Dit sluit alle aanvullende of tradisionele medisyne in.)

- **Aspirien** kan die uitwerking van Nikotienamied verleng.
- **Albuterol, metaproterenol, terbutalïen, isoproterenol** kan lae kaliumvlakke veroorsaak.
- **Kalsiumsoute** verminder die opname van bisfosfonaat (alendronaat, ibandronaat, risedronaat)
- Binne-aarse behandeling met **chlooramfenikol** kan die uitwerking van vitamien B₁₂ in anemie verminder.
- Gebruik van kafeïen met kortikosteroïede en/of diuretika kan lae kaliumvlakke veroorsaak.
- Gebruik van kafeïen saam met medisyne wat bloeddruk verhoog (bv. bitterlemoenekstrak, sinefrien, oktopamien, efedra, efedrien) word nie aanbeveel nie.
- Kalsiumsoute sal die uitwerking van sommige **fluoriëde, fluoorkinolone**

Datum van Goedkeuring: 15 Augustus 2023

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(siprofloksasien, gemifloksasien, levofloksasien, moksifloksasien), tetrasikline doksisisiklien, minosiklien) verminder.

- Nikotienamied verminder die uitwerking van **insulien of orale hipoglukemie**.
- Piridoksien verminder die uitwerkings van **levodopa**, maar dit gebeur nie as 'n dopa-dekarboksilase-inhibeerder ook gegee word nie.
- **Orale Voorbehoedmiddels** kan die uitwerking van sianokobalamien verswak.
- Piridoksien verminder die uitwerking van **Fenitoïen & Fenobarbitaal**.
- **Statiene** wat saam met nikotienamied geneem word, kan die risiko van spiersiekte verhoog.
- Kalsium verhoog die uitwerking van digitalis op die hart en kan digitalis-vergiftiging tot gevolg hê.

Medisyne wat vitamien vlakke in die liggaam kan verminder:

Piridoksien	Hidrallasien, Isoniasied, Penisillamien, Orale voorbehoedmiddels.
Sianokobalamien	Neomisien, Aminosalisielsuur, Histamien H2-antagoniste, Omeprazole, Kolgisien., Orale voorbehoedmiddels
Kalsium	Kortikosteroïede
Kafeïen	Fenitoïen, Fenobarbitaal, Felbamaat, Etosuksimied, Karbaamasepien, Valproaat, Ritonavir, Rifampicin en sulfinpyrazone.

Medisyne wat die vitamien-vlakke in die liggaam kan verhoog:

Kalsium	Tiasied diuretika, vitamien D
Kafeïen	Allopurinol, sommige anti-aritmica, Simetidien, Disulfiram, Fluvoxamine, Interferon alfa, Makrolide antibakteriese middels, Kinoloë, Orale voorbehoedmiddels, Tiabendasool, Viloksasien.

Bioplus Booster Original Syrup met kos

- **Semels** verswak die uitwerking van kalsium.

Swangerskap en borsvoeding

Moeders moet hulle inname van kafeïen noukeurig monitor. Kafeïen deurkruis die menslike plasenta, maar is nie 'n faktor wat die misvorming van 'n embrio kan veroorsaak nie. Kafeïen

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piek in borsmelk ongeveer 1-2 uur na verbruik deur die moeder.

Totale kafeïen-inname van meer as 200 mg per dag word nie aanbeveel tydens swangerskap of borsvoeding nie.

Indien u van vrugbare ouderdom is, swanger is of borsvoed en bekommerd is dat u daaglikse inname van kafeïen uit alle bronne 200 mg per dag kan oorskry, raadpleeg asseblief 'n gepaste gesondheidsorgverskaffer voor gebruik.

Indien u swanger is of borsvoed, vermoed u is swanger of beplan om 'n baba te hê, raadpleeg asseblief u dokter, apteker, of enige gesondheidsorgverskaffer vir advies voordat u hierdie gesondheidsaanvulling gebruik.

Bestuur en bedryf van masjinerie

Die invloed van Bioplus Booster Original Syrup op die vermoë om te bestuur en masjinerie te gebruik is nie bekend nie. Dit is nie altyd moontlik om te voorspel tot watter mate Bioplus Booster Original Syrup kan inmeng met die daaglikse aktiwiteite van 'n pasiënt nie. Pasiënte moet verseker dat hulle nie aan die bogenoemde aktiwiteite deelneem totdat hulle bewus is tot watter mate Bioplus Booster Original Syrup hulle beïnvloed nie.

Bioplus Booster Original Syrup bevat suikers en versoeters:

- Sukrose en glukose kan 'n uitwerking hê op die beheer van u bloedsuiker as u suikersiekte het.
- Bevat glukose wat skadelik kan wees vir die tande.
- As u dokter vir u gesê het dat u 'n onverdraagsaamheid vir sekere suikers het, skakel u dokter voordat u Bioplus Booster Original Syrup gebruik.

Bioplus Booster Original Syrup bevat alkohol:

- 843 mg alkohol (etanol) in elke dosis eenheid (10 ml). Die hoeveelheid in 10 ml Bioplus Booster Original Syrup is gelykstaande aan 2 ml bier of 0,8 ml wyn.
- Die hoeveelheid alkohol sal onwaarskynlik 'n uitwerking op volwassenes hê.
- Die alkohol in hierdie gesondheidsaanvulling kan die effekte van ander medisyne verander. Praat met u dokter of apteker as u ander medisyne gebruik.
- Praat met u dokter of apteker voordat u hierdie medisyne gebruik as u verslaaf is aan alkohol.

Bioplus Booster Original Syrup bevat preserveermiddels:

- Metielparahidroksibensoaat (E218) en Propielparahidroksibensoaat (E216) wat allergiese reaksies kan veroorsaak (moontlik vertraag).

Bioplus Booster Original Syrup bevat natrium:

- Bioplus Booster Original Syrup bevat minder as 1 mmol natrium (23 mg) per 5 ml, dit wil sê in wese 'natrium vry'.

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3. Hoe om Bioplus Booster Original Syrup te gebruik

Gebruik altyd Bioplus Booster Original Syrup presies soos in hierdie voubiljet voorgeskryf of soos u dokter of apteker of verpleegster voorgeskryf het. Bevestig met u dokter of apteker of verpleegster as u onseker is.

Die algemene dosis is:

Volwassenes bo die ouderdom van 18 jaar: 10 ml of 2 medisynemates drie keer 'n dag, na etes.

- Slegs vir af en toe gebruik. Moenie die aanbeveelde dosis oorskry nie.
- Vir orale gebruik, gebruik onverdun.
- Skud goed voor gebruik.
- 'n Gevarieerde dieet is die mees doeltreffende en veilige manier om goeie voeding, gesondheid, liggaamsamestelling, sowel as geestelike en fisiese prestasie te bereik.

Indien u meer Bioplus Booster Original Syrup gebruik as wat u moet

- Oormatige hoeveelhede kalsium kan lei tot hiperkalsemie. Simptome van hiperkalsemie sluit anoreksie, naarheid, braking, hardlywigheid, abdominale pyn, spierswakheid, verstandelike versteurings, verhoogde dors, oormatige urinering, verhoogde kalsium in die niere, nierstene, en, in ernstige gevalle, onreëlmatige hartklop en koma in.
- Kafeïen-oordosis kan lei tot maniese gedrag, diuresis en herhaalde braking met uiterste dors, bewing, delirium, hipertermie, tagikardie, tagipnee, elektroliet-versteurings, stuipe en dood.
- By dosisse van meer as 600 mg per dag kan kafeïen angs, toename van hartklop, hartkloppings, slapeloosheid, rusteloosheid, senuweeagtigheid, bewing en hoofpyn veroorsaak.
- Behandeling is simptomaties en ondersteunend.
- Raadpleeg u dokter of apteker in die geval van oordosering. Indien nie een van hulle beskikbaar is nie, skakel die naaste hospitaal of gifsentrum.

Indien u vergeet om Bioplus Booster Original Syrup te gebruik

Moenie 'n dubbeldosis gebruik om op te maak vir vergete individuele dosisse nie.

As u Bioplus Booster Original Syrup staak

U kan Bioplus Booster Original Syrup behandeling ter enige tyd staak.

Indien u nog vrae het oor die gebruik van Bioplus Booster Original Syrup, vra u dokter of apteker.

4. Moontlike nuwe-effekte

Bioplus Booster Original Syrup kan nuwe-effekte hê.

Nuwe-effekte wat aangemeld word, sluit gastro-intestinale versteurings (hardlywigheid, opgeblaaide gevoel en wind), koors, kouekoors, warm gloede, duiseligheid, malaise, aknee

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vorming en emosionele uitbarstings, en bewing in Nie alle newe-effekte wat vir Bioplus Booster Original Syrup aangemeld word in hierdie voubiljet ingesluit nie. Indien u algemene gesondheid verswak of as u enige ongewenste effekte ervaar terwyl u Bioplus Booster Original Syrup gebruik, raadpleeg asseblief u gesondheidsorgverskaffer vir advies.

Indien enige van die volgende gebeur, staak die gebruik van Bioplus Booster Original Syrup en lig u dokter onmiddellik in of gaan na die ongevalle afdeling by u naaste hospitaal:

- swelling van die hande, voete, enkels, gesig, lippe en mond of keel, wat probleme kan veroorsaak om te sluk of asem te haal,
- ernstige uitslag of jeuk,
- floute

Hierdie is almal baie ernstige newe-effekte. As u dit ervaar, het u moontlik 'n ernstige reaksie tot Bioplus Booster Original Syrup gehad. U benodig dalk dringende mediese aandag of hospitalisasie. Lig u dokter onmiddellik in of gaan na die ongevalle afdeling by u naaste hospitaal as u enige van die volgende oplet:

- borspyn
- angina
- veranderinge in die manier waarop u hart klop, byvoorbeeld, as u agterkom dat dit vinniger klop,
- asemnood
- tekens van herhalende infeksies soos koors of seerkeel,
- minder urine as wat vir u normaal is,
- vergeling van die vel en oë, donker urine en moegheid wat simptome van lewer probleme kan wees.

Hierdie is almal ernstige newe-effekte. U benodig dalk dringende mediese aandag. Lig u dokter in as u enige van die volgende oplet:

Newe-effekte met onbekende gereeldheid:

- gastro-intestinale verstourings
- koors, koue rillings, warm gloede, duiseligheid, algemene ongemak
- velafwykings
- bewing

Indien u enige newe-effekte oplet wat nie in hierdie voubiljet genoem is nie, lig asseblief u dokter of apteker in.

Aanmeld van newe-effekte

As u enige newe-effekte ervaar, praat met u dokter, apteker of verpleegster. U kan ook newe-effekte by SAHPRA aanmeld via die "6.04 Adverse Drug Reactions Reporting Form", aanlyn beskikbaar onder SAHPRA se publikasies: <https://www.sahpra.org.za/Publications/Index/8>.

Deur newe-effekte aan te meld kan u help om meer inligting oor die veiligheid van Bioplus

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Booster Original Syrup te voorsien.

5. Hoe om Bioplus Booster Original Syrup te bêre

BÊRE ALLE MEDISYNE BUIITE BEREIK VAN KINDERS.

Bêre in 'n koel, droë plek teen of laer as 25 °C. Beskerm teen lig.

Moenie in 'n badkamer bêre nie.

Moenie die produk na die verval datum aangedui op die verpakking gebruik nie.

Handig alle ongebruikte medisyne by u apteker in vir behoorlike wegdoening.

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

6. Inhoud van die pak en ander inligting

Wat Bioplus Booster Original Syrup bevat Die

aktiewe bestanddele is:

Elke 10 ml bevat:	
Kafeïen (watervry)	90 mg
Kalsiumglukonaat	300 mg
voorsien Kalsium (elementeel)	27,9 mg
Kalsiumsitraat	60 mg
voorsien Kalsium (elementeel)	12,6 mg
Nikotienamied (Vitamien B ₃)	8 mg
Tiamienhidrochloried (Vitamien B ₁)	5,33 mg
Riboflaviennatriumfosfaat (Vitamien B ₂)	3,67 mg
d-Pantotenol (Vitamien B ₅)	3,66 mg
Piridoksienhidrochloried (Vitamien B ₆)	3 mg
Sianokobalamien (Vitamien B ₁₂) 0,1 % manitol	4 µg

Die ander bestanddele is sukrose, vloeibare glukose (43 neutraal), natriumchloried BP, sakkariennatrium 500, manitol (E421) - [sianokobalamien (vitamien B₁₂) 0,1 % in manitol], natriumsiklamaat, sitroensuurmonohidraat, soutsuur 32 % (pH aanpassing), Etanol 96,5 %, Metiel parahidroksibensoaat (E218), Propiel parahidroksibensoaat (E216), Kersiebrandewyn Vloeibare Geur G2292, Kleur Framboos Rooi H1277, Gesuiwerde Water

Hoe Bioplus Booster Original Syrup lyk en inhoud van die pak

Bioplus Booster Original Syrup is 'n helderrooi vloeistof met 'n kersiebrandewyn geur in 10 ml sakkies (gelamineerde plastiek/foelie) wat 10 ml stroop bevat en in 30 ml bottels (amber glas) wat 30 ml stroop bevat.

Pakgroottes: 10 ml en 30 ml. Nie alle pakgroottes word noodwendig bemark nie.

Houer van Registrasiesertifikaat

Adcock Ingram Limited

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Midrand

1685

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Laaste hersiening van die voubiljet

15 Augustus 2023

Registrasienuommers

Moet nog toegewys word.

adcock ingram 

PIL 31681 09/2023, 31773, 31774, 31775 03/2024

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