

MIBIOTIX HH HEART HEALTH CAPSULES

PATIENT INFORMATION LEAFLET

This leaflet tells you about MiBiotix HH HEART HEALTH CAPSULES.

Complementary medicine: Health Supplement.

SCHEDULING STATUS: S0

PROPRIETY NAME AND DOSAGE FORM:

MiBiotix HH HEART HEALTH CAPSULES (capsules).

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

MiBiotix HH HEART HEALTH CAPSULES are available without a doctor's prescription. Nevertheless, you still need to use MiBiotix HH HEART HEALTH CAPSULES carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share MiBiotix HH HEART HEALTH CAPSULES 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.

1. WHAT MIBIOTIX HH HEART HEALTH CAPSULES CONTAINS:

8 Billion CFUs of *Lactobacillus fermentum* ME3, 50mg FOS as Raftilose TM

2. WHAT MIBIOTIX HH HEART HEALTH CAPSULES ARE USED FOR:

Inflammation and oxidation have a negative effect on heart health. Altered gut microflora in the gut causes inflammation.

All health and wellbeing starts with the gut. When taken on a regular basis MiBiotix HH HEART HEALTH CAPSULES will support the microflora balance in the gut.

Remember to “Always start with your gut”.

3. BEFORE YOU TAKE/ USE/ ARE GIVEN/ ADMINISTERED MIBIOTIX HH HEART HEALTH CAPSULES:

Do NOT take/use MiBiotix HH HEART HEALTH CAPSULES:

- If you are known to be hypersensitive (allergic) to (active ingredient) or any of the inactive ingredients.
- If you are pregnant or breastfeeding your (see “Pregnancy and breastfeeding”).

Take special care with MiBiotix HH HEART HEALTH CAPSULES:

MiBiotix HH HEART HEALTH CAPSULES does not intend to prevent or cure any form of illness or disease and should not replace any medication. If you suffer from a chronic medical condition, consult your healthcare practitioner before using this product. Do not exceed the recommended dose.

Driving and using machinery:

No studies on the effect on the ability to drive or use machinery have been performed. It is unlikely that MiBiotix HH HEART HEALTH CAPSULES would affect your ability to drive or use machinery. However, please exercise care until you are certain that your ability to perform such activities is not affected.

Important information about some of the ingredients of MiBiotix HH HEART HEALTH CAPSULES:

All inactive ingredients added on the formulation of MiBiotix HH HEART HEALTH CAPSULES are known to be well tolerated.

Taking/ Giving/ Using other medicines with MiBiotix HH HEART HEALTH CAPSULES:

Always tell your healthcare professional if you are taking other medicines. (This includes complementary or traditional medicine). The use of MiBiotix HH HEART HEALTH CAPSULES with these medicines may cause undesirable interactions. Please consult your doctor, pharmacist or other healthcare professional for advice.

4. HOW TO TAKE/ USE MIBIOTIX HH HEART HEALTH CAPSULES:

The usual dose is:

Take one MiBiotix HH Capsule once daily after breakfast. Always take MiBiotix HH HEART HEALTH CAPSULES exactly as per recommendation of the Package Insert or by your health care provider and if you are unsure. If the symptoms worsen or persist, please consult your healthcare practitioner.

If you forget to take /miss a dose of MiBiotix HH HEART HEALTH CAPSULES:

Always take MiBiotix HH HEART HEALTH CAPSULES as prescribed. If you miss a dose, take it as soon as you remember. If you do not remember the missed dose until the next dose is due, skip the missed dose and go back to your regular dosing schedule (see "HOW TO TAKE MiBiotix HH HEART HEALTH CAPSULES"). Do not take a double dose to make up for forgotten individual doses.

5. POSSIBLE SIDE EFFECTS:

There has not been a case of any side effects reported when taking MiBiotix HH HEART HEALTH CAPSULES.

MiBiotix HH HEART HEALTH CAPSULES can have side effects.

Not all side effects reported for MiBiotix HH HEART HEALTH CAPSULES are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking MiBiotix HH HEART HEALTH CAPSULES, please consult your healthcare provider for advice. Please report/ inform your doctor or pharmacist if you notice any side effects not mentioned in this leaflet.

6. STORAGE AND DISPOSING OF MIBIOTIX HH HEART HEALTH CAPSULES:

Store all MiBiotix HH HEART HEALTH CAPSULES out of reach of children.

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

Keep the container in the original packaging and in an outer carton.

Protect from light.

Do not store in a bathroom.

Do not use after expiry date stated on the label/carton and on the bottle.

Do not use MiBiotix HH HEART HEALTH CAPSULES if you notice any visible signs of deterioration.

Return all unused MiBiotix HH HEART HEALTH CAPSULES to your pharmacist/supplier.

Do not dispose of unused MiBiotix HH HEART HEALTH CAPSULES in drains or sewage systems (e.g. toilets).

7. PRESENTATION OF MIBIOTIX HH HEART HEALTH CAPSULES:

MiBiotix HH HEART HEALTH CAPSULES is packed in 30's, in a white plastic bottle with a white cap in an outer carton.

8. IDENTIFICATION OF MIBIOTIX HH HEART HEALTH CAPSULES:

Containing a white powder packed in a DR vegetarian capsule.

9. REGISTRATION NUMBER:

Will be allocated by Council upon registration. This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

10. NAME AND ADDRESS OF REGISTRATION HOLDER:

Kenza Health (Pty) Ltd Suite 177, Private Bag X7, Northriding 2162
For professional information go to www.mibiotix.co.za

11. SCIENTIFIC SUPPORT

Discovered almost 20 years ago, *L. fermentum* ME-3 has been extensively studied and tested in several human clinical studies, most of them focusing on cardiovascular disease parameters. The most remarkable effect of ME-3 is its capacity to reduce the oxidation of blood lipids, particularly the levels of ox-LDL, which is a major contributor to atherosclerosis development.

12. REFERENCES

British Journal of Nutrition 2003, vol. 90 – Antioxidative probiotic ME-3 fermented goats 'milk decreased oxidative stress-mediated atherogenicity in human subjects.

Microbial ecology in health and disease 2009, vol. 21 – *Lactobacillus fermentum* me-3: an anti-microbial and antioxidative probiotic Review on *L. Fermentum* me-3 effects.

Prikl biokhim mikrobiol. 2010, vol. 46(5) – complete glutathione system in probiotic lactobacillus fermentum me-3 Central European journal of biology 2011, vol. 6(1) – an antioxidant probiotic reduces post-prandial lipemia and oxidative stress European journal of nutrition (submitted ejon-d-15-00028) – regulation of plasma lipid profile by lactobacillus fermentum (probiotic Strain me-3 dsm14241) in a randomized controlled trial of clinically healthy adults.

MIBIOTIX HH HEART HEALTH CAPSULES

PASIËNTINLIGTINGSBLAADJIE

Hierdie voubiljet bevat inligting oor MiBiotix HH HEART HEALTH CAPSULES.

Komplimentêre medisyne: Gesondheidsaanvulling.

BYLAE STATUS: S0

EIENDOMSNAAM (EN DOSISVORM):

MiBiotix HH HEART HEALTH CAPSULES (kapsules).

Lees die hele blaadjie sorgvuldig deur, want dit bevat belangrike inligting vir u.

MiBiotix HH HEART HEALTH CAPSULES is beskikbaar sonder die voorskrif van 'n dokter. U moet egter steeds MiBiotix HH HEART HEALTH CAPSULES versigtig gebruik om die beste resultate daarmee te verkry.

- Hou hierdie pamflet. Jy sal dit dalk weer moet lees.
 - Moenie MiBiotix HH HEART HEALTH CAPSULES met enige ander persoon deel nie.
 - Vra jou apteker as jy meer inligting of advies nodig.
 - U moet 'n dokter raadpleeg indien u simptome vererger of nie verbeter nie.

1. WAT MIBIOTIX HH HEART HEALTH CAPSULES BEVAT:

Elke kapsule bevat 8 Miljard KVEs van *Lactobacillus fermentum* ME3, 50mg FOS van Raftilose TM

2. WAARVOOR MIBIOTIX HH HEART HEALTH CAPSULES GEBRUIK WORD:

Inflammasie en oksidasie het 'n negatiewe invloed op hartgesondheid. Versteurde mikroflora in die dermkanaal veroorsaak inflammasie.

Alle gesondheid en welwees begin by die dermkanaal. Gereelde gebruik van MiBiotix HH HEART HEALTH CAPSULES sal die mikroflorabalans in jou dermkanaal ondersteun.

Onthou om “Altyd by jou dermkanaal te begin”.

3. VOORDAT U MIBIOTIX HH HEART HEALTH CAPSULES NEEM:

Moenie MiBiotix HH HEART HEALTH CAPSULES gebruik as:

jy bewus is daarvan dat jy hipersensitief (allergies) is vir (aktiewe bestanddeel) of enige van die bestanddele.

Neem Spesiale sorg met MiBiotix HH HEART HEALTH CAPSULES:

MiBiotix HH HEART HEALTH CAPSULES beoog nie om enige ongesteldheid of siektetoestand te genees nie en moet nie enige medikasie vervang nie. Mense wat aan 'n chroniese mediese toestand ly moet hulle gesondheidspraktisyn raadpleeg voor hulle hierdie produk gebruik. Moenie die voorgeskrewe dosis oorskry nie.

Bestuur en die gebruik van masjinerie:

Geen navorsingstudies is uitgevoer oor die effek op die vermoë om te bestuur of masjinerie te hanteer nie. Dit is onwaarskynlik dat MiBiotix HH HEART HEALTH CAPSULES die vermoë om te bestuur of masjinerie te gebruik sal beïnvloed. Wees egter versigtig tot u seker is u vermoë om hierdie aktiwiteite uit te voer word nie beïnvloed nie.

Belangrike inligting oor sommige van die bestanddele van MiBiotix HH HEART HEALTH CAPSULES:

Al die onaktiewe bestanddele wat op die formulering van MiBiotix HH HEART HEALTH CAPSULES gevoeg word, word goed verdra.

Die neem van ander medisyne saam met MiBiotix HH HEART HEALTH CAPSULES:

Lig altyd u gesondheidspraktisyn in wanneer u medisyne neem. (Dit sluit in komplementêre of tradisionele medisyne). Die gebruik van MiBiotix HH HEART HEALTH CAPSULES saam met hierdie medisyne mag ongewenste wisselwerkings veroorsaak. Raadpleeg asseblief u dokter, apteker of ander professionele gesondheidsorgwerker vir advies.

4. HOE OM MIBIOTIX HH HEART HEALTH CAPSULES TE GEBRUIK

Die gewone dosis is:

Neem een MiBiotix HH HEART HEALTH CAPSULE daaglik na ontbyt.

Neem MiBiotix HH HEART HEALTH CAPSULES altyd volgens aanbevelings van die pakketinvoer of deur u gesondheidsorgverskaffer en indien u onseker is. As die simptome vererger of voortduur, raadpleeg 'n gesondheidsorgpraktisyn.

In die geval van 'n oordosis, raadpleeg u dokter of apteker. As geeneen van hulle beskikbaar is nie, kontak onmiddellik die naaste hospitaal of gifbeheersentrum.

As jy vergeet om 'n dosis MiBiotix HH HEART HEALTH CAPSULES te neem:

Neem MiBiotix HH HEART HEALTH CAPSULES altyd soos voorgeskryf. Indien u 'n dosis vergeet het, neem dit sou gou as wat u onthou. Indien u egter nie van die vergete dosis onthou voordat dit tyd is vir die volgende dosis is nie, slaan die vergete dosis oor en keer terug na u gewone doseringskedule (sien "HOE OM MIBIOTIX HH HEART HEALTH CAPSULES TE GEBRUIK"). Moenie 'n dubbele dosis neem om te vergoed vir die oorgeslane individuele dosis nie.

5. MOONTLIKE NEWE EFFEKTE

Daar was nie gevalle van enige newe-effekte gerapporteer wanneer MiBiotix HH HEART HEALTH CAPSULES geneem word nie.

MiBiotix HH HEART HEALTH CAPSULES kan newe-effekte hê.

Nie alle newe-effekte wat vir MiBiotix HH HEART HEALTH CAPSULES gemeld is, is in hierdie inligtingstuk vervat nie. Indien u algemene gesondheid agteruitgaan of u ongewenste wisselwerkings ervaar terwyl MiBiotix HH HEART HEALTH CAPSULES gebruik, raadpleeg asseblief u gesondheidsorgvoorsiener vir advies. Lig asseblief u dokter of apteker in indien u enige newe-effekte opmerk wat nie in hierdie inligtingstuk genoem word nie.

6. BERGING EN WEGDOEN VAN MIBIOTIX HH HEART HEALTH CAPSULES:

Bewaar alle MiBiotix HH HEART HEALTH CAPSULES buite bereik van kinders.

Berg in 'n koel, droë plek onder of by 25 ° C.

Hou die houer in die oorspronklike verpakking en in 'n buitenste karton.

Beskerm teen lig.

Moenie in 'n badkamer stoor nie.

Moet nie gebruik word na die vervaldatum wat op die etiket / karton en op die bottel aangedui word nie.

Moenie MiBiotix HH HEART HEALTH CAPSULES gebruik as u enige sigbare tekens van agteruitgang sien nie.

Stuur alle ongebruikte MiBiotix HH HEART HEALTH CAPSULES na u apteker / verskaffer terug.

Moet nie ongebruikte MiBiotix HH HEART HEALTH CAPSULES in riool- of rioolstelsels gooi nie (byvoorbeeld toilette).

7. AANBIEDING VAN MiBiotix HH HEART HEALTH CAPSULES:

MiBiotix HH HEART HEALTH CAPSULES is verpak in 30's, in 'n wit plastiekbottel met 'n wit dop en in 'n buitenste karton.

8. IDENTIFIKASIE VAN MiBiotix HH HEART HEALTH CAPSULES:

Wit poeier verpak in n DR vegetariese kapsule.

9. REGISTRASIENOMMER:

Sal deur die Raad toegeken word by registrasie.

Hierdie ongeregistreerde medisyne is nie deur die SAHPRA geëvalueer ten opsigte van kwaliteit, veiligheid of beoogde gebruik nie.

10. NAAM EN ADRES VAN DIE HOUER VAN DIE REGISTRASIE:

Kenza Health (Edms) Bpk Suite 177, Private BagX7, Northriding 2162

Vir proffessioneële inligting gaan na www.mibiotix.co.za

11. DATUM VAN PUBLIKASIE:

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