

RESTORE HYDRATION
PATIENT INFORMATION LEAFLET

SCHEDULING STATUS:

Scheduled O

PROPRIETY NAME AND DOSAGE FORM:

RESTORE HYDRATION POWDER

Read this leaflet carefully because it contains important information for you

RESTORE HYDRATION Powder is available without a doctor’s prescription.

- Keep this leaflet. You may need to read it again.
- Do not share RESTORE HYDRATION Powder with any other person
- Ask your doctor, pharmacist or healthcare provider if you need more information or advice.

1. WHAT RESTORE HYDRATION POWDER CONTAINS:

6g contains:

Ingredients	Per 6 g	Nutritional Value	Per 6 g
Fructose Powder	1,55 g		
Rice Milk Powder	0,78 g	Carbohydrates	0,140 g
Carrot Powder	0,46 g	Protein	0,62 g
Vitamin C (as Ascorbic acid) premix Powder	1,20 g	Energy	76,915 KJ
Sodium Chloride	0,14 g	Sodium	0,106 g
Potassium Chloride	0,10 g	Chloride	0,130 g
Trisodium citrate	0,22 g	Potassium	0,051 g
Maltodextrin	1,54 g	Citrate	0,139 g
Aerosil	0,02 g		

Tartrazine free, lactose free and gut friendly

2. WHAT RESTORE HYDRATION POWDER IS USED FOR:

When taken on a regular basis RESTORE HYDRATION Powder is a well-balanced nutrient solution that may help support hydration, help replace fluid loss and or recovery due to illness, travel, exertion and overindulgence.

Because true recovery starts with hydration that goes beyond the basics.

When to use RESTORE HYDRATION POWDER:

Dehydration: Due to illness or dehydration RESTORE HYDRATION Powder may help restore lost salts and water safely

Sports and Physical: RESTORE HYDRATION Powder may help replenish electrolytes, reduce cramps and support endurance

Heat Travel or Hangover: RESTORE HYDRATION Powder may help to rapidly rebalances hydration and help the body recovery.

Everyday Fatigue: RESTORE HYDRATION Powder may help boost hydration, focus and overall wellness.

3. BEFORE YOU GIVE /TAKE RESTORE HYDRATION POWDER:

Do not take RESTORE HYDRATION POWDER:

- If you are known to be hypersensitive (allergic) to (active ingredient) or any of the ingredients. (See; **1. WHAT RESTORE HYDRATION CONTAINS:**)
- If you are pregnant or breastfeeding your baby (See: **Pregnancy and Breastfeeding**)

Take special care with RESTORE HYDRATION POWDER:

RESTORE HYDRATION Powder 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 taking/using RESTORE HYDRATION Powder.

Pregnancy and Breastfeeding:

If you are pregnant or breastfeeding your baby, please consult your health care provider for advice before taking RESTORE HYDRATION Powder.

Important information about some of the ingredients of RESTORE HYDRATION POWDER inactives:

All inactive ingredients added to the formulation of RESTORE HYDRATION Powder are known to be well tolerated.

Taking/ Giving/ Using other medicines with RESTORE HYDRATION POWDER:

The use of RESTORE HYDRATION Powder with other medicines may cause undesirable interactions.
Always tell your healthcare provider if you are taking any other medicines (This includes complementary or traditional medicines) before taking/using RESTORE HYDRATION Powder.

4. HOW TO USE RESTORE HYDRATION POWDER:

Do not share medicine with any other person.

Mix one sachet in 250 ml of water, shake well and sip steadily

Children:

- 75 ml per half hour , add 50 – 75 ml for each loose stool or vomiting episode

Adults:

- 225 ml per half hour , add 125 ml for eac episode of fluid loss.

Exercise:

- 250 ml before, during, and after activity.

Hangover:

- 250 ml before bed and again in the morning.

Take the Capsules with sufficient quantity of liquid (e.g. one glass of water)

Always take RESTORE HYDRATION Powder exactly as per recommendation of the Package Insert or by your health care provider and if you are unsure.

If you use more RESTORE HYDRATION than you should:

Do not take more than recommended dose. (See: **4. HOW TO USE**)

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

If you forget to take or missed a dose of RESTORE HYDRATION POWDER:

If you miss a dose, take as soon as you remember the missed dose, if you don’t remember the missed dose, skip the missed dose go back and continue with your regular dosing schedule (see: 4. HOW TO USE:)
Do not take double dose to make up for forgotten individual doses.

5. POSSIBLE SIDE EFFECTS:

There have been no cases of frequent or less frequent side effects reported when taking RESTORE HYDRATION Powder.

Not all side effects are included in this leaflet.

However, you should consult your healthcare provider or pharmacist for advice should your general health worsen or experience untoward side effects while using RESTORE HYDRATION Powder.

If you notice any side effects after taking RESTORE HYDRATION Powder, stop immediately and consult your healthcare provider for advice.

6. STORAGE CONDITION:

Store all medicines 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 RESTORE HYDRATION Powder if you notice any visible signs of deterioration (e.g. bad smell, cracks).

Return all unused medicine to your pharmacist/ supplier.
Do not dispose of unused medicines in drains or sewage systems (e.g. drains or toilets).

7. PRESENTATION OF RESTORE HYDRATION POWDER:

RESTORE HYDRATION Powder is a yellowish powder packaged in white plastic sachet, presented individually in 6 g sachet and 20's x 6 g pack sizes in an outer carton.

8. IDENTIFICATION OF RESTORE HYDRATION POWDER:

RESTORE HYDRATION Powder contains a yellowish powder.

9. REGISTRATION NUMBER

Date of Registration of Medicines:

[Will be allocated by Council (SAHPRA) upon registration]

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

10. NAME AND ADDRESS OF REGISTRATION HOLDER

MyHealth365 (Pty) Ltd
Suite 177, Private Bag X7,
Northriding
2162

11. DATE OF PUBLICATON

September 2026

Ver: PI: 030.002.09.26

RESTORE HYDRATION

PASIËNTINLIGTINGSBLAADJIE

BYLAE STATUS:

Geskeduleer 0

EIENDOM NAAM EN DOSISVORM:

RESTORE HYDRATION POEIER

Lees hierdie blaadjie sorgvuldig deur omdat dit belangrike inligting bevat

RESTORE HYDRATION Poeier is beskikbaar sonder die voorskrif van 'n dokter.

- Hou hierdie pamflet. Jy sal dit dalk weer moet lees.
- Moet nie RESTORE HYDRATION Poeier met enige ander persoon deel nie.
- Vra jou dokter, apteker of gesondheidsorgverskaffer as jy meer inligting of advies nodig het.

1. WATTER RESTORE HYDRATION BEVAT:

6g contains:

Bestanddele	Per 6 g	Voedingswaarde	Per 6 g
Fructosepoeier	1,55 g		
Rysmelkpoeier	0,78 g	Koolhidrate	0,140 g
Wortelpoeier	0,46 g	Proteïen	0,62 g
Vitamiene C (as Ascorbiese suur) premiksipoer	1,20 g	Energie	76,915 KJ
Natriumchloried	0,14 g	Natrium	0,106 g
Kaliumchloried	0,10 g	Chloried	0,130 g
Trisodiumsitraat	0,22 g	Kalium	0,051 g
Maltodextrien	1,54 g	Sitraat	0,139 g
Aerosil	0,02 g		

Tartriensvry, laktoosvry en ingewandsvriendelik

2. WATTER RESTORE HYDRATION POEIER WORD GEBRUIK VIR:

Wanneer dit gereeld geneem word, is RESTORE HYDRATION-poeier 'n goed gebalanseerde voedingstowwe-oplossing wat kan help om hidrasie te ondersteun, vloeistofverlies aan te vul en/of herstel te bevorder weens siekte, reis, inspanning en oordroging. Omdat ware herstel begin met hidrasie wat verder gaan as die basiese dehidrasie.

Wanneer om RESTORE HYDRATION POEDER te gebruik:

Dehidrasie: As gevolg van siekte of uitdroging kan RESTORE HYDRATION POUDE help om verlore sout en water veilig aan te vul.

Sport en liggaamlike aktiwiteit: RESTORE HYDRATION POUDE kan help om elektroliete aan te vul, krampe te verminder en u uithouvermoë te ondersteun.

Hitte, reis of kater: RESTORE HYDRATION POUDE kan help om die hidrasie weer in balans te bring en die liggaam te herstel.

Alliedaagse moegheid: RESTORE HYDRATION POUDE kan help om hidrasie, fokus en algehele welstand te verbeter.

3. VOORDAT U RESTORE HYDRATION POEIER GEE / ONTVANG:

- Moet nie RESTORE HYDRATION Poeier neem nie as jy weet jy is hipersensitief (allergies) vir (aktiewe bestanddele) of enige van die bestanddele. (Sien; 1. WAT RESTORE HYDRATION BEVAT)
- As jy swanger is of jou baba borsvoed, (Sien: Swangerskap en borsvoeding):

Wees besonder versigtig met RESTORE HYDRATION POEIER:

RESTORE HYDRATION Poeier is nie bedoel om enige vorm van siekte of aandoening te voorkom of te genees nie en moet nie enige medikasie vervang nie.

As jy aan 'n chroniese mediese toestand ly, raadpleeg jou gesondheidspraktisyn voordat jy RESTORE HYDRATION Poeier neem/gebruik.

Swangerskap en borsvoeding:

As jy swanger is of jou baba borsvoed, raadpleeg asseblief jou gesondheidsorgverskaffer vir advies voordat jy RESTORE HYDRATION Poeier neem.

Belangrike inligting oor sommige van die bestanddele van RESTORE HYDRATION POEIER: Inaktiwiteit:

Al die inaktiewe bestanddele wat by die formulering van RESTORE HYDRATION Poeier s gevoeg is, word bekend as goed verdra.

Neem / Gee / Gebruik van ander medisyne saam met RESTORE HYDRATION POEIER:

Die gebruik van RESTORE HYDRATION Poeier saam met ander medikasie kan nie-gewenste interaksies veroorsaak. Sê altyd vir jou gesondheidsversorger as jy enige ander medikasie neem (dit sluit aanvullings of tradisionele medisyne in) voordat jy RESTORE HYDRATION Poeier neem/gebruik.

4. HOE OM RESTORE HYDRATION POEIER TE GEBRUIK:

Moenie medisyne met enige ander persoon deel nie.

Meng een sakkie in 250 ml water, skud goed en drink stadig

Kinders:

- 75 ml elke halfuur, voeg 50 – 75 ml vir elke losse stoelgang of braking by

Volwassenes:

- 225 ml elke halfuur, voeg 125 ml by vir elke episode van vloeistofverlies.

Oefening:

- 250 ml voor, tydens en na aktiwiteit.

Kater:

- 250 ml voor slaap en weer in die môre.

Neem die kapsules met voldoende hoeveelheid vloeistof (bv. Een glas water.)

Neem altyd RESTORE HYDRATION Poeier presies volgens aanbevelings van die pakketinvoer of deur u gesondheidsorgverskaffer en indien u onseker is.

In geval van oordosering, raadpleeg u dokter of apteker. Indien nie beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

As u meer RESTORE HYDRATION POEIER gebruik as wat u moet: Moet nie meer as die aanbevole doses neem nie. (Sien: 4. HOE OM TE GEBRUIK)

In die geval van hipersensitiwiteit of oordosering, raadpleeg jou dokter of apteker.

As geen van beide beskikbaar is nie, kontak die naaste hospitaal of gifbeheer sentrum.

As u vergeet om 'n dosis RESTORE HYDRATION POEIER te neem / gemis:

As jy 'n dosis gemis het, neem dit sodra jy die gemiste doses onthou. As jy nie die gemiste doses onthou nie, slaan die gemiste dosis oor en gaan voort met jou gewone doseringskedule (sien: 4. HOE OM TE GEBRUIK:) Moet nie 'n dubbele dosis neem om vir vergeetagtige individuele dosisse in te haal nie.

5. MOONTLIKE NEWE EFFEKTE:

Daar is geen gevalle van gereelde of minder gereelde bywerkinge gerapporteer wanneer RESTORE HYDRATION Poeier geneem word nie. Nie alle bywerkinge is in hierdie aansoeklys ingesluit nie. Jy behoort eger jou gesondheidsorgverskaffer of apteker vir advies te raadpleeg as jou algemene gesondheid versleg of eerder ongunstige nuwe-effekte tydens die gebruik van RESTORE HYDRATION Poeier. As jy enige nuwe-effekte opmerk nadat jy RESTORE HYDRATION Poeier ingeneem het, hou dadelik op en raadpleeg jou gesondheidsverskaffer vir advies.

6. BERGINGSANWYSINGS:

Bewaar alle medisyne 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.
Moet nie RESTORE HYDRATION POEIER gebruik as u enige sigbare tekens van agteruitgang sien nie (bv. Slegte reuk en krake).
Stuur alle ongebruikte medisyne na u apteker / verskaffer terug.

Moet nie ongebruikte medisyne in riool- of rioolstelsels weggooi nie (bv. drein en toilet).

7. AANBIEDING VAN RESTORE HYDRATION POEIER:

RESTORE HYDRATION Poeier is 'n geelagtige poeier wat in wit plastieksakkies verpak is, individueel aangebied in 6 g-sakkies en 20 x 6 g-pakgroottes in 'n buitekarton.

8. IDENTIFIKASIE VAN RESTORE HYDRATION POEIER:

RESTORE HYDRATION Poeier bevat 'n geelagtige poeier

9. REGISTRASIENOMMER:

Datum van registrasie van medisyne:

[Sal deur die Raad (SAHPRA) toegewys word by registrasie]

Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer vir sy kwaliteit, veiligheid of bedoelde gebruik nie.

10. NAAM EN ADRES VAN REGISTRASIEHOUER:

MyHealth365 (Pty) Ltd
Suite 177, Private Bag X7,
Northriding
2162

11. DATUM VAN PUBLIKASIE:

September 2026

Ver: PI: 030.002.09.26