

## PROFESSIONAL INFORMATION

### Complementary Medicine: Health Supplement

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. Health supplements are intended only to complement health or supplement the diet.

SCHEDULING STATUS: S0

#### 1. NAME OF THE MEDICINE

DIS-CHEM GOLD L-TYROSINE vegecapsules

#### 2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Each vegecapsule contains:

L-Tyrosine 500 mg

**Sugar free**

For full list of excipients, see section 6.1.

#### 3. PHARMACEUTICAL FORM

Vegecapsules.

Size 0, clear vegecapsules containing a white powder.

#### 4. CLINICAL PARTICULARS

##### 4.1 Therapeutic indications

DIS-CHEM GOLD L-TYROSINE is a source of an amino acid involved in muscle protein synthesis.

##### 4.2 Posology and method of administration

Adults 18 years and older: One (1) to two (2) vegecapsules daily, on an empty stomach.

##### 4.3 Contraindications

- Hypersensitivity to any of the active ingredients or to any of the excipients listed in section 6.1.

##### 4.4 Special warnings and precautions for use

- Patients should consult a healthcare practitioner prior to using DIS-CHEM GOLD L-TYROSINE if they suffer from hyperthyroidism or Graves' disease, or if they are following a low protein diet.

##### 4.5 Interaction with other medicines and other forms of interaction

- Patients must consult a healthcare practitioner if they

are taking any other medicine (including complementary or traditional medicines).

- Patients should consult a healthcare practitioner prior to use if they are using any of the following medication: levodopa; thyroid hormone medications.

#### 4.6 Fertility, pregnancy and lactation

Safety in fertility, pregnancy and lactation has not been established.

#### 4.7 Effects on ability to drive and use machines

No studies on the effects on the ability to drive or use of machinery have been performed. Patients should exercise caution before driving or using machinery until they are reasonably certain that DIS-CHEM GOLD L-TYROSINE does not adversely affect their performance.

#### 4.8 Undesirable effects

##### Gastrointestinal disorders

*Frequent:* heartburn, nausea.

##### Neurological disorders

*Frequent:* headache, fatigue.

#### Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorization of the medicine is important. It allows continued monitoring of the benefit/risk balance of the medicine. Health care providers are asked to report any suspected adverse reactions 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>.

#### 4.9 Overdose

In the event of an overdose, undesirable effects as listed in 4.8 can be precipitated or be of increased severity.

Treatment of overdose is symptomatic and supportive.

## 5. PHARMACOLOGICAL PROPERTIES

**Category and class:** D 34.1 Amino Acids.  
Complementary Medicine: Health Supplement.

#### 5.1 Pharmacodynamic properties

**L-tyrosine** is an amino acid involved in muscle protein synthesis.

#### 5.2 Pharmacokinetic properties

Pharmacokinetic studies have not been conducted on DIS-CHEM GOLD L-TYROSINE.

**6. PHARMACEUTICAL PARTICULARS**

**6.1 List of excipients**

Magnesium stearate

**6.2 Incompatibilities**

Not applicable

**6.3 Shelf Life**

24 months

**6.4 Special precautions for storage**

Store at or below 25 °C.

Store in the original package in order to protect from moisture.

**6.5 Nature and contents of container**

Glass amber bottle with a gold child-resistant screw cap.

Pack size: 60 vegecapsules.

**6.6 Special precautions for disposal**

No special requirements.

**7. HOLDER OF CERTIFICATE OF REGISTRATION**

Manufactured for the Dis-Chem Group  
23 Stag Road, Glen Austin, Johannesburg, South Africa  
careline@dischem.co.za  
0860 347 243

**8. REGISTRATION NUMBER**

Will be allocated by SAHPRA upon registration.

**9. DATE OF FIRST AUTHORISATION**

Will be allocated by SAHPRA upon registration.