

PROFESSIONAL INFORMATION



37878 P5

USN PHEDRACUT LIPO X BLACK LIQUID

(liquid)

SCHEDULING STATUS: S0

COMPLEMENTARY MEDICINE: COMBINATION PRODUCT (WESTERN HERBAL MEDICINE / HEALTH SUPPLEMENT)

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

1. NAME OF THE MEDICINE

USN PHEDRACUT LIPO X BLACK LIQUID

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Each 25 ml contains:		**%NRV
Ascorbic acid (Vitamin C)	500 mg	500 %
L-Carnitine L-Tartrate	500 mg	
N-Acetyl L-Tyrosine	200 mg	
Caffeine Anhydrous	200 mg	
<i>Fucus vesiculosus</i> L. (Kelp) [whole herb; extract providing 10 % fucoxanthin]	120 mg	
Raspberry Ketone [fruit; extract providing 98 % p-hydroxyphenyl butanone]	100 mg	
Thermozine™ <i>Aframomum melegueta</i> K. Schum (Grains of Paradise) [seed; 10:1 extract providing 400 mg of dried herb equivalent]	40 mg	
Nicotinic acid (Vitamin B ₃)	17,5 mg	109 %
Pyridoxine HCl providing Pyridoxine (Vitamin B ₆)	0,33 mg 0,27 mg	16 %
Chromium Picolinate providing Chromium (elemental)	402 µg 50 µg	143 %

*%Nutrient Reference Value (NRVs) for individuals 4 years and older (2010)

CONTAINS CAFFEINE (200 mg per 25 ml).
A cup of instant coffee contains approximately 80 mg of caffeine.

Excipients with known effects:
Contains sugar (1 000 mg Fructose per 25 ml) and sugar alcohol (2 500 mg Sorbitol per 25 ml).
Contains sweetener (104,5 mg Sucralose per 25 ml).

Preservatives:
Potassium sorbate 0,08 % *m/v* and Sodium benzoate 0,15 % *m/v*.

For the full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM

Liquid.
Black coloured liquid with a fireball cinnamon flavour.

4. CLINICAL PARTICULARS

4.1 Therapeutic indications

USN PHEDRACUT LIPO X BLACK LIQUID is indicated as a thermogenic aid to assist weight loss as part of a weight management programme. Only effective when combined with a balanced, energy-restricted eating plan and regular physical activity.

4.2 Posology and method of administration

- Adults:*
- Take 25 ml (2 tablespoons) 2 times daily.
 - For best results, take 1 dosage (25 ml) on an empty stomach, 20 minutes prior to morning workout/breakfast.
 - Take another dosage 20 minutes before lunch.
 - Do not use USN PHEDRACUT LIPO X BLACK LIQUID for more than five consecutive days per week. May be alternated with PHEDRACUT capsules in the same day.
 - Shake well before use.
 - Do not exceed the recommended daily dosage.

Children:
Not suitable for children under the age of 18 years (see section 4.4).

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

Bleeding disorders:
USN PHEDRACUT LIPO X BLACK LIQUID may have antiplatelet effects and may increase the risk of bruising and bleeding when used in patients with bleeding disorders. Patients should be advised to discontinue USN PHEDRACUT LIPO X BLACK LIQUID at least 2 weeks prior to surgical procedures (see section 4.5).

Cardiac conditions:
USN PHEDRACUT LIPO X BLACK LIQUID may reduce blood flow to the heart muscle during exercise which might lead to cardiovascular complications such as chest pain and dysrhythmia, even in healthy individuals. USN PHEDRACUT LIPO X BLACK LIQUID may also temporarily increase blood pressure when used short-term.

Diabetes mellitus:
USN PHEDRACUT LIPO X BLACK LIQUID may increase insulin levels and/or decrease blood glucose levels and cause hypoglycaemia. Dose adjustment of antidiabetic medicine might be necessary (see section 4.5).

Glaucoma:
USN PHEDRACUT LIPO X BLACK LIQUID may temporarily increase intraocular pressure in patients with narrow-angle glaucoma.

Renal disease:
USN PHEDRACUT LIPO X BLACK LIQUID may exacerbate renal dysfunction in patients with renal disease. USN PHEDRACUT LIPO X BLACK LIQUID may also increase the risk of incontinence or worsen symptoms of urinary incontinence, such as urinary frequency and urgency (overactive bladder syndrome).

Liver disease:
USN PHEDRACUT LIPO X BLACK LIQUID may exacerbate liver dysfunction in patients with liver disease.

Hypothyroidism:
USN PHEDRACUT LIPO X BLACK LIQUID may inhibit the activity of thyroid hormone in target tissues.

Epilepsy:
USN PHEDRACUT LIPO X BLACK LIQUID may increase seizure frequency or severity in people with a history of seizures.

Sleep deprivation:
Use of USN PHEDRACUT LIPO X BLACK LIQUID is not recommended before bedtime as it may result in sleep deprivation. USN PHEDRACUT LIPO X BLACK LIQUID is not intended as a substitute for sleep.

Patients following a low protein diet should consult a healthcare provider before they take USN PHEDRACUT LIPO X BLACK LIQUID.

Contains sugar:
USN PHEDRACUT LIPO X BLACK LIQUID contains sugar (fructose) and sugar alcohol (sorbitol). The additive effect of concomitantly administered products containing fructose or sorbitol and dietary intake of fructose or sorbitol should be taken into account.

Patients with hereditary fructose intolerance (HF) should not take USN PHEDRACUT LIPO X BLACK LIQUID.
The content of sorbitol in USN PHEDRACUT LIPO X BLACK LIQUID may affect the bioavailability of other medicinal products for oral use administered concomitantly.

USN PHEDRACUT LIPO X BLACK LIQUID also contains maltodextrin. Maltodextrin has a high glycemic index value and should be used sparingly by diabetic and/or hypoglycemic individuals, as it may increase blood sugar levels.

Paediatric population
The safety and efficacy of USN PHEDRACUT LIPO X BLACK LIQUID in children under the age of 18 years have not been established. USN PHEDRACUT LIPO X BLACK LIQUID should not be used in children under 18 years (see section 4.2).

4.5 Interaction with other medicines and other forms of interaction

Anticoagulant/antiplatelet medicines:
USN PHEDRACUT LIPO X BLACK LIQUID may enhance the effects of anticoagulant/antiplatelet medicines or herbal supplements. Concomitant use may increase the risk of bruising and bleeding.

Antidiabetic medicines:
The use of USN PHEDRACUT LIPO X BLACK LIQUID with antidiabetic medicines or herbal supplements with hypoglycaemic effects may have an additive effect when used concomitantly (see section 4.4). Caution is advised.

Ephedrine and other stimulants:
Concomitant use of USN PHEDRACUT LIPO X BLACK LIQUID with ephedrine or other stimulants such as bitter orange extract, synephrine, octopamine and ephedra may increase blood pressure and heart rate and potentially increase the risk of serious cardiovascular adverse effects. Caution is advised.

Caffeine-containing products or foods:
The use of caffeine-containing products should be limited when taking USN PHEDRACUT LIPO X BLACK LIQUID. Use with other caffeine-containing products or foods may increase the risk of caffeine-related adverse effects. Other natural products which contain caffeine include coffee, tea, cola nut, cocoa, guarana and maté.

Monoamine oxidase inhibitors (MAOIs):
Concomitant use of USN PHEDRACUT LIPO X BLACK LIQUID with MAOIs may increase blood pressure raising effects. Caution is advised.

Levothyroxine:
The use of USN PHEDRACUT LIPO X BLACK LIQUID with levothyroxine may decrease serum levels of levothyroxine. Levothyroxine should be taken at least 30 minutes before or 3 – 4 hours after taking USN PHEDRACUT LIPO X BLACK LIQUID.

Lithium:
The concomitant use of USN PHEDRACUT LIPO X BLACK LIQUID with lithium may affect serum lithium levels. Caution is advised.

4.6 Fertility, pregnancy and lactation:

Safety in pregnancy and lactation has not been established. Total caffeine intake more than 200 mg per day is not recommended during pregnancy or breastfeeding.

4.7 Effects on ability to drive and use machines:

USN PHEDRACUT LIPO X BLACK LIQUID may cause side effects such as dizziness which can affect the ability to drive a vehicle and use machines (see section 4.8). Caution is advised before driving a vehicle or operating machinery until the effects of USN PHEDRACUT LIPO X BLACK LIQUID are known.

4.8 Undesirable effects

USN PHEDRACUT LIPO X BLACK LIQUID is generally well tolerated.

Immune system disorders:
Frequency unknown: hypersensitivity and/or allergic reactions.

Psychiatric disorders:
Frequency unknown: anxiety, nervousness, insomnia.

Nervous system disorders:
Frequency unknown: restlessness, dizziness, tremors, agitation, headache.

Cardiac disorders:
Frequency unknown: dysrhythmia, hypertension.

Vascular disorders:
Frequency unknown: flushing.

Gastrointestinal disorders:
Frequency unknown: gastric irritation, nausea, vomiting, abdominal cramps, dyspepsia, diarrhoea.

Renal and urinary disorders:
Frequency unknown: diuresis.

Reporting of suspected adverse reactions
Reporting suspected adverse reactions after authorisation of USN PHEDRACUT LIPO X BLACK LIQUID is important. It allows continued monitoring of the benefit/risk balance of USN PHEDRACUT LIPO X BLACK LIQUID. Healthcare providers are asked to report any suspected adverse reactions to the South African Health Products Regulatory Authority (SAHPRA) via the 6.04 Adverse Drug Reaction Reporting Form, found online under SAHPRA's publications:
<https://www.sahpra.org.za/Publications/Index/8>.

4.9 Overdose

In overdose, side effects can be precipitated and/or be of increased severity (see section 4.8).
In the event of overdose, treatment should be symptomatic and supportive.

5. PHARMACOLOGICAL PROPERTIES

5.1 Pharmacodynamic properties

Category and class:

D 33.7 Combination Product.

USN PHEDRACUT LIPO X BLACK LIQUID contains a variety of herbal ingredients, vitamins, minerals, amino acids and caffeine to assist with weight loss as part of a weight management programme.

5.2 Pharmacokinetic properties

Ascorbic acid (Vitamin C) is readily absorbed from the gastrointestinal tract and is widely distributed in the body. The main route of elimination is through urine. L-Carnitine (from L-Carnitine L-Tartrate) is mainly distributed to the muscle. The half-life of L-Carnitine is about 15 hours and is excreted in the urine.

Tyrosine (from N-Acetyl L-Tyrosine) is an amino acid that is converted in the brain by tyrosine hydroxylase to L-dopa, dopamine, norepinephrine and then epinephrine, and are excreted in the urine.

Caffeine is rapidly and almost completely (99 %) absorbed after oral administration. Cytochrome P450 1A2 plays a role in the metabolism of caffeine in the liver. The half-life of caffeine in healthy adults is 3 – 6 hours and is excreted in the urine. Pregnancy and oral contraceptives appear to delay caffeine clearance and smoking increases it.

Raspberry ketone and metabolites (conjugated with glucuronic acid or sulfate) are excreted in the urine within 24 hours.

Nicotinic acid (Vitamin B₃) is rapidly absorbed from the gastrointestinal tract and is excreted mainly via urine.

Pyridoxine (Vitamin B₆) is passively absorbed from the upper gastrointestinal tract, converted in the liver to coenzyme pyridoxal phosphate and excreted in the urine.

Approximately 0,5 % to 2 % of chromium is absorbed. Chromium as chromium picolinate have increased absorption, retention and accumulation of chromium. Absorbed chromium is rapidly excreted in the urine and unabsorbed chromium in the faeces.

There is insufficient information available about the pharmacokinetics of *Fucus vesiculosus* L. (Kelp) and *Aframomum melegueta* K. Schum (Grains of Paradise).

6. PHARMACEUTICAL PARTICULARS

6.1 List of excipients

- Carbon black (colourant)
- Citric acid anhydrous (E330)
- Fructose
- Glycerine
- Hot cinnamon flavour
- Maltodextrin
- Natural flavours
- Potassium sorbate (E202)
- Purified water
- Silicon dioxide (E511)
- Sodium benzoate (E211)
- Sorbitol (E420)
- Sucralose.

6.2 Incompatibilities

Not applicable.

6.3 Shelf life

14 months.
Store at or below 25 °C.
Use within 1 month after first opening.

6.4 Special precautions for storage

Refrigerate after opening.

6.5 Nature and contents of container

500 ml liquid filled in a black HDPE container with a black cap and induction seal.

6.6 Special precautions for disposal

No special requirements.

7. HOLDER OF CERTIFICATE OF REGISTRATION

USN (PTY) LTD
Unit 4, Louwardia Logistics Park,
cnr Nelmapius Drive & Olievenhoutbosch Road,
Centurion, RSA, 1683

8. REGISTRATION NUMBER

Will be allocated by SAHPRA upon registration.


9. DATE OF FIRST AUTHORISATION

Will be allocated by SAHPRA upon registration.

10. DATE OF REVISION OF THE TEXT

This leaflet was last revised in July 2021.

PHE086/PI-PIL/A

JOB: SAHC_PheducrutLipoXBlackLiquid_500ml		SIZE: 300mm x 386mm	
STOCK: Foil Substrate: <input type="checkbox"/> Clear Substrate: <input type="checkbox"/> White Substrate: <input type="checkbox"/> Paper: <input checked="" type="checkbox"/> Other: <input type="checkbox"/>			
COLOURS:		FINISHING:	
 K		<input type="checkbox"/> Foil / Holographic Foil <input type="checkbox"/> Matte <input type="checkbox"/> Gloss <input type="checkbox"/> Spot UV <input type="checkbox"/> Doming <input type="checkbox"/> Embossing	
PLEASE CHECK CAREFULLY Although we endeavour to proof accurately, we cannot accept responsibility for errors once proofs are signed and accepted by our clients.			

PATIENT INFORMATION LEAFLET



USN PHEDRACUT LIPO X BLACK LIQUID

(liquid)

SCHEDULING STATUS: S0

USN PHEDRACUT LIPO X BLACK LIQUID

Contains sugar (1 000 mg Fructose per 25 ml) and sugar alcohol (2 500 mg Sorbitol per 25 ml).
Contains sweetener (104,5 mg Sucralose per 25 ml).

COMPLEMENTARY MEDICINE: COMBINATION PRODUCT (WESTERN HERBAL MEDICINE / HEALTH SUPPLEMENT)

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.

USN PHEDRACUT LIPO X BLACK LIQUID is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use USN PHEDRACUT LIPO X BLACK LIQUID carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share USN PHEDRACUT LIPO X BLACK LIQUID with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

What is in this leaflet

1. What USN PHEDRACUT LIPO X BLACK LIQUID is and what it is used for.
2. What you need to know before you take USN PHEDRACUT LIPO X BLACK LIQUID.
3. How to take USN PHEDRACUT LIPO X BLACK LIQUID.
4. Possible side effects.
5. How to store USN PHEDRACUT LIPO X BLACK LIQUID.
6. Contents of the pack and other information.

1. What USN PHEDRACUT LIPO X BLACK LIQUID is and what it is used for

USN PHEDRACUT LIPO X BLACK LIQUID is indicated as a thermogenic aid to assist you with weight loss as part of a weight management programme. Only effective when combined with a balanced, energy-restricted eating plan and regular physical activity.

2. What you need to know before you take USN PHEDRACUT LIPO X BLACK LIQUID

Do not take USN PHEDRACUT LIPO X BLACK LIQUID:

If you are hypersensitive (allergic) to any of the ingredients (listed in section 6).

Warnings and precautions

Take special care with USN PHEDRACUT LIPO X BLACK LIQUID:

- **CONTAINS CAFFEINE.**
Each 25 ml contains 200 mg caffeine. A cup of instant coffee contains approximately 80 mg of caffeine.
- If you have a bleeding disorder or must go for surgery, USN PHEDRACUT LIPO X BLACK LIQUID should be discontinued at least 2 weeks before any surgical procedures.
- If you have heart problems or high blood pressure.
- If you have diabetes mellitus (high blood sugar) and you are taking medicines to control your blood sugar levels.
- If you have glaucoma (a condition causing increased pressure behind your eye).
- If you have any kidney problems or overactive bladder syndrome.
- If you have a liver disease.
- If you have an underactive thyroid.
- If you have epilepsy/seizure disorder.
- If you are following a low protein diet.
- Do not take USN PHEDRACUT LIPO X BLACK LIQUID before bedtime, as it may result in sleep deprivation.

Children and adolescents

Do not give USN PHEDRACUT LIPO X BLACK LIQUID to children younger than 18 years, as the safety and efficacy in children have not yet been established.

Other medicines and USN PHEDRACUT LIPO X BLACK LIQUID

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

Tell your doctor or pharmacist if you are currently taking:

- Anticoagulant/antiplatelet medicines (used to thin your blood), or herbal supplements with blood thinning effects.
- Antidiabetic medicines (used to treat high blood sugar levels), or herbal supplements which can influence blood sugar levels.
- Ephedrine and other stimulants, such as bitter orange extract, synephrine, octopamine and ephedra.
- Other caffeine-containing products.
- Monoamine oxidase inhibitors (MAOIs) (used to treat depression).
- Levothyroxine (used to treat an underactive thyroid).
- Lithium (used to stabilise your mood).

USN PHEDRACUT LIPO X BLACK LIQUID with food and drink

Do not take USN PHEDRACUT LIPO X BLACK LIQUID with other caffeine-containing food and drinks, such coffee, tea, cola nut, cocoa, guarana and maté.

Pregnancy, breastfeeding and fertility

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 healthcare provider for advice before taking USN PHEDRACUT LIPO X BLACK LIQUID. Safety in pregnancy and lactation has not been established. 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 healthcare provider prior to use.

Driving and using machines

USN PHEDRACUT LIPO X BLACK LIQUID may cause side effects, such as dizziness and can affect your ability to drive a vehicle and use machines (see section 4). Do not drive or operate machinery until you know how USN PHEDRACUT LIPO X BLACK LIQUID affects you.

USN PHEDRACUT LIPO X BLACK LIQUID contains sugar

USN PHEDRACUT LIPO X BLACK LIQUID contains 1 000 mg fructose and 2 500 mg sorbitol per 25 ml. If your doctor has told you that you have an intolerance to some sugars or if you have been diagnosed with hereditary fructose intolerance (HFI), a rare genetic disorder in which a person cannot break down fructose, talk to your doctor before you take USN PHEDRACUT LIPO X BLACK LIQUID.

USN PHEDRACUT LIPO X BLACK LIQUID also contains maltodextrin. This should be taken into account if you have diabetes mellitus, as maltodextrin can increase blood sugar levels.

3. How to take USN PHEDRACUT LIPO X BLACK LIQUID

Always take USN PHEDRACUT LIPO X BLACK LIQUID exactly as described in this leaflet or as your pharmacist has told you. Check with your pharmacist if you are not sure.

Adults:

- The usual dose is 25 ml (2 tablespoons) 2 times daily.
- For best results, take 1 dosage (25 ml) on an empty stomach, 20 minutes prior to morning workout/ breakfast.
- Take another dosage 20 minutes before lunch.
- Do not use USN PHEDRACUT LIPO X BLACK LIQUID for more than five consecutive days per week. May be alternated with PHEDRACUT capsules in the same day.
- Shake well before use.
- Do not exceed the recommended daily dosage.

If you take more USN PHEDRACUT LIPO X BLACK LIQUID than you should

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

If you forget to take USN PHEDRACUT LIPO X BLACK LIQUID

Take your next dose at the normal time.
Do not take a double dose to make up for individual forgotten doses.

4. Possible side effects

USN PHEDRACUT LIPO X BLACK LIQUID can have side effects.

Not all side effects reported for USN PHEDRACUT LIPO X BLACK LIQUID are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking USN PHEDRACUT LIPO X BLACK LIQUID, please consult your healthcare provider for advice.

If any of the following happens, stop taking USN PHEDRACUT LIPO X BLACK LIQUID and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Swelling of your hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing.
- Rash or itching.
- Fainting.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to USN PHEDRACUT LIPO X BLACK LIQUID. 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:

Frequency unknown:

- Changes in the way your heart beats, for example, if you notice it beating faster than normal.
- If you pass more urine than is normal for you.

These are all serious side effects. You may need urgent medical attention.

Tell your doctor if you notice any of the following:

Frequency unknown:

- Nausea (feeling sick), vomiting (being sick), stomach pain, stomach cramps, heartburn, diarrhoea.
- Anxiousness, nervousness, restlessness, agitation, headache, dizziness.
- Insomnia (difficulty falling or staying asleep).
- Tremors (uncontrolled shaking).
- Increased blood pressure (headache, dizziness).
- Flushing (reddening of the skin).

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

USN PHEDRACUT LIPO X BLACK LIQUID met voedsel en drank

Moenie USN PHEDRACUT LIPO X BLACK LIQUID saam met ander kafeïenbevattende voedsel en drank, soos koffie, tee, kola-neut, kakao, guarana en maté neem nie.

Swangerskap en borsvoeding

Indien jy swanger is of jou baba borsvoed, dink dat jy swanger mag wees of beplan om swanger te raak, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer voordat jy USN PHEDRACUT LIPO X BLACK LIQUID neem.

Die veiligheid van USN PHEDRACUT LIPO X BLACK LIQUID tydens swangerskap en borsvoeding is nie bepaal nie. Indien jy 'n vrugbare ouderdom is, swanger is of borsvoed, en jy bekommerd is dat jou daaglikse kafeïen-inname van alle bronne 200 mg per dag kan oorskry, raadpleeg 'n gesondheidsorgverskaffer voordat jy USN PHEDRACUT LIPO X BLACK LIQUID neem.

Bestuur en die gebruik van masjiene

USN PHEDRACUT LIPO X BLACK LIQUID kan duiseligheid veroorsaak wat jou vermoë om 'n voertuig te bestuur en masjiene te gebruik kan belemmer. Moenie 'n voertuig bestuur, masjinerie hanteer, of enigiets anders doen wat konsentrasie verg nie, totdat jy weet hoe USN PHEDRACUT LIPO X BLACK LIQUID jou aftekeer.

USN PHEDRACUT LIPO X BLACK LIQUID bevat suiker

USN PHEDRACUT LIPO X BLACK LIQUID bevat 1 000 mg fruktose en 2 500 mg sorbitol per 25 ml. Indien jou dokter jou ingelig het dat jy onverdraagsaam vir sekere suikers is, of indien jy gediagnoseer is met oorerflikte fruktose-intoleransie (HFI), 'n selde same genetiese afwyking waarin 'n persoon nie fruktose kan verteer nie, raadpleeg eers jou dokter voordat jy USN PHEDRACUT LIPO X BLACK LIQUID neem.

USN PHEDRACUT LIPO X BLACK LIQUID bevat ook maltodekstrien. Dit moet in ag geneem word as jy diabetes mellitus het, aangesien maltodekstrien bloedsuikervlakke kan verhoog.

3. Hoe om USN PHEDRACUT LIPO X BLACK LIQUID te neem

Gebruik USN PHEDRACUT LIPO X BLACK LIQUID altyd presies soos wat in hierdie inligtingsblad aangedui word, of soos wat jou dokter of apteker vir jou gesê het. Vra gerus jou dokter of apteker indien jy onseker is.

Volwassenes:

- Die gewone dosis is 25 ml (2 eetlepel) 2 keer daagliks.
- Vir beste resultate, neem 1 dosis (25 ml) op 'n leë maag, 20 minute voor 'n oefensessie soggens/onbyt.
- Neem dan 'n volgende dosis 20 minute voor middagete.
- Moenie USN PHEDRACUT LIPO X BLACK LIQUID vir meer as vyf opeenvolgende dae van die week neem nie. Kan met PHEDRACUT kapsules afgewissel word in dieselfde dag.
- Skud goed voor gebruik.
- Moenie die aanbevole daaglikse dosering oorskry nie.

Wat om te doen indien jy meer USN PHEDRACUT LIPO X BLACK LIQUID geneem het as wat jy moet

In geval van oordosering, raadpleeg jou dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

Indien jy vergeet om USN PHEDRACUT LIPO X BLACK LIQUID te neem

Neem jou volgende dosis op die gewone tyd. Moenie 'n dubbele dosis neem om te vergoed vir die individuele dosisse wat vergeet is nie.

4. Moontlike nuwe-effekte

USN PHEDRACUT LIPO X BLACK LIQUID kan nuwe-effekte hê.

Nie alle nuwe-effekte wat vir USN PHEDRACUT LIPO X BLACK LIQUID gerapporteer is, word in hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid verswak of jy enige ongunstige effekte ondervind terwyl USN PHEDRACUT LIPO X BLACK LIQUID geneem word, raadpleeg asseblief jou gesondheidsorgverskaffer.

Indien enige van die volgende gebeur, hou op om USN PHEDRACUT LIPO X BLACK LIQUID te neem en sê dadelik vir jou dokter, of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- Swelling van jou hande, voete, enkels, gesig, lippe, mond of keel, wat probleme kan veroorsaak met stuk en asemhaling.
- Uitslag of gejeuk.
- Floute

Hierdie is baie ernstige nuwe-effekte. Indien jy enige daarvan ondervind, mag jy 'n ernstige allergiese reaksie op USN PHEDRACUT LIPO X BLACK LIQUID gehad het. Jy mag dringende mediese bystand of hospitalisasie benodig.

Sê vir jou dokter of gaan na die ongevalle-afdeling in u naaste hospitaal as u een van die volgende opmerk:

- *Verandering in die manier waarop jou hart klop, byvoorbeeld as jy agterkom dat dit vinniger klop as normaal.*
- *As jy meer as normaalweg urineer.*

Dit is alles ernstige nuwe-effekte. Jy benodig moontlik dringende mediese hulp.

Sê vir jou dokter indien jy enige van die volgende opmerk:

Nuwe-effekte wat met onbekende trekwenise voorkom:

- *Naarheid, braking, maagpyn, maagkrampe, sootbrand, diarree.*
- *Angsigheid, senuweegtigheid, rusteloosheid, opreierigheid, hoofpyn, duiseligheid.*
- *Stapelousheid.*
- *Onbeheerde bewing.*
- *Verhoogde bloeddruk (hoofpyn, duiseligheid).*
- *Roer word van die vel.*

Indien jy enige nuwe-effekte opmerk wat nie in hierdie inligtingsblad genoem word nie, sê asseblief vir jou dokter of apteker daarvan.

Reporting of side effects

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

By reporting side effects, you can help provide more information on the safety of USN PHEDRACUT LIPO X BLACK LIQUID.

5. How to store USN PHEDRACUT LIPO X BLACK LIQUID

- Store at or below 25 °C.
- Refrigerate after opening.
- Use within 1 month after first opening of the container.
- Store all medicines out of reach of children.
- Do not use after the expiry date printed on the container.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What USN PHEDRACUT LIPO X BLACK LIQUID contains

Each 25 ml contains:		%NRV
Ascorbic acid (Vitamin C)	500 mg	500 %
L-Carnitine L-Tartrate	500 mg	
N-Acetyl L-Tyrosine	200 mg	
Caffeine Anhydrous	200 mg	
<i>Fucus vesiculosus</i> L. (Kelp) [whole herb; extract providing 10 % fucoxanthin]	120 mg	
Raspberry Ketone [fruit; extract providing 98 % p-hydroxyphenyl butanone]	100 mg	
Thermozine™ <i>Aframomum melegueta</i> K. Schum (Grains of Paradise) [seed; 10:1 extract providing 400 mg of dried herb equivalent]	40 mg	
Nicotinic acid (Vitamin B ₃)	17,5 mg	109 %
Pyridoxine HCl providing Pyridoxine (Vitamin B ₆)	0,33 mg 0,27 mg	16 %
Chromium Picolinate providing Chromium (elemental)	402 µg 50 µg	143 %

™%Nutrient Reference Value (NRVs) for individuals 4 years and older (2010)

The other ingredients are carbon black (colourant), citric acid anhydrous (E330), fructose, glycerine, hot cinnamon flavour, maltodextrin, natural flavours, potassium sorbate 0,08 % *m/v* (preservative) (E202), purified water, silicon dioxide (E551), sodium benzoate 0,15 % *m/v* (preservative) (E211), sorbitol (E420) and sucralose.

7. What USN PHEDRACUT LIPO X BLACK LIQUID looks like and contents of the pack

Black coloured liquid with a fireball cinnamon flavour.
500 ml liquid filled in a black HDPE container with a black cap and induction seal.

8. Holder of Certificate of Registration:

USN (PTY) LTD
Unit 4, LouwLardia Logistics Park,
cnr Nellmapius Drive & Olievenhoutbosch Road,
Centurion, RSA, 1683
Tel: 086 111 1876

9. This leaflet was last revised in

July 2021.

10. Registration number

Will be allocated by SAHPRA upon registration.

11. Access to corresponding Professional Information

www.usn.co.za

Aanmelding van nuwe-effekte

Indien enige nuwe-effekte ondervind word, bespreek dit met jou dokter of apteker. Jy kan ook nuwe-effekte aan SAHPRA rapporteer via die vorm om ongunstige geneesmiddelreaksies te rapporteer, wat aanlyn by SAHPRA se publikasies beskikbaar is: <http://www.sahpra.org.za/Publications/Index/8>.

Deur nuwe-effekte te rapporteer kan jy help om meer inligting rakende die veiligheid van USN PHEDRACUT LIPO X BLACK LIQUID te verskaf.

5. Hoe om USN PHEDRACUT LIPO X BLACK LIQUID te bêre

- Bêre by of onder 25 °C.
- Verkoel in yskas nadat dit oorgemaak is.
- Gebruik binne 1 maand na die eerste opening van die houer.
- Bêre alle medisyne buite bereik van kinders.
- Moenie gebruik na die vervaldatum wat op die houer gedruk is nie.
- Neem alle ongebruikte medisyne terug na jou apteker.
- Moenie ongebruikte medisyne in dreine en rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die pak en ander inligting

Wat USN PHEDRACUT LIPO X BLACK LIQUID bevat

Elke 25 ml bevat:		%NWW
Askorbien suur (Vitamiën C)	500 mg	500 %
L-Karnitien L-Tartraat	500 mg	
N-Asetiel L-Tirosien	200 mg	
Anhidriese Kafeïen	200 mg	
<i>Fucus vesiculosus</i> L. (Seewier) [heel kruie; ekstrak verskaf 10 % fukosantien]	120 mg	
Framboosketoon [vrug; ekstrak verskaf 98 % p-hidroksiefeniel butanoon]	100 mg	
Thermozine™ <i>Aframomum melegueta</i> K. Schum (Paradysgraan) [saad; 10:1 ekstrak wat 400 mg gedroegde kruie-ekwivalent verskaf]	40 mg	
Nikotiensuur (Vitamiën B ₃)	17,5 mg	109 %
Piridoksien HCl verskaf Piridoksien (Vitamiën B ₆)	0,33 mg 0,27 mg	16 %
Chroompikolinaat verskaf Chroom (elementêr)	402 µg 50 µg	143 %

™%Nutriëntverwysingswaardes (NWWs) vir individue 4 jaar en ouer (2010)

Die ander bestanddele is koolstofswart (kleurmiddel), anhidriese sitroensuur (E330), fruktose, gliserien, warm kaneelgeur, kaliumsorbaat 0,08 % *m/v* (preservervsmiddel) (E202), gesuiwerde water, silikondioksied (E551), natriumbensoaat 0,15 % *m/v* (preservervsmiddel) (E211), sorbitol (E420) en sukralose.

7. Hoe USN PHEDRACUT LIPO X BLACK LIQUID lyk en inhoud van die verpakking

Swartkleurige vloeistof met 'n vuurbal-kaneelgeur.
500 ml vloeistof gevul in 'n swart HDPE-houer met 'n swart doppie en induksie seël.

8. Houer van die Registrasiesertifikaat

USN (PTY) LTD
Einheid 4, LouwLardia Logistieke Park,
h/v Nellmapiusrylaan & Olievenhoutboschweg,
Centurion, RSA, 1683
Tel: 086 111 1876

9. Hierdie inligtingsblad is laas hersien in

Julie 2021.

10. Registrasienommer

Moet toegeken word.

11. Toegang tot die ooreenstemmende Professionele Inligtingsblad

www.usn.co.za

PASIENTINLIGTINGSBLAD



USN PHEDRACUT LIPO X BLACK LIQUID

(vloeistof)

SKEDULERINGSSTATUS: S0

USN PHEDRACUT LIPO X BLACK LIQUID

Bevat suiker (1 000 mg Fruktose per 25 ml) en suikeralkohol (2 500 mg Sorbitol per 25 ml).
Bevat versoeter (104,5 mg Sukralose per 25 ml).

KOMPLEMENTÊRE MEDISYNE: KOMBINASIEPRODUK (WESTERSE KRUIEMEDISYNE / GESONDHEIDSAANVULLING)

Hierdie ongeregistreerde medisyne is nie vir gehalte, veiligheid of beoogde gebruik deur SAHPRA geëvalueer nie.

Lees hierdie hele inligtingsblad aandagtig deur want dit bevat inligting wat belangrik is vir jou.

USN PHEDRACUT LIPO X BLACK LIQUID is beskikbaar sonder 'n dokter se voorskryf, sodat jy jou gesondheid in stand kan hou. Jy moet USN PHEDRACUT LIPO X BLACK LIQUID nogtans met sorg neem om die beste resultate te verkry.

- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weer lees.
- Moenie USN PHEDRACUT LIPO X BLACK LIQUID met enigiemand anders deel nie.
- Vra gerus jou apteker indien jy verdere inligting of advies nodig het.

Wat is in hierdie inligtingsblad

1. Wat is USN PHEDRACUT LIPO X BLACK LIQUID en waarvoor word dit gebruik.
2. Wat jy moet weet voordat jy USN PHEDRACUT LIPO X BLACK LIQUID neem.
3. Hoe om USN PHEDRACUT LIPO X BLACK LIQUID te neem.
4. Moontlike nuwe-effekte.
5. Hoe om USN PHEDRACUT LIPO X BLACK LIQUID te bêre.
6. Inhoud van die pak en ander inligting.

1. Wat is USN PHEDRACUT LIPO X BLACK LIQUID en waarvoor word dit gebruik

USN PHEDRACUT LIPO X BLACK LIQUID is aangedui as 'n termogeniese hulpmiddel om gewigsverlies as deel van 'n versterkingsprogram, te ondersteun. Sleigs effektief! indien met 'n gebalanseerde, energie-beperkte eetplan en gereelde oefening gekombineer word.

2. Wat jy moet weet voordat jy USN PHEDRACUT LIPO X BLACK LIQUID neem

Moenie USN PHEDRACUT LIPO X BLACK LIQUID neem nie

Indien jy hipersensitief (allergies) is vir enige van die ander bestanddele (gelys by afdeling 6).

Waarskuwings en voorsorgmaatreëls

Wees veral versigtig met USN PHEDRACUT LIPO X BLACK LIQUID:

- BEVAT KAFEÏEN.
Elke 25 ml bevat 200 mg kafeïen. 'n Koppie kitskoffie bevat ongeveer 80 mg kafeïen.
- Indien jy 'n bloedingversteuring het of vir 'n operasie moet gaan. Hou twee weke voor enige chirurgiese prosedure (operasie) op om USN PHEDRACUT LIPO X BLACK LIQUID te neem.
- Indien jy hartprobleme of hoë bloeddruk het.
- Indien jy diabetes mellitus (hoë bloedsuiker) het en jy medisyne gebruik om jou bloedsuikervlakke te beheer.
- Indien jy gloukoom het ('n bestand wat verhoogde druk in jou oog veroorsaak).
- Indien jy enige nierprobleme of ooraktiewe blaasindroom het.
- Indien jy 'n lewersiekte het.
- Indien jy 'n onderaktiewe skildklier het.
- Indien jy epilepsie/'n aanvalversteuring het.
- Indien jy 'n lae proteïen