

**PROFESSIONAL INFORMATION**

**Complementary Medicine: Western Herbal Medicine**

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

**SCHEDULING STATUS:** S0

**1. NAME OF THE MEDICINE**

DIS-CHEM GOLD+ PHYTO CURCUMIN vegetable capsules

**2. QUALITATIVE AND QUANTITATIVE COMPOSITION**

Each vegetable capsule contains:

Curcumin Meriva® Phytosome® technology 500 mg

[lecithin phospholipid blend providing

90 mg - 110 mg curcuminoids from *Curcuma longa* L. (Turmeric) root extract]

*Meriva® and Phytosome® are trademarks of Indena S.p.A., Italy.*

**Sugar free**

For full list of excipients, see section 6.1.

**3. PHARMACEUTICAL FORM**

Capsules.

White vegetable capsule containing a yellow powder.

**4. CLINICAL PARTICULARS**

**4.1 Therapeutic indications**

DIS-CHEM GOLD+ PHYTO CURCUMIN contributes to the maintenance of healthy joints.

**4.2 Posology and method of administration**

**Adults 18 years and older:**

Take two vegecapsules daily.

**4.3 Contraindications**

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

**4.4 Special warnings and precautions for use**

- Caution should be advised in patients with gallstones, bile duct obstruction, stomach ulcers or excess stomach acid.

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

- Caution should be advised in patients taking antiplatelet medication or blood thinning medication.

**4.6 Fertility, pregnancy and lactation**

Safety during 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+ PHYTO CURCUMIN does not adversely affect their performance.

**4.8 Undesirable effects**

**Gastrointestinal disorders**

*Frequency unknown:* constipation, dyspepsia, diarrhoea, distension, gastroesophageal reflux, nausea, vomiting.

**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. Healthcare 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 33.6 Western Herbal Medicine

**5.1 Pharmacodynamic properties**

DIS-CHEM GOLD+ PHYTO CURCUMIN contributes to the maintenance of healthy joints.

**5.2 Pharmacokinetic properties**

Pharmacokinetic studies have not been conducted on DIS-CHEM GOLD+ PHYTO CURCUMIN.

**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**

Amber glass bottle with a gold-coloured, child-resistant screw cap lid, packed into an outer carton.

Pack size: 30 vegetable capsules.

**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

www.dischem.co.za

**8. REGISTRATION NUMBER**

Will be allocated by SAHPRA upon registration.

**9. DATE OF FIRST AUTHORISATION**

Will be allocated by SAHPRA upon registration.

**PATIENT INFORMATION LEAFLET**  
**SCHEDULING STATUS**

**DIS-CHEM GOLD+ PHYTO CURCUMIN (vegetable capsules)**

**Complementary Medicine: Western Herbal Medicine**

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.**

DIS-CHEM GOLD+ PHYTO CURCUMIN is available without a doctor’s prescription, for you to maintain your health. Nevertheless, you still need to use DIS-CHEM GOLD+ PHYTO CURCUMIN carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share DIS-CHEM GOLD+ PHYTO CURCUMIN with any other person.
- Ask your healthcare practitioner or pharmacist if you need more information or advice.

**What is in this leaflet**

1. What DIS-CHEM GOLD+ PHYTO CURCUMIN is and what it is used for.
2. What you need to know before you use DIS-CHEM GOLD+ PHYTO CURCUMIN.
3. How to use DIS-CHEM GOLD+ PHYTO CURCUMIN.
4. Possible side effects.
5. How to store DIS-CHEM GOLD+ PHYTO CURCUMIN.
6. Contents of the pack and other information.

**1. What DIS-CHEM GOLD+ PHYTO CURCUMIN is and what it is used for**  
DIS-CHEM GOLD+ PHYTO CURCUMIN contributes to the maintenance of healthy joints.

**2. What you need to know before you use DIS-CHEM GOLD+ PHYTO CURCUMIN**

- Do not use DIS-CHEM GOLD+ PHYTO CURCUMIN:**
- If you are hypersensitive (allergic) to any of the ingredients listed in section 6.

**Warnings and precautions**

Consult with a healthcare practitioner prior to using DIS-CHEM GOLD+ PHYTO CURCUMIN, especially if you have a medical condition.

Consult a healthcare practitioner prior to use:

- If you have gallstones, bile duct obstruction, stomach ulcers or excess stomach acid.

**Children and adolescents**

DIS-CHEM GOLD+ PHYTO CURCUMIN is not recommended for individuals below the age of 18 years.

**Other medicines and DIS-CHEM GOLD+ PHYTO CURCUMIN**

Always tell your healthcare practitioner if you are taking any other medicine (this includes complementary or traditional medicines). Not all possible interactions with other medicines may be included in this leaflet. Consult with a healthcare practitioner prior to use if you are taking any other medication, as DIS-CHEM GOLD+ PHYTO CURCUMIN may alter their effectiveness.

Consult a healthcare practitioner prior to use if you are taking any of the following medications: antiplatelet medication or blood thinners.

**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 practitioner for advice before using DIS-CHEM GOLD+ PHYTO CURCUMIN.

**Driving and using machinery**

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+ PHYTO CURCUMIN does not adversely affect their performance.

**3. How to use DIS-CHEM GOLD+ PHYTO CURCUMIN**

Do not share medicines prescribed to you with any other person. Do not exceed the daily recommended dosage. Always use DIS-CHEM GOLD+ PHYTO CURCUMIN exactly as described in this leaflet or as your healthcare practitioner has instructed. Check with your healthcare practitioner if you are not sure.

**Adults 18 years and older**

Take two vegecapsules daily, or as recommended by your healthcare practitioner.

**4. Possible side effects**

DIS-CHEM GOLD+ PHYTO CURCUMIN can have side effects. Not all side effects reported for DIS-CHEM GOLD+ PHYTO CURCUMIN are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking DIS-CHEM GOLD+ PHYTO CURCUMIN, please consult your doctor, pharmacist or other healthcare practitioner for advice. If any of the following happens, stop using DIS-CHEM GOLD+ PHYTO CURCUMIN and tell your doctor or pharmacist 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;
- rash or itching;
- fainting.

These are very serious side effects. If you have them, you may have had a serious reaction to DIS-CHEM GOLD+ PHYTO CURCUMIN. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following: constipation, dyspepsia, diarrhoea, distension, gastroesophageal reflux, nausea, vomiting.

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

**Reporting of side effects**

If you experience side effects, inform 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 DIS-CHEM GOLD+ PHYTO CURCUMIN.

**5. How to store DIS-CHEM GOLD+ PHYTO CURCUMIN**

- Protect from moisture and store at or below 25 °C.
- KEEP OUT OF REACH OF CHILDREN.
- Store in the original container and keep the container tightly sealed.
- Do not use after the expiry date stated on the label.
- Return all unused DIS-CHEM GOLD+ PHYTO CURCUMIN to your pharmacist.
- Do not dispose of unused DIS-CHEM GOLD+ PHYTO CURCUMIN in drains or sewerage systems (e.g. toilets).

**6. Contents of the pack and other information**

**What DIS-CHEM GOLD+ PHYTO CURCUMIN contains**

Each vegetable capsule contains:

Curcumin Meriva® Phytosome® technology 500 mg

[lecithin phospholipid blend providing

90 mg - 110 mg curcuminoids from *Curcuma longa* L. (Turmeric) root extract]

Other ingredients: magnesium stearate.

*Meriva® and Phytosome® are trademarks of Indena S.p.A., Italy.*

Sugar free

**Presentation and identification of DIS-CHEM GOLD+ PHYTO CURCUMIN**

White vegetable capsules containing a yellow powder, in an amber glass bottle with a gold-coloured, child-resistant screw cap lid, packed into an outer carton.

Pack size: 30 vegetable capsules.

**Holder of Certificate of Registration**

Manufactured for: The Dis-Chem Group, 23 Stag Road, Glen Austin, Johannesburg, South Africa, 1685 Careline: 0860 347 243; [careline@dischem.co.za](mailto:careline@dischem.co.za); [www.dischem.co.za](http://www.dischem.co.za)

**This pamphlet was last revised in**

Will be allocated by SAHPRA upon registration.

**Registration number**

Will be allocated by SAHPRA upon registration.

**PASIËNTINLIGTINGSBLAD**  
**SKEDULERINGSTATUS**

**DIS-CHEM GOLD+ PHYTO CURCUMIN (groentekapsules)**

**Komplementêre Medisyne: Westerse Krui Medisyne**

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

**Lees hierdie inligtingsblad noukeurig deur want dit bevat inligting wat belangrik is vir u.**

DIS-CHEM GOLD+ PHYTO CURCUMIN is beskikbaar sonder ’n dokter se voorskrif, om u gesondheid te handhaaf. Nietemin moet DIS-CHEM GOLD+ PHYTO CURCUMIN versigtig gebruik word ten einde die beste resultate te verkry.

- Hou hierdie inligtingsblad. Dit kan nodig wees dat u dit weer lees.
- Moenie DIS-CHEM GOLD+ PHYTO CURCUMIN met enige ander persoon deel nie.
- Vra u gesondheidsorgpraktisyn of apteker indien u meer inligting of advies nodig het.

**Wat is in hierdie inligtingsblad**

1. Wat DIS-CHEM GOLD+ PHYTO CURCUMIN is en waarvoor dit gebruik word.
2. Wat u moet weet voordat u DIS-CHEM GOLD+ PHYTO CURCUMIN gebruik.
3. Hoe om DIS-CHEM GOLD+ PHYTO CURCUMIN te gebruik.
4. Moontlike nuwe-effekte.
5. Hoe om DIS-CHEM GOLD+ PHYTO CURCUMIN te bêre.
6. Inhoud van die verpakking en ander inligting.

**1. Wat DIS-CHEM GOLD+ PHYTO CURCUMIN is en waarvoor dit gebruik word**  
DIS-CHEM GOLD+ PHYTO CURCUMIN dra by tot die handhawing van gewrigsgesondheid.

**2. Wat u moet weet voordat u DIS-CHEM GOLD+ PHYTO CURCUMIN gebruik**

**Moet nie DIS-CHEM GOLD+ PHYTO CURCUMIN neem nie:**

- Indien u hipersensitief (allergies) is vir enige van die bestanddele gelys in afdeling 6.

**Waarskuwings en voorsorgmaatreëls**

Raadpleeg ’n gesondheidsorgpraktisyn voordat u DIS-CHEM GOLD+ PHYTO CURCUMIN gebruik, veral as u ’n mediese toestand het.

Raadpleeg ’n gesondheidsorgpraktisyn voor gebruik:

- Indien u galstene, galbuisobstruksie, maagsere, oortollige maagsuur of inflammasie.

**Kinders en adolessente**

DIS-CHEM GOLD+ PHYTO CURCUMIN word nie aanbeveel vir individue onder die ouderdom van 18 jaar nie.

**Die neem van DIS-CHEM GOLD+ PHYTO CURCUMIN en ander medisyne**

Lig altyd u gesondheidsorgpraktisyn in indien u enige ander medisyne neem (dit sluit aanvullende of tradisionele medisyne in). Nie alle moontlike interaksies met ander medisyne word in hierdie pamflet ingesluit nie. Raadpleeg ’n gesondheidsorgpraktisyn voor gebruik indien u enige ander medisyne neem, aangesien DIS-CHEM GOLD+ PHYTO CURCUMIN hul doeltreffendheid kan verander.

Raadpleeg ’n gesondheidsorgpraktisyn voor gebruik indien u enige van die volgende medisyne neem: anti-plaatjie medisyne of bloedverduiners.

**Swangerskap, borsvoeding en vrugbaarheid**

Indien u swanger is of borsvoed, vermoed dat u swanger is of beplan om ’n baba te hê, raadpleeg u dokter, apteker of ander gesondheidsorgpraktisyn vir advies voordat u DIS-CHEM GOLD+ PHYTO CURCUMIN gebruik.

**Bestuur en die gebruik van masjinerie**

Bees studies is uitgevoer oor die effekte op die vermoë om te bestuur of die gebruik van masjinerie nie. Pasiënte moet versigtig wees voordat hulle bestuur of masjinerie gebruik, totdat hulle redelik seker is dat DIS-CHEM GOLD+ PHYTO CURCUMIN nie hul werkverrigting nadelig beïnvloed nie.

**3. Hoe om DIS-CHEM GOLD+ PHYTO CURCUMIN te gebruik**

Moenie medisyne wat aan u voorgeskryf is met enige ander persoon deel nie. Moenie die aanbeveelde daaglikse dosis oorskry nie. Gebruik DIS-CHEM GOLD+ PHYTO CURCUMIN presies soos aanbeveel in hierdie inligtingsblad, of soos aanbeveel deur u gesondheidsorgpraktisyn. Raadpleeg u gesondheidsorgpraktisyn indien u nie seker is nie.

**Volwassenes 18 jaar en ouer**

Neem twee vegekapsules daaglik, of soos aanbeveel deur u gesondheidsorgpraktisyn.

**4. Moontlike nuwe-effekte**

DIS-CHEM GOLD+ PHYTO CURCUMIN kan nuwe-effekte hê. Nie alle nuwe-effekte vir DIS-CHEM GOLD+ PHYTO CURCUMIN is ingesluit in hierdie inligtingsblad nie. Indien u algemene gesondheid vererger, of as u enige ongewenste reaksies ervaar tydens die gebruik van DIS-CHEM GOLD+ PHYTO CURCUMIN, raadpleeg u dokter, apteker of ander gesondheidsorgpraktisyn vir advies. As een van die volgende gebeur, hou op met die gebruik van DIS-CHEM GOLD+ PHYTO CURCUMIN en raadpleeg u dokter of apteker onmiddellik, of gaan na die ongevalle afdeling van u naaste hospitaal:

- swelling van u hande, voete, enkels, gesig, lippe en mond of keel, wat dit moeilik kan maak om te sluk of asem te haal;
- vluitslag of gejeuk;
- floutes.

Hierdie is baie ernstige nuwe-effekte. Indien u dit het, mag u ’n ernstige allergiese reaksie op DIS-CHEM GOLD+ PHYTO CURCUMIN gehad het. U mag dringende mediese bystand of hospitalisasie nodig hê.

Sê vir u dokter indien u enige van die volgende opmerk: hardlywigheid, dispepsie, diarree, distensie, gastro-esofageale refluks, naarheid, braking.

Lig asseblief u dokter of apteker in indien u enige nuwe-effekte opmerk wat nie in hierdie inligtingstuk genoem word nie.

**Rapportering van nuwe-effekte**

Praat met u dokter of apteker as u nuwe-effekte ervaar. U kan ook nuwe-effekte by SAHPRA aanmeld via die “6.04 Adverse Drug Reactions Reporting Form”, wat aanlyn gevind kan word onder SAHPRA se publikasies: <http://www.sahpra.org.za/Publications/Index/8>. Deur nuwe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van DIS-CHEM GOLD+ PHYTO CURCUMIN.

**5. Hoe om DIS-CHEM GOLD+ PHYTO CURCUMIN te bêre**

- Beskerm teen vog en bêre by of onder 25 °C.
- HOU BUIE BEREIK VAN KINDERS.
- Stoor in die oorspronklike verpakking en hou die houer dig verseël.
- Moenie gebruik na die vervaldatum op die etiket nie.
- Neem alle ongebruikte DIS-CHEM GOLD+ PHYTO CURCUMIN na u apteker terug.
- Moenie ongebruikte DIS-CHEM GOLD+ PHYTO CURCUMIN in afvoertype of rioolsisteme (bv. toilette) weggooi nie.

**6. Inhoud van die verpakking en ander inligting**

**Wat DIS-CHEM GOLD+ PHYTO CURCUMIN bevat**

Elke groentekapsule bevat:

Curcumin Meriva® Phytosome® tegnologie 500 mg

lesitien fosfolipied mengsel wat

90 mg - 110 mg curcuminoids van *Curcuma longa* L. (Borrie) wortel ekstrak verskaf]

Ander bestanddele: magnesiumstearaat.

*Meriva® en Phytosome® is handelsmerke van Indena S.p.A., Italië.*

Suikervry

**Aanbieding en identifikasie van DIS-CHEM GOLD+ PHYTO CURCUMIN**

Wit groentekapsules wat ’n geel poeier bevat, in ’n bruin glasbottel met ’n goudkleurige, kinderbestande skroefdoop, verpak in ’n buitenste kartonhouer.

Verpakkingsgrootte: 30 groentekapsules.

**Houer van Registrasiesertifikaat**

Vervaardig vir: The Dis-Chem Group, 23 Stag Road, Glen Austin, Johannesburg, Suid Afrika, 1685 Sorglyn: 0860 347 243; [careline@dischem.co.za](mailto:careline@dischem.co.za); [www.dischem.co.za](http://www.dischem.co.za)

**Hierdie pamflet is laas hersien in**

Sal met registrasie deur SAHPRA toegeken word.

**Registrasienommer**

Sal met registrasie deur SAHPRA toegeken word.