

PROFESSIONAL INFORMATION



USN FAST GROW AMINOS

37707 P5

(tablets)

COMPLEMENTARY MEDICINE: HEALTH SUPPLEMENT

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

SCHEDULING STATUS: S0

1. NAME OF THE MEDICINE

USN FAST GROW AMINOS tablets

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

EACH TABLET CONTAINS:

		**%NRV
VITAMINS & MINERALS		
Vitamin B6	0,3 mg	15 %
Vitamin C	14,1 mg	14 %
Iron	0,2 mg	1 %
Phosphorus	9,3 mg	1 %
AMINO ACIDS		
Isoleucine**^	67 mg	
Leucine**^	118 mg	
Valine**^	65 mg	
Alanine	55 mg	
Arginine	73 mg	
Aspartic Acid	141 mg	
Cystine / Cysteine	20 mg	
Glutamine / Glutamic Acid	171 mg	
Glycine	41 mg	
Histidine**	31 mg	
Lysine**	94 mg	
Methionine**	22 mg	
Phenylalanine**	57 mg	
Proline	80 mg	
Serine	69 mg	
Threonine**	57 mg	
Tryptophan**	19 mg	
Tyrosine	44 mg	

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

**Essential Amino Acids (EAAs).

^Branched Chain Amino Acids (BCAAs).

Excipients with known effect:

Contains sugar (160 mg sucrose per tablet).

For the full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM

Tablets.

Light to dark beige, capsule shaped, speckled tablet.

4. CLINICAL PARTICULARS

4.1 Therapeutic indications

USN FAST GROW AMINOS is a source of amino acids involved in muscle protein synthesis. It assists in the building of lean muscle mass when combined with regular weight/resistance training and a healthy balanced diet.

4.2 Posology and method of administration

Adults:

- Take 2 to 4 tablets 1 to 2 times daily, preferably before training, after training and before bedtime.
- For general supplementation, take in-between meals.
- For optimal muscle support, combine with a lean muscle gain eating plan and training programme.
- Ensure to drink enough fluid before, during, and after exercise.
- Do not exceed the maximum daily dosage of 8 tablets per day.

Children:

Not suitable for children under the age of 18 years.

4.3 Contraindications

- Hypersensitivity to any of the active ingredients or to any of the excipients listed in section 2 or 6.1. This includes hypersensitivity to soy or milk.

4.4 Special warnings and precautions for use

Cardiovascular disorders:

USN FAST GROW AMINOS should not be used by patients with a history of a heart attack/myocardial infarction.

Patients suffering from a cardiovascular disease that are attempting an increase in physical activity should consult a healthcare provider before they take USN FAST GROW AMINOS or if their cardiovascular condition worsens.

Liver, kidney and other disorders:

A relevant healthcare provider should be consulted before use in patients with acidosis, atherosclerosis, eosinophilia-myalgia syndrome, liver disease, renal/kidney disease, depression, methylenetetrahydrofolate reductase deficiency or in patients that are following a low protein diet.

Sufficient protein is provided in normal well-balanced daily meals.

The daily dosage level of USN FAST GROW AMINOS should not be exceeded without consulting a relevant healthcare provider.

USN FAST GROW AMINOS should not be consumed for extended lengths of time without medical advice.

Contains sugar:

USN FAST GROW AMINOS contains sugar (160 mg sucrose per tablet). Patients with rare hereditary problems of fructose intolerance, glucose-galactose malabsorption or sucrose-isomaltase insufficiency should not take USN FAST GROW AMINOS.

Paediatric population:

USN FAST GROW AMINOS is not suitable for children under the age of 18 years.

4.5 Interaction with other medicinal products and other forms of interaction

Antibiotic medicines:

USN FAST GROW AMINOS may decrease the absorption of antibiotics. Patients should be advised to take antibiotics at least 2 hours prior, or 4 – 6 hours after USN FAST GROW AMINOS.

Cardiovascular and anticoagulant/antiplatelet medicines:

Patients taking medicine for cardiovascular diseases and/or blood thinners should consult a healthcare provider prior to use.

Erectile dysfunction medicines:

Patients taking medicine for erectile dysfunction should consult a healthcare provider prior to use.

4.6 Fertility, pregnancy and lactation

Safety in pregnancy and lactation has not been established. USN FAST GROW AMINOS should not be taken during pregnancy or lactation.

4.7 Effects on ability to drive and use machines

USN FAST GROW AMINOS is unlikely to affect the ability to drive a vehicle and use machines.

Caution is advised before driving a vehicle or operating machinery until the effects of USN FAST GROW AMINOS are known.

4.8 Undesirable effects

USN FAST GROW AMINOS is generally well tolerated.

Immune system disorders:

Frequency unknown: hypersensitivity and/or allergic reactions.

Nervous system disorders:

Frequency unknown: headache.

Gastrointestinal disorders:

Frequency unknown: abdominal pain or cramps, dyspepsia, bloating, diarrhoea, constipation, nausea, vomiting.

Skin and subcutaneous tissue disorders:

Frequency unknown: acne.

Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of USN FAST GROW AMINOS is important. It allows continued monitoring of the benefit/risk balance of USN FAST GROW AMINOS. 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 34.12 Multiple Substance Formulation.

USN FAST GROW AMINOS is a source of vitamins and amino acids which may assist with muscle protein synthesis. Amino acids are constituents of living cells essential for growth and repair of tissues.

5.2 Pharmacokinetic properties

Soy Protein result in higher levels of the soy isoflavone, genistein. Soy isoflavones are widely distributed in the body, converted to hormone-like compounds by intestinal bacteria and are primarily excreted in the urine.

Whey Protein Concentrate is metabolised by digestive enzymes and is excreted in the urine.

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.

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

6. PHARMACEUTICAL PARTICULARS

6.1 List of excipients

- Magnesium stearate
- Microcrystalline cellulose
- Silicon dioxide
- Stearic acid
- Syrup simplex (sucrose).

6.2 Incompatibilities

Not applicable

6.3 Shelf life

24 months.

Store at or below 25 °C.

6.4 Special precautions for storage

Store in a dry place.

6.5 Nature and contents of container

Tablets are packed in a cobalt blue PET container with a white screw-on cap.

Available in pack sizes of 60 and 120 tablets.

6.6 Special precautions for disposal

No special requirements.

7. HOLDER OF CERTIFICATE OF REGISTRATION

USN (Pty) Ltd
Unit 4, Louwardia Logistics Park
cnr Nellmapius Drive & Olievenhoutbosch Road
Centurion, 1683
Pretoria

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 May 2021.

MUS040-043/PI-PIL/A

JOB: SACS_FastGrowAminos_60s - 120s	SIZE: 300mm x 375mm
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:  K	FINISHING: <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.	

