

**PROFESSIONAL INFORMATION**



# USN FAST GROW AMINOS

3707 P5

(tablets)

## COMPLEMENTARY MEDICINE: HEALTH SUPPLEMENT

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

SCHEDULING STATUS: **50**

### 1. NAME OF THE MEDICINE

USN FAST GROW AMINOS tablets

### 2. QUALITATIVE AND QUANTITATIVE COMPOSITION

EACH TABLET CONTAINS:

#### VITAMINS & MINERALS

		*%NRV
Vitamin B6	0,3 mg	15 %
Vitamin C	14,1 mg	14 %
Iron	0,2 mg	1 %
Phosphorus	9,3 mg	1 %
<b>AMINO ACIDS</b>		
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 sucrase-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, Louwlandia 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
<b>STOCK:</b> Foil Substrate: <input type="checkbox"/> Clear Substrate: <input type="checkbox"/> White Substrate: <input checked="" type="checkbox"/> Paper: <input checked="" type="checkbox"/> Other: <input type="checkbox"/>	
<b>COLOURS:</b> <input checked="" type="checkbox"/> K	
<b>FINISHING:</b> <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	
<b>PLEASE CHECK CAREFULLY</b> 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 FAST GROW AMINOS

(tablets)

**SCHEDULING STATUS:** S0

**USN FAST GROW AMINOS tablets**

Contains sugar (160 mg sucrose per tablet).

**COMPLEMENTARY 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 FAST GROW AMINOS is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use USN FAST GROW AMINOS carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share USN FAST GROW AMINOS 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 FAST GROW AMINOS is and what it is used for
2. What you need to know before you take USN FAST GROW AMINOS
3. How to take USN FAST GROW AMINOS
4. Possible side effects
5. How to store USN FAST GROW AMINOS
6. Contents of the pack and other information

**1. What USN FAST GROW AMINOS is and what it is used for**

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.

**2. What you need to know before you take USN FAST GROW AMINOS**

- Do not take USN FAST GROW AMINOS:**
- If you are hypersensitive (allergic) to any of the ingredients of USN FAST GROW AMINOS (listed in section 6).
  - If you have an allergy to milk or soy.

**Warnings and precautions**

**Take special care with USN FAST GROW AMINOS:**

- If you previously had a heart attack.
- If you have a build-up of acid in your bloodstream (acidosis).
- If you have atherosclerosis (a condition in which fats, cholesterol and other substances build up inside your arteries causing obstruction of blood flow).
- If you have eosinophilia-myalgia syndrome (a condition which causes an increased number of white blood cells in your blood with symptoms such as muscle pain/weakness, cramping and fatigue).
- If you have a liver disease.
- If you have a kidney disorder.
- If you have depression (a mental health disorder that involves a low mood and a loss of interest in activities).
- If you have a genetic disorder of methylenetetrahydrofolate reductase (enzyme) deficiency causing elevated serum levels of homocysteine.
- If you are following a low protein diet.
- If you suffer from a cardiovascular (heart) disease and are attempting an increase in physical activity or if your cardiovascular condition worsens.
- Sufficient protein is provided in normal well-balanced daily meals.
- Do not exceed the daily dosage level of USN FAST GROW AMINOS without consulting a relevant healthcare provider.
- Do not consume USN FAST GROW AMINOS for extended lengths of time without medical advice.

**Children and adolescents**

Do not give USN FAST GROW AMINOS to children younger than 18 years, as the safety and efficacy in children have not yet been established.

**Other medicines and USN FAST GROW AMINOS**

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:

- Antibiotics (used to treat a bacterial infection). Take antibiotics at least 2 hours prior, or 4 – 6 hours after USN FAST GROW AMINOS.
- Medicine for any cardiovascular disease and/or blood thinners.
- Medicines used for erectile dysfunction / impotence (inability to get or keep an erection firm enough to have sexual intercourse).

**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 FAST GROW AMINOS. Safety in pregnancy and lactation has not been established. Do not take USN FAST GROW AMINOS if you are pregnant or breastfeeding.

**Driving and using machines**

USN FAST GROW AMINOS is unlikely to affect your ability to drive a vehicle and use machines. Do not drive or operate machinery until you know how USN FAST GROW AMINOS affects you.

**USN FAST GROW AMINOS contains sugar**

USN FAST GROW AMINOS contains sucrose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking USN FAST GROW AMINOS.

**3. How to take USN FAST GROW AMINOS**

Always take USN FAST GROW AMINOS 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 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.

**If you take more USN FAST GROW AMINOS than you should**

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

**If you forget to take USN FAST GROW AMINOS**

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 FAST GROW AMINOS can have side effects.

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

If any of the following happens, stop taking USN FAST GROW AMINOS 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 very serious side effects. If you have them, you may have had a serious allergic reaction to USN FAST GROW AMINOS. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

**Frequency unknown:**

- Headache.
- Stomach pain or cramps, heartburn, bloating, diarrhoea, constipation, nausea (feeling sick), vomiting (being sick).
- Acne.

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

**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/Index8>.

By reporting side effects, you can help provide more information on the safety of USN FAST GROW AMINOS.

**5. How to store USN FAST GROW AMINOS**

- Store at or below 25 °C.
- Store in a dry place.
- 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 FAST GROW AMINOS contains**

**EACH TABLET CONTAINS:**

**VITAMINS & MINERALS**

	%NRV
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

\*\*Nutritional Reference Values (NRVs) for individuals 4 years and older (2010).

^Essential Amino Acids (EAAs).

^Branched Chain Amino Acids (BCAAs).

The other ingredients are magnesium stearate, microcrystalline cellulose, silicon dioxide, stearic acid and syrup simplex (sucrose).

**What USN FAST GROW AMINOS looks like and contents of the pack**

Light to dark beige, capsule shaped, speckled tablet.

Tablets are packed in a cobalt blue PET container with a white screw-on cap. Available in pack sizes of 60 and 120 tablets.

**Holder of Certificate of Registration:**

USN (Pty) Ltd

Unit 4, Louwlandia Logistics Park

cnr Nellmapius Drive & Olievenhoutbosch Road

Centurion, 1683

Pretoria

Tel: 086 111 1876

**This leaflet was last revised in**

May 2021.

**Registration number**

Will be allocated by SAHPRA upon registration.

**Access to corresponding Professional Information**

[www.usn.co.za](http://www.usn.co.za)

**PASIËNTINLIGTINGSBLAD**



# USN FAST GROW AMINOS

(tablete)

**SKEDULERINGSTATUS:** S0

**USN FAST GROW AMINOS tablette**

Bevat suiker (160 mg sukrose per tablet).

**KOMPLEMENTÈRE MEDISYNE: GEONDHEIDSAANVULLING**

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

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

USN FAST GROW AMINOS is beskikbaar sonder 'n dokter se voorskrif, sodat jy jou gesondheid in stand kan hou. Jy moet USN FAST GROW AMINOS nooit met sorg neem om die beste resultate te verkry.

- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weer lees.
- Moenie USN FAST GROW AMINOS met enigemand anders deel nie.
- Vra gerus jou apoteker indien jy verdere inligting van advies nodig het.

**Wat is in hierdie inligtingsblad?**

1. Wat is USN FAST GROW AMINOS en waarvoor word dit gebruik
2. Wat jy moet weet woordeel by USN FAST GROW AMINOS neem
3. Hoe om USN FAST GROW AMINOS te bêre
4. Moontlike newe-effekte
5. Hoe om USN FAST GROW AMINOS te bewaar
6. Inhoud van die pak en ander inligting

**Wat is USN FAST GROW AMINOS en waarvoor word dit gebruik**

USN FAST GROW AMINOS is 'n bron van aminosure wat betrekke is by spierproteiensintese. Dit help met die opbou van meer spiermassa in kombinasie met gereeldige gewigs-/ weerstandsoefeninge en 'n gesonde gebalanceerde dieet.

**2. Wat jy moet weet woordeel by USN FAST GROW AMINOS neem**

- Indien jy hypersensitief (allergies) is vir enige van die bestanddele van USN FAST GROW AMINOS (gelys by afdeling 6).
- Indien jy allergies is vir melk of soj.

**Waarskuwings en voorsorgmaatreels**

**Wees vereit versigtig met USN FAST GROW AMINOS:**

- Indien jy voorheen 'n hartaanval gehad het.
- Indien jy opgeboude suur in jou bloedstroom het (asidoese).
- Indien jy aterosklerose het ('n toestand waar vette, cholesterol en ander stowwe in jou are ophoop wat bloedvloei belemmer).
- Indien jy moontlike newe-effekte.
- Indien jy USN FAST GROW AMINOS te bêre.
- Indien jy nie gevolg van die volgende gebeur, hou op om USN FAST GROW AMINOS te neem en sê dadelik vir jou dokter, of gaan na die ongevalle-afdeling by jou naaste