

SCHEDULING STATUS **S0****LIFE'S BEST ACTIVATED CHARCOAL CAPSULES****PHARMACEUTICAL CLASSIFICATION:**

Complimentary Medicine Cat D: Health Supplement 34.13 Other

Life's Best Activated Charcoal is a health supplement and as such has not been evaluated by the SAHPRA. This unregistered medicine is not intended to diagnose, treat, cure, or prevent any disease. Health supplements are only intended to supplement the diet or to complement health.

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

Available without a doctor's prescription.

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

ACTIVE INGREDIENT PER CAPSULE

Activated Charcoal	500mg
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Inactive: Calcium Carbonate

BEFORE YOU TAKE LIFE'S BEST ACTIVATED CHARCOAL:

- If you are taking other supplements, read the label, since these supplements may contain the same ingredients.
- Do not take if you are hypersensitive to any of the active or inactive ingredients.
- Tell your healthcare provider if you are taking any other medicines, this includes complementary or traditional medicines.

WHAT LIFE'S BEST ACTIVATED CHARCOAL IS USED FOR:

Activated charcoal assists with digestion and contributes to reducing excessive bloating and flatulence after eating.

PREGNANCY AND BREASTFEEDING:

If you are pregnant or breastfeeding, please consult your doctor, pharmacist, or other healthcare professional for advice before taking this medicine.

DIRECTIONS:

Adults: Take one or two (1 - 2) capsule/s 30 minutes after a meal as required. Do not exceed the daily recommended dose.

Activated charcoal may absorb medicine, therefore it should not be taken for 2 hours before or after taking any other medication. Should be used with caution in children or individuals with malabsorption conditions since it may interfere with absorption of nutrients. Not recommended for long-term use.

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

Do not take a double dose to make up for missed individual doses.

POSSIBLE SIDE-EFFECTS:

Gastrointestinal upset: Nausea, abdominal pain, constipation, diarrhoea, vomiting, poor appetite.

Not all side effects reported are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, discontinue use immediately and please consult your doctor or pharmacist for advice.

HOW TO STORE AND DISPOSE LIFE'S BEST ACTIVATED CHARCOAL:

Store all medicines out of reach of children.
Store at or below 25°C in a cool, dry place.
Keep the container tightly closed.
Do not use this medicine after the expiry date shown on the label.
Return all unused or expired medicine to your pharmacist for safe disposal.

PRESENTATION:

Container of 30 Capsules

IDENTIFICATION:

White bovine gelatine capsule containing black powder

NAME AND BUSINESS ADDRESS OF THE APPLICANT:

BFC Pharmaceuticals cc
P.O Box 1581
Kloof
3640
South Africa

DATE OF PUBLICATION

November 2023

SKEDULERINGSSTATUS **S**

Suid-Afrika

LIFE'S BEST ACTIVATED CHARCOAL KAPSULES

DATUM VAN PUBLIKASIE
November 2023

FARMASEUTIESE KLASSIFIKASIE:

Komplementêre Medisyne Kat D: Gesondheidsaanvulling 34.13 Ander

Life's Best Activated Charcoal is 'n gesondheidsaanvulling en is nie deur die SAHPRA geëvalueer nie. Hierdie ongeregistreerde medisyne is nie bedoel om enige siekte te diagnoseer, behandel, genees of voorkom nie. Gesondheidsaanvullings is slegs bedoel om die dieet of gesondheid aan te vul.

LEES HIERDIE HELE BLAD NOUKEURIG DEUR OMDAT DIT

BELANGRIKE INLIGTING VIR U BEVAT

Beskikbaar sonder 'n doktersvoorskrif.

- Hou hierdie blad. Dit mag nodig wees dat u dit weer moet lees.
- Moenie met enige ander persoon deel nie.
- Vra vir u gesondheidsorgverskaffer of apteker as u meer inligting of advies benodig.

AKTIEWE BESTANDDEEL PER KAPSULE

Geaktiveerde Houtskool	500mg
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Onaktiewe Bestanddeel: Kalsiumkarbonaat

VOORDAT U LIFE'S BEST ACTIVATED CHARCOAL GEBRUIK:

- As u ander aanvullings gebruik, lees die inligtingsblad, aangesien hierdie aanvulling moontlik dieselfde bestanddele kan bevat.
- Moenie gebruik as u oorsensitief is vir enige van die aktiewe of onaktiewe bestanddele nie.
- Laat u gesondheidsorgverskaffer weet as u ander medisyne gebruik, dit sluit komplementêre of tradisionele medisyne in.

WAARVOOR LIFE'S BEST ACTIVATED CHARCOAL GEBRUIK WORD:

Help met vertering en dra by tot die vermindering van oormatige gasvorming en winderigheid na etes.

SWANGERSKAP EN BORSVOEDING:

As u swanger is of borsvoed, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat u hierdie medisyne gebruik.

GEBRUIKSAANWYSINGS:

Volwassenes: Neem een of twee (1 - 2) kapsule/s 30 minute na ete soos benodig.

Moenie die daaglikse aanbevole dosis oorskry nie.

Geaktiveerde houtskool kan medisyne absorbeer, dus moet dit nie vir 2 ure voor of na die inname van enige ander medikasie gebruik word nie.

Dit moet met sorg gebruik word in kinders of individue met absorpsie probleme omdat dit met die opname van voedingstowwe kan inmeng.

Dit word nie aanbeveel vir langtermyngebruik nie.

In geval van 'n oordosis, raadpleeg u dokter of apteker. As een van hulle nie beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

Moenie 'n dubbele dosis inname om vir vergete individuele dosisse op te maak nie.

MOONTLIKE NEWE-EFFEKTE:

Gastro-intestinale ongemak: Naarheid, braking, maagpyn, hardlywigheid of diarree, swak eetlus.

Nie alle nuwe-effekte wat aangemeld is, is in hierdie inligtingsblad ingesluit nie. Indien u algemene gesondheidstoestand vererger of as u enige ongewenste effekte ervaar terwyl u hierdie medisyne gebruik, moet u onmiddellik die gebruik stop en asseblief u dokter of apteker raadpleeg vir advies.

HOE OM LIFE'S BEST ACTIVATED CHARCOAL TE STOOR EN WEG TE GOOI:

Bêre alle medisyne buite die bereik van kinders.

Bêre dit by of onder 25°C in 'n koel, droë plek.

Hou die houer stewig toegesluit.

Moenie die medisyne gebruik na die vervaldatum nie.

Gee alle ongebruikte of vervalde medisyne terug aan u apteker vir veilige verwydering.

AANBIEDING:

Houer van 30 Kapsules

IDENTIFIKASIE:

Wit bees gelatien kapsule wat swart poeier bevat

NAAM EN BESIGHEIDSADRES VAN DIE AANSOEKER:

BFC Pharmacauticals cc

Posbus 1581

Kloof

3640