

SCHEDULING STATUS **Sd**

LIFE'S BEST HAIR SKIN AND NAILS CAPSULES

PHARMACEUTICAL CLASSIFICATION:

Complimentary Medicine Cat D: Health Supplement 34.12 Multiple Substance Formulation

Life's Best Hair Skin and Nails 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 INGREDIENTS PER CAPSULE

Zinc Gluconate	189mg providing 25mg elemental zinc
Vitamin A	1500mcg (5000IU)
Vitamin D3	25mcg (1000IU)
L-Glutathione	25mg
ECollagen®	per 100mg
Alanine	10,25mg
Arginine	10,20mg
Aspartic acid	5,10mg
Glutamic acid	7,04mg
Glycine	26,84mg
Histidine	0,54mg
Hydroxyproline	9,21mg
Isoleucine	1,35mg
Leucine	2,94mg
Lysine	3,38mg
Methionine	1,12mg
Phenylalanine	1,84mg
Proline	13,35mg
Serine	3,03mg
Threonine	2,34mg
Tyrosine	0,32mg
Valine	2,54mg
D-Biotin	500mcg

BEFORE YOU TAKE LIFE'S BEST HAIR SKIN AND NAILS:

- 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 HAIR SKIN AND NAILS IS USED FOR:

A unique formulation specifically formulated for the maintenance of strong and healthy hair, skin, and nails.

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 (1) capsule daily.

Do not exceed the daily recommended dose.

This product is not recommended for children.

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 HAIR SKIN AND NAILS:

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 white 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

LIFE'S BEST HAIR SKIN AND NAILS KAPSULES

FARMASEUTIESE KLASSIFIKASIE:

Komplementêre Medisyne Kat D: Gesondheidsaanvulling 34.12 Meervoudige Stof Formulasie

Life's Best Hair Skin and Nails 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 BESTANDDELE PER KAPSULE

Sink Glukonaat	189mg wat 25mg elementêre sink
Vitamien A	1500mcg (5000IU)
Vitamien D3	25mcg (1000IU)
L-Glutathione	25mg
ECollagen®	per 100mg
Alanien	10,25mg
Arginien	10,20mg
Asparaginsuur	5,10mg
Glutamiensuur	7,04mg
Glysin	26,84mg
Histidien	0,54mg
Hidroxproline	9,21mg
Isoleusien	1,35mg
Leusien	2,94mg
Lysien	3,38mg
Metionien	1,12mg
Fenielalanien	1,84mg
Proline	13,35mg
Serine	3,03mg
Threonine	2,34mg
Tirosien	0,32mg
Valine	2,54mg
D-Biotien	500mcg

VOORDAT U LIFE'S BEST HAIR SKIN AND NAILS 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 HAIR SKIN AND NAILS GEBRUIK WORD:

Spesiaal geformuleer vir die instandhouding van gesonde hare, vel en naels.

SWANGERSKAP EN BORSVOEDING:

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

GEBRUIKSAANWYSINGS:

Volwassenes: Neem een (1) kapsule daaglik.

Moenie die daaglikse aanbevole dosis oorskry nie.

Hierdie produk word nie vir kinders aanbeveel 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 drink 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 HAIR SKIN AND NAILS 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 wit poeier bevat

NAAM EN BESIGHEIDSADRES VAN DIE AANSOEKER:

BFC Pharmaceuticals cc

Posbus 1581

Kloof

3640

Suid-Afrika

DATUM VAN PUBLIKASIE

November 2023