

SCHEDULING STATUS [S0]**MN PREMIUM SPORT PERFORMANCE & RECOVERY TABLETS****PHARMACEUTICAL CLASSIFICATION:**

Complimentary Medicine Cat D: Health supplement 34.12 Multiple Substance Formulation

MN Premium Sport Performance & Recovery 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 TABLET

Quercetif™ (Quercetin Phytosome™ as Quercetin)	125mg
Ubiqsome™ (Coenzyme Q10 Phytosome™ as Co-Enzyme Q10)	166.5mg providing 40mg Co-Enzyme Q10
Magnesium Oxide	75mg providing 45mg elemental Magnesium
Potassium Citrate	150mg providing 57mg elemental Potassium
Tri-Sodium Citrate	300mg providing 80mg elemental Sodium
Zinc AAC	2.5mg (elemental)

BEFORE YOU TAKE MN PREMIUM SPORT PERFORMANCE & RECOVERY:

- 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.
- Consult a relevant healthcare provider prior to use if you are taking blood pressure medication or blood thinners.

WHAT MN PREMIUM SPORT PERFORMANCE & RECOVERY IS USED FOR:

A premium combination of nutrients that contributes to cardiovascular and muscular oxidative stress protection and helps to maintain and support cardiovascular health.

Ubiqsome™ is a food-grade, highly bioabsorbed Coenzyme Q10 based ingredient combined with Phytosome® technology ensuring the delivery of Co-enzyme Q10 to intended target, reaching the goal better and faster.

Quercetif™ Quercetin Phytosome™ 20 times better absorption than standard Quercetin, a natural food-grade ingredient with antioxidant properties, clinically researched to improve endurance and help with recovery and post-exercise muscular function.

Ubiqsome™ and Quercetif™ are Registered Trademark of Indena S.P.A., Italy

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 two (2) tablets daily, for active and training days 4 tablets are recommended.

Do not exceed the daily recommended dose.

Use in children under the care of a relevant healthcare provider.

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 MN PREMIUM SPORT PERFORMANCE & RECOVERY:

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 60 Coated Tablets

IDENTIFICATION:

White coated tablet

NAME AND BUSINESS ADDRESS OF THE APPLICANT:

BFC Pharmaceuticals cc

P.O Box 1581

Kloof

3640

South Africa

DATE OF PUBLICATION

November 2024

SKEDULERINGSTATUS [S0]

MN PREMIUM SPORT PERFORMANCE & RECOVERY TABLETTE

FARMASEUTIESE KLASSIFIKASIE:

Komplementêre Medisyne Kat D: Gesondheidsaanvulling 34.12 Meervoudige Stof Formulasie

MN Premium Sport Performance & Recovery 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 BESTANDEDELE PER TABLET

Quercetif™ (Quercetin Phytosome™ as Quercetin)	125mg
Ubiqsome™ (Ko-ensiem Q10 Phytosome™ as Ko-ensiem Q10)	166.5mg wat 40mg Ko-ensiem Q10 verskaf
Magnesium Oksied	75mg wat 45mg elementêre magnesium verskaf
Kalium Sitraat	150mg wat 57mg elementêre kalium verskaf
Natrium Sitraat	300mg wat 80mg elementêre natrium verskaf
Sink AAC	2.5mg (elementêr)

VOORDAT U MN PREMIUM SPORT PERFORMANCE & RECOVERY 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.
- Raadpleeg 'n relevante gesondheidsorgverskaffer voor gebruik as jy bloeddruk medikasie of bloed verdunners neem.

WAARVOOR MN PREMIUM SPORT PERFORMANCE & RECOVERY GEBRUIK WORD:

'n Premium kombinasie van voedingstowwe wat bydra tot kardiovaskulêre en spier oksidatiewe stres beskerming en help om kardiovaskulêre gesondheid te handhaaf en te ondersteun.

Ubiqsome® is 'n voedsel graad, hoogs biogeabsorbeerde Koënsiem Q10 gebaseerde bestanddeel gekombineer met Phytosome® tegnologie wat die lewering van Koënsiem Q10 aan beoogde teiken verseker, wat die doel beter en vinniger bereik.

Quercetif™ Quercetin Phytosome™ 20 keer beter absorpsie as standaard Quercetin, 'n natuurlike voedsel graad-bestanddeel met anti-oksidant eienskappe, klinies nagevors om uithouvermoë te verbeter en te help met herstel en na oefen spierfunksie

Ubiqsome™ en Quercetif™ is geregistreerde handelsmerk van Indena S.P.A., Italië

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 twee (2) kapsules daaglik, vir aktiewe en oefen dae word 4 tablette aanbeveel.

Moenie die daaglikse aanbevole dosis oorskry nie.

Gebruik by kinders onder die sorg van 'n relevante gesondheidsorgverskaffer.

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 MN PREMIUM SPORT PERFORMANCE & RECOVERY 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 60 bedekte tablette

IDENTIFIKASIE:

Wit bedekte tablet

NAAM EN BESIGHEIDSADRES VAN DIE AANSOEKER:

BFC Pharmaceuticals cc
Posbus 1581
Kloof
3640
Suid-Afrika

DATUM VAN PUBLIKASIE

November 2024