

**PATIENT INFORMATION LEAFLET**  
**Information for the Patient about FLORA FORCE® TURMERIC Capsules**

Western herbal medicine

This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease.

**SCHEDULING STATUS:**

Not Scheduled.

**PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM:**

**FLORA FORCE® TURMERIC capsules.**

Read all of this leaflet carefully because it contains important information for you. FLORA FORCE® TURMERIC capsules are available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use FLORA FORCE® TURMERIC capsules carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share FLORA FORCE® TURMERIC capsules with any other person.
- Ask your pharmacist if you need more information or advice.
- You must see a registered healthcare practitioner if your symptoms worsen or do not improve.

**WHAT FLORA FORCE® TURMERIC CAPSULES CONTAIN:**

Each FLORA FORCE® TURMERIC capsule contains:

ACTIVE INGREDIENT	QUANTITY
Curcuma longa rhizome powder	500 mg

Inactive ingredients are vegetable capsules.

FLORA FORCE® TURMERIC capsules are free from sugar and lactose.

**WHAT FLORA FORCE® TURMERIC CAPSULES ARE USED FOR:**

FLORA FORCE® TURMERIC capsules provide antioxidants for the maintenance of good health.

**BEFORE YOU TAKE FLORA FORCE® TURMERIC CAPSULES:**

**Do NOT take FLORA FORCE® TURMERIC capsules:**

- If you are allergic to any of the ingredients in FLORA FORCE® TURMERIC capsules.
- If you have a bile duct obstruction or gallstones
- If you have a bleeding disorder (see "Take special care with FLORA FORCE® TURMERIC capsules").
- If you have diabetes (see "Take special care with FLORA FORCE® TURMERIC capsules").
- If you have gastroesophageal reflux disease.
- If you struggle with infertility.
- If you have low iron levels (see "Take special care with FLORA FORCE® TURMERIC capsules").
- Surgery (see "Take special care with FLORA FORCE® TURMERIC capsules").
- Pregnancy and lactation (see "Pregnancy and breastfeeding").

**Take special care with FLORA FORCE® TURMERIC capsules:**

Please discuss the use of FLORA FORCE® TURMERIC capsules with your pharmacist or registered healthcare practitioner if you:

- Suffer from a bleeding disorder. You may have to arrange increased monitoring of your blood levels when starting or stopping treatment with FLORA FORCE® TURMERIC capsules (see "Do NOT take FLORA FORCE® TURMERIC capsules").
- Suffer from Diabetes. You may have to arrange increased monitoring of your blood sugar levels (see "Do NOT take FLORA FORCE® TURMERIC capsules").
- Suffer from iron deficiency. You may have to arrange increased monitoring of your iron levels (see "Do NOT take FLORA FORCE® TURMERIC capsules").
- If you are undergoing surgery discontinue use at least 2 weeks prior to the procedure (see "Do NOT take FLORA FORCE® TURMERIC capsules").
- Suffer from a hormone-sensitive cancer. Theoretically, turmeric might have mild oestrogenic effects. Until more is known, women with hormone-sensitive conditions should use turmeric cautiously.
- Take warfarin or other blood thinning medicines. You may have to arrange increased monitoring or your INR (International Normalised Ratio) levels when starting or stopping treatment with FLORA FORCE® TURMERIC capsules (see "Taking other medicines with FLORA FORCE® TURMERIC capsules").

The use of FLORA FORCE TURMERIC capsules in children and adolescents under 18 years of age is not recommended due to lack of adequate data (see "HOW TO TAKE FLORA FORCE® TURMERIC CAPSULES").

**Taking FLORA FORCE® TURMERIC capsules with food and drink:**

FLORA FORCE® TURMERIC capsules should be taken after meals with water.

**Pregnancy and breastfeeding:**

Safety of FLORA FORCE® TURMERIC capsules during pregnancy and breastfeeding has not been established. Avoid taking FLORA FORCE® TURMERIC capsules if you are pregnant or breastfeeding.

**If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacists or registered healthcare practitioner for advice before taking FLORA FORCE® TURMERIC capsules.**

**Driving and using machinery:**

No studies on the effect on the ability to drive and use machinery have been performed. It is unlikely that FLORA FORCE® TURMERIC capsules will impair your ability to drive or use machines. However, please exercise care when driving or operating machinery until you know how FLORA FORCE® TURMERIC capsules affects you.

**Important information about some of the ingredients of FLORA FORCE® TURMERIC capsules:**

FLORA FORCE® TURMERIC capsules are sugar free.

**Taking other medicines with FLORA FORCE® TURMERIC capsules:**

**Always tell your pharmacist or registered healthcare practitioner if you are taking any other medicine. (This includes complementary or traditional medicines.)**

Please discuss the use of the following medicines in combination with FLORA FORCE® TURMERIC capsules with your pharmacist or registered healthcare practitioner:

- Beta blockers such as propranolol for the treatment of angina and high blood pressure.
- Sulfasalazine for rheumatoid arthritis and inflammatory bowel disease such as ulcerative colitis and Crohn's disease.
- Oestrogen for the treatment of female hormonal imbalances or menopause.
- Norfloxacin for the treatment of urinary tract infections.

The dose of the above medications may need to be adjusted when taken in conjunction with FLORA FORCE® TURMERIC capsules.

Taking the above-mentioned medicines at the same time as FLORA FORCE® TURMERIC capsules can lower or increase their effectiveness. These medicines must be taken at least 2 hours before or after FLORA FORCE® TURMERIC capsules.

Also, discuss the use of the following medicines in combination with FLORA FORCE® TURMERIC capsules with your pharmacist or registered healthcare practitioner:

- Warfarin or other blood thinning medicines. FLORA FORCE® TURMERIC capsules may potentially increase the effect of blood thinning medicines (see "Take special care with FLORA FORCE® TURMERIC capsules").
- Antidiabetic medicines as FLORA FORCE® TURMERIC capsules may further lower blood sugar levels. Monitor your blood glucose / sugar levels regularly if you are using FLORA FORCE® TURMERIC capsules and antidiabetic medicines in combination.

- Medications moved by pumps in cells (P-Glycoprotein Substrates) as FLORA FORCE® TURMERIC capsules can make these pumps less active and increase how some medications get absorbed in the body.
- Midazolam as FLORA FORCE® TURMERIC capsules may increase its sedative effects.
- Medicines which are changed and broken down by the liver (Cytochrome P450 substrates) as FLORA FORCE® TURMERIC capsules can influence the absorption and effectiveness of these medicines.
- Antineoplastic agents (such as docetaxel, paclitaxel, etoposide, vinblastine and vincristine) as FLORA FORCE® TURMERIC capsules may increase their levels. Consult your oncologist before taking FLORA FORCE® TURMERIC capsules in combination with antineoplastic agents.
- Iron as FLORA FORCE® TURMERIC capsules may decrease the absorption of iron. You may have to arrange increased monitoring of your iron levels when taking FLORA FORCE® TURMERIC capsules (see "Take special care with FLORA FORCE® TURMERIC capsules").

**HOW TO TAKE FLORA FORCE® TURMERIC CAPSULES:**

Do not share medicines prescribed to you with any other person.

Always take FLORA FORCE® TURMERIC capsules exactly as directed. You should check with your pharmacist or registered healthcare practitioner if you are unsure.

**DO NOT EXCEED THE RECOMMENDED DAILY DOSAGE.**

**Adults (18 years and older):**

Take 2 capsules twice daily with meals or as directed by your pharmacist or registered healthcare practitioner.

**Children (under 18 years of age):**

Not recommended for use (see "Take special care with FLORA FORCE® TURMERIC capsules").

FLORA FORCE® TURMERIC capsules may be taken for a period of up to 12 weeks followed by an interval of 1 week after which the next 12-week period can commence. However, should you experience any adverse effects or any of the side effects indicated below please consult your pharmacist or registered healthcare practitioner.

**If you take more FLORA FORCE® TURMERIC capsules than you should:**

Always take FLORA FORCE® TURMERIC capsules as directed. If you miss a dose, take it as soon as you remember. If you do not remember the missed dose till the next dose is due, skip the missed dose and go back to your regular dosing schedule of 2 capsules twice daily. Do not take a double dose to make up for forgotten individual doses.

**In the event of over dosage, consult your pharmacist or registered healthcare practitioner. If neither is available, contact the nearest hospital or poison control centre.**

**If you forget to take FLORA FORCE® TURMERIC capsules:**

Always take FLORA FORCE® TURMERIC capsules as directed. If you miss a dose, take it as soon as you remember. If you do not remember the missed dose till the next dose is due, skip the missed dose and go back to your regular dosing schedule of 2 capsules twice daily. Do not take a double dose to make up for forgotten individual doses.

**POSSIBLE SIDE-EFFECTS:**

FLORA FORCE® TURMERIC capsules can have side-effects.

**Not all side-effects reported for FLORA FORCE® TURMERIC capsules are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking FLORA FORCE® TURMERIC capsules, please consult your doctor, pharmacist or registered healthcare practitioner for advice.**

Serious side-effects that you (or a family member if you are unable to) should report to your pharmacist or registered healthcare practitioner immediately include:

- An allergic reaction which may present with shortness of breath, difficulty breathing, wheezing, hives, or itching, swelling of the face, tongue or whole body.

Side-effects that you should report to your pharmacist or registered healthcare practitioner as soon as possible:

- Less urine than is normal for you.
- Swollen feet and ankles.
- Stomach discomfort, stomach pain, indigestion, diarrhoea, constipation, hard yellow stools, bloated stomach, heartburn flatulence, ulcer aggravation, nausea and vomiting.
- An intense feeling of well-being and giddiness.
- Sensitivity to light and itching.
- Dizziness and light-headedness.
- Increased menstrual bleeding.

If you notice any side-effects not mentioned in this leaflet, please inform your pharmacist or registered healthcare practitioner.

**STORING AND DISPOSING OF FLORA FORCE® TURMERIC capsules:**

Store at or below 25°C in a dry place.

Protect from light / moisture.

Do not take the capsules after the expiry date stated on the packaging material.

Return all unused capsules to your pharmacist.

Do not dispose of unused capsules in drains or sewerage systems (e.g. toilets).

**STORE ALL MEDICINE OUT OF THE REACH OF CHILDREN.**

**PRESENTATION OF FLORA FORCE® TURMERIC capsules:**

60 capsules in a 125ml amber glass bottle with light green screw cap and safety seal insert, packed in a box.

**IDENTIFICATION OF FLORA FORCE® TURMERIC capsules:**

Clear size 0 all vegetable capsule containing dark yellow herbal powder.

**REGISTRATION NUMBER/REFERENCE NUMBER:**

To be allocated

**NAME AND BUSINESS ADDRESS OF REGISTRATION HOLDER:**

Flora Force Health Products (Pty) Ltd.  
Unit 3 Regent Park  
Bell Crescent  
Westlake  
Cape Town  
South Africa

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