

PATIENT INFORMATION LEAFLET
Information for the Patient about TURMERYNNE® Capsules

Complementary medicine.

Western herbal medicine.

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

SCHEDULING STATUS:

Not Scheduled.

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM:

TURMERYNNE® capsules.

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

- Keep this leaflet. You may need to read it again.
- Do not share TURMERYNNE® 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 TURMERYNNE® CAPSULES CONTAIN:

Each TURMERYNNE® capsule contains:

| ACTIVE INGREDIENT | QUANTITY |
|--------------------------------------|----------|
| <i>Curcuma longa</i> rhizome powder | 332 mg |
| <i>Capsicum minimum</i> fruit powder | 108 mg |
| <i>Piper nigrum</i> fruit powder | 10 mg |

Inactive ingredients are vegetable capsules.

TURMERYNNE® capsules are free from sugar and lactose.

WHAT TURMERYNNE® CAPSULES ARE USED FOR:

TURMERYNNE® capsules provide anti-oxidants for the maintenance of good health, and may reduce inflammation.

BEFORE YOU TAKE TURMERYNNE® CAPSULES:

Do NOT take TURMERYNNE® capsules:

- If you are allergic to any of the ingredients in TURMERYNNE® capsules.
- If you have a bile duct obstruction or gallstones.
- If you have a bleeding disorder (see "Take special care with TURMERYNNE® capsules").
- If you have gastro-oesophageal reflux disease.
- If you have low iron levels (see "Take special care with TURMERYNNE® capsules").
- If you are undergoing surgery (see "Take special care with TURMERYNNE® capsules").
- If you are pregnant and breastfeeding (see "Pregnancy and breastfeeding").

Take special care with TURMERYNNE® capsules:

Please discuss the use of TURMERYNNE® 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 TURMERYNNE® capsules (see "Do NOT take TURMERYNNE® capsules").
- Suffer from iron deficiency. You may have to arrange increased monitoring of your iron levels (see "Do NOT take TURMERYNNE® capsules").
- If you are undergoing surgery, discontinue use at least 2 weeks prior to the procedure (see "Do NOT take TURMERYNNE® capsules").
- Suffer from a hormone-sensitive cancer. Theoretically, turmeric might have mild estrogenic 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 TURMERYNNE® capsules (see "Taking other medicines with TURMERYNNE® capsules").

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

Taking TURMERYNNE® capsules with food and drink:

TURMERYNNE® capsules should be taken after meals with water.

Pregnancy and breastfeeding:

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

If you are pregnant or breastfeeding your baby, please consult your pharmacist or registered healthcare practitioner for advice before taking TURMERYNNE® 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 TURMERYNNE® capsules will impair your ability to drive or use machines. However, please exercise care when driving or operating machinery until you know how TURMERYNNE® capsules affects you.

Important information about some of the ingredients of TURMERYNNE® capsules:

TURMERYNNE® capsules are sugar free.

Taking other medicines with TURMERYNNE® capsules:

Always tell your healthcare professional if you are taking any other medicine (this includes complementary or traditional medicines).

Please discuss the use of the following medicines in combination with TURMERYNNE® capsules with your pharmacist or registered healthcare practitioner.

- Theophylline for the treatment of respiratory diseases such as COPD (chronic obstructive pulmonary disease) and asthma.
 - Lithium for the treatment of bipolar disorder.
 - Rifampin, an anti-biotic, for the treatment of tuberculosis.
- Avoid taking the above medications in conjunction with TURMERYNNE® capsules.

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

- Warfarin or other blood thinning medicines. TURMERYNNE® capsules may potentially increase the effect of blood thinning medicines (see "Take special care with TURMERYNNE® capsules").
- Epilepsy / seizure medication (such as carbamazepine and phenytoin) as TURMERYNNE® capsules may increase the effect these medications. Please consult your doctor in case of increased seizure activity.
- Anti-diabetic medicines as TURMERYNNE® capsules may further lower blood sugar levels. Monitor your blood sugar levels regularly if you are using TURMERYNNE® capsules and anti-diabetic medicines in combination.

- Medications activated by cell plasma membrane systems (P-Glycoprotein Substrates) as TURMERYNNE® capsules may affect the activity of these systems and increase how much of some medications get absorbed.
- Midazolam as TURMERYNNE® capsules may increase its sedative effects.
- Medicines which are changed and broken down by the liver (Cytochrome P450 3A4 (CYP3A4) substrates) as TURMERYNNE® capsules can influence the absorption and effectiveness of these medicines.
- Iron as TURMERYNNE® capsules may decrease the absorption of iron. You may have to arrange increased monitoring of your iron levels when taking TURMERYNNE® capsules.

HOW TO TAKE TURMERYNNE® CAPSULES:

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

Always take TURMERYNNE® 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 3 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 TURMERYNNE® capsules").

TURMERYNNE® 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 cycle 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 TURMERYNNE® capsules than you should:

If you take more TURMERYNNE® capsules than you should, you may experience an increased heart rate, high blood pressure and chest pain

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 TURMERYNNE® capsules:

Always take TURMERYNNE® 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 three capsule twice daily. Do not take a double dose to make up for forgotten individual doses.

POSSIBLE SIDE-EFFECTS:

TURMERYNNE® capsules may have side-effects.

Not all side-effects reported for TURMERYNNE® capsules are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking TURMERYNNE® capsules, please consult 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.
 - Increased bleeding.
 - Signs of decreased blood sugar such as light headedness, blurred vision and confusion
- 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.

Side-effects that you should report to your pharmacist or registered healthcare practitioner if they continue or become bothersome include:

- Gastrointestinal disturbances, such as: 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, light-headedness or increased sensitivity to pain.

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

STORING AND DISPOSING OF TURMERYNNE® 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 REACH OF CHILDREN.

PRESENTATION OF TURMERYNNE® capsules:

90 Capsules in a 125ml amber glass bottle with light gold/mustard screw cap and safety seal insert, packed in a box.

IDENTIFICATION OF TURMERYNNE® capsules:

Clear size 0 all vegetable capsule containing dark orange 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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