SOLAL® ACETYL-L-CARNITINE (ALC)

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS
Unscheduled

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM
Acetyl- L-Carnitine (ALC) 500 mg capsule

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU
Acetyl-L-Carnitine is available without a doctor's prescription, for you to treat a mild illness. Nevertheless you still need to use Acetyl-L-Carnitine carefully to get the best results from it.

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

WHAT ACETYL-L-CARNITINE CONTAINS
The active substance is:
Acetyl-L-Carnitine hydrochloride 500mg
(Providing: 423,95 mg N-Acetyl-L-Carnitine)

The other ingredients are:
Magnesium stearate, silicone dioxide, vegetarian capsule shell (hypromellose cellulose).
Sugarfree
Suitable for vegetarians

WHAT ACETYL-L-CARNITINE IS USED FOR
Category D: Health Supplements
Enhances cognitive ability and promotes brain health.

BEFORE YOU TAKE ACETYL-L-CARNITINE
Do not take Acetyl-L-Carnitine if you are hypersensitive (allergic) to any of the ingredients. This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease. Health supplements are intended only to complement health or supplement the diet.

TAKE SPECIAL CARE WITH ACETYL-L-CARNITINE:
If you suffer from the following conditions:
Hyperthyroidism: Avoid using Acetyl-L-carnitine in individuals with hypothyroidism. L-carnitine seems to inhibit the activity of the thyroid hormone in the target tissues. Theoretically, this might occur with Acetyl-L-carnitine.
Seizures: An increase in seizure frequency or severity has been reported in people with a history of seizures who have used L-carnitine orally or intravenously. Theoretically, this might occur with Acetyl-L-carnitine.

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

TAKING OTHER MEDICINES WITH ACETYL-L-CARNITINE:
Always tell your healthcare professional if you are taking any other medicine.
Acenocoumarol: Taking L-carnitine 1 gram/day seems to significantly increase the anticoagulant effects of acenocoumarol. This reaction has only been recorded with L-carnitine, but theoretically could occur with acetyl-L-carnitine.
Warfarin: Use cautiously with warfarin as acetyl-L-carnitine may increase the anticoagulant effect of warfarin.

HOW TO TAKE ACETYL-L-CARNITINE
Do not share medicines prescribed for you with any other person. Always take Acetyl-L-Carnitine exactly as instructed. You should check with your doctor or pharmacist if you are unsure.

The usual dose is:
Adults: Take 1-2 capsules twice daily
Children under 12 years of age: Take 1 capsule daily or twice daily.
Take at least 30 minutes before meals, on an empty stomach.

IF YOU TAKE MORE ACETYL-L-CARNITINE THAN YOU SHOULD:
In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

IF YOU FORGET TO TAKE A DOSE OF ACETYL-L-CARNITINE :
Do not take a double dose to make up for forgotten individual doses.

POSSIBLE SIDE EFFECTS
Acetyl-L-Carnitine can have side effects.
Acetyl-L-carnitine is generally well tolerated. It may cause nausea, vomiting, gastrointestinal upset and agitation.
Not all side effects reported for Acetyl-L-Carnitine are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice.
If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

STORING AND DISPOSING OF ACETYL-L-CARNITINE
Store all medicines out of reach of children.
Store at or below 25 °C
Store in the original package / container
Keep the container tightly closed
Protect from moisture
Do not store in a bathroom
Do not use after the expiry date stated on the label / carton / bottle
Do not use Acetyl-L-Carnitine if you notice visible signs of deterioration
Return all unused medicine to your pharmacist.
Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF ACETYL-L-CARNITINE
White plastic container, containing 30 capsules with white plastic screw cap and seal for protection.

IDENTIFICATION OF ACETYL-L-CARNITINE
Clear vegetarian capsule shell with containing white contents.

REGISTRATION NUMBER/REFERENCE NUMBER
TBA

NAME AND ADDRESS OF REGISTRATION HOLDER
Ascendis Supply Chain (Pty) Ltd
1 Carey Street, Wynberg
Sandton, Gauteng 2090
South Africa

DATE OF PUBLICATION
TBA

SOLAL® ACETYL-L-CARNITINE (ALC)

PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSTATUS
Ongeskeduleer

HANDELSNAAM EN DOSEERVORM
Acetyl- L-Carnitine (ALC) 500 mg kapsule

LEES DIE HELE INLIGTINGSBLAADJIE NOUKEURIG DEUR, DIT BEVAT BELANGRIKE INLIGTING VIR JOU.
Acetyl-L-Carnitine is beskikbaar sonder 'n doktersvoorskrif en is aanvullende (komplimentêre) medisyne. Jy moet Acetyl-L-Carnitine egter nog steeds versigtig gebruik om die beste resultate te verkry.

- Hou hierdie voubiljet, dit mag dalk nodig wees dat jy dit weer lees.
- Moenie Acetyl-L-Carnitine met enige ander persoon deel nie.
- Raadpleeg jou apteker of gesondheidsorgpraktisyn indien jy meer inligting of advies benodig.

WAT ACETYL-L-CARNITINE BEVAT
Die aktiewe bestanddele is:
Asetiel-L-karnitien-hidrochloried 500 mg
(Verskaf 423,95 mg N-asetiel-L-karnitien)

Die ander bestanddele is:
Magnesiumstearaat, silikondioksied, vegetariëse kapsuuldop (hipormellose sellulose)
Suikervry
Geskik vir vegetariërs

WAARVOOR ACETYL-L-CARNITINE GEBRUIK WORD
Kategorie D: Gesondheidsaanvulling
Verbeter kognitiewe vermoë en bevorder die gesondheid van die brein

VOORDAT ACETYL-L-CARNITINE GEBRUIK WORD
Moenie Acetyl-L-Carnitine gebruik indien jy hipersensitief (allergies) is vir enige van die bestanddele nie. Hierdie medisyne is nie deur die Medisynebeheerraad geëvalueer nie. Hierdie medisyne is nie bedoel om enige siekte te diagnoseer, te behandel, te genees of te voorkom nie. Gesondheidsaanvullings is slegs bedoel om die gesondheid te komplimenteer of die dieët aan te vul.

NEEM SPESIALE SORG MET ACETYL-L-CARNITINE:
Indien jy aan een van die volgende siektes ly:
Hipertiroïedisme: Moenie Acetyl-L-Carnitine gebruik indien jy aan hipotiroïedisme ly nie. Dit kom voor asof L-karnitien die aktiwiteit van die tiroïedhormoon onderdruk in teiken areas.Teoreties kan Acetyl-L-Carnitine dit veroorsaak.
Aanvalle: 'n Toename in die aantal en ernstigheid van aanvalle kan voorkom by mense met 'n geskiedenis van aanvalle wat ook L-karnitien oraal of intreveneus gebruik het. Teoreties kan Acetyl-L-Carnitine dit veroorsaak.

SWANGERSKAP EN BORSVOEDING
Raadpleeg jou dokter, apteker of gesondheidsorgpraktisyn voordat jy Acetyl-L-Carnitine gebruik indien jy swanger is of jou baba borsvoed.

AS JY ANDER MEDISYNE SAAM MET ACETYL-L-CARNITINE NEEM:
Stel altyd jou gesondheidsorgpraktisyn in kennis indien jy enige ander medisyne gebruik.
Acenokoumarol: Dit kom voor asof die neem van 1 g L-karnitien per dag die antikoagulant uitwerking van acenokoumarol noemenswaardig verhoog. Hierdie effek is slegs gedokumenteer met L-karnitien maar kan teoreties ook met Acetyl-L-Carnitine voorkom.

HOE OM ACETYL-L-CARNITINE TE GEBRUIK
Moenie jou medisyne met enige iemand anders deel nie.
Neem Acetyl-L-Carnitine altyd presies soos aanbeveel. Bevestig met jou dokter of apteker indien jy onseker is.

Die normale dosis is:
Volwassenes: Neem een (1) tot twee (2) kapsules twee keer per dag. Kinders 12 jaar en jonger: Neem een (1) kapsule een of twee keer per dag. Neem minstens 30 minute voor etes, op 'n leë maag.

INDIEN JY MEER ACETYL-L-CARNITINE GEBRUIK AS WAT JY BEHOORT
Indien oordosering vermoed word, raadpleeg onmiddellik jou dokter of apteker. Indien geeneen beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

INDIEN JY VERGEET HET OM ACETYL-L-CARNITINE TE NEEM:
Moenie 'n dubbele dosis neem om vir oorgeslane dosisse te vergoed nie.

MOONTLIKE NEWE-EFFEKTE
Acetyl-L-Carnitine kan moontlik newe-effekte veroorsaak.
Acetyl-L-Carnitine word in die algemeen goed verdra. Dit kan moontlik naarheid, braking, gastro-intestinale ongesteldheid en agitasie veroorsaak. Nie alle newe-effekte wat vir Acetyl-L-Carnitine aangemeld is word in hierdie biljet genoem nie. Indien jou algemene gesondheid verswak terwyl jy hierdie medikasie gebruik, moet jy asseblief jou dokter, apteker of ander gesondheidsorgkundige raadpleeg
Indien jy enige newe-effekte waarneem wat nie in hierdie biljet genoem word nie, moet jy jou dokter of apteker daarvan vertel.

BERGING EN WEGDOEN VAN ACETYL-L-CARNITINE
Bewaar alle medikasie buite bereik van kinders.
Bewaar teen of benede 25 °C.
Bewaar in die oorspronklike houer.
Hou die houer dig toe.
Beskerm teen vog.
Moenie die produk in die badkamer bewaar nie.
Moenie na die vervaldatum wat op die houer aangedui is gebruik nie.
Moenie Acetyl-L-Carnitine gebruik indien jy enige sigbare tekens van produkafbraak opmerk nie.
Besorg enige ongebruikte medisyne terug aan jou apteker.
Moenie van ongebruikte medisyne ontslae raak in dreine of rioolstelsels nie (bv. toilette)

AANBIEDING VAN ACETYL-L-CARNITINE-
n Wit plastiek houer met 'n wit plastiek skroefprop en seël vir beskerming, gevul met 30 kapsules.

IDENTIFIKASIE VAN ACETYL-L-CARNITINE
n Deurskynende, vegetariëse kapsuuldop gevul met 'n wit inhoud.

REGISTRASIENOMMER
TBA

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT
Ascendis Supply Chain (Pty) Ltd
1 Carey Street, Wynberg
Sandton, Gauteng 2090
South Africa

DATUM VAN PUBLIKASIE
TBA

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SOLAL®
HEALTHY AGING SPECIALISTS

A PROUD BRAND OF
Ascendis HEALTH