

SOLAL® OMEGA 3 DOUBLE STRENGTH

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

Omega 3 Double Strength softgel capsules

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

Omega 3 Double Strength is available without a doctor's prescription, for you to treat a mild illness. Nevertheless you still need to use Omega 3 Double Strength carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Omega 3 Double Strength with any other person.
- Ask your pharmacist if you need more information or advice.

WHAT OMEGA 3 DOUBLE STRENGTH CONTAINS

The active substance is:

Fish oil (concentrate)	1000mg
of which:	
Omega-3 fats: EPA (eicosapentaenoic acid)	510mg
DHA (docosahexaenoic acid)	90mg
Vitamin E (DL-alpha tocopheryl acetate)	6.7mg

The other ingredients are:

Aqua, fish gelatin, glycerol
Sugarfree

WHAT OMEGA 3 DOUBLE STRENGTH IS USED FOR

Category D: Health Supplement

Omega-3 Double Strength is rich in two essential omega-3 fats which are important for general health, a healthy cardiovascular system, cognitive function and eye health. They also help reduce inflammation and assists with joint and mobility support

BEFORE YOU TAKE OMEGA 3 DOUBLE STRENGTH

Do not take Omega 3 Double Strength if you are hypersensitive (allergic) to any of the ingredients. Do not use if you are allergic to fish. 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.

TAKING OMEGA 3 DOUBLE STRENGTH WITH FOOD AND DRINK:

Take Omega 3 Double Strength with or shortly after your main meal

PREGNANCY AND BREASTFEEDING:

Safe to use in pregnancy and breastfeeding (although pregnant woman should only take one capsule daily).

TAKING OTHER MEDICINES WITH OMEGA 3 DOUBLE STRENGTH:

Always tell your healthcare professional if you are taking any other medicine.

If you take any medicine to thin the blood, or any anti-inflammatory drugs, you should consult your healthcare practitioner, as there may be a chance of increased bleeding

If you take medicine to lower your blood pressure, Omega 3 Double Strength may add to the effects of this medicine

HOW TO TAKE OMEGA 3 DOUBLE STRENGTH

Do not share medicines prescribed for you with any other person. Always take Omega 3 Double Strength exactly as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure.

The usual dose is:

Adults: Take 2 softgel capsules once daily, with or shortly after your main meal

IF YOU TAKE MORE OMEGA 3 DOUBLE STRENGTH 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 OMEGA 3 DOUBLE STRENGTH :

Do not take a double dose to make up for forgotten individual doses.

POSSIBLE SIDE EFFECTS

Omega 3 Double Strength can have side effects. Side effects may include nausea, heartburn and fishy aftertaste. Not all side effects reported for Omega 3 Double Strength 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 OMEGA 3 DOUBLE STRENGTH

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 Omega 3 Double Strength 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 OMEGA 3 DOUBLE STRENGTH

A white plastic container with a white plastic screw cap and seal for protection, containing 60 softgel capsules

IDENTIFICATION OF OMEGA 3 DOUBLE STRENGTH

Clear softgel capsule containing yellow 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® OMEGA 3 DOUBLE STRENGTH

PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSTATUS

Ongeskeduleer

HANDELSNAAM EN DOSEERVORM

Omega 3 Double Strength sagte gelatien kapsules

LEES DIE HELE INLIGTINGSBLAADJIE NOUKEURIG DEUR, DIT BEVAT BELANGRIKE INLIGTING VIR JOU.

Omega 3 Double Strength is beskikbaar sonder 'n doktersvoorskrif en is aanvullende (komplimentêre) medisyne. Jy moet Omega 3 Double Strength egter nog steeds versigtig gebruik om die beste resultate te verkry.

- Hou hierdie voubljef, dit mag dalk nodig wees dat jy dit weer lees.
- Moenie Omega 3 Double Strength met enige ander persoon deel nie.
- Raadpleeg jou apteker of gesondheidsorgpraktisyn indien jy meer inligting of advies benodig.

WAT OMEGA 3 DOUBLE STRENGTH BEVAT

Die aktiewe bestanddeel is:	
Visolie (konsentraat)	1000 mg
Bevattende	
Omega-3 vette (eikosapentaenoïse suur)	510 mg
en doksaheksanoïese suur	90 mg
Vitamiën E (DL-alfa tokoferoolasetaat)	6,7 mg

Die ander bestanddele is:

Water, visgelatien, gliserol
Suikervry

WAARVOOR OMEGA 3 DOUBLE STRENGTH GEBRUIK WORD

Kategorie D: Gesondheidsaanvulling

Omega-3 Double Strength bevat 2 essensiële omega-3 vette wat belangrik is vir algemene gesondheid, 'n gesonde kardiovaskulêre stelsel, waarnemingstunksie en gesonde oë. Omega-3 Double Strength kan ook help om inflammasie te verminder, die gewigte te ondersteun en om beweglikheid te bevorder.

VOORDAT OMEGA 3 DOUBLE STRENGTH GEBRUIK WORD

Moenie Omega 3 Double Strength gebruik indien jy hipersensitief (allergies) is vir enige van die bestanddele nie. Moenie Omega 3 Double Strength gebruik indien jy allergies is vir vis 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 dieet aan te vul.

NEEM VAN OMEGA 3 DOUBLE STRENGTH MET KOS EN DRANK:

Neem Omega 3 Double Strength met of kort na jou hoofmaaltyd.

SWANGERSKAP EN BORSVOEDING

Veilig vir gebruik tydens swangerskap en borsvoeding. (Swanger vroue moet net een (1) kapsule een keer per dag neem.)

AS JY ANDER MEDISYNE SAAM MET OMEGA 3 DOUBLE STRENGTH NEEM:

Vertel altyd jou gesondheidsorgpraktisyn indien jy enige ander medikasie neem. Indien jy enige bloedverduuners of anti-inflammatoriese middels gebruik moet jy eers jou gesondheidsorgpraktisyn raadpleeg voordat jy Omega 3 Double Strenth gebruik aangesien dit die risiko vir bloeding kan verhoog. Indien jy medikasie gebruik om jou bloeddruk te verlaag, kan Omega 3 Double Strength die effek versterk.

HOE OM OMEGA 3 DOUBLE STRENGTH TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie. Neem Omega 3 Double Strength altyd presies soos aanbeveel. Bevestig met jou dokter of apteker indien jy onseker is.

Die normale dosis is:

Volwassenes: Neem twee (2)sagte gelatien kapsules een keer per dag met of kort na jou hoofmaaltyd.

INDIEN JY MEER OMEGA 3 DOUBLE STRENGTH GEBRUIK AS WAT JY BEHOORT

Indien oordosering vermoed word, raadpleeg onmiddellik jou dokter of apteker. Indien geneen beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

INDIEN JY VERGEET HET OM OMEGA 3 DOUBLE STRENGTH TE NEEM:

Moenie 'n dubbele dosis neem om vir oorgeslane dosisse te vergoed nie.

MOONTLIKE NEWE-EFFEKTE

Omega 3 Double Strength kan moontlik newe-effekte veroorsaak. Newe-effekte soos naarheid, sooilbrand en 'n visserige nasmaak kan voorkom. Nie alle newe-effekte wat vir Omega 3 Double Strength aangemeld is word in hierdie bljef 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 bljef genoem word nie, moet jy jou dokter of apteker daarvan vertel.

BERGING EN WEGDOEN VAN OMEGA 3 DOUBLE STRENGTH

Bewaar alle medikasie buite bereik 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 Omega 3 Double Strength 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 OMEGA 3 DOUBLE STRENGTH

n Wit plastiek houer met 'n wit plastiek skroelprop en seël vir beskerming, gevul met 60 sagte gelatien kapsules.

IDENTIFIKASIE VAN OMEGA 3 DOUBLE STRENGTH

n Deurskynende sagte gelatien kapsule gevul met 'n geel olie.

REGISTRASIONOMMER

TBA

NAAM EN BESIGHEIDSAADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

Ascendis Supply Chain (Pty) Ltd

1 Carey Street, Wynberg

Sandton, Gauteng 2090

South Africa

DATUM VAN PUBLIKASIE

TBA

SOLAL® OMEGA 3 DOUBLE STRENGTH

PACKAGE INSERT

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

Omega 3 Double Strength softgel capsules

COMPOSITION

Each capsule contains:

Fish oil (concentrate)	1000mg
of which:	
Omega-3 fats: EPA (eicosapentaenoic acid)	510mg
DHA (docosahexaenoic acid)	90mg
Vitamin E (DL-alpha tocopheryl acetate)	6.7mg

Inactive ingredients:

Aqua, fish gelatin, glycerol
Sugarfree

PHARMACOLOGICAL CLASSIFICATION

Category D: Health Supplement

PHARMACOLOGICAL ACTION

Fish oils contain long chain polyunsaturated fats called omega 3 fatty acids. They are especially high in the omega 3 fatty acids: eicosapentaenoic (EPA) and docosahexaenoic (DHA). EPA and DHA have been shown to be beneficial in supporting health, brain and eye function. Omega 3 fatty acids from fish oils have anti-inflammatory and antithrombotic effects. This has been attributed to omega 3 fatty acids competing with arachidonic acid in the cyclooxygenase and lipoygenase pathways. Omega 3 fatty acids seem to suppress COX-2 expression and the inflammatory cytokines

INDICATIONS

Omega-3 Double Strength™ is rich in two essential omega-3 fats, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), which are important for general health, a healthy cardiovascular system, cognitive function and eye health. They also help reduce inflammation. The EPA and DHA types of omega-3s, which are concentrated and purified from fish oil, are more effective than the plant derived algalnolenic acid (ALA) type of omega-3

CONTRAINDICATIONS

There are no know contraindications

WARNINGS AND SPECIAL PRECAUTIONS

Do not use this product if you are hypersensitive (allergic) to any of the ingredients. If you are on any medication or suffering from any medical condition, it is advisable to seek medical advice before starting any new medicine, supplement or remedy.

Do not exceed recommended dosages unless on the advice of a healthcare practitioner.

Do not use if you are allergic to fish

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.

INTERACTIONS

Anticoagulant/ Antiplatelet medicines: Fish oils may have anticoagulant effects that may increase the chance of bleeding. Individuals using any of the following medications: aspirin; clopidogrel; dalteparin; enoxaparin; heparin; warfarin; nonsteroidal anti-inflammatory drugs such as diclofenac, ibuprofen, and naproxen, should use with caution

Antihypertensive medicines: Omega-3 may lower blood pressure and add to the effects of medicines that lower blood pressure

PREGNANCY AND LACTATION

Safe to use in pregnancy and breastfeeding (although pregnant woman should only take one capsule daily).

DOSAGE AND DIRECTIONS FOR USE

Adults: Take 2 softgel capsules once daily, with or shortly after your main meal

SIDE EFFECTS

Side effects may include nausea, heartburn and fishy aftertaste

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

Treatment should be symptomatic and supportive. In the case of accidental overdose of the product, contact the nearest hospital or poison control centre.

IDENTIFICATION

Clear softgel capsule containing yellow contents

PRESENTATION

A white plastic container with a white plastic screw cap and seal for protection, containing 60 softgel capsules

STORAGE INSTRUCTIONS

Store in a cool dry place at or below 25 °C.
KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER

TBA

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION

Ascendis Supply Chain (Pty) Ltd
1 Carey Street, Wynberg
Sandton, Gauteng 2090
South Africa

DATE OF PUBLICATION OF THE PACKAGE INSERT

TBA

869750/10

SOLAL®
HEALTHY AGING SPECIALISTS

A PROUD BRAND OF
 **Ascendis**
HEALTH