

## SOLAL® GLUTAMINE

### PATIENT INFORMATION LEAFLET

#### SCHEDULING STATUS

Unscheduled

#### PROPRIETARY NAME AND DOSAGE FORM

SOLAL® GLUTAMINE, powder

#### Read all of this leaflet carefully because it contains important information for you

A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.

SOLAL® GLUTAMINE is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use SOLAL® GLUTAMINE carefully to get the best results from it.

- Do not share SOLAL® GLUTAMINE with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

#### WHAT SOLAL® GLUTAMINE CONTAINS

The active substance is:

Each scoop contains:  
L-Glutamine 3,000 mg

#### WHAT SOLAL GLUTAMINE IS USED FOR

Category D Complementary Medicine  
D 34.1 Complementary Medicine: Health Supplement, Amino acids  
SOLAL® GLUTAMINE assists in post-workout muscle repair and digestive support.

#### BEFORE YOU TAKE SOLAL® GLUTAMINE

Do not take SOLAL® GLUTAMINE if you are hypersensitive (allergic) to any of the ingredients.

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

#### Take special care with SOLAL® GLUTAMINE

Sufficient protein is provided in normal well-balanced daily meals. You should not exceed the daily dosage level without consulting a relevant healthcare provider.

You should consult a relevant healthcare provider before you take SOLAL® GLUTAMINE:

- If you suffer from seizure disorders
- If you have been instructed to follow a low protein diet
- If you are pregnant or breastfeeding.

#### Taking SOLAL® GLUTAMINE with food and drink

SOLAL® GLUTAMINE can be taken with or without food.

#### Pregnancy and Breastfeeding

If you are pregnant or breastfeeding your baby, please consult your healthcare provider for advice before taking SOLAL® GLUTAMINE. Safety in pregnancy and breastfeeding has not been established.

#### Important information about some of the ingredients of SOLAL® GLUTAMINE

Sugar free.  
Suitable for vegans and vegetarians.

#### Taking other medicines with SOLAL® GLUTAMINE

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

#### HOW TO TAKE SOLAL® GLUTAMINE

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

Always take SOLAL® GLUTAMINE exactly as instructed. You should check with your doctor or pharmacist if you are unsure.

The usual dosage is:

#### For post-workout:

Adults:  
Take 1 level scoop (3 grams), 30 minutes before exercise, and take 2 level scoops (6 grams) after exercise, with or without food. Consume no later than 90 minutes after exercising.

#### For digestive support:

Adults:  
Take 1 level scoop twice daily, with or without food.

#### If you take more SOLAL® GLUTAMINE than you should

In the event of overdose, 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 SOLAL® GLUTAMINE

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

#### POSSIBLE SIDE EFFECTS

SOLAL® GLUTAMINE can have side effects.  
Side effects may include belching, bloating, constipation, cough, diarrhea, flatulence, gastrointestinal pain, headache, musculoskeletal pain, nausea and vomiting.

Not all side effects reported for SOLAL® GLUTAMINE are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking SOLAL® GLUTAMINE, please consult your healthcare provider for advice.  
If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

#### STORING AND DISPOSING OF SOLAL® GLUTAMINE

Always tell your healthcare provider if you are taking any other medicine.  
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 / bottle.

Do not use SOLAL® GLUTAMINE 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 SOLAL® GLUTAMINE

A white plastic container with a white plastic screw cap, containing a scoop and a seal for protection.

#### IDENTIFICATION OF SOLAL® GLUTAMINE

A white powder.

#### REGISTRATION NUMBER

TBA

#### DATE OF REGISTRATION

TBA

#### PROFESSIONAL INFORMATION

For further information refer to the Professional Information of the product.

#### NAME AND ADDRESS OF REGISTRATION HOLDER

Ascendis Consumer Brands (Pty) Ltd  
1 Carey Street  
Wynberg, Gauteng 2090  
South Africa  
+27 11 036 9420

Sugar free.  
Suitable for vegans and vegetarians.

#### PHARMACOLOGICAL CLASSIFICATION

Category D Complementary Medicine  
Discipline 34.1 Health Supplements, Amino acids

#### PHARMACOLOGICAL ACTION

Glutamine is a source of an amino acid involved in muscle protein synthesis.  
Helps restore plasma glutamine levels depleted after periods of physical stress (e.g. prolonged exhaustive exercise) and assists in muscle cell repair after exercise.

It supports immune system and digestive system health after periods of physical stress.  
Glutamine is produced mainly in skeletal muscle and then released into circulation for use by the immune system, gastrointestinal tract, kidneys and liver.

Glutamine has been shown to have protein sparing effects in healthy adults. Protein sparing occurs when enough protein and amino acids are provided to prevent muscle breakdown.  
It may enhance exercise performance by playing a role in protein synthesis. In humans, it may increase the storage of muscle glycogen following exercise.

#### INDICATIONS

Assists in post-workout muscle repair and digestive support.

#### CONTRAINDICATIONS

Hypersensitivity (allergies) to any of the ingredients of SOLAL® GLUTAMINE.

#### WARNINGS and SPECIAL PRECAUTIONS

Sufficient protein is provided in normal well-balanced daily meals.

#### DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA

## SOLAL® GLUTAMINE

### PASIËNTINLIGTINGSBLAADJIE

#### SKEDULERINGSSTATUS

Ongeskeduleer

#### HANDELSNAAM EN DOSEERVORM

SOLAL® GLUTAMINE, poeier

#### Lees die hele inligtingsblaadjie noukeurig deur, dit bevat belangrike inligting vir jou

'n Dieet met verskeidenheid is die doeltreffendste en veiligste manier om goeie voeding, gesondheid, liggaamsamstelling sowel as geestelike en fisiese prestasies te bewerkstellig.

SOLAL® GLUTAMINE is beskikbaar sonder 'n doktersvoorskrif om mildere ernstige siektes te behandel. Jy moet eger nogsteeds SOLAL® GLUTAMINE versigtig gebruik om die beste resultate te verkry.

- Hou hierdie voubladjie, dit mag dalk nodig wees om dit weer te lees.
- Moenie SOLAL® GLUTAMINE met enige ander persoon deel nie.
- Raadpleeg jou gesondheidsorgverskaffer of apteker indien jy meer inligting of advies benodig.

#### WAT SOLAL® GLUTAMINE BEVAT

Die aktiewe bestanddeel is:

Elke skep bevat:  
L-Glutamine 3,000 mg

Patients should be advised not to exceed the daily dosage level without consulting a relevant healthcare provider.  
Use with caution in patients with seizure disorders as SOLAL® GLUTAMINE might increase the risk of seizures.  
Exercise caution in patients who follow a low protein diet or are pregnant and/or breastfeeding.

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

#### INTERACTIONS

There are no known interactions.

#### HUMAN REPRODUCTION

Safety during pregnancy and lactation has not been established.

#### DOSEAGE AND DIRECTIONS FOR USE

##### For post-workout:

Adults:  
Take 1 level scoop (3 grams), 30 minutes before exercise, and take 2 level scoops (6 grams) after exercise, with or without food. Consume no later than 90 minutes after exercising.

##### For digestive support:

Adults:  
Take 1 level scoop twice daily, with or without food.

#### SIDE EFFECTS

Side effects may include belching, bloating, constipation, cough, diarrhea, flatulence, gastrointestinal pain, headache, musculoskeletal pain, nausea and vomiting.

#### 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

A white powder.

#### PRESENTATION

A white plastic container with a white plastic screw cap, containing a scoop and a seal for protection.

#### STORAGE INSTRUCTIONS

Store at or below 25 °C. Keep the container tightly closed.  
KEEP OUT OF REACH OF CHILDREN.

#### REGISTRATION NUMBER

TBA

#### DATE OF REGISTRATION

TBA

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

Ascendis Consumer Brands (Pty) Ltd  
1 Carey Street  
Wynberg, Gauteng 2090  
South Africa  
+27 11 036 9420

#### DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA

HINGE AREA

#### Belangrike inligting in verband met sommige van die bestanddele in SOLAL® GLUTAMINE

Suikervry.

Geskik vir vegane en vegetêrliars.

#### As jy ander medisyne saam met SOLAL® GLUTAMINE neem

Stel altyd jou gesondheidsorgverskaffer in kennis indien jy enige ander medisyne gebruik.

#### HOË OM SOLAL® GLUTAMINE TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie.

Neem SOLAL® GLUTAMINE altyd presies soos aanbeveel. Bevestig met jou dokter of apteker indien jy onseker is.

Die normale dosering is:

#### Vir na-oefensessies:

Volwassenes:  
Neem 1 gelyke skep (3 gram), 30 minute voor oefening, en neem 2 gelyke skeppe (6 gram) na oefening, met of sonder kos. Moenie later as 90 minute na oefening neem nie.

#### Vir spysvertering ondersteuning:

Volwassenes:  
Neem een gelyke skep tweemaal daaglik, voor of na ete.

#### Indien jy meer SOLAL® GLUTAMINE gebruik as wat jy behoort

Indien oordosering vermoed word, raadpleeg onmiddellik jou dokter of apteker. Indien geen besoek beskikbaar is nie, kontak die naaste hospitaal of giftbeheersentrum.

#### Indien jy vergeet het om SOLAL® GLUTAMINE te neem

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

#### MOONTLIKE NIEWE-EFFEKTE

SOLAL® GLUTAMINE kan moontlik newe-effekte veroorsaak.  
Newe-effekte mag insluit die opbrek van winds, opgeblasenhuid.

konspasie, hoë, diarree, winterigheid, gastroïntestinale pyn, hoofpyn, muskuloskeletale pyn, naartied en braking.  
Nie alle newe-effekte wat vir SOLAL® GLUTAMINE aangemeld is word in hierdie voubladjie genoem nie. Indien jou algemene gesondheid verswak of indien jy enige nadelige effekte ondervind terwyl jy SOLAL® GLUTAMINE gebruik, moet jy asseblief jou dokter, apteker of ander gesondheidsorgverskaffer raadpleeg.

Indien jy enige newe-effekte waarmee wat nie in hierdie voubladjie genoem word nie, moet jy jou dokter of apteker daarvan vertel.

#### BERGING EN WEGDOEN VAN SOLAL® GLUTAMINE

Bewaar alle medikasie buite bereik van kinders.

Bewaar teen of benede 25 °C.

Bewaar in die oorspronklike houër.

Maak die houër dig toe.

Beskerm teen vog.

Moenie die produk in die badkamer bewaar nie.  
Moenie na die vervaldatum wat op die etiket / bottel aangedui is, gebruik nie.

Moenie SOLAL® GLUTAMINE gebruik indien jy enige sigrabe tekens van produktaak 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 SOLAL® GLUTAMINE

'n Wit plastiekhouer met 'n Wit plastiek skroefdeksel, wat 'n skeppelepel bevat en 'n seel vir beskerming.

#### IDENTIFIKASIE VAN SOLAL® GLUTAMINE

'n Wit poeier.

#### REGISTRASIEONNMER

TBA

HINGE AREA