

SOLAL® TYROSINE (L-TYROSINE)

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

SOLAL® TYROSINE (L-Tyrosine), capsules

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

- Keep this leaflet. You may need to read it again.
- Do not share SOLAL® TYROSINE (L-Tyrosine) with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

WHAT SOLAL® TYROSINE (L-Tyrosine) CONTAINS

The active substance is:

L-Tyrosine 250,00 mg

The other ingredients are:

Hypromellose, magnesium stearate, magnesium silicate, microcrystalline cellulose and silicone dioxide.

WHAT SOLAL® TYROSINE (L-Tyrosine) IS USED FOR

Category D Complementary Medicine
Discipline 34.1 Health Supplements. Amino acid
SOLAL® TYROSINE (L-Tyrosine) is a source of an amino acid involved in muscle protein synthesis.

BEFORE YOU TAKE SOLAL® TYROSINE (L-Tyrosine)

Do not take SOLAL® TYROSINE (L-Tyrosine) 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® TYROSINE (L-Tyrosine)

Consult a relevant health care provider prior to use if you are:

- following a low protein diet; or
- pregnant or breastfeeding.

Taking SOLAL® TYROSINE (L-Tyrosine) with food and drink

Take SOLAL® TYROSINE (L-Tyrosine) with or without meals.

Pregnancy and Breastfeeding

If you are pregnant or breastfeeding your baby, please consult your healthcare provider for advice before taking SOLAL® TYROSINE (L-Tyrosine).

Safety during pregnancy and breastfeeding has not been established.

Important information about some of the ingredients of SOLAL® TYROSINE (L-Tyrosine)

Sugar free.

Suitable for vegetarians.

Taking other medicines with SOLAL® TYROSINE (L-Tyrosine)

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

L-Tyrosine as in SOLAL® TYROSINE (L-Tyrosine) may decrease the effectiveness of levodopa (used to treat muscle stiffness). Therefore, these medicines should be taken 2 hours apart.

L-Tyrosine as in SOLAL® TYROSINE (L-Tyrosine) may have additive effects when taken with thyroid hormone medications such as levothyroxine). Speak to your doctor before taking SOLAL® TYROSINE (L-Tyrosine).

HOW TO TAKE SOLAL® TYROSINE (L-Tyrosine)

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

Always take SOLAL® TYROSINE (L-Tyrosine) exactly as instructed. You should check with your doctor or pharmacist if you are unsure.

The usual dosage is:

Adults: Take 3 capsules twice a day.

If you take more SOLAL® TYROSINE (L-Tyrosine) 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® TYROSINE (L-Tyrosine)

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

POSSIBLE SIDE EFFECTS

SOLAL® TYROSINE (L-Tyrosine) can have side effects. Side effects may include fatigue, headache, heartburn and nausea.

Not all side effects reported for SOLAL® TYROSINE (L-Tyrosine) are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking SOLAL® TYROSINE (L-Tyrosine), 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® TYROSINE (L-Tyrosine)

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® TYROSINE (L-Tyrosine) 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® TYROSINE (L-Tyrosine)

A white plastic container, containing 180 capsules with a white plastic screw cap and a seal for protection.

IDENTIFICATION OF SOLAL® TYROSINE (L-Tyrosine)

A clear, SOLAL branded (black ink) capsule containing 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

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

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SOLAL® TYROSINE (L-TYROSINE)

PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSSTATUS

Ongeskeduleer

HANDELSNAAM EN DOSEERVORM

SOLAL® TYROSINE (L-Tyrosine), kapsules

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

'n Dieët met verskeidenheid is die doeltreffendste en veiligste manier om goeie voeding, gesondheid, liggaamsamestelling sowel as geestelike en fisiese prestasies te bewerkstellig. SOLAL® TYROSINE (L-Tyrosine) is beskikbaar sonder 'n doktersvoorskrif om minder ernstige siektes te behandel. Jy moet egter nogsteeds SOLAL® TYROSINE (L-Tyrosine) versigtig gebruik om die beste resultate te verkry.

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

WAT SOLAL® TYROSINE (L-Tyrosine) BEVAT

Die aktiewe bestanddeel is:

L-Tirosien 250,00 mg

Die ander bestanddele is:

Hipromellose, magnesiumstearaat, magnesiumsilikaat, mikrokristalyn sellulose en silikondioksied.

WAARVOOR SOLAL® TYROSINE (L-Tyrosine) GEBRUIK WORD

Kategorie D Komplementêre Medisyne
Dissipline 34.1 Gesondheidsaanvulling. Aminosuur
SOLAL® TYROSINE (L-Tyrosine) is 'n bron van aminosure wat betrokke is in die proteïensintese van spiere.

VOORDAT SOLAL® TYROSINE (L-Tyrosine) GEBRUIK WORD

Moenie SOLAL® TYROSINE (L-Tyrosine) gebruik indien jy hipersensitief (allergies) is vir enige van die bestanddele nie. Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer vir sy gehalte, veiligheid of beoogde gebruik nie.

Neem spesiale sorg met SOLAL® TYROSINE (L-Tyrosine)

Raadpleeg 'n relevante gesondheidsorgverskaffer voor gebruik as jy:

- 'n lae-proteïen dieët volg
- swanger is of borsvoed

Neem van SOLAL® TYROSINE (L-Tyrosine) met voedsel en vloeistof

Neem SOLAL® TYROSINE (L-Tyrosine) met of sonder etes.

Swangerskap en Borsvoeding

As jy swanger is of jou baba borsvoed, raadpleeg jou gesondheidsorgverskaffer voordat jy SOLAL® TYROSINE (L-Tyrosine) gebruik.

Veiligheid tydens swangerskap en borsvoeding is nie vasgestel nie.

Belangrike inligting in verband met sommige van die bestanddele in SOLAL® TYROSINE (L-Tyrosine)

Suikervry.

Geskik vir vegetariërs.

As jy ander medisyne saam met SOLAL® TYROSINE (L-Tyrosine) neem

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

L-Tyrosine soos in SOLAL® TYROSINE (L-Tyrosine) mag die effektiwiteit van levodopa (wat gebruik word om spierstyfheid te behandel), verlaag. Daarom moet hierdie medisyne 2 ure uitmekaar geneem word.

L-Tyrosine soos in SOLAL® TYROSINE (L-Tyrosine) mag bykomende effekte hê wanneer dit saam met skildklier medikasie soos levitiroksien geneem word. Praat met jou dokter voordat jy SOLAL® TYROSINE (L-Tyrosine) neem.

HOE OM SOLAL® TYROSINE (L-Tyrosine) TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie. Neem SOLAL® TYROSINE (L-Tyrosine) altyd presies soos aanbeveel. Bevestig met jou dokter of apteker indien jy onseker is.

Die normale dosering is:

Volwassenes: Neem 3 kapsules twekeer per dag.

Indien jy meer SOLAL® TYROSINE (L-Tyrosine) 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 SOLAL® TYROSINE (L-Tyrosine) te neem

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

MOONTLIKE NWE-EFFEKTE

SOLAL® TYROSINE (L-Tyrosine) kan moontlik nwe-effekte veroorsaak.

Nwe-effekte mag insluit moegheid, hoofpyn, sooibrand en naarheid.

Nie alle nwe-effekte wat vir SOLAL® TYROSINE (L-Tyrosine) aangemeld is word in hierdie voubljiet genoem nie. Indien jou algemene gesondheid verswak of indien jy enige nadelige effekte ondervind terwyl jy SOLAL® TYROSINE (L-Tyrosine) gebruik, moet jy asseblief jou gesondheidsorgverskaffer raadpleeg.

Indien jy enige nwe-effekte waarneem wat nie in hierdie voubljiet genoem word nie, moet jy jou dokter of apteker daarvan vertel.

BERGING EN WEGDOEN VAN SOLAL® TYROSINE (L-Tyrosine)

Bewaar alle medikasie buite bereik van kinders.

Bewaar teen of benede 25 °C.

Bewaar in die oorspronklike houer.

Maak die houer 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® TYROSINE (L-Tyrosine) gebruik indien jy enige sigbare tekens van produkafbraak opmerk nie.

Besorg enige ongebruikte medisyne terug aan jou apteker. Moenie van ongebruikte medisyne ontsaak raak in dreine of rioolstelsels nie (bv. toilette).

AANBIEDING VAN SOLAL® TYROSINE (L-Tyrosine)

'n Wit plastiekhouer met 'n wit plastiek skroefdeksel en 'n seël vir beskerming, wat 180 kapsules bevat.

IDENTIFIKASIE VAN SOLAL® TYROSINE (L-Tyrosine)

'n Deursigtige, SOLAL gemerkte (swart ink) kapsule wat 'n wit poeier bevat.

REGISTRASIEOMMER

TBA

DATUM VAN REGISTRASIE

TBA

PROFESIONELE INLIGTING

Verwys na die voubljiet met Professionele Inligting vir meer inligting.

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

Ascendis Consumer Brands (Pty) Ltd

1 Carey Street

Wynberg, Gauteng 2090

South Africa

+27 11 036 9420

DATUM VAN PUBLIKASIE VAN DIE PROFESIONELE INLIGTING

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905M340/00

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PROFESSIONAL INFORMATION

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

SOLAL® TYROSINE (L-Tyrosine), capsules

COMPOSITION

Each capsule contains:

L-Tyrosine 250,00 mg

Inactive ingredients:

Hypromellose, magnesium stearate, magnesium silicate, microcrystalline cellulose and silicone dioxide.

Sugar free.

Suitable for vegetarians.

PHARMACOLOGICAL CLASSIFICATION

Category D Complementary Medicine

Discipline 34.1 Health Supplements. Amino acid

PHARMACOLOGICAL ACTION

L-Tyrosine is a non-essential amino acid synthesised in the body from the essential amino acid, phenylalanine, after which it is incorporated into all protein.

Research shows that muscle tissue which was incubated with tyrosine resembled a precursor for protein synthesis. This was evident by the concentration counts of intracellular tyrosine in protein which increased with increasing tyrosine concentrations in the medium. Experiments involving both prolonged incubation under steady conditions and rapid alterations in activities support the view that free tyrosine in skeletal muscle acts as a precursor for protein synthesis.

INDICATIONS

SOLAL® TYROSINE (L-Tyrosine) is a source of an amino acid involved in muscle protein synthesis.

CONTRAINDICATIONS

Hypersensitivity (allergy) to any of the ingredients of SOLAL® TYROSINE (L-Tyrosine).

WARNINGS and SPECIAL PRECAUTIONS

Use with caution in patients who are pregnant and/or breastfeeding or following a low protein diet.

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

Theoretically, tyrosine, a precursor for thyroxine, might boost thyroid hormone levels. This might exacerbate hyperthyroidism and Graves' disease or alter the treatment of hypothyroidism. Advise patients with thyroid disorders not to take tyrosine supplements.

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

INTERACTIONS

L-Tyrosine as in SOLAL® TYROSINE (L-Tyrosine), may decrease the effectiveness of levodopa, as they both compete for absorption in the proximal duodenum, doses of tyrosine and levodopa should be separated by 2 hours.

L-Tyrosine as in SOLAL® TYROSINE (L-Tyrosine), may have additive effects with thyroid hormone medications (e.g. levothyroxine) as tyrosine is a precursor of thyroid hormone (see **WARNINGS and SPECIAL PRECAUTIONS**).

HUMAN REPRODUCTION

Safety during pregnancy and lactation has not been established.

DOSAGE AND DIRECTIONS FOR USE

Adults: Take 3 capsules twice a day.

SIDE EFFECTS

Side effects may include fatigue, headache, heartburn and nausea.

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 clear, SOLAL branded (black ink) capsule containing white powder.

PRESENTATION

A white plastic container, containing 180 capsules with a white plastic screw cap and a seal for protection.

STORAGE INSTRUCTIONS

Store at or below 25 °C.

KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER

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

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