

SOLAL® VITA PQQ

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

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

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

WHAT SOLAL® VITA PQQ CONTAINS

The active substance is:

Pyrrroquinoline quinone disodium salt 10,0 mg

The other ingredients are:

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

WHAT SOLAL® VITA PQQ IS USED FOR

Category D Complementary Medicine
Discipline 34.11 Health Supplements. Vitamins
SOLAL® VITA PQQ supports mitochondrial function, energy metabolism and provides cognitive support.

BEFORE YOU TAKE SOLAL® VITA PQQ

Do not take SOLAL® VITA PQQ 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.

Taking SOLAL® VITA PQQ with food and drink

Take SOLAL® VITA PQQ on an empty stomach.

Pregnancy and Breastfeeding

If you are pregnant or breastfeeding your baby, please consult your healthcare provider for advice before taking SOLAL® VITA PQQ.

Safety during pregnancy and breastfeeding has not been established.

SOLAL® VITA PQQ is not intended for use during pregnancy and while breastfeeding.

Important information about some of the ingredients of SOLAL® VITA PQQ

Sugar free.

Suitable for vegans and vegetarians.

Taking other medicines with SOLAL® VITA PQQ

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

HOW TO TAKE SOLAL® VITA PQQ

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

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

The usual dosage is:

Adults 18 years and older: Take 1 capsule daily.

If you take more SOLAL® VITA PQQ 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 SOLAL® VITA PQQ

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

POSSIBLE SIDE EFFECTS

SOLAL® VITA PQQ can have side effects.

Not all side effects reported for SOLAL® VITA PQQ are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking SOLAL® VITA PQQ, 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® VITA PQQ

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® VITA PQQ 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® VITA PQQ

A white plastic container with a white plastic screw cap and a seal for protection, containing 30 capsules.

IDENTIFICATION OF SOLAL® VITA PQQ

A clear, SOLAL branded (black ink) capsule containing an off-white to pink/peach 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

TBA

SOLAL® VITA PQQ

PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSSTATUS

Ongeskeduleer

HANDELSNAAM EN DOSEERVORM

SOLAL® VITA PQQ, kapsules

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

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

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

WAT SOLAL® VITA PQQ BEVAT

Die aktiewe bestanddeel is:

Pirrolokinolienkinoon dinatriumsout 10,0 mg

Die ander bestanddele is:

Hipromellose, magnesiumsilikaat, magnesiumstearaat, mikrokristallynellulose en silikondioksied.

WAARVOOR SOLAL® VITA PQQ GEBRUIK WORD

Kategorie D Komplementêre Medisyne
Dissipline 34.11 Gesondheidsaanvulling. Vitamien
SOLAL® VITA PQQ ondersteun mitochondriale funksie, energiemetabolisme en bied kognitiewe ondersteuning.

VOORDAT SOLAL® VITA PQQ GEBRUIK WORD

Moenie SOLAL® VITA PQQ 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 van SOLAL® VITA PQQ met voedsel en vloeistof

Neem SOLAL® VITA PQQ op 'n leë maag.

Swangerskap en Borsvoeding

As jy swanger is of jou baba borsvoed, raadpleeg jou gesondheidsorgverskaffer voordat jy SOLAL® VITA PQQ gebruik.

Veiligheid tydens swangerskap en borsvoeding is nie vasgestel nie.

SOLAL® VITA PQQ is nie bedoel vir gebruik tydens swangerskap en borsvoeding nie

Belangrike inligting in verband met sommige van die bestanddele in SOLAL® VITA PQQ

Suikervry.

Geskik vir vegane en vegetariërs.

As jy ander medisyne saam met SOLAL® VITA PQQ neem

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

HOE OM SOLAL® VITA PQQ TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie. Neem SOLAL® VITA PQQ altyd presies soos aanbeveel.

Bevestig met jou dokter of apteker indien jy onseker is. Die normale dosering is:

Volwassenes 18 jaar en ouer: Neem 1 kapsule daagliks.

Indien jy meer SOLAL® VITA PQQ gebruik as wat jy behoort

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

Indien jy vergeet het om SOLAL® VITA PQQ te neem

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

MOONTLIKE NEWE-EFFEKTE

SOLAL® VITA PQQ kan moontlik newe-effekte veroorsaak. Nie alle newe-effekte wat vir SOLAL® VITA PQQ aangemeld is, word in hierdie vouilijet genoem nie. Indien jou algemene gesondheid verswak of indien jy enige nadelige effekte ondervind terwyl jy SOLAL® VITA PQQ gebruik, moet jy asseblief jou gesondheidsorgverskaffer raadpleeg.

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

BERGING EN WEGDOEN VAN SOLAL® VITA PQQ

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® VITA PQQ 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 rioelstelsels nie (bv. toilette).

AANBIEDING VAN SOLAL® VITA PQQ

'n Wit plastiek houer met 'n wit plastiek skroefprop en 'n seël vir beskerming, gevul met 30 kapsules.

IDENTIFIKASIE VAN SOLAL® VITA PQQ

'n Deursigtige, SOLAL gemerkte (swart ink) kapsule wat 'n roomwit tot pienk/perske kleur poeier bevat.

REGISTRASIONOMMER

TBA

DATUM VAN REGISTRASIE

TBA

PROFESIONELE INLIGTING

Verwys na die vouilijet 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

TBA

905M349/00

SOLAL® VITA PQQ

PROFESSIONAL INFORMATION

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

SOLAL® VITA PQQ, capsules

COMPOSITION

Each capsule contains:

Pyrrroquinoline quinone disodium salt 10,0 mg

Inactive ingredients:

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

Sugar free.

Suitable for vegans and vegetarians.

PHARMACOLOGICAL CLASSIFICATION

Category D Complementary Medicine
Discipline 34.11 Health Supplements. Vitamins

PHARMACOLOGICAL ACTION

Pyrrroquinoline quinone (PQQ) is a quinone molecule which has the ability to be a redox agent, and as an antioxidant it can act as a free radical scavenger. PQQ may serve as an essential vitamin-like factor. PQQ aids in sustaining cellular NAD⁺ levels and mitochondrialgenesis. Exposure to PQQ leads to increased butyrate levels. Butyrate exerts a broad spectrum of positive effects, both in the intestine and systemically, including promoting energy expenditure, improving insulin resistance, and enhancing mitochondrial function.

In human clinical trials, PQQ was reported to promote cognitive function and improved regional blood flow in older adults. PQQ is neuroprotective and appears to improve memory.

INDICATIONS

SOLAL® VITA PQQ supports mitochondrial function, energy metabolism and provides cognitive support.

CONTRAINDICATIONS

Hypersensitivity (allergy) to any of the ingredients of SOLAL® VITA PQQ.

WARNINGS and SPECIAL PRECAUTIONS

A relevant healthcare provider should be consulted prior to use if pregnant or breastfeeding (see **HUMAN REPRODUCTION**).

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. SOLAL® VITA PQQ is not intended for use by pregnant or lactating women.

DOSAGE AND DIRECTIONS FOR USE

Adults 18 years and older: Take 1 capsule daily.

SIDE EFFECTS

There are no known side effects.

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 an off-white to pink/peach powder.

PRESENTATION

A white plastic container with a white plastic screw cap and a seal for protection, containing 30 capsules.

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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