



## PATIENT INFORMATION LEAFLET

**SCHEDULING STATUS:** Unscheduled.

Category D: Complementary medicine.

Discipline: D33.6 Other (Western Herbal Complimentary Medicine)

### PROPRIETARY NAME, STRENGTH, AND PHARMACEUTICAL FORM

Hepa Plus , 45 Tablets

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

- Hepa Plus is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use Hepa Plus carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share Hepa Plus with any other person.
- Ask your pharmacist or healthcare practitioner if you need more information or advice.

### WHAT HEPA PLUS CONTAINS

Each 1 Tablet of Hepa Plus contains the following actives:

Artichoke leaf powder (Cynara scolymus)	Leaf	200 mg
Choline bitartrate 100 mg		100 mg
Milk thistle tit. dry extract 2% (Silybum marianum)	Fruit	80 mg
DL-Methionine		40 mg
Inositol		40 mg
Dandelion tit. dry extract 2% (Taraxacum officinale)	Root	30 mg
30 mg		
Pyridoxine (Vitamin B6)		1 mg
1 mg		

### Other ingredients:

Calcium phosphate  
Microcrystalline Cellulose  
Vegetable magnesium stearate  
Silicon dioxide

### No sugar added

### WHAT HEPA PLUS IS USED FOR

Hepa Plus is specially formulated to support liver function and detoxify the body. It contains Vitamin B6, Methionine, Inositol, and Choline which helps to maintain normal liver function.

### BEFORE YOU TAKE HEPA PLUS

Do not take Hepa Plus if you are hypersensitive (allergic) to any of the ingredients.

This medicine has not been evaluated by SAHPRA for quality, safety, or intended use. This medicine is not intended to diagnose, treat, cure or prevent any disease.

### PREGNANCY AND BREASTFEEDING

Safety during pregnancy and breastfeeding has not been established. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare provider for advice before taking this medicine.

### TAKING OTHER MEDICINES WITH HEPA PLUS

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

### HOW TO TAKE HEPA PLUS

Do not share medicines prescribed for you with any other person. Always take Hepa Plus exactly as described in this leaflet, or as your doctor, healthcare provider has instructed you.

You should check with your doctor, pharmacist or healthcare provider if you are unsure.

**Directions for use:** Take 1 tablet, 2 to 3 times per day with liquids, at mealtime.

Stop taking **Hepa Plus** at least two weeks before scheduled surgery.

### IF YOU TAKE MORE HEPA PLUS THAN YOU SHOULD

In the event of over-dosage, consult your doctor, pharmacist. Should none of these be available, contact the nearest hospital or poison control center.

### IF YOU FORGET TO TAKE HEPA PLUS

Do not take a double dose to make up for a missed dose.

### POSSIBLE SIDE EFFECTS

**HEPA PLUS** may have side effects.

If any of the following happens, stop using **HEPA PLUS** and tell your doctor or go to the casualty department at your nearest hospital:

- diarrhea, nausea, intestinal gas, fullness, loss of appetite, and possibly headache.
- heartburn, dizziness, or drowsiness.

These are all very serious effects. If you have them, you may have had a serious reaction to **HEPA PLUS**. You may need urgent medical attention or hospitalisation.

Should you have a bile duct obstructions, gallstones, hormone sensitive conditions, liver disease, schizophrenia, bleeding disorders, kidney disease, acidosis, speak to your healthcare professional before using.

If you are taking lithium, diuretics, blood thinning medication, or antibiotics, it is not recommended to take **Hepa Plus**. Please inform your healthcare professional prior to using this supplement as there may be interactions with medication.

Not all side effects reported for **Hepa Plus** 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, pharmacist or healthcare professional.

### STORAGE AND DISPOSING OF HEPA PLUS

Store all medicines out of the reach of children.

Store in a cool, dark place, below 25 °C.

Protect from direct sunlight and heat.

Store in the original packaging.

Keep the bottle tightly closed.

Replace the protective cap after each use.

Do not use after the expiry date stated on the bottle/packaging.

Do not use **Hepa Plus** if you notice visible signs of deterioration.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

### PRESENTATION OF HEPA PLUS

45 Tablets in PVDC/golden aluminium blister strips (15 tablets each) packed in a carton box.

### IDENTIFICATION OF HEPA PLUS

Light brown, oval tablets with a notch.

### REGISTRATION NUMBER

TBA.

### NAME AND ADDRESS OF REGISTRATION HOLDER

Imported by:

ZK Health Care (Pty) Ltd

11 Milkwood Road

Bayview Heights

Somerset West 7130

Tel: 021 852 8811

Fax: 021 852 3855

Website: [www.esisa.co.za](http://www.esisa.co.za)

Applicant:

Inzpire Health (Pty) Ltd

Unit 6, Sunpark

178 Smit Street

Fairland

Randburg

2030

### ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

See information on the website above.

### THIS LEAFLET WAS LAST REVISED ON

26th September 2021.



## PASIËNTINLIGTINGSBLAADJIE

**SKEDULERINGSTATUS:** Ongeskeduleer.

Kategorie D: Komplementêre Medisyne.

Dissipline: D33.6 Ander (Westerse kruie-komplementêre medisyne)

**HANDELSNAAM, STERKTE, EN FARMASEUTIESE FORMAAT** Hepa Plus , 45 Tablets

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

- HEPA PLUS is sonder 'n doktersvoorskrif beskikbaar en is 'n aanvullende (komplementêre) medisyne. Jy moet HEPA PLUS egter nog steeds versigtig gebruik om die beste resultate te verkry.
- Hou hierdie voubljet, dit mag dalk nodig wees dat jy dit weer lees.
- Moenie HEPA PLUS met enige ander persoon deel nie.
- Raadpleeg jou apteker of gesondheidsorgpraktisyn indien jy meer inligting of advies benodig.

### WAT HEPA PLUS BEVAT

Elke een HEPA PLUS bevat die volgende aktiewe:

Artichoke blaar poeier (Cynara scolymus)	Blaar	200 mg
Choline bitartrate 100 mg		100 mg
Milk thistle tit. droë uittreksel 2% (Silybum marianum)	Vrugte	80 mg
DL-Methionine		40 mg
Inositol		40 mg
Dandelion tit. droë uittreksel 2% (Taraxacum officinale)	Wortel	30 mg
Pyridoxine (Vitamin B6)		1 mg

### Die ander bestanddele is:

Kalsiumfosfaat  
Mikrokristalliene sellulose  
Groente -magnesiumstearaat  
Silisiumdioksied

### Geen suiker bygevoeg nie

### WAARVOOR HEPA PLUS GEBRUIK WORD

HEPA PLUS is spesiaal geformuleer om lewerfunksie te ondersteun en die liggaam te detoksifiseer. Dit bevat Vitamien B6, Metionien, Inositol en Choline wat help om normale lewerfunksie te handhaaf.

### VOORDAT HEPA PLUS GEBRUIK WORD

Moenie HEPA PLUS gebruik indien jy hipersensitief (allergies) is vir enige van die bestanddele nie.

Hierdie medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie. Hierdie medisyne is nie bedoel om enige siekte te diagnoseer, te behandel, te genees of te voorkom nie.

### SWANGERSKAP EN BORSVOEDING

Veiligheid in swangerskap en borsvoeding is nie vasgestel nie. Indien jy swanger is of borsvoed, of vermoed dat jy dalk swanger mag wees of beplan om swanger te raak, raadpleeg jou dokter, apteker of ander gesondheidsorg werker vir advies oor gebruik van die middel.

### AS JY ANDER MEDISYNE SAAM MET HEPA PLUS NEEM

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

### HOE OM HEPA PLUS TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie. Neem HEPA PLUS altyd presies soos aanbeveel in die voubljet, of soos voorgeskryf deur jou dokter of gesondheidsorg werker. Bevestig met jou dokter, apteker of gesondheidsorgpraktisyn indien jy onseker is.

Aanwysings vir gebruik: Neem 1 tablet, 2 tot 3 keer per dag met vloeistowwe tydens etenstyd.

Hou op om ten minste twee weke voor die geskeduleerde operasie HEPA PLUS te neem.

### INDIEN JY MEER HEPA PLUS GEBRUIK HET AS WAT JY MOES

Indien oordosering vermoed word, raadpleeg onmiddellik jou dokter, apteker of die HEPA PLUS kliëntediens kontak nommer. Indien geneeen beskikbaar is, kontak die naaste hospitaal of gifbeheersentrum.

### INDIEN JY VERGEET HET OM HEPA PLUS TE NEEM

Moenie 'n dubbele dosis neem om te vergoed vir die dosis wat oorgeslaan is nie.

### MOONTLIKE NEWE-EFFEKTE

HEPA PLUS kan newe-effekte veroorsaak.

As een van die volgende gebeur, stop met die gebruik van HEPA PLUS en vertel u dokter of gaan na die ongevalle -afdeling in u naaste hospitaal

- diarree, naarheid, dermgas, volheid, verlies aan eetlus en moontlik hoofpyn.
- sooibrand, duiseligheid of lomerigheid.

Dit is alles baie ernstige gevolge. As u dit het, het u moontlik 'n ernstige reaksie op HEPA PLUS gehad. U benodig moontlik dringend mediese aandag of hospitalisasie.

As jy 'n gal duct obstruksies, galstene, hormoon sensitiewe toestande, lewersiekte, skisofrenie, bloeding versteurings, niersiekte, acidosis, praat met jou gesondheidsorg professionele voor die gebruik. As jy litium, diuretika, bloedverduunningsmedikasie of antibiotika neem, word dit nie aanbeveel om HEPA PLUS te neem nie.

Stel u gesondheidswerker in kennis voordat u hierdie aanvulling gebruik, aangesien daar moontlik interaksies met medikasie kan wees.

Nie alle newe-effekte wat vir HEPA PLUS gerapporteer is word in hierdie pamflet ingesluit nie. Raadpleeg u dokter, apteker of ander gesondheidswerker vir advies indien u algemene gesondheid versleg of as u enige ongewenste effekte ervaar. As u enige newe-effekte opmerk wat nie in hierdie pamflet genoem word nie, moet jy jou dokter, apteker of gesondheidswerker daarvan in kennis stel.

### BERGING EN WEGDOEN VAN HEPA PLUS

Bewaar alle medikasie buite bereik en sig van kinders.

Stoor in 'n koel, donker plek, onder 25 °C.

Beskermd die produk teen sonlig en direkte hitte.

Bewaar in die oorspronklike houër.

Hou die houër dig toe.

Moenie na die vervaldatum wat op die houër aangedui is gebruik nie.

Moenie HEPA PLUS gebruik indien jy enige sigbare tekens van produk verandering opmerk nie.

Moenie van ongebruikte medisyne ontslae raak in dreine of rioolstelsels nie (bv. toilette).

### AANBIEDING VAN HEPA PLUS

45 tablette in PVDC/goue aluminium blisterstroke (15 tablette elk) verpak in 'n kartondoos.

### IDENTIFIKASIE VAN HEPA PLUS

Ligbruin, ovaal tablette met 'n inkeping.

### REGISTRASIENOMMER

Om aangekondig te word.

### NAAM EN BESIGHEIDSADRES VAN DIE REGISTRASIESERTIFIKAATHOUER

#### Uitsluitlik ingevoer deur:

ZK Health Care (Pty) Ltd  
11 Milkwood Road  
Bayview Heights  
Somerset West 7130  
Tel: 021 852 8811  
Fax: 021 852 3855  
Website: www.esisa.co.za

#### Aansoeker:

Inzpire Health (Pty) Ltd  
Unit 6, Sunpark  
178 Smit Street  
Fairland  
Randburg  
2030

### TOEGANG TOT OOREENSTEMMENDE PROFESSIONELE INLIGTING

Sien inligting op bogenoemde webwerf.

### HIERDIE VOUBLIJET WAS LAAS HERSIEN OP

26 September 2021.