

SCHEDULING STATUS CO**PROPRIETARY NAME:****Life! Health Kit by HealthSpan Life™**

COMPOSITION: Each kit contains three 100ml tubs - one each of products: **LIFE! HEALTH BLEND POWDER**, **LIFE! ENHANCED VITAMIN C POWDER** and **LIFE! FISH OIL**. The constituents of these three products are tabulated below.

PHARMACOLOGICAL CLASSIFICATION: 32.16 Other.

Complementary Medicine submitted according to the Complementary Listing System - Nutritional Supplements and Western Herbal Medicine.

PHARMACOLOGICAL ACTION: **LIFE! HEALTH BLEND POWDER** and **LIFE! ENHANCED VITAMIN C POWDER** and **LIFE! FISH OIL** have been specially formulated as a multi-prevention multi-micronutrient food supplement which taken together may assist in safely reducing many major health risks and may help in building sustainable health when added to a sensible diet.

INDICATIONS: **Life!** Health Kit is indicated as a dietary supplement.

CONTRA-INDICATIONS: Hypersensitivity to any of the ingredients.

Life! Health Kit is contra-indicated in patients with total kidney failure. Safety in pregnancy and lactation has not been established. **Life! Health Kit** should not be taken during pregnancy and lactation without the guidance and advice of a Medical Practitioner.

Patients with kidney, heart or other serious illness should consult their Health Advisor in relation to the stated components (see product label or insert).

DOSAGE AND DIRECTIONS FOR USE: See below.

SIDE EFFECTS AND SPECIAL PRECAUTIONS

Diarrhoea and nausea may occur - reduce dose as necessary.

TREATMENT OF OVERDOSAGE: Symptomatic and supportive. See below.

IDENTIFICATION / PRESENTATION: : See below

STORAGE INSTRUCTIONS:

KEEP OUT OF REACH OF CHILDREN.

Storage instructions: Use the products fresh. Store well closed, below 25°C. Protect from moisture and light.

SA Medicines Control Council (MCC) REGISTRY NUMBERS: **LIFE! HEALTH BLEND POWDER** – 418802; **LIFE! ENHANCED VITAMIN C POWDER** - 418803 and **LIFE! FISH OIL** 418804.

NAME AND BUSINESS ADDRESS OF APPLICANT:

HealthSpan Life (Pty) Ltd
PO Box 44285, Claremont 7735, Cape Town, South Africa.
info@healthspanlife.com

The product is manufactured to GMP (Good Manufacturing Practice) standards.

Proprietary names (and dosage forms)/ Handelsname (en doseervorme):

1. LIFE! HEALTH BLEND POWDER

Composition/samestelling: Each/elke 5.6 gram granulated **LIFE! HEALTH Blend POWDER** contains/bevat:

Vitamin			Vitamin	E	100 i.u.
Beta Carotene	A	2000 i.u.	Biotin		0.02 mg
Thiamine	B1	25 mg	Biological		
Riboflavine	B2	10 mg:	Choline		10 mg
Nicotinamide	B3	25 mg	Co-enzyme Q10		2 mg
Nicotinic acid	B3	25 mg	5-HTP		4 mg
Calcium d-pantothenate	B5	25 mg	Inositol		25 mg
Pyridoxine	B6	25 mg	MSM		40 mg
Folic acid	B9	0.8 mg	Lipoic acid		10 mg
Vitamin	B12	0.02 mg	L-Arginine		25 mg
Ascorbic acid	C	300 mg	Carnosine		1 mg
Vitamin	D3	600 i.u.			

Contains no gluten, iron, sugar, flesh, dairy products or synthetic preservatives. Suitable for vegetarians.

Warnings: Not to be used for infants or if suffering from kidney failure.

Interactions: There is an increased risk of hypercalcaemia if Vitamin D is given with thiazide diuretics and calcium. Plasma calcium concentrations should be monitored in such cases.

Large doses of riboflavin (Vit B₂) result in bright yellow discolouration of urine, which may interfere with certain laboratory tests.

Dosage and directions for use: Adults and children over 12 years of age: Start with 0.25 gm (a quarter of a 1 ml medicine measure) twice daily sprinkled on food; or dissolve in a little warm water then cold milk or water - drink promptly. One can increase the dose

gradually to tolerance. Do not exceed 2.8 gm/ 3 ml (3 x 1ml medicine-measures) twice a day or 5.6 gm per day.

Older or frail persons may, at their own discretion, benefit from a gradual increase to tolerance (without diarrhoea occurring). Do not exceed 2.8 gm/ 3 ml (3 level 1ml medicine-measures) twice daily.

Children 6 to 12 years of age: start as above, up to 1gm/ 1ml medicine-measure, once to twice per day.

Children under 6 years of age: As prescribed by a Medical Practitioner.

Side effects and special precautions: Hot flushes may occur.

Vitamin D should be given with caution to patients with hypercalcaemia.

Known symptoms of overdose and particulars of its treatment: Flushing, gastrointestinal disturbances, such as nausea, vomiting and diarrhoea may occur.

Identification: **LIFE! HEALTH Blend** is a granular, cream or chocolate-coloured powder.

Presentation: **LIFE! HEALTH Blend** is packaged in a white, plastic PVC container, with a screw-on cap containing 43gm or 86 gm. A 1ml medicine-measuring-scoop is included in the tub.

Medicines Control Council (MCC) Registry Number 418802

Proprietary names (and dosage forms)/ Handelsname (en doseervorme):

2. LIFE! ENHANCED VITAMIN C POWDER

Composition/samestelling: Each/elke 500 mg LIFE ENHANCED VITAMIN C contains/bevat:

Vitamin C 400 mg

Citrus Bioflavonoid 100 mg

Contains no gluten, lactose, synthetic preservatives or colourant.

Suitable for vegetarians. This product has self-buffering properties when mixed with the **Life!** Health Blend.

Pharmacological action: Ascorbic Acid (Vitamin C) functions as an anti-oxidant which is necessary for healthy cells.

Vitamin C is essential for the synthesis of collagen, intercellular material, steroids and bone. Citrus Bioflavonoids are also naturally-occurring anti-oxidants.

As antioxidants, Vitamin C and Citrus Bioflavonoids may provide protection against heart disease, circulatory problems, piles, varicose veins, asthma, oral diseases, infections, colds, influenza, anaemia and bleeding wounds.

Interactions: Ascorbic Acid should not be given for the first month after starting Desferrioxamine treatment. Ascorbic Acid may increase the absorption of iron in situations of iron deficiency.

Dosage and directions for use:

Adults and children over 12 years of age: Take 500 mg (Half a level 1ml measuring-scoop) once or twice per day to a maximum of 2500 mg (Two-and-a-half 1ml measuring-scoops) per day or as prescribed by a Medical Practitioner.

During pregnancy the total daily dose should not exceed 1000 mg (one heaped 1ml measuring-scoop) unless prescribed by a Medical Practitioner.

Side effect and special precautions: Patients with hyperoxaluria should take Ascorbic Acid under medical advice.

Known symptoms of over-dosage and particulars of its treatment: Gastrointestinal upset, such as diarrhoea, may occur. Large doses of Ascorbic Acid have resulted in haemolysis in patients with G6PD deficiency.

Identification: **LIFE! ENHANCED VITAMIN C** is a white to creamish coloured fine powder with a characteristic citrus Ascorbic Acid taste. It is presented in a plastic tub containing 45 gm or 90 gm of powder.

Creatine		40 mg	Selenium	Se	0.04 mg
N-acetyl L-Carnitine		10 mg	Vanadium	Va	0.02 mg
Taurine		25 mg	Zinc	Zn	10 mg
Mineral			Herb/Plant/Krui		
Boron	Bo	0.5 mg	Bilberry Extract		10 mg
Calcium	Ca	600 mg	Gymnema		25 mg
Chromium	Cr	0.2 mg	Ginger extract		10 mg
Magnesium	Mg	450 mg	Lemon Bioflavonoids		40 mg
Manganese	Mn	0.04 mg	Lutein		1 mg
Molybdenum	Md	0.01 mg	Milk thistle		10 mg
Potassium	K	400 mg	Zeaxanthin		0.15 mg

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Proprietary names (and dosage forms)/ Handelsname (en doseervorme):

3. LIFE! FISH OIL CAPSULES

Composition: Each **LIFE! FISH OIL** capsule contains pure Fish Oil (marine) having ~30% omega 3 acids including ~18 % EPA eicosapentanoic acid and ~12 % DHA docosahexanoic acid.

Pharmacological action: **LIFE! Fish Oil** may provide crucial health benefits - as an anti-inflammatory against dry eyes; and for arthritis, heart disease, depression, dementia and ulcerative colitis. **LIFE! Fish Oil** may assist in improving memory, concentration, learning ability and blood circulation. The oils contained in **LIFE! Fish oil** are important in pregnancy, breast feeding and at all ages.

Indications: Fish oil is a necessary food supplement which assists

in building and restoring brain chemistry and helps to build and support sustainable health.

Interactions: Omega-3 oils should be given with caution to patients receiving anti-coagulants or other drugs affecting coagulation.

Pregnancy and lactation: **LIFE!** Fish Oil is recommended for pregnant and breast feeding mothers.

Dosage and directions for use: Adults and children: Take one to two capsules once to twice a day or as prescribed by a Medical Practitioner.

LIFE! Fish Oil Capsules are supplementary to a *sensible* diet.

Side effects and special precautions: Fish oil may cause gastrointestinal disturbance.

Omega-3-triglycerides have anti-thrombotic activity and should be given with caution to patients with haemorrhagic disorders.

Known symptoms of overdosage and particulars of its treatment:

Gastrointestinal disturbances may occur. Symptoms may include nausea, eructation, vomiting and abdominal distension. Treatment of over-dosage is symptomatic and supportive.

Packaging Identification: LIFE FISH OIL Capsules are packed into Plastic containers; and have vegicaps shells and contain a golden oil with a characteristic fish taste.

LIFE! FISH OIL CAPSULES are manufactured in the United Kingdom.

Medicines Control Council (MCC) Registry number: 418804.

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PO Box 44285, Claremont 7735, Cape Town, South Africa.
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LIFE Triple KIT vir HealthSpan Life!

FARMAKOLOGIESE WERKING LIFE HEALTH BLEND POWDER en LIFE ENHANCED VITAMIN C Powder en LIFE FISH OIL is spesiaal as 'n multi-voorkomende multi- mikrovoeding voedsel-toevoeging saamgestel om te help met die veilige vermindering van gesondheidsrisikos. Dit mag ook help om goeie gesondheid te handhaaf deur dit by 'n verstandige dieet te voeg.

SKEDULERINGSSTATUS: Skedule C0

FARMAKOLOGIESE KLASSIFIKASIE: 32.16 Ander.

Komplimentêre Medisyne voorgelê volgens die Komplimentêre Registrasie Stelsel. Voedselaanvullings en Westelike Kruië Medisyne.

SWANGERSKAP EN BORSVOEDING: Mag tydens swangerskap en borsvoeding slegs onder leiding en bystand van 'n Mediese Praktisyn geneem word.

KONTRA-INDIKASIES: Hipersensitiwiteit vir enige bestanddele.

WAARSKUWING: Wys altyd die produk of inligtingsvoubiljet aan jou toesighouers en bespreek jou kwale met hulle indien nier- hart- of ander ernstige siektetoestand teenwoordig is. Diarree of mislukheid mag voorkom – verminder dosis indien nodig.

DIE BEHANDELING VIR OORDOSERING is kenmerkend en word medies onderskraag. HOU BUIE BEREIK VAN KINDERS.

MEDISYNEKAS/BERGINGSVOORSKRIFTE: Gebruik die produk vars. Hou goed toegemaak onder 25°C. Beskerm teen klammigheid en lig. Die produk is ingevolge die standaard van Goeie Vervaardigings Praktyk vervaardig. Bevat geen gluten, yster, suiker, vleis, melkprodukte of sintetiese bewarings stowwe nie en is geskik vir vegetariërs.

WAARSKUWINGS: Nie vir gebruik deur kleuters of nier pasiënte nie.

INTERAKSIES: Daar is 'n toenemende risiko van hiperkalsemie wanneer Vitamien D met tiasied ontwateringsmiddels en kalsium toegedien word. Plasma kalsium konsentrate behoort in sulke gevalle gemonitor te word. Groot dosisse riboflavin (*Vit B2*) veroorsaak helder geel verkleuring van die urine, wat met sommige laboratoriumtoetse mag inmeng.

DOSIS EN GEBRUIKSAANWYSING: Volwassenes en kinders oor 12 jaar: Begin met 0.25 gram ('n kwart van 1 ml medisynemaat) twee keer per dag oor kos gestrooi; of voeg by warm, dan koue melk of water – drink dadelik. Die dosis kan geleidelik tot toleransievlak verhoog word tot 'n maksimum van 2.8 gram/3 ml (3 x 1 ml medisynemaat) twee keer per dag of 5.6 gram per dag.

Ouer en verswakte persone kan daarby baat om met eie diskresie die dosis stadig tot toleransievlak te verhoog (sonder dat diarree voorkom), of tot 'n maksimum van 2.8 gram / 3 ml (3 gelykvol 1 ml medisynemaat) twee keer per dag.

Kinders 6 tot 12 jaar: begin soos bostaande, tot 1 gm/1 ml medisynemaat een tot twee keer per dag. **Kinders onder 6 jaar:** Soos deur die jou Mediese Praktisyn voorgeskryf word.

Neuwe-effekte en spesiale voorsorg: Warm gloede mag voorkom. Vitamien D behoort versigtig gedoseer word by pasiënte met hiperkalsemie.

Bekende simptome van oordosering en behandeling daarvan: Warm gloede, maagderm ongesteldheid, soos naarheid, braking, en diarree mag voorkom.

Identifikasie LIFE HEALTH Blend is 'n verkorrelde, room- of- sjokolade-kleurige poeier.

Verpakking: LIFE HEALTH Blend word verpak in 'n wit plastiek PVC flessie met 'n skroefdoopie en bevat 86 gram of 43 gram. Ingesluit is 'n 1 ml medisynemaat lepeltjie.

Medisyne Beheerraad **Register nommer:** 418802

2. LIFE! ENHANCED VITAMIN C POWDER

Samestelling: Elke 500 mg LIFE ENHANCED VITAMIN C bevat: 400 mg Vitamien C en 100 mg Citrus Bioflavoniede. Bevat geen gluten, sintetiese preserveermiddels of kleurstof nie. Geskik vir vegetariërs. Dit buffer vanself met die mengsel.

Farmakologiese werking: Vitamien C werk as anti-oksidadant en hou die liggaamselle gesond. Vitamien C word vereis vir die skep van kollageen, intersellulêre stowwe, steroïdes en beenweefsel. Citrus Bioflavoniede is natuurlike anti-oksidadante. As anti-oksidadante kan Vitamien C en Citrus Bioflavoniede die liggaam beskerm teen hartkwale, sirkulasie probleme, aambeie, spatare, asma, mondsiektes, infeksies, verkoue en griep, bloedarmoede en bloeiende wonde.

Interaksies: Askorbiensuur behoort nie in die eerste maand nadat met desferrioxamien behandeling is, gegee word nie. Askorbiensuur kan die opneem van yster in ystertekorte toestand verhoog.

Dosis en gebruiksaanwysings: Grootmense en kinders bo 12 jaar: Neem 500 mg (1 gelykvol medisynemaat skeppie) tot 2 500 mg (5 x 1 ml medisynemaat) twee keer per dag of soos jou mediese praktisyn dit voorskryf.

Tydens **swangerskap** mag daagliks op voorskrif van die mediese praktisyn minder as 1 000 mg (1 opgehooptge 1 ml medisynemaat) geneem word.

Neuwe-effekte en spesiale voorsorg: Pasiënte met **hiperoxaluria** moet Askorbiensuur omsigtig gebruik.

Bekende simptome van oordosering en behandeling daarvan: Maagderm ongesteldheid soos diarree mag voorkom. Groot dosisse askorbiensuur het al geindig in hemoliese by pasiënte met G6PD-tekorte

Identifikasie: LIFE ENHANCED VITAMIN C WITH CITRUS BIOFLAVONOIDS is 'n fyn wit tot roomkleurige poeier met 'n kenmerkende citrus askorbiensmaak. Dit is **verpak** in plastiekhouders van 45 gram of 90 gram poeier.

MCC (Medisyne Beheerraad) **Register nommer:** 418803

3. LIFE! FISH OIL CAPSULES

Samestelling: Elke LIFE FISH OIL kapsule bevat Pure Marine Fish Oil wat ~30% omega 3-sure, insluitende ~18% EPA eikosapentaansuur en ~12 % DHA dokosaheksaansuur bevat.

Farmakologiese werking: Visolie kan help om die kritieke gesondheids voordele te verskaf wat as teeninflamasiemiddel werk by droë oë, artritis, hartkwale, depressie, swaksinnigheid en ulser-aktiewe kolitis. Visolie kan ook help om die geheue te verbeter, konsentrasie en studie te verskerp en sirkulasie te bevorder. Visolie is belangrik by swangerskappe, borsvoeding en vir alle ouderdomme.

Aanwysings: Vis olie is 'n belangrike voedselaanvulling wat help om die brein se natuurlike funksie te herstel en om voortgesette gesondheid te bou en te handhaaf.

Interaksies: Omega 3-opie behoort omsigtig gebruik te word by pasiënte wat anti-stollings- of medisyne verbruik wat stolling beïnvloed.

Swangerskap en borsvoeding: Gebruik van visolie word aanbeveel.

Dosis en gebruiksaanwysings: Volwassenes en kinders: Neem 1 tot twee kapsule een tot twee keer per dag of soos deur die dokter voorgeskryf word. Kapsules mag by 'n goeie dieet gevoeg word.

Neuwe-effekte en spesiale voorsorg: Maagongesteldheid mag voorkom. Omega 3 het anti-trombotiese aksie en behoort omsigtig gegee te word aan pasiënte wat bloedings probleme het.

Bekende simptome van oordosering en behandeling:

Maagderm ongesteldheid, insluitende mislukheid, sooibrand, braking en buikopswelling, kan voorkom. Behandeling daarvan is kenmerkend en word medies onderskraag.

Medisyne Beheerraad **Register nommer:** 418804

Verpakking: LIFE FISH OIL Capsules word verpak in plastiekflessies en het vegicap omhulsels wat 'n goudkleurige olie met 'n kenmerkende vissmaak bevat.