

A. SCHEDULING: Schedule 0

B. PROPRIETARY NAME AND DOSAGE FORM: L-Lysine 500mg

C. COMPOSITION:

Nutritional information per tablet:
L-Lysine 500mg

D. PHARMACOLOGICAL CLASSIFICATION: Category D.

E. PHARMACOLOGICAL ACTION: A supplement which aids in the treatment of cold sores, fever blisters and herpes virus.

F. INDICATIONS: For individuals requiring a supplement for the treatment of cold sores, fever blisters and herpes virus.

G. CONTRA-INDICATION: None known

H. WARNINGS AND SPECIAL PRECAUTIONS: This product is not intended to diagnose, treat, cure or prevent any disease. Keep out of the reach of children.

I. INTERACTIONS: No known interactions.

J. PREGNANCY AND LACTATION: Women who are breast feeding or pregnant should consult a practitioner before commencing with this product.

K. DOSAGE AND DIRECTION FOR USE: As a preventative: Take 2 tablets daily. Onset: Burning / tingling sensation: Take 2 tablets immediately. Thereafter, take 2 tablets in the morning and 2 tablets at night until sores have healed.

L. INSTRUCTIONS:

- Do not share medicines prescribed for you with any other person.
- In the event of over dosage, immediately consult your doctor, pharmacist or the nearest hospital.

M. SIDE EFFECTS: Should your general health worsen or if you experience any untoward side effects while taking this product, discontinue immediately. Thereafter, consult your health care professional for advice.

N. KNOWN SYMPTOMS OF OVER DOSAGE AND PARTICULARS OF TREATMENTS:
None known.

O. IDENTIFICATION: Convex, white tablet.

P. PRESENTATION: Convex, white tablet packaged in a white container with a sponge, silica gel and sealed with a yellow lid. The container together with a product insert is then packaged into a clearly marked carton.

Q. STORAGE INSTRUCTIONS: Store in a cool, dry place, out of the reach of children. Store below 25°C.

R. NAME & BUSINESS ADDRESS: Sport Health & Fitness Technologies (Pty) Ltd.,
61 Main Street, Bordeaux Randburg, 2194. South Africa

S. DATE OF PUBLICATION OF THE INSERT: April 2015.

T. DISCIPLINE OF MEDICINE: Complementary Medicine.

U. DISCLAIMER: This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease.

A. SKEDULERING: Skedule 0

B. EIENDOMSNAAM (EN DOSEERVORM): L-Lysine 500mg

C. SAMESTELLING:

Voedingswaarde per tablet:
L-Lysien 500mg

D. FARMAKOLOGIESE KLASSIFIKASIE: Kategorie D.

E. FARMAKOLOGIESE WERKING: 'n Aanvulling wat koorsblare en die herpes virus, help behandel.

F. INDIKASIES: Vir dié wat 'n aanvulling vir die behandeling van koorsblare en die herpes, benodig.

G. KONTRA-INDIKASIES: Geen bekend.

H. WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS:

Die produk is nie bedoel om enige siekte te diagnoseer, behandel, genees of te voorkom nie. Hou buite bereik van kinders.

I. INTERAKSIES: Geen bekend.

J. SWANGERSKAP EN LAKTASIE: Vrouens wat borsvoed of swanger is, moet 'n geneesheer raadpleeg voor die gebruik van die produk.

K. DOSIS EN GEBRUIKSAANWYSINGS: Om te verhoed: 2 tablette daagliks. Aanvang: As jy 'n jeuk of brandende sensasie voel, neem onmiddelik 2 tablette. Daarna, neem 2 tablette in die oggend en 2 in die aand totdat sere genees is.

L. INSTRUKSIES

- U moet nie medisyne wat vir u voorgeskryf is met ander persone deel nie.
- In geval van oordosering moet u dokter, apteker of naaste hospital onmiddelik geraadpleeg word.

M. NEWE-EFFEKTE: Indien u gesondheid verswak of enige ongewenste effekte waargeneem word tydens die gebruik van hierdie produk, moet u geneesheer of apteker geraadpleeg word.

N. BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN: Geen bekend.

O. IDENTIFIKASIE: Wit, konvekse tablet.

P. AANBIEDING: Wit konvekse tablet. Verpak in 'n wit houër met 'n spons en silica gel en verseël met 'n geel deksel. Herverpak met 'n insetel in 'n duidelike gemerkte karton.

Q. BERGINGSAAANWYSINGS: Bewaar benede 25°C. Hou buite bereik van kinders.

R. NAAM EN BESIGHEIDSADRES VAN DIE APPLIKANT: Sport Health & Fitness Technologies (Edms) Bpk, Mainstraat 61, Bordeaux, Randburg 2194. Suid Afrika.

S. DATUM VAN PUBLIKASIE VAN HIERDIE VOUBILJET: April 2015

T. DISSCIPLINE VAN MEDISYNE: Komplimentêre Medisyne.

U. VRYWARING: Hierdie medisyne is nie deur die Medisynebeheerraad geëvalueer nie. Hierdie medisyne is nie bedoel vir die diagnose, behandeling, genesing of voorkoming van enige sieketetoestand nie.