

SCHEDULING STATUS

S0

Prosana Hair & Nail Booster Capsules

Multiple ingredient formulation

Sugar free.

Category D: Complementary Medicine

Health Supplements: D 34.12 Multiple Substance Formulation

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

Read all of this leaflet carefully because it contains important information for you

Prosana Hair & Nail Booster Capsules is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use **Prosana Hair & Nail Booster Capsules** carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share **Prosana Hair & Nail Booster Capsules** with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

What is in this leaflet

1. What **Prosana Hair & Nail Booster Capsules** is and what it is used for
2. What you need to know before you take **Prosana Hair & Nail Booster Capsules**
3. How to take **Prosana Hair & Nail Booster Capsules**
4. Possible side effects
5. How to store **Prosana Hair & Nail Booster Capsules**
6. Contents of the pack and other information

1. What Prosana Hair & Nail Booster Capsules is and what it is used for

Prosana Hair & Nail Booster Capsules contains vitamins, minerals and amino acids which contribute to the maintenance of normal hair and to normal hair pigmentation.

2. What you need to know before you take Prosana Hair & Nail Booster Capsules

Do not take Prosana Hair & Nail Booster Capsules:

- If you are hypersensitive (allergic) to any of the ingredients of **Prosana Hair & Nail Booster Capsules** (see section 6).

- If you are hypersensitive (allergic) to soya.
- If you take sulphonamides antibiotics (used to treat infections), e.g. sulfamethoxazole.
- If you are younger than 18 years of age.

Warnings and precautions

Take special care with **Prosana Hair & Nail Booster Capsules**:

- Consult your doctor or healthcare provider before taking **Prosana Hair & Nail Capsules Booster Capsules** if you are taking any medicine or if you are suffering from any medical condition or if you are pregnant or breastfeeding.
- Stop taking **Prosana Hair & Nail Booster Capsules** and consult a relevant healthcare provider if hypersensitivity or allergy occurs.
- Sufficient protein is provided in normal well-balanced daily meals.

Children and adolescents:

Prosana Hair & Nail Booster Capsules should not be given to children under the age of 18 years.

Other medicines and Prosana Hair & Nail Booster Capsules

Always tell your healthcare provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

Tell your doctor or pharmacist if you are currently taking:

- Sulphonamide antibiotic (e.g. sulfamethoxazole), used to treat bacterial infections. Para aminobenzoic acid (PABA), as in **Prosana Hair & Nail Booster Capsules**, can inactivate the antibiotic. Therefore, you should not take **Prosana Hair & Nail Booster Capsules** with a sulphonamide antibiotic.
- Tetracycline or quinolone antibiotic medicines (e.g. ciprofloxacin, minocycline), used to treat bacterial infections, as iron and manganese (as in **Prosana Hair & Nail Booster Capsules**) may decrease their effectiveness. Take antibiotic medicine at least 2 hours prior to, or 4 to 6 hours after taking **Prosana Hair & Nail Booster Capsules**.
- Antidiabetic medicine (e.g. metformin), used to treat high blood sugar, as soya protein (as in **Prosana Hair & Nail Booster Capsules**) may interfere your blood sugar control by reducing your blood sugar level.

Pregnancy, breastfeeding and fertility

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 **Prosana Hair & Nail Booster Capsules**.

The safety of **Prosana Hair & Nail Booster Capsules** during pregnancy and breastfeeding has not been established.

Driving and using machines

Prosana Hair & Nail Booster Capsules can cause side effects, such as dizziness or drowsiness. Do not drive a vehicle or operate machinery until you know how **Prosana Hair & Nail Booster Capsules** affects you.

Prosana Hair & Nail Booster Capsules contains soya protein. If you are allergic to soya, do not use **Prosana Hair & Nail Booster Capsules**.

3. How to take Prosana Hair & Nail Booster Capsules

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

Always take **Prosana Hair & Nail Booster Capsules** exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

The usual dose is:

Adults: Take 1 capsule once daily.

Do not exceed daily dosage level without consulting a relevant healthcare provider.

Prosana Hair & Nail Booster Capsules should be taken after food, with sufficient liquid.

If you take more Prosana Hair & Nail Booster Capsules than you should

In the event of an overdose, consult your doctor or pharmacist. If neither is available contact the nearest hospital or poison centre.

If you forget to take Prosana Hair & Nail Booster Capsules

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

4. Possible side effects

Prosana Hair & Nail Booster Capsules can have side effects.

Not all side effects reported for **Prosana Hair & Nail Booster Capsules** are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking **Prosana Hair & Nail Booster Capsules**, please consult your healthcare provider for advice.

If any of the following happens, stop taking **Prosana Hair & Nail Booster Capsules** and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of your lips, mouth or throat, which may cause difficulty in swallowing or breathing, rash or itching and/or hives or fainting.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to **Prosana Hair & Nail Booster Capsules**. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Less frequent side effects:

- headache,
- dizziness,
- drowsiness
- bloating,
- nausea,
- vomiting,
- stomach problems/disturbances (such as diarrhoea)
- cramps of your stomach area,
- metallic taste,
- heartburn,
- constipation.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via the “**6.04 Adverse Drug Reactions Reporting Form**”, found online under SAHPRA’s publications: <https://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of **Prosana Hair & Nail Booster Capsules**.

5. How to store Prosana Hair & Nail Booster Capsules

- Store at or below 25 °C, in a cool dry place.
- Keep in the original container until required for use.
- Store all medicines out of reach of children.
- Do not use after the expiry date printed on the packaging.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains and sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What Prosana Hair & Nail Booster Capsules

Each capsule contains:

Choline bitartrate	125 mg
providing Choline	51 mg
<i>Glycine max</i> (L.) Merr. (Soya protein)	50 mg
Ferrous gluconate	36 mg
providing Iron (elemental)	4 mg
Zinc gluconate	30 mg
providing Zinc (elemental)	3,8 mg
Manganese glycinate	23 mg
providing Manganese (elemental) and	2,3 mg
Glycine	6,2 mg
Para aminobenzoic acid	20 mg
Nicotinamide (Vitamin B ₃)	20 mg
L-Cystine	10 mg
L-Cysteine	10 mg
Taurine	10 mg
Calcium d-Pantothenate	9,2 mg
providing Pantothenic acid (Vitamin B ₅)	8 mg
Copper Glycinate	1,6 mg
providing Copper (elemental)	155 µg
D-Biotin (Vitamin H)	500 µg
Folic acid	400 µg
Cyanocobalamin (Vitamin B ₁₂)	10 µg

The other ingredients are:

Capsule (containing hypromellose), dicalcium phosphate dihydrate, magnesium stearate, silicon dioxide and talc.

What Prosana Hair & Nail Booster Capsules looks like and contents of the pack

White to off-white speckled powder in a white capsule.

Blister strips containing 10 capsules, packed into an outer carton.

Pack size: 30 or 90 capsules.

Holder of certificate of registration

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Customer Care: 0860 ADCOCK/232625

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Prosana Hair & Nail Booster Intensive Capsules
Veelvoudige bestanddeel formulering
Suikervry

Kategorie D: Komplementêre Medisyne

Gesondheidsaanvulling: D 34.12 Veelvoudige bestanddeel formulering

Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.

Lees die hele voubiljet noukeurig want dit bevat belangrike inligting vir u

Prosana Hair & Nail Booster Intensive Capsules is beskikbaar sonder 'n doktersvoorskrif vir u om u gesondheid te handhaaf. Gebruik **Prosana Hair & Nail Booster Intensive Capsules** nietemin steeds omsigtig om die beste resultate daarvan te verkry.

- Hou hierdie voubiljet. U mag dit weer moet lees.
- Moenie **Prosana Hair & Nail Booster Intensive Capsules** met enige ander persoon deel nie.
- Vra u gesondheidsorgverskaffer of apteker indien u meer inligting of advies benodig.

Wat in hierdie voubiljet is

1. Wat **Prosana Hair & Nail Booster Intensive Capsules** is en waarvoor dit gebruik word
2. Wat u moet weet voordat u **Prosana Hair & Nail Booster Intensive Capsules** gebruik
3. Hoe om **Prosana Hair & Nail Booster Intensive Capsules** te gebruik
4. Moontlike newe-effekte
5. Hoe om **Prosana Hair & Nail Booster Intensive Capsules** te bêre
6. Inhoud van die verpakking en ander inligting

1. Wat Prosana Hair & Nail Booster Intensive Capsules is en waarvoor dit gebruik word
Prosana Hair & Nail Booster Intensive Capsules bevat vitamienes, minerale en aminosure wat bydra tot die instandhouding van normale hare en naels, en normale haarpigmentasie.

2. Wat u moet weet voordat u Prosana Hair & Nail Booster Intensive Capsules gebruik
Moenie Prosana Hair & Nail Booster Intensive Capsules neem nie:

- Indien u hipersensitief (allergies) is vir enige van die bestanddele van **Prosana Hair & Nail Booster Intensive Capsules** (sien afdeling 6).

- Indien u hipersensitief (allergies) vir soja is, aangesien dit soja-proteïen bevat..
- Indien u sulfoonamied-antibiotika neem (wat gebruik word om infeksies te behandel), bv. sulfametoksasool.
- Indien u jonger as 18 jaar is.

Waarskuwings en voorsorgmaatreëls

Neem spesiale sorg met **Prosana Hair & Nail Booster Intensive Capsules**:

- Raadpleeg u dokter of gesondheidsorgverskaffer voordat u **Prosana Hair & Nail Booster Intensive Capsules** neem, indien u enige medisyne neem, of indien u aan enige mediese toestand ly, of indien u swanger is of borsvoed.
- Staak die gebruik van **Prosana Hair & Nail Booster Intensive Capsules** en raadpleeg 'n toepaslike gesondheidsorgverskaffer indien hipersensitiwiteit of allergie voorkom.
- Genoeg proteïen word voorsien in normale goed gebalanseerde daaglikse maaltye.

Kinders en adolessente:

Prosana Hair & Nail Booster Intensive Capsules moet nie aan kinders onder die ouderdom van 18 jaar gegee word nie.

Ander medisyne en Prosana Hair & Nail Booster Intensive Capsules

Lig altyd u gesondheidsorgverskaffer in indien u enige ander medisyne gebruik. (Dit sluit alle komplementêre of tradisionele medisyne in.)

Lig u dokter of apteker in indien u tans die volgende gebruik:

- Sulfoonamied-antibiotika (bv. sulfametoksasool), wat gebruik word om bakteriële infeksies te behandel. Para-aminobenzoësuur (PABS), soos in **Prosana Hair & Nail Booster Intensive Capsules** kan die antibiotika deaktiveer. Daarom moet u nie **Prosana Hair & Nail Booster Intensive Capsules** met 'n sulfoonamied-antibiotikum neem nie.
- Tetrasiklien- of kinolon-antibiotiese medisyne (bv. siprofloksasien, minosiklien), wat gebruik word om bakteriële infeksies te behandel, aangesien yster en mangaan (soos in **Prosana Hair & Nail Booster Intensive Capsules**) hul doeltreffendheid kan verlaag. Neem antibiotiese medisyne ten minste 2 uur voor, of 4 tot 6 uur ná die neem van **Prosana Hair & Nail Booster Intensive Capsules**.
- Antidiabetiese medisyne (bv. metformien), wat gebruik word om hoë bloedsuiker te behandel, aangesien soja-proteïen (soos in **Prosana Hair & Nail Booster Intensive**

Capsules) met die beheer van u bloedsuiker kan inmeng deur u bloedsuikervlak te verlaag.

Swangerskap, borsvoeding en vrugbaarheid

Indien u swanger is of borsvoed, dink u is dalk swanger of beplan om 'n baba te hê, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat u **Prosana Hair & Nail Booster Intensive Capsules** neem.

Die veiligheid van **Prosana Hair & Nail Booster Intensive Capsules** tydens swangerskap en borsvoeding is nie vasgestel nie.

Bestuur en hantering van masjinerie

Prosana Hair & Nail Booster Intensive Capsules kan nuwe-effekte soos duiseligheid of lomerigheid veroorsaak.

Dit is nie altyd moontlik om te voorspel tot watter mate **Prosana Hair & Nail Booster Intensive Capsules** met u daaglikse aktiwiteite kan inmeng nie. Maak seker dat u nie aan die bogenoemde aktiwiteite deelneem totdat u bewus is tot watter mate **Prosana Hair & Nail Booster Intensive Capsules** u beïnvloed nie.

3. Hoe om Prosana Hair & Nail Booster Intensive Capsules te neem

Moenie medisyne wat aan u voorgeskryf is met enige ander persoon deel nie.

Neem **Prosana Hair & Nail Booster Intensive Capsules** altyd presies soos beskryf in hierdie voubiljet of soos u dokter of apteker vir u gesê het. Raadpleeg u dokter of apteker as u nie seker is nie.

Die algemene dosis is:

Volwassenes 18 jaar en ouer: Neem 1 kapsule een keer per dag.

Moenie die daaglikse dosis oorskry sonder om 'n relevante gesondheidsorgverskaffer te raadpleeg nie.

Prosana Hair & Nail Booster Intensive Capsules moet na etes geneem word, met voldoende vloeistof.

Indien u meer Prosana Hair & Nail Booster Intensive Capsules neem as wat u moes

In die geval van 'n oordosering, raadpleeg u dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifhulpsentrum.

Indien u vergeet om Prosana Hair & Nail Booster Intensive Capsules te neem

Moet nie 'n dubbele dosis neem om die vergete dosis op te maak nie.

4. Moontlike newe-effekte

Prosana Hair & Nail Booster Intensive Capsules kan newe-effekte hê.

Nie alle newe-effekte wat vir **Prosana Hair & Nail Booster Intensive Capsules** aangemeld is, word in hierdie voubiljet ingesluit nie. Indien u algemene gesondheid verswak of indien u enige nadelige effekte ervaar terwyl u **Prosana Hair & Nail Booster Intensive Capsules** neem, raadpleeg asseblief u gesondheidsorgverskaffer vir advies

Indien u enige van die volgende ervaar, staak die gebruik van **Prosana Hair & Nail Booster Intensive Capsules** en lig u dokter dadelik in, of gaan na die ongevalle-afdeling van u naaste hospitaal:

- swelling van u lippe, mond of keel, wat probleme kan veroorsaak om te sluk of asem te haal, veluitslag of jeukerigheid en/of galbulte of floute.

Hierdie is alles baie ernstige newe-effekte. Indien u dit ervaar, het u dalk 'n ernstige allergiese reaksie op **Prosana Hair & Nail Booster Intensive Capsules** gehad. U sal dalk dringende mediese hulp of hospitalisasie benodig.

Lig u dokter in indien u enige van die volgende opmerk:

Minder algemene newe-effekte:

- hoofpyn,
- duiseligheid,
- lomerigheid,
- opgeblaasdheid,
- naarheid,
- braking,
- maagprobleme/versteurings (soos diarree),
- krampe op u maagarea,
- metaal-smaak,
- sooibrand,
- hardlywigheid.

Indien u enige newe-effekte opmerk wat nie in hierdie voubiljet genoem word nie, stel asseblief u dokter of apteker in kennis.

Aanmelding van newe-effekte

Indien u newe-effekte ervaar, raadpleeg u dokter of apteker. U kan ook newe-effekte by SAHPRA aanmeld via die Med Safety Toep (Medsafety X SAHPRA) en elektroniese aanmeldingsplatform (who-umc.org) wat op SAHPRA se webwerf gevind kan word. Deur newe-effekte aan te meld, kan u help om meer inligting oor die veiligheid van **Prosana Hair & Nail Booster Intensive Capsules** te verskaf.

5. Hoe om Prosana Hair & Nail Booster Intensive Capsules te bêre

- Bêre teen of benede 25 °C, op 'n koel droë plek.
- Hou in die oorspronklike houer totdat dit benodig word.
- Bêre alle medisyne buite bereik van kinders.
- Moenie gebruik ná die vervaldatum soos op die verpakking gedruk is nie.
- Neem alle ongebruikte medisyne terug na u apteker.
- Moenie ongebruikte medisyne in afvoerpype en rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die verpakking en ander inligting

Wat Prosana Hair & Nail Booster Intensive Capsules bevat:

Die aktiewe bestanddele is:

Cholienbitartraat	125 mg
voorsien Cholien	51 mg
<i>Glycine max</i> (L.) Merr. (Soja-proteïen)	50 mg
Ysterglukonaat	36 mg
voorsien Yster (elementaal)	4 mg
Sinkglukonaat	30 mg
voorsien Sink (elementaal)	3,8 mg
Mangaanglisinaat	23 mg
voorsien Mangaan (elementaal) en	2,3 mg
Glisien	6,2 mg
Para-aminobensoësuur	20 mg
Nikotinamied (Vitamien B ₃)	20 mg
L-Sistien	10 mg
L-Sisteïen	10 mg
Taurien	10 mg
Kalsium d-Pantotenaat	9,2 mg
voorsien Pantoteensuur (Vitamien B ₅)	8 mg
Koperglisinaat	1,6 mg

voorsien koper (elementaal)	155 µg
D-Biotien (Vitamien H)	500 µg
Foliensuur	400 µg
Sianokobalamien (Vitamien B ₁₂)	10 µg

Die ander bestanddele is:

Kapsule (bevat hipromellose), dikalsiumfosfaatdihidraat, magnesiumstearaat, silikondioksied en talk.

Hoe Prosana Hair & Nail Booster Intensive Capsules lyk en die inhoud van die verpakking

Naaswit tot room-kleurige gespikkelde poeier in 'n wit kapsule.

Stulpstroke wat 10 kapsules bevat, verpak in 'n buitenste kartonboksie.

Verpakkingsgroottes: 30 of 90 kapsules.

Houer van sertifikaat van registrasie

Adcock Ingram Limited

New Road 1

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1685

Kliëntediens: 0860 ADCOCK/232625

Hierdie voubiljet is mees onlangs hersien op

Junie 2024

Registrasienuommer

Moet toegeken word

adcock ingram 

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