SCHEDULING STATUS

S0

Prosana Hair & Nail Booster Tablets

Multiple ingredient formulation

Contains sugar: Sucrose 57,9 mg/tablet.

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 Tablets is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to take **Prosana Hair & Nail Booster Tablets** 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 Tablets** 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 Tablets** is and what it is used for.
2. What you need to know before you take **Prosana Hair & Nail Booster Tablets**.
3. How to take **Prosana Hair & Nail Booster Tablets**.
4. Possible side effects.
5. How to store **Prosana Hair & Nail Booster Tablets**.
6. Contents of the pack and other information.

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

Prosana Hair & Nail Booster Tablets 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 Tablets

Do not take Prosana Hair & Nail Booster Tablets:

- If you are hypersensitive (allergic) to any of the ingredients of **Prosana Hair & Nail Booster Tablets** (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 Tablets:**

- Consult your doctor or healthcare provider before taking **Prosana Hair & Nail Booster Tablets** 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 Tablets** and consult a relevant healthcare provider if hypersensitivity or allegy occurs.
- Collagen, as in **Prosana Hair & Nail Booster Tablets**, may cause mild gastrointestinal disturbances.
- Consult a relevant healthcare provider before use if you suspect that you may have insulin resistance, high blood glucose levels or diabetes.
- Sufficient protein is provided in normal well-balanced daily meals.

Children and adolescents:

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

Other medicines and Prosana Hair & Nail Booster Tablets

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 Tablets**, can inactivate the antibiotic. Therefore, you should not take **Prosana Hair & Nail Booster Tablets** 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 Tablets**) may decrease their effectiveness. Take antibiotic medicine at least 2 hours prior to, or 4 to 6 hours after taking **Prosana Hair & Nail Booster Tablets**.
- Antidiabetic medicine (e.g. metformin), used to treat high blood sugar, as soy protein (as in **Prosana Hair & Nail Booster Tablets**) 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 Tablets**.
The safety of **Prosana Hair & Nail Booster Tablets** during pregnancy and breastfeeding has not been established.

Driving and using machines
Prosana Hair & Nail Booster Tablets 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 Tablets** affects you.

Prosana Hair & Nail Booster Tablets contains:

- Soya protein. If you are allergic to soya, do not use **Prosana Hair & Nail Booster Tablets**.
- Sucrose. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking **Prosana Hair & Nail Booster Tablets**.

3. How to take Prosana Hair & Nail Booster Tablets
Do not share medicine prescribed for you with any other person.
Always take **Prosana Hair & Nail Booster Tablets** 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 to 2 tablets once daily.
Do not exceed daily dosage level without consulting a relevant healthcare provider.

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

If you take more Prosana Hair & Nail Booster Tablets than you should
In the event of an overdosage, 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 Tablets

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

4. Possible side effects

Prosana Hair & Nail Booster Tablets can have side effects.

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

If any of the following happens, stop taking **Prosana Hair & Nail Booster Tablets** 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 Tablets**. 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,
- mild stomach problems/disturbances (such as diarrhoea)
- cramps of your stomach area,
- metallic taste,
- 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: http://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 Tablets**.

5. How to store Prosana Hair & Nail Booster Tablets

- 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 Tablets contains

Each tablet contains:

Choline bitartrate providing Choline	125 mg 51 mg
Inositol	100 mg
Hydrolysed collagen (bovine)	50 mg
Glycine max (L.) Merr. (Soya protein)	50 mg
Para Aminobenzoic Acid	20 mg
Nicotinamide (Vitamin B_3)	20 mg
Calcium d-Pantothenate (Vitamin B_5)	6,5 mg
Ferrous gluconate providing Iron (elemental)	18 mg 1,9 mg
Zinc gluconate providing zinc (elemental)	15 mg 1,9 mg
Manganese glycinate providing Manganese (elemental)	15 mg 1,5 mg
Folic acid	200 µg
D-Biotin (Vitamin H)	225 µg
Copper sulphate providing copper (elemental)	142 µg 55 µg
Cyanocobalamin (Vitamin B_{12})	6 µg

The other ingredients are:

Brewer's yeast, magnesium stearate, mannitol, nutrafinish translucent (containing glyceryl monostearate hypromellose, medium chain triglycerides (vegetable origin), polyethylene glycol/macrogol, sucrose and talc), nutrafinish white (containing hypromellose, medium chain triglycerides (vegetable origin), polyethylene glycol/macrogol, sucrose, talc and titanium dioxide) and povidone K30.

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

White, round, sugar-coated tablet.

Blister strips containing 20 tablets, packed into an outer carton.

Pack sizes: 60 or 180 tablets.

Holder of certificate of registration

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Customer Care: 0860 ADCOCK/232625

This leaflet was last revised in

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Registration number

To be allocated

COM10007

adcock ingram

SKEDULERINGSTATUS
S0

Prosana Hair & Nail Booster Tablets

Veelvoudige bestanddeel formulering

Bevat suiker: Sukrose 39,4 mg/tablet.

Bevat versoeter: Mannitol 83 mg/tablet.

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 deur, want dit bevat belangrike inligting.
Prosana Hair & Nail Booster Tablets is beskikbaar sonder ’n doktersvoorskrif om u gesondheid te onderhou. U moet nietemin **Prosana Hair & Nail Booster Tablets** steeds omsigtig gebruik om die beste resultate daaruit te verkry.

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

Wat in hierdie voubiljet is

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

1. Wat Prosana Hair & Nail Booster Tablets is en waarvoor dit gebruik word

Prosana Hair & Nail Booster Tablets bevat vitamiene, 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 Tablets neem

Moet nie Prosana Hair & Nail Booster Tablets neem nie:

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

- Raadpleeg u dokter of gesondheidsorgverskaffer voordat u **Prosana Hair & Nail Booster Tablets** 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 Tablets** en raadpleeg 'n toepaslike gesondheidsorgverskaffer indien hipersensitiwiteit of allergie voorkom.
- Kollageen, soos in **Prosana Hair & Nail Booster Tablets**, kan ligte gastro-intestinale versteurings veroorsaak.
- Raadpleeg 'n relevante gesondheidsorgverskaffer voor gebruik as u vermoed dat u moontlik insulienweerstandig is, hoë bloedglukosevlakke of diabetes het.
- Genoeg proteïen word voorsien in normale goed gebalanseerde daaglikse maaltye.

Ander medisyne en Prosana Hair & Nail Booster Tablets

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 Tablets** kan die antibiotika deaktiveer. Daarom moet u nie **Prosana Hair & Nail Booster Tablets** met 'n sulfoonamied-antibiotikum neem nie.
- Tetrasiklien- of kinoloon-antibiotiese medisyne (bv. siprofloksasien, minosiklien), wat gebruik word om bakteriële infeksies te behandel, aangesien yster en mangaan (soos in **Prosana Hair & Nail Booster Tablets**) 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 Tablets.**
- Antidiabetiese medisyne (bv. metformien), wat gebruik word om hoë bloedsuiker te behandel, aangesien sojaproteïen (soos in **Prosana Hair & Nail Booster Tablets**) 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 Tablets** neem.

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

Geen data vir vrugbaarheid is beskikbaar nie

Bestuur en hantering van masjinerie

Prosana Hair & Nail Booster Tablets kan newe-effekte veroorsaak, soos duiseligheid of lomerigheid. Moenie bestuur of masjinerie hanteer totdat u weet hoe **Prosana Hair & Nail Booster Tablets** u beïnvloed nie.

Prosana Hair & Nail Booster Tablets bevat:

- **Soja-proteïen**. Indien u allergies is vir soja, moet nie **Prosana Hair & Nail Booster Tablets** neem nie.
- **Sukrose**. Indien u deur u dokter ingelig is dat u onverdraagsaamheid het vir sekere suikers, kontak u dokter voordat u **Prosana Hair & Nail Booster Tablets** neem.

3. Hoe om Prosana Hair & Nail Booster Tablets te neem

Moenie medisyne wat aan u voorgeskryf is met enige ander persoon deel nie.
Neem **Prosana Hair & Nail Booster Tablets** 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 tot 2 tablette een keer per dag.
Moenie die daaglikse dosis oorskry sonder om 'n relevante gesondheidsorgverskaffer te raadpleeg nie.

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

Indien u meer Prosana Hair & Nail Booster Tablets 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 Tablets te neem

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

4. Moontlike newe-effekte

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

Indien u enige van die volgende ervaar, staak die gebruik van **Prosana Hair & Nail Booster Tablets** 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 Tablets** 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,
- winderigheid,
- naarheid,
- braking,
- ligte maagprobleme/versteurings (soos diarree),
- krampe/pyn op jou maagarea,
- metaal-smaak,
- hardlywigheid,
- jeukerigheid,
- veluitslag.

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 Tablets** te verskaf.

5. Hoe om Prosana Hair & Nail Booster Tablets te stoor

- 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 Tablets bevat

Die aktiewe bestanddele is:

Cholienbitartraat voorsien cholien	125 mg 51 mg
Inositol	100 mg

Gehidroliseerde kollageen (bees)	50 mg
Glycine max (L.) Merr. (Soja-proteïen)	50 mg
Para-aminobensoësuur	20 mg
Nikotinamied (Vitamien B_3)	20 mg
Kalsium d-Pantotenaat (Vitamien B_5)	6,5 mg
Ystergliukonaat voorsien yster (elementaal)	18 mg 2,0 mg
Sinkglukonaat voorsien sink (elementaal)	15 mg 1,9 mg
Mangaanglisinaat voorsien Mangaan (elementaal)	15 mg 1,5 mg
Foliensuur	200 µg
D-Biotien (Vitamien H)	225 µg
Kopersulfaat voorsien koper (elementaal)	142 µg 55 µg
Sianokobalamien (Vitamien B_{12})	6 µg

Die ander bestanddele is: Brouersgis, magnesiumstearaat, mannitol, “nutrafinish” deurskynend (bevat gliserielmonostearaat, hidroksiepropielmetielsellulose, medium-ketting trigliseriede (plantaardige oorsprong), poliëtileenglikol/makrogol, sukrose en talk), “nutrafinish” wit (bevat hidroksiepropielmetielsellulose, medium-ketting trigliseriede (plantaardige oorsprong), poliëtileenglikol/makrogol, poliviniel alkohol, sukrose, talk en titaniumdioksied) en povidoon K30.

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

Wit, ronde, suikerbedekte tablet.
Stulpstroke wat 20 tablette bevat, verpak in 'n buite-karton.
Verpakkingsgroottes: 60 of 180 tablette. Nie alle verpakkingsgroottes mag bemark word nie.

Houer van sertifikaat van registrasie

Adcock Ingram Limited
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1685
Kliëntediens: 0860 ADCOCK / 232625

Hierdie voubiljet is mees onlangs hersien op

April 2024

Registrasie nommer

Moet toegeken word

COM10007

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