

The Real Thing Green Power Capsules

SCHEDULING STATUS: S0

THE REAL THING GREEN POWER CAPSULES contains spirulina (*arthrospira platensis*) 233,3 mg, chlorella (*chlorella pyrenoidosa*) 233,3 mg, barley grass (*hordeum vulgare*) 33,3 mg, wheatgrass (*triticum aestivum*) 33,3 mg, alfalfa (*medicago sativa*) 16,7 mg, rockweed (*ascophyllum nodosum*) 6mg, kelp (*laminaria digitata*) 3,5 mg per capsule.
The capsules are sugar free.

Complementary Medicine. Health Supplement.

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

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

THE REAL THING GREEN POWER CAPSULES is available without a doctor's prescription, for you to maintain your health. Nevertheless you still need to use THE REAL THING GREEN POWER CAPSULES carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share THE REAL THING GREEN POWER CAPSULES with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

What is in this leaflet

1. What THE REAL THING GREEN POWER CAPSULES is and what it is used for
2. What you need to know before you take THE REAL THING GREEN POWER CAPSULES
3. How to take THE REAL THING GREEN POWER CAPSULES
4. Possible side effects
5. How to store THE REAL THING GREEN POWER CAPSULES
6. Contents of the pack and other information

1. What THE REAL THING GREEN POWER CAPSULES is and what it is used for

THE REAL THING GREEN POWER CAPSULES is a health supplement.

It is a nutritional blend of barley grass, wheatgrass, alfalfa, spirulina and chlorella, plus 2 types of seaweed (rockweed and kelp). It is a source of protein, essential amino acids, carbohydrates, omega 3 and 6 fatty acids, vitamins, minerals, trace elements and chlorophyll.

THE REAL THING GREEN POWER CAPSULES can be used to assist with maintaining healthy cholesterol levels in your body.

It serves as an antioxidant and free radical scavenger.

A varied diet is the most effective and safe way to achieve good nutrition, health, body composition, as well as mental and physical performance.

2. What you need to know before you take THE REAL THING GREEN POWER CAPSULES

Do not take THE REAL THING GREEN POWER CAPSULES:

- if you are hypersensitive (allergic) to any of the ingredients listed in section 6;
- if you are pregnant or breastfeeding;
- if you have a history of systemic lupus erythematosus (when the body's immune system attacks its own tissues).

Warnings and precautions

Take special care with THE REAL THING GREEN POWER CAPSULES:

- if you are diabetic as it may cause your blood sugar levels to drop below normal;
- if you have autoimmune disease as it may stimulate your immune system;
- if you are sensitive to iodine as iodine present in the capsules can cause an allergic reaction;
- if you have a thyroid disorder or enlargement of the thyroid (goitre);
- if you have poor kidney function;
- if you are taking blood thinning medication, speak to your health care provider before taking these capsules;
- if you are on birth control medication or you are undergoing hormone replacement therapy (HRT), speak to your health care provider before taking these capsules.

Children and adolescents

THE REAL THING GREEN POWER CAPSULES is not suitable for use in children under 18 years of age unless under the care of a relevant healthcare provider.

Other medicines and THE REAL THING GREEN POWER CAPSULES

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

Other medicines may affect THE REAL THING GREEN POWER CAPSULES:

- increase photosensitivity (skin sensitivity to sunlight) if they are photosensitizing medicines or herbs.

THE REAL THING GREEN POWER CAPSULES may affect other medicines:

- reduce the absorption of iron from food;
- interfere with immunosuppressive therapy (treatment that lowers the activity of the body's immune system);
- decrease blood glucose levels and increase the risk of hypoglycaemia (low blood sugar) in diabetics if taken at the same time as other herbs and supplements that might lower blood glucose levels;
- affect blood glucose control during surgical procedures, therefore best to stop taking these capsules at least two weeks before a planned surgical procedure;
- increase the risk of blood clotting thereby reducing the activity and effectiveness of anticoagulants (medicines that prevent clotting of blood) such as warfarin;
- reduce the absorption of the useful element, strontium.

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 this medicine.

Do not take THE REAL THING GREEN POWER CAPSULES during pregnancy and breastfeeding, or if you are trying to fall pregnant.

Driving and using machines

THE REAL THING GREEN POWER CAPSULES may have a moderate influence on these abilities. It may make you feel drowsy and therefore it is not recommended that you take these capsules before or while you are driving or operating machines.

It is not always possible to predict to what extent THE REAL THING GREEN POWER CAPSULES may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which THE REAL THING GREEN POWER CAPSULES affects them.

3. How to take THE REAL THING GREEN POWER CAPSULES

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

Always take THE REAL THING GREEN POWER CAPSULES exactly as described in this leaflet, or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The usual oral dose for adults 18 years and older is 3 (three) capsules once a day with a full glass of water or fruit juice, or consult your healthcare provider.

Do not take more than the recommended dose, unless under direct supervision of your doctor.

Do not use long term for longer than 6 months continuously without consulting your healthcare provider.

Do not use in children under 18 years of age, unless under the care of a healthcare provider.

Take it a few hours before or a few hours after taking other medications or natural health products.

Stop taking the capsules at least two weeks before you have planned surgery.

If you take more THE REAL THING GREEN POWER CAPSULES than you should

More severe side effects may occur if you have taken too much THE REAL THING GREEN POWER CAPSULES.

Due to the iodine in THE REAL THING GREEN POWER CAPSULES overdose or long-term usage may result in –

- a below normal thyroid function (hypothyroidism),
- or above normal thyroid function (hyperthyroidism),
- or worsened existing hyperthyroidism.

If you are not feeling well, stop taking the supplement and consult your doctor.

In the event of overdose, consult your doctor or pharmacist. If neither is available, seek help at your nearest hospital or poison centre. Take this leaflet and the product container with you for identification.

If you forget to take THE REAL THING GREEN POWER CAPSULES

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

If you forget to take it for a day or two, just start again at the regular daily dose.

If you stop taking THE REAL THING GREEN POWER CAPSULES

You may not achieve optimal benefits if you do not take it regularly.

4. Possible side effects

THE REAL THING GREEN POWER CAPSULES can have side effects.

Not all side effects reported for it are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking THE REAL THING GREEN POWER CAPSULES, please consult your health care provider for advice.

If any of the following happens, stop taking THE REAL THING GREEN POWER CAPSULES and tell your doctor immediately, or go to the casualty department at your nearest hospital. Take this information leaflet with you.

- urticarial rash
- pruritis
- anaphylaxis
- allergic reactions in sensitive individuals
- photosensitivity reactions (less frequent)
- angioedema
- contact dermatitis

These are all very serious side effects. If you have them, you may have had a serious reaction to THE REAL THING GREEN POWER CAPSULES. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- estrogenic activity
- thyroid disorders
- manganese-induced parkinsonism
- allergic reactions, including asthma (frequent)
- chest tightness
- rhinoconjunctivitis (nose and eye problems)
- significant elevation of liver function test within 2 weeks of starting supplement

These are all serious side effects. You may need urgent medical attention.

Tell your doctor if you notice any of the following:

Frequent side effects:

- fatigue (tiredness)
- dizziness
- headache
- nausea
- vomiting
- diarrhoea, loose stools
- abdominal cramps
- flatus, flatulence
- flatulence during the first week
- green discolouration of faeces due to chlorophyll content
- abdominal discomfort

Less frequent side effects:

- mild gum bleeding
- mild bruising

Frequency not known:

- bloating, abdominal distension, intestinal gas
- bulkier faeces during the first week
- increased faecal volume
- increased stool frequency
- unpleasant taste
- anorexia
- constipation
- cause or worsen acne

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 Reaction 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 THE REAL THING GREEN POWER CAPSULES.

Alternatively side effects may be reported directly to The Real Thing Food Supplements (Pty) Ltd, at telephone number (021) 701-0244 or e-mail adr@therealthing.co.za

5. How to store THE REAL THING GREEN POWER CAPSULES

Store all medicines out of reach of children.

- Store in a cool, dry place at or below 25 °C.
- Keep the container tightly closed.
- Protect from light and moisture.
- Do not use after the expiry date stated on the label.

Do not use THE REAL THING GREEN POWER CAPSULES if you notice the capsules appear slimy or have discoloured from date of opening.
Return any unused or expired capsules to your pharmacist for proper disposal.
Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What THE REAL THING GREEN POWER CAPSULES contains

- The active substances are:

	Per capsule	Per daily dose (3 capsules)
Spirulina (<i>Arthrospira platensis</i>) [whole algae]	233,3 mg	700 mg
Chlorella (<i>Chlorella pyrenoidosa</i>) [broken cells, full algae]	233,3 mg	700 mg
Barley grass (<i>Hordeum vulgare</i>) [leaf]	33,3 mg	100 mg
Wheatgrass (<i>Triticum aestivum</i>) [leaf]	33,3 mg	100 mg
Alfalfa (<i>Medicago sativa</i>) [leaf]	16,7 mg	50 mg
Rockweed (<i>Ascophyllum nodosum</i>) [lamina]	6 mg	18 mg
*Providing Iodine	5,17 microgram	15,51 microgram
Kelp (<i>Laminaria digitata</i>) [lamina]	3,5mg	10,5 mg
*Providing Iodine	19,95 microgram	59,85 microgram

* Elemental quantities are calculated.

The capsules provide iodine 25,12 microgram per capsule (75,36 microgram per 3 capsules) and potassium 441 microgram per capsule (1 322 mg per 3 capsules).

- The other ingredients are magnesium stearate (vegetable origin) and vegetable capsule shell.

What THE REAL THING GREEN POWER CAPSULES looks like and contents of the pack

THE REAL THING GREEN POWER CAPSULES is a clear hard capsule (vegicap), size 00, containing a fine green powder.

THE REAL THING GREEN POWER CAPSULES is packed in a 200 ml amber glass bottle with a child resistant 45 mm polyethylene black screw cap fitted with an aluminium foil heat-induction or pressure tamper-evident seal. A silica gel sachet is included in the bottle. The bottle contains 90 capsules.

Holder of Certificate of Registration

THE REAL THING FOOD SUPPLEMENTS (PTY) LTD

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(To be allocated)

Access to the corresponding Professional Information

The Professional Information is located at <https://www.therealthing.co.za/index.php/the-range/grasses-and-greens/12-the-real-thing/67-green-power-new>

Or obtain the Professional Information directly from THE REAL THING FOOD SUPPLEMENTS (PTY) LTD using the contact details listed under Holder of Certificate of Registration.

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