

# The Real Thing Joint Revolution Capsules

**SCHEDULING STATUS:** S0

**THE REAL THING JOINT REVOLUTION CAPSULES** contains **MSM (methylsulfonylmethane) 333,34 mg, glucosamine sulphate 250 mg, chondroitin sulphate 133,34 mg, Hyal Joint® (sodium hyaluronate) 13,34 mg, collagen type II 2 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 JOINT REVOLUTION CAPSULES is available without a doctor's prescription, for you to maintain your health. Nevertheless you still need to use THE REAL THING JOINT REVOLUTION 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 JOINT REVOLUTION CAPSULES with any other person.
- Ask your healthcare practitioner or pharmacist if you need more information or advice.

**What is in this leaflet**

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

**1. What THE REAL THING JOINT REVOLUTION CAPSULES is and what it is used for**  
THE REAL THING JOINT REVOLUTION CAPSULES is a health supplement. It offers the following health benefits for adults –

- To support the mobility of joints;
- To support healthy knees;
- To relieve joint pain;
- To protect against the deterioration of cartilage, and is a factor in maintaining good cartilage and/or joint health;
- To maintain joint mobility and joint comfort.

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 JOINT REVOLUTION CAPSULES**

**Do not take THE REAL THING JOINT REVOLUTION CAPSULES:**

- if you are allergic or hypersensitive to any of the ingredients listed in section 6.

### **Warnings and precautions**

Take special care with THE REAL THING JOINT REVOLUTION CAPSULES and consult a doctor before use:

- if you are allergic to shellfish;
- if you are allergic to other collagen-containing products such as gelatine or collagen products from cattle.

### **Children and adolescents**

THE REAL THING JOINT REVOLUTION CAPSULES is not suitable for use in children.

### **Other medicines and THE REAL THING JOINT REVOLUTION CAPSULES**

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

If you are taking anticoagulants, such as warfarin, then you should not take THE REAL THING JOINT REVOLUTION CAPSULES as it may increase bleeding.

### **Pregnancy and breastfeeding:**

The safety of taking THE REAL THING JOINT REVOLUTION CAPSULES during pregnancy and breastfeeding is not known and therefore use cautiously or avoid.

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or healthcare practitioner for advice before taking this medicine.

### **Driving and using machines**

THE REAL THING JOINT REVOLUTION CAPSULES may have a minor influence on these abilities.

It is not always possible to predict to what extent THE REAL THING JOINT REVOLUTION 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 measures to which THE REAL THING JOINT REVOLUTION CAPSULES affects them.

## **3. How to take THE REAL THING JOINT REVOLUTION CAPSULES**

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

Always take THE REAL THING JOINT REVOLUTION 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 dose for adults 18 years and older is:

- Take 3 to 6 capsules orally once a day with a glass of water.
- Take for at least 4 weeks to experience the benefits.
- If you experience gastrointestinal effects while taking THE REAL THING JOINT REVOLUTION CAPSULES, you can divide the dosage and take with meals.
- Do not take THE REAL THING JOINT REVOLUTION CAPSULES at bedtime.

### **If you take more THE REAL THING JOINT REVOLUTION CAPSULES than you should**

More severe side effects may occur if you have taken too much THE REAL THING JOINT REVOLUTION CAPSULES. Stop taking the supplement. Treat the symptoms that may occur.

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

### **If you forget to take THE REAL THING JOINT REVOLUTION CAPSULES:**

If you forget to take it for a day or two, just start again at the regular daily dose. Do not take a double dose to make up for the forgotten individual doses.

### **If you stop taking THE REAL THING JOINT REVOLUTION CAPSULES:**

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

#### **4. Possible side effects**

THE REAL THING JOINT REVOLUTION 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 JOINT REVOLUTION CAPSULES, please consult your healthcare practitioner for advice.

It is generally well tolerated at the recommended oral doses.

If any of the following happens, stop taking THE REAL THING JOINT REVOLUTION CAPSULES and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Increased allergy symptoms
- Pruritus, itching
- Allergic reactions in sensitive individuals (less frequent)
- Serious allergic reaction which could include difficulty in breathing
- Red rash
- Skin rash triggered by a reaction to an irritant
- Swollen lip
- Painless swelling under the skin
- Swelling in the lower parts of your body due to fluid collection
- Shortness of breath
- Not walking normally
- Low blood pressure

These are all very serious side effects. If you have them, you may have had a serious reaction to THE REAL THING JOINT REVOLUTION 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:

- Dry eye in older persons
- Increased pressure in the eye
- Asthma worsening
- Liver toxicity (less frequent)
- Acute liver injury (less frequent)
- Liver function abnormalities

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:

- Nausea
- Vomiting
- Diarrhoea
- Bloating
- Mild gastrointestinal discomfort
- Abdominal cramps
- Abdominal pain
- Heartburn
- Dyspepsia (indigestion)
- Constipation

##### Less frequent side effects:

- Dizziness
- Weight loss

#### Frequencies not known:

- Headache
- Tiredness
- Sleeplessness
- Difficulty concentrating
- Indigestion
- Sleepiness
- Stomach pain
- Stomach burning
- Flatulence
- Dry mouth in older persons
- Fingernail and toenail toughening with an increased rate in growth
- Eyelid swelling
- Hair loss

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 JOINT REVOLUTION CAPSULES.

Or side effects can be reported directly to The Real Thing Food Supplements (Pty) Ltd at telephone (021) 701-0244 or email [adr@therealthing.co.za](mailto:adr@therealthing.co.za).

#### **5. How to store THE REAL THING JOINT REVOLUTION CAPSULES**

Store all medicines out of the reach of children.

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

Do not use THE REAL THING JOINT REVOLUTION CAPSULES if you notice the capsules appear slimy or have discoloured from date of opening.

Return any unused or expired capsules to your pharmacist.

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 JOINT REVOLUTION CAPSULES contains**

- The active substances are:

	Per capsule	Per 3 capsules	Per 6 capsules
MSM (methylsulfonylmethane)	333,34 mg	1000 mg	2000 mg
Glucosamine sulphate (marine)	250 mg	750 mg	1500 mg
Chondroitin sulphate (bovine)	133,34 mg	400 mg	800 mg
Hyal Joint® (sodium hyaluronate) (poultry)	13,34 mg	40 mg	80 mg
Native collagen type II (poultry)	2 mg	6 mg	12 mg

- The other ingredients are dicalcium phosphate, Aerosil (silicone dioxide), magnesium stearate (palm oil), gelatine (bovine) capsule shell.

**What THE REAL THING JOINT REVOLUTION CAPSULES looks like and contents of the pack**

THE REAL THING JOINT REVOLUTION CAPSULES is a clear, hard gelatine capsule shell containing an off-white to beige powder with speckles.

THE REAL THING JOINT REVOLUTION CAPSULES are packed in a 200 ml amber glass bottle with a non-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. The bottle is packed in a round core carton fitted with a white insert lid.

**Holder of Certificate of Registration**

THE REAL THING FOOD SUPPLEMENTS (PTY) LTD

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This is the first edition.

**Registration number**

(To be allocated)

**Access to the corresponding Professional Information**

The Professional Information is located at: <https://www.therealthing.co.za/index.php/the-range/bones-and-joints/13-the-real-thing/the-range/103-joint-revolution-capsules>

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.