

The Real Thing MSM-Body Capsules

The Real Thing MSM-Body Powder

SCHEDULING STATUS: S0

THE REAL THING MSM-BODY CAPSULES contain 900 mg MSM (methylsulfonylmethane) per capsule. The capsules are sugar free.

THE REAL THING MSM-BODY POWDER contains 2000 mg MSM (methylsulfonylmethane) per half teaspoon, i.e. 2,5 ml. The powder is 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 MSM-BODY CAPSULES and THE REAL THING MSM-BODY POWDER are available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use THE REAL THING MSM-BODY CAPSULES and THE REAL THING MSM-BODY POWDER carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share THE REAL THING MSM-BODY CAPSULES or THE REAL THING MSM-BODY POWDER 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 MSM-BODY CAPSULES and THE REAL THING MSM-BODY POWDER are and what it is used for.
2. What you need to know before you take THE REAL THING MSM-BODY CAPSULES and THE REAL THING MSM-BODY POWDER.
3. How to take THE REAL THING MSM-BODY CAPSULES and THE REAL THING MSM-BODY POWDER.
4. Possible side effects.
5. How to store THE REAL THING MSM-BODY CAPSULES and THE REAL THING MSM-BODY POWDER.
6. Contents of the pack and other information.

1. What THE REAL THING MSM-BODY CAPSULES and THE REAL THING MSM-BODY POWDER are and what it is used for

THE REAL THING MSM-BODY CAPSULES and THE REAL THING MSM-BODY POWDER are health supplements. It offers the following health benefits for adults:

- support for healthy joints, 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 composition.

2. What you need to know before you take THE REAL THING MSM-BODY CAPSULES and THE REAL THING MSM-BODY POWDER

Do not take THE REAL THING MSM-BODY CAPSULES or THE REAL THING MSM-BODY POWDER:

- If you are allergic or hypersensitive to MSM (methylsulfonylmethane) or any of the other ingredients of THE REAL THING MSM-BODY CAPSULES and THE REAL THING MSM-BODY POWDER (listed in section 6).

Warnings and precautions

Consult your healthcare provider if your symptoms worsen.

Children and adolescents

THE REAL THING MSM-BODY CAPSULES and THE REAL THING MSM-BODY POWDER is not suitable for use in children, unless under the care of a healthcare provider.

Other medicines and THE REAL THING MSM-BODY CAPSULES and THE REAL THING MSM-BODY POWDER

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

Pregnancy and breastfeeding

If you are pregnant or breast feeding, 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.

Driving and using machines

THE REAL THING MSM-BODY CAPSULES and THE REAL THING MSM-BODY POWDER may have a minor influence on these abilities due to fatigue and difficulty in concentrating.

It is not always possible to predict to what extent THE REAL THING MSM-BODY CAPSULES and THE REAL THING MSM-BODY POWDER 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 MSM-BODY CAPSULES or THE REAL THING MSM-BODY POWDER affects them.

3. How to take THE REAL THING MSM-BODY CAPSULES and THE REAL THING MSM-BODY POWDER

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

Always take THE REAL THING MSM-BODY CAPSULES and THE REAL THING MSM-BODY POWDER 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:

- CAPSULES: Take three capsules orally per day, in divided doses with a glass of water. Do not take more than 2 capsules per single dose. Do not take more than 6 capsules per day.
- POWDER: Take half a teaspoon (2 000 mg) orally once to three times per day with a glass of water. Do not take more than 2 000 mg per single dose. Do not take more than 6 000 mg per day.
- Take with food to help reduce any possible gastro-intestinal effects.
- Take continuously for a minimum of 4 weeks to see beneficial effects.
- Consult a healthcare provider if you wish to continue for longer than 4 weeks.
- Do not take at bedtime.

If you take more THE REAL THING MSM-BODY CAPSULES or THE REAL THING MSM-BODY POWDER than you should

More severe side effects may occur if you have taken too much THE REAL THING MSM-BODY CAPSULES or THE REAL THING MSM-BODY POWDER. Stop taking the supplement. If you are not feeling well, stop taking the supplement and consult your doctor. Treat the symptoms that may occur.

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

If you forget to take THE REAL THING MSM-BODY CAPSULES or THE REAL THING MSM-BODY POWDER

Do not take a double dose to make up for 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 MSM-BODY CAPSULES or THE REAL THING MSM-BODY POWDER

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

4. Possible side effects

THE REAL THING MSM-BODY CAPSULES and THE REAL THING MSM-BODY POWDER 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 MSM-BODY CAPSULES or THE REAL THING MSM-BODY POWDER, please consult your healthcare provider for advice.

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

- itching (less frequent)
- an increase in allergy symptoms

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

Tell your doctor if you notice any of the following:

Frequent side effects:

- nausea
- diarrhoea
- mild bloating
- gastrointestinal discomfort

Frequency not known:

- constipation
- indigestion
- headache
- fatigue
- difficulty in concentration
- insomnia if taken at bedtime.

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 MSM-BODY CAPSULES and THE REAL THING MSM-BODY POWDER.

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

5. How to store THE REAL THING MSM-BODY CAPSULES and THE REAL THING MSM-BODY POWDER

Store all medicines out of the reach of children.

- Store in a cool and dry place, at or below 25 °C.
- Store in a well closed container.
- Do not use after the expiry date as stated on the label or container.

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

Do not use THE REAL THING MSM-BODY POWDER if you notice the powder appears discoloured from date of opening.

Return any unused or expired medicine 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 MSM-BODY CAPSULES contains

- The active substance is:

| | Per capsule | Per 3 capsules |
|--------------------------------|-------------|----------------|
| MSM (methylsulfonylmethane) | 900 mg | 2 700 mg |
| *Providing sulphur (elemental) | 300 mg | 900 mg |

*Elemental quantities calculated.

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

What THE REAL THING MSM-BODY POWDER contains

- The active substance is:

| | Per single dose (2,5 ml / 2 g) | Per daily dose (5 ml / 4 g) |
|--------------------------------|-----------------------------------|--------------------------------|
| MSM (methylsulfonylmethane) | 2 000 mg | 4 000 mg |
| *Providing sulphur (elemental) | 682 mg | 1 364 mg |

*Elemental quantities calculated

- There are no inactive ingredients.

What THE REAL THING MSM-BODY CAPSULES looks like and contents of the pack

THE REAL THING MSM-BODY CAPSULES is a clear, hard vegetable capsule shell, size 00, containing a white to off-white powder.

THE REAL THING MSM-BODY CAPSULES is 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.

What THE REAL THING MSM-BODY POWDER looks like and contents of the pack

THE REAL THING MSM-BODY POWDER is a white to off-white powder.

THE REAL THING MSM-BODY POWDER is packed in a sealed plastic bag inside a cardboard container with an inner aluminium liner, a metal base and top, and a tamper proof seal with a clear plastic lid. The pack contains 240 g powder.

Alternatively, THE REAL THING MSM-BODY POWDER is packed in a 300 ml amber glass bottle with a 45 mm polyethylene black screw cap fitted with an aluminium foil heat-induction or pressure tamper-evident seal. The cap is fitted with a plastic tamper-evident shrink sleeve. The bottle contains 240 g powder.

Holder of Certificate of Registration

THE REAL THING FOOD SUPPLEMENTS (PTY) LTD
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Westlake 7945, Cape Town
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E-mail: info@therealthing.co.za

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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/12-the-real-thing/105-msm-body-powder-and-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.

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