

The Real Thing Medicinal Mushrooms Capsules

SCHEDULING STATUS: S0

THE REAL THING MEDICINAL MUSHROOMS CAPSULES contains *Agaricus blazei* (himematsutake) 66,7 mg, *Cordyceps sinensis* (caterpillar) 66,7 mg, *Ganoderma lucidum* (reishi) 66,7 mg, *Grifola frondosa* (maitake) 66,7 mg, *Lentinula edodes* (shiitake) 66,7 mg, *Trametes versicolor* (turkey tail) 66,7 mg per capsule.

The capsules are sugar free.

Complementary Medicine. Western Herbal Medicine.

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 MEDICINAL MUSHROOMS CAPSULES is available without a doctor's prescription, for you to maintain your health. Nevertheless you still need to use THE REAL THING MEDICINAL MUSHROOMS 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 MEDICINAL MUSHROOMS CAPSULES with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

What is in this leaflet

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

1. What THE REAL THING MEDICINAL MUSHROOMS CAPSULES is and what it is used for

THE REAL THING MEDICINAL MUSHROOMS CAPSULES is a western herbal medicine. It is a specially formulated powdered blend of 6 organic mushrooms combined to:

- support the body's immune system;
- provide anti-oxidant activity that helps to maintain your body's good health;
- help increase energy and resistance to stress (mental and physical fatigue related to stress).

2. What you need to know before you take THE REAL THING MEDICINAL MUSHROOMS CAPSULES

Do not take THE REAL THING MEDICINAL MUSHROOMS CAPSULES

- if you are hypersensitive (allergic) to any of the 6 mushroom ingredients, or to any of the other ingredients of THE REAL THING MEDICINAL MUSHROOMS CAPSULES (listed in section 6).

Warnings and precautions

Take special care with THE REAL THING MEDICINAL MUSHROOMS CAPSULES:

- if you have diabetes;
- if you have liver disease;

- If you have an autoimmune disease;
- If you have a bleeding disorder;
- If your symptoms persist or get worse;
- If you are having or plan to have an operation within the next two weeks.

Children and adolescents

THE REAL THING MEDICINAL MUSHROOMS CAPSULES is not suitable for use in children, unless under the care of a healthcare provider.

Other medicines and THE REAL THING MEDICINAL MUSHROOMS CAPSULES

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

THE REAL THING MEDICINAL MUSHROOMS CAPSULES may affect other medicines:

- increase possibility of bleeding when used with anticoagulants (medicine that prevents blood clotting);
- increase the blood sugar lowering effect of other medicines if taken at the same time, or if taken during or after a surgical procedure;
- increase the blood pressure lowering effect of other medicines;
- may decrease the effects of treatment that suppresses your immune system.

Pregnancy and breastfeeding

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 health care provider for advice before taking this medicine.

Driving and using machines

THE REAL THING MEDICINAL MUSHROOMS CAPSULES may have a minor influence on these abilities. It may make you feel dizzy 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 MEDICINAL MUSHROOMS 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 MEDICINAL MUSHROOMS CAPSULES affects them.

3. How to take THE REAL THING MEDICINAL MUSHROOMS CAPSULES

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

Always take THE REAL THING MEDICINAL MUSHROOMS 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 2 (two) capsules orally per day with a glass of water, or consult your healthcare provider.
- It is best to take THE REAL THING MEDICINAL MUSHROOMS CAPSULES after a meal to avoid digestive upset.
- Stop taking these capsules at least two weeks before you have surgery.

If you take more THE REAL THING MEDICINAL MUSHROOMS CAPSULES than you should

More severe side effects may occur if you have taken too much THE REAL THING MEDICINAL MUSHROOMS CAPSULES. Stop taking the herbal medicine. If you are not feeling well, stop taking the herbal medicine and consult your doctor. Treat the symptoms that may occur.

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

If you forget to take THE REAL THING MEDICINAL MUSHROOMS CAPSULES

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 MEDICINAL MUSHROOMS CAPSULES

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

4. Possible side effects

THE REAL THING MEDICINAL MUSHROOMS 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 MEDICINAL MUSHROOMS CAPSULES, please consult your healthcare provider for advice.

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

- Prickling in the hands
- Skin rash (dermatitis) (frequent)
- Itching (frequent)
- Other skin reactions
- Liver toxicity in compromised patients (less frequent)
- Respiratory allergy to spores
- Skin sensitivity to the sun which includes rash and itching (less frequent)

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

- Nose bleed
- Bloody stools
- Tiredness
- Inflammation of the membranes of the eye (pink eye) (less frequent)

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:

- Dizziness
- Nausea
- Diarrhoea
- Abdominal discomfort
- Dryness of mouth, throat or nasal cavity
- Stomach upset
- Epigastric pain
- Vomiting

Less frequent side effects:

- Sleeplessness
- Headache
- Constipation

Frequency not known:

- Sore throat

- Runny nose
- Abdominal pain
- Difficulty with swallowing
- Mouth ulcers

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 information on the safety of THE REAL THING MEDICINAL MUSHROOMS CAPSULES.

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 MEDICINAL MUSHROOMS CAPSULES

Store all medicines out of reach of children.

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

Do not use THE REAL THING MEDICINAL MUSHROOMS CAPSULES if you notice the capsules appear slimy or have 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 MEDICINAL MUSHROOMS CAPSULES contains

- The active substances are:

	<u>Per capsule</u>	<u>Per daily dose (2 capsules)</u>
<i>Agaricus blazei</i> (himematsutake) [Full spectrum]	66,7 mg	133,4 mg
<i>Cordyceps sinensis</i> (cordyceps, caterpillar) [Full spectrum]	66,7 mg	133,4 mg
<i>Ganoderma lucidum</i> (reishi) [Full spectrum]	66,7 mg	133,4 mg
<i>Grifola frondosa</i> (maitake) [Full spectrum]	66,7 mg	133,4 mg
<i>Lentinula edodes</i> (shiitake) [Full spectrum]	66,7 mg	133,4 mg
<i>Trametes versicolor</i> (turkey tail) [Full spectrum]	66,7 mg	133,4 mg

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

What THE REAL THING MEDICINAL MUSHROOMS CAPSULES looks like and contents of the pack

THE REAL THING MEDICINAL MUSHROOMS CAPSULES is a clear, hard vegetable capsule shell, size 1, containing a light brown to brown powder-with fine dark specks.

THE REAL THING MEDICINAL MUSHROOMS CAPSULES are packed in a 75 ml amber glass bottle with a child resistant 38 mm polypropylene 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 60 capsules. The bottle is packed in a round core carton. Alternatively, it may be packed with a non-child resistant cap fitted with a plastic tamper-evident shrink sleeve.

Holder of Certificate of Registration

THE REAL THING FOOD SUPPLEMENTS (PTY) LTD

9 Westlake Drive

Westlake 7945, Cape Town

Telephone: 021-701 0244

E-mail: info@therealthing.co.za

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This is the first edition.

Registration number

(To be advised)

Access to the corresponding Professional Information

The Professional Information is located at:

<https://therealthing.co.za/index.php/the-range/immune-boosters/13-the-real-thing/the-range/62-medicinal-mushroom-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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