

The Real Thing Nutra-C® Capsules

SCHEDULING STATUS: S0

THE REAL THING NUTRA-C® CAPSULES contains vitamin C 500 mg and citrus bioflavonoid 50 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 NUTRA-C® CAPSULES is available without a doctor's prescription, for you to maintain your health. Nevertheless you still need to use THE REAL THING NUTRA-C® 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 NUTRA-C® 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 NUTRA-C® CAPSULES is and what it is used for
2. What you need to know before you take THE REAL THING NUTRA-C® CAPSULES
3. How to take THE REAL THING NUTRA-C® CAPSULES
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1 What THE REAL THING NUTRA-C® CAPSULES is and what it is used for

THE REAL THING NUTRA-C® CAPSULES is a health supplement. It helps:

- to protect body cells from oxidative damage caused by free radicals (scavengers that cause damage to body cells).
- to metabolise fats and proteins.
- in the development and maintenance of bones, cartilage, teeth and gums.
- in connective tissue formation.
- in wound healing.
- as a factor in the maintenance of good health.

Nutra-C® is a chelated form of vitamin C.

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 NUTRA-C® CAPSULES

Do not take THE REAL THING NUTRA-C® CAPSULES

- if you are allergic or hypersensitive to vitamin C, citrus bioflavonoids or any of the other ingredients of THE REAL THING NUTRA-C® CAPSULES (listed in section 6).

Warnings and precautions

Take special care with THE REAL THING NUTRA-C® CAPSULES

- if you have hyperoxaluria (excessive excretion of oxalate in your urine).

Children and adolescents

THE REAL THING NUTRA-C® CAPSULES is not suitable for use in children.

Other medicines and THE REAL THING NUTRA-C® CAPSULES

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

THE REAL THING NUTRA-C® CAPSULES may affect other medicines:

- vitamin C may increase the absorption of iron if you have a shortage of iron in your body;
- citrus bioflavonoids may alter the effects of prescription medication, hence consult with your health care practitioner.

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 health care provider for advice before taking this medicine.

The safety of taking THE REAL THING NUTRA-C® CAPSULES during pregnancy and breastfeeding is not known, therefore use cautiously or avoid.

Driving and using machines

THE REAL THING NUTRA-C® CAPSULES has no or negligible influence on these abilities. It is not always possible to predict to what extent THE REAL THING NUTRA-C® 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 NUTRA-C® CAPSULES affects them.

3. How to take THE REAL THING NUTRA-C® CAPSULES

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

Always take THE REAL THING NUTRA-C® 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 once a day with a glass of water.

If you take more THE REAL THING NUTRA-C® CAPSULES than you should

Excess vitamin C (non-chelated form) intake can lead to numerous effects including:

- diarrhoea and other gastrointestinal (stomach) disturbances;
- hyperoxaluria which is excess excretion of oxalate in your urine;
- formation of renal calcium oxalate calculi (kidney stones form due to too much oxalate in your urine).

These effects have not been reported with the intake of large doses of Nutra-C®.

Other effects due to excess vitamin C intake include:

- deep vein thrombosis (blood clot in a vein deep inside the body)
- cardiovascular mortality (death due to a heart condition)
- carotid inner wall thickening (narrowing of the blood vessels that carry oxygen to the head, brain and face)
- haemolysis (destruction of red blood cells) in patients with glucose-6-phosphate dehydrogenase deficiency.

In the event of overdosage, stop taking the supplement and 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 NUTRA-C® 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 NUTRA-C® CAPSULES

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

4 Possible side effects

THE REAL THING NUTRA-C® 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 NUTRA-C® CAPSULES, please consult your health care provider for advice.

Tell your doctor if you notice any of the following:

- fatigue
- headache
- insomnia (a pattern of not falling asleep or not staying asleep)
- sleepiness
- flushing
- nausea
- vomiting
- esophagitis (inflammation of the tube leading from your mouth to your stomach)
- heartburn
- abdominal cramps (cramps in the stomach area)
- gastrointestinal obstruction (a blockage in the gut)
- diarrhoea

Nutra-C® is gentler on the stomach than normal acidic vitamin C, hence lower incidence of epigastric effects, abdominal pain and diarrhoea.

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 NUTRA-C® 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 NUTRA-C® 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 moisture and light.
- 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 NUTRA-C® 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 NUTRA-C® CAPSULES contains

- The active substances are:

	Per capsule	Per daily dose
Nutra-C® providing	710 mg	1 420 mg
*Ascorbic acid (vitamin C) from calcium ascorbate, magnesium ascorbate and calcium threonate	500 mg	1 000 mg
Citrus bioflavonoid	50 mg	100 mg

*Elemental quantity calculated.

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

What THE REAL THING NUTRA-C® CAPSULES look like and contents of the pack

THE REAL THING NUTRA-C® CAPSULES is a clear, hard vegetable capsule shell, size 00, containing a fine cream coloured powder.

THE REAL THING NUTRA-C® CAPSULES are packed in a 200 ml amber glass bottle with a non-child resistant 45 mm polyethylene black or white 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 fitted with a white insert lid.

Holder of Certificate of Registration

THE REAL THING FOOD SUPPLEMENTS (PTY) LTD

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Registration number

(To be allocated)

Access to corresponding Professional Information

The Professional Information is located at: <https://www.therealthing.co.za/index.php/the-range/immune-boosters/13-the-real-thing/the-range/82-nutra-c>

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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