

PROFESSIONAL INFORMATION FOR L-CARNITINE

SCHEDULING STATUS:

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PROPRIETARY NAME AND DOSAGE FORM:

L-CARNITINE tablets

COMPOSITION:

Active Ingredient:

Each tablet contains:

L-Carnitine Tartrate 190 mg

Sugar free.

Inactive Ingredients:

Dicalcium phosphate dihydrate, magnesium stearate, microcrystalline cellulose, polyvinylpyrrolidone (PVP).

CATEGORY AND CLASS:

D 23 Amino acids.

PHARMACOLOGICAL ACTION:

The main function of L-Carnitine in the body is to help transport long-chain fatty acids into cells where they may be oxidised to produce energy. This can be a source of energy for the muscles as it increases the use of fat as an energy source.

INDICATIONS:

L-CARNITINE aids in the muscle recovery process by reducing muscle tissue damage associated with a resistance training regimen.

L-CARNITINE helps support muscle tissue repair in individuals involved in resistance training.

L-CARNITINE helps improve physical performance when used in conjunction with a training regimen.

L-CARNITINE helps delay fatigue during physical activity, helps support fat metabolism and fat oxidation.

CONTRAINDICATIONS:

Hypersensitivity to any of the ingredients (see “COMPOSITION”).

Pregnancy and lactation (see “HUMAN REPRODUCTION”).

WARNINGS AND SPECIAL PRECAUTIONS:

Warnings:

Please consult a healthcare professional if you have any diagnosed condition or are taking any other medication.

Do not exceed the recommended dosage.

L-CARNITINE is not intended for use in children under 18 years of age.

Special precautions:

If you have a liver disease, a kidney disease, or a seizure disorder, consult a healthcare professional prior to use.

Haemorrhagic disorders:

L-CARNITINE can increase the effects of warfarin and thereby increase the chances of bruising and bleeding. Contact a healthcare professional prior to use (see “**INTERACTIONS**”).

Hypothyroidism:

L-CARNITINE can decrease the effectiveness of the thyroid hormone and make symptoms of hypothyroidism worse. Contact a healthcare professional prior to use (see “**INTERACTIONS**”).

Seizure disorders:

L-CARNITINE can increase the risk of seizures in people who previously had one (see “**INTERACTIONS**”).

Effects on the ability to drive and use machines:

L-CARNITINE should not have an effect on your ability to drive or use machines that require your attention however, this has not been tested. Do not drive or operate machines that require your attention before you know how **L-CARNITINE** might affect you.

INTERACTIONS:

Please consult a healthcare professional if you have any diagnosed condition or are taking any other medication, this includes complementary or traditional medicines (see “**WARNINGS AND SPECIAL PRECAUTIONS**”).

Anticoagulants:

Avoid using **L-CARNITINE** with anticoagulants such as warfarin as it may increase the risk of bleeding. Contact a healthcare professional prior to use (see “**WARNINGS AND SPECIAL PRECAUTIONS**”).

Thyroid hormone replacements:

L-CARNITINE may stop thyroid hormone from getting into cells, and theoretically may make thyroid hormone replacement less effective. If you take thyroid hormone replacements, e.g. thyroxine or levothyroxine, talk to a healthcare professional before taking **L-CARNITINE** (see “**WARNINGS AND SPECIAL PRECAUTIONS**”).

Valproic acid (antiseizure medication):

L-CARNITINE can increase the risk of seizures in people who previously had one (see “**WARNINGS AND SPECIAL PRECAUTIONS**”).

HUMAN REPRODUCTION:**Pregnancy:**

Safety during pregnancy has not been established.

L-CARNITINE should not be used during pregnancy.

Lactation:

Safety during lactation has not been established.

L-CARNITINE should not be used during lactation.

DOSAGE AND DIRECTIONS FOR USE:

Adults: Take 2 tablets in the morning with breakfast and 1 tablet in the afternoon with lunch or as prescribed by a healthcare professional.

Do not exceed recommended dosage.

SIDE EFFECTS:**Side Effect Profile:****Nervous system disorders:**

Less frequent: Seizures in people with seizure disorders.

Gastrointestinal disorders:

Frequency unknown: Abdominal cramps, nausea, vomiting, diarrhoea.

Skin and subcutaneous tissue disorders:

Less frequent: Skin rash, fishy body odour.

Musculoskeletal disorders:

Less frequent: Muscle weakness in uremic patients.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT:

(see “WARNINGS AND SPECIAL PRECAUTIONS” and “SIDE EFFECTS”).

Symptoms of Overdosage:

The symptoms of an overdose is not known but can include stomach cramps, nausea, vomiting, diarrhoea, skin rash, fishy body odour or muscle weakness. In the event of an overdose, consult a healthcare professional.

Treatment of Overdosage:

Treatment should be symptomatic and supportive.

IDENTIFICATION:

White, oblong tablet.

PRESENTATION:

100 tablets, packed inside a white plastic container with a silver screw cap.

STORAGE INSTRUCTIONS:

Store at or below 25 °C in a cool, dry place, protected from light.

Keep tightly closed.

KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER/REFERENCE NUMBER:

To be allocated upon registration.

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION:

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DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION:

To be allocated upon registration.

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COMPLEMENTARY MEDICINE:

Complementary Medicine – Health Supplement.

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

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