

PATIENT INFORMATION LEAFLET FOR MAXIMOR ADVANCE FOR MEN

SCHEDULING STATUS: S0

MAXIMOR ADVANCE FOR MEN, hard capsules

Epimedium brevicornum, panax ginseng, panax quinquefolius, dioscorea villosa, lycium chinense, cistanche deserticola, fructus rubi, euryale ferox, schisandra chinensis, poria cocos, nephelium longana, piper nigrum.

Contains sweetener: Each hard capsule contains 30 mg xylitol.

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.

MAXIMOR ADVANCE FOR MEN is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use MAXIMOR ADVANCE FOR MEN carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share MAXIMOR ADVANCE FOR MEN with any other person.
- Ask your 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 MAXIMOR ADVANCE FOR MEN is and what it is used for
2. What you need to know before you take MAXIMOR ADVANCE FOR MEN
3. How to take MAXIMOR ADVANCE FOR MEN
4. Possible side effects
5. How to store MAXIMOR ADVANCE FOR MEN
6. Contents of the pack and other information

1. What MAXIMOR ADVANCE FOR MEN is and what it is used for

MAXIMOR ADVANCE FOR MEN is a blend of ingredients traditionally used to support the promotion of energy and enhance the male response.

2. What you need to know before you take MAXIMOR ADVANCE FOR MEN

Do not take MAXIMOR ADVANCE FOR MEN:

- If you are hypersensitive (allergic) to any of the active ingredients or any of the other ingredients of MAXIMOR ADVANCE FOR MEN (see **What MAXIMOR ADVANCE FOR MEN contains**).
- If you are pregnant or breastfeeding your baby.
- If you are under the age of 18 years.
- If you suffer from cases of haemorrhage (an escape of blood from a ruptured blood vessel) or thrombosis (when blood clots block your blood vessels).
- If you have hormone sensitive cancers/conditions.
- If you are an organ transplant recipient.
- If you suffer from epilepsy.
- If you suffer with high intracranial pressure.
- If you suffer from diarrhoea due to a spleen deficiency or constipation.
- If you suffer from fluid retention or fullness in the epigastrium (the upper part of your abdomen, which sits below your rib cage) and abdomen.
- If you suffer from prediagnosed high blood pressure or a calcium deficiency except under medical supervision.

Warnings and precautions

Taking multiple supplements and multivitamins may cause a cumulative intake of certain nutrients/substances. It is therefore recommended that you consult your healthcare practitioner prior to use.

Take special care with MAXIMOR ADVANCE FOR MEN:

- Extended use may result in dizziness, vomiting, dry mouth, thirst and nosebleed.
- If you are taking anticoagulants (medicine to thin your blood) and antiplatelet medicine (used to prevent a heart attack).

- If you are taking medicines on a regular basis, or use MAXIMOR ADVANCE FOR MEN at the same time with another medicine, you may experience undesirable interactions. Please consult your doctor, pharmacist or other healthcare professional for advice.
- If you suffer from diabetes, cardiac conditions or schizophrenia.

MAXIMOR ADVANCE FOR MEN contains xylitol (E967) which may have a laxative effect.

Children

MAXIMOR ADVANCE FOR MEN is contraindicated for use in children (see **Do not take MAXIMOR ADVANCE FOR MEN**).

Other medicines and MAXIMOR ADVANCE FOR MEN

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

- Supplemental intake of certain ingredients may interfere with certain medicine, diseases and foods.
- MAXIMOR ADVANCE FOR MEN increase levels of medicine that are metabolised by cytochrome P450 2C9 enzymes (breaks down compounds including steroid hormones and fatty acids).
- Concurrent use with MAXIMOR ADVANCE FOR MEN increases the absorption of the following medicines:
 - Phenytoin (anti-seizure medication);
 - Propanolol (beta blocker);
 - Theophylline (used in therapy for respiratory diseases).

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 MAXIMOR ADVANCE FOR MEN.

Pregnant and breastfeeding women should not use MAXIMOR ADVANCE FOR MEN (see **Do not take MAXIMOR ADVANCE FOR MEN**).

Driving and using machines

MAXIMOR ADVANCE FOR MEN should not affect your ability to drive and use machines. Caution is advised when driving a vehicle or operating machines until the effects of MAXIMOR ADVANCE FOR MEN are known.

3. How to take MAXIMOR ADVANCE FOR MEN

Do not share your medicines with any other person.

Always take MAXIMOR ADVANCE FOR MEN 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 is:

Adults: Take 1 capsule with warm water one hour before required. Do not exceed more than 2 capsules within 24 hours.

Stimulation is required for this product to work effectively.

DO NOT EXCEED THE RECOMMENDED DOSE.

If you have the impression that the effect of MAXIMOR ADVANCE FOR MEN is too strong or too weak, tell your doctor or pharmacist.

If you take more MAXIMOR ADVANCE FOR MEN than you should

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

Take this leaflet and the rest of the remaining MAXIMOR ADVANCE FOR MEN with you so the doctor will know what you have taken.

An overdose on MAXIMOR ADVANCE FOR MEN may cause:

- Respiratory arrest (the cessation of breathing);
- Exaggeration of tendon reflexes to the point of spasm;
- Diarrhoea (runny, loose stools);
- Allergic reactions;
- Emesis (the process of vomiting);
- Insomnia (sleeplessness);
- Agitation in schizophrenia patients.

4. Possible side effects

MAXIMOR ADVANCE FOR MEN can have side effects.

Not all side effects reported for MAXIMOR ADVANCE FOR MEN are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking MAXIMOR ADVANCE FOR MEN, please consult your health care provider for advice.

If any of the following happens, stop taking MAXIMOR ADVANCE FOR MEN and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Swelling of your hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in breathing or swallowing.
- Rash, itching.
- Fainting.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to MAXIMOR ADVANCE FOR MEN. You may need urgent medical attention or hospitalisation.

Tell your doctor as soon as possible if you notice any of the following:

Common:

- Insomnia.

Less common:

- Mastalgia (breast pain);
- Vaginal bleeding;
- Amenorrhea (absence of menstruation);
- Tachycardia (fast heart rate);
- Palpitations (feelings of a fluttering, fast beating or pounding heart);
- Hypertension (high blood pressure);
- Hypotension (low blood pressure);
- Oedema (a build-up of fluid in the body which causes the affected tissue to become swollen);
- Decreased appetite;
- Diarrhoea (runny, loose stools);
- Hyperpyrexia (exceptionally high fever);
- Pruritus (itchy skin);
- Rose spots;
- Headache;
- Vertigo (dizziness);
- Euphoria (a feeling of intense excitement);
- Mania (extremely excitable mood).

Uncommon:

- Cerebral arteritis (inflammation of blood vessels around the scalp);
- Stevens-Johnson syndrome (a rare disorder of skin and mucous membranes);
- Cholestatic hepatitis (any form of liver disease that causes inflammation of the liver and a problem with bile transport);
- Anaphylaxis (a severe allergic reaction);
- Estrogenic effects;
- Skin eruptions;
- Nausea;
- Vomiting;
- Heartburn;
- Acid indigestion;
- Stomach pain;
- Allergic skin reactions;
- Urticaria (hives);
- Burning aftertaste.

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, pharmacist or nurse. 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 MAXIMOR ADVANCE FOR MEN.

5. How to store MAXIMOR ADVANCE FOR MEN

- Store all medicines out of reach of children.
- Store at or below 25 °C.
- Protect from moisture.
- Keep tightly closed and keep blister strip in the carton until required for use.
- Do not use after the expiry date stated on the carton or blister strip.
- Return all unused medicine 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 MAXIMOR ADVANCE FOR MEN contains

Each hard capsule contains:

<i>Epimedium brevicornum</i>	120 mg
<i>Panax ginseng</i>	70 mg
<i>Panax quinquefolius</i>	70 mg
<i>Dioscorea villosa</i>	40 mg
<i>Lycium chinense</i>	40 mg
<i>Cistanche deserticola</i>	30 mg
<i>Fructus rubi</i>	30 mg
<i>Euryale ferox</i>	20 mg
<i>Schisandra chinensis</i>	20 mg
<i>Poria cocos</i>	15 mg
<i>Nephelium longana</i>	15 mg
<i>Piper nigrum</i>	5 mg

Contains sweetener: Each hard capsule contains 30 mg xylitol.

What MAXIMOR ADVANCE FOR MEN looks like and contents of the pack:

Size 0 gelatine capsules with a white cap and body, containing a light brown powder.

Blister strips containing capsules, packed in boxes of 2, 4, 6 and 10.

Holder of Certificate of Registration

Brunel Laboratoria (Pty) Ltd
1 Van Tonder Street
Sunderland Ridge
Centurion
0157
info@brunel.co.za

This leaflet was last revised

Will be allocated by SAHPRA upon registration.

Registration number

Will be allocated by SAHPRA upon registration.

Access to the corresponding Professional Information

The Professional Information for MAXIMOR ADVANCE FOR MEN is available on

<https://www.brunel.co.za/professional-information/> or can be requested from the contact details above.

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PASIËNTINLIGTINGSBLAD VIR MAXIMOR ADVANCE FOR MEN

SKEDULERINGSSTATUS: **S0**

MAXIMOR ADVANCE FOR MEN, harde kapsules

Epimedium brevicornum, panax ginseng, panax quinquefolius, dioscorea villosa, lycium chinense, cistanche deserticola, fructus rubi, euryale ferox, schisandra chinensis, poria cocos, nephelium longana, piper nigrum.

Bevat versoeter: Elke harde kapsule bevat 30 mg xylitol.

KOMPLEMENTÊRE MEDISYNE: WESTERSE KRUIEMEDISYNE

Hierdie ongeregistreerde medisyne is nie deur die SAHPRA geëvalueer vir sy gehalte, veiligheid of beoogde gebruik nie.

Lees hierdie hele inligtingsblad noukeurig deur want dit bevat inligting wat belangrik is vir jou.

MAXIMOR ADVANCE FOR MEN is beskikbaar sonder 'n dokter se voorskrif, vir jou om jou gesondheid te onderhou. Nietemin, moet jy MAXIMOR ADVANCE FOR MEN versigtig gebruik om die beste resultate daaruit te kry.

- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weer lees.
- Moet nie MAXIMOR ADVANCE FOR MEN met enigiemand deel nie.
- Vra gerus jou gesondheidsorgverskaffer of apteker indien jy verdere inligting of advies nodig het.
- Jy moet 'n dokter spreek indien jou simptome vererger of nie verbeter nie.

Wat is in hierdie inligtingsblad

1. Wat MAXIMOR ADVANCE FOR MEN is, en waarvoor dit gebruik word.
2. Wat jy moet weet voordat jy MAXIMOR ADVANCE FOR MEN neem.
3. Hoe om MAXIMOR ADVANCE FOR MEN te neem.
4. Moontlike nuwe-effekte.
5. Hoe om MAXIMOR ADVANCE FOR MEN te bêre.
6. Inhoud van die verpakking en ander inligting.

1. Wat MAXIMOR ADVANCE FOR MEN is, en waarvoor dit gebruik word

MAXIMOR ADVANCE FOR MEN is 'n mengsel van bestanddele wat tradisioneel gebruik word om die bevordering van energie te ondersteun en die manlike reaksie te verbeter.

2. Wat jy moet weet voordat jy MAXIMOR ADVANCE FOR MEN neem

Moet nie MAXIMOR ADVANCE FOR MEN neem:

- Indien jy hipersensitief (allergies) is vir enige van die aktiewe bestanddele of vir enige van die ander bestanddele van MAXIMOR ADVANCE FOR MEN nie (sien **Wat MAXIMOR ADVANCE FOR MEN bevat**).
- Indien jy swanger is of jou baba borsvoed.
- Indien jy onder die ouderdom van 18 jaar is.
- Indien jy aan gevalle van bloeding of trombose (wanneer bloedklonte jou bloedvate blokkeer) ly.
- Indien jy aan hormoon sensitiewe kankers/kondisies ly.
- Indien jy 'n orgaanoorplanting ontvanger is.
- Indien jy aan epilepsie ly.
- Indien jy aan hoë intrakraniale druk ly.
- Indien jy aan diarree ly as gevolg van 'n miltversteuring of hardlywigheid.
- Indien jy aan vloeistofretensie of volheid in die epigastrium (die boonste deel van jou buik, wat onder jou ribbekas sit) en buik ly.
- Indien jy aan voorafgediagnoseerde hoë bloeddruk of 'n kalsiumtekort ly, behalwe onder mediese toesig.

Waarskuwings en voorsorgmaatreëls

Die neem van veelvuldige aanvullings en multivitamiene kan 'n kumulatiewe inname van sekere voedingstowwe/stowwe veroorsaak. Dit word dus aanbeveel dat jy jou gesondheidsorgverskaffer raadpleeg voor gebruik.

Neem spesiale voorsorg met MAXIMOR ADVANCE FOR MEN:

- Langdurige gebruik kan duiseligheid, braking, droë mond, dors en neusbloeding tot gevolg hê.
- As jy antikoagulant (medisyne om jou bloed te verdun) en antiplaatjie-medisyne (wat gebruik word om 'n hartaanval te voorkom) neem.
- As jy medisyne op 'n gereelde basis gebruik, of MAXIMOR ADVANCE FOR MEN gelyktydig saam met 'n ander medisyne gebruik, kan jy ongewenste interaksies ervaar. Raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer vir advies.
- As jy aan diabetes, harttoestande of skisofrenie ly.

MAXIMOR ADVANCE FOR MEN bevat xylitol (E967) wat 'n lakserende effek kan hê.

Kinders

MAXIMOR FOR MEN is teenaangedui vir gebruik by kinders (sien **Moet nie MAXIMOR ADVANCE FOR MEN neem**).

Ander medisyne en MAXIMOR ADVANCE FOR MEN

Sê altyd vir jou gesondheidsorgverskaffer indien jy enige ander medisyne neem. (Dit sluit alle komplementêre of tradisionele medisyne in.)

- Aanvullende inname van sekere bestanddele kan met sekere medisyne, siektes en kosse inmeng.
- MAXIMOR ADVANCE FOR MEN verhoog vlakke van medisyne wat deur sitochroom P450 2C9 ensieme (breek verbindings af, insluitend steroïedhormone en vetsure) gemetaboliseer word.
- Gelyktydige gebruik met MAXIMOR ADVANCE FOR MEN verhoog die absorpsie van die volgende medisyne:
 - Fenitoïen (gebruik in die behandeling van epilepsie/aanvalle);
 - Propanolol (betablokker);
 - Teofillien (gebruik in terapie vir respiratoriese siektes).

Swangerskap en borsvoeding

Indien jy swanger is of jou baba borsvoed, dink dat jy swanger mag wees of beplan om swanger te raak, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer voordat jy MAXIMOR ADVANCE FOR MEN neem.

Swanger en borsvoedende vrouens moet nie MAXIMOR ADVANCE FOR MEN neem nie (sien **Moet nie MAXIMOR ADVANCE FOR MEN neem**).

Bestuur en die gebruik van masjiene

MAXIMOR ADVANCE FOR MEN behoort nie jou vermoë om te bestuur en masjiene te gebruik, te beïnvloed nie. Jy word aangeraai om versigtig te wees wanneer jy 'n voertuig bestuur of masjiene gebruik totdat die uitwerking van MAXIMOR ADVANCE FOR MEN bekend is.

3. Hoe om MAXIMOR ADVANCE FOR MEN te neem

Moet nie jou medisyne met enige ander persoon deel nie.

Neem MAXIMOR ADVANCE FOR MEN altyd presies soos aangedui in hierdie inligtingsblad, of soos jou dokter of apteker vir jou verduidelik het. Vra gerus jou dokter of apteker indien jy onseker is.

Die gewone dosis is:

Volwasse nes: Neem 1 kapsule met warm water een uur voor benodig. Moet nie meer as 2 kapsules binne 24 uur oorskry nie.

Stimulasie word benodig vir hierdie produk om effektief te werk.

MOET NIE DIE AANVEVOLE DOSIS OORSKRY NIE.

Indien jy die indruk kry dat die uitwerking van MAXIMOR ADVANCE FOR MEN te sterk of te swak is, bespreek dit met jou dokter of apteker.

As jy meer MAXIMOR ADVANCE FOR MEN neem as wat jy moet

In die geval van oordosering, raadpleeg jou dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

Neem hierdie inligtingsblad en die oorblywende MAXIMOR ADVANCE FOR MEN saam met jou sodat die dokter kan sien wat jy geneem het.

'n Oordosis van MAXIMOR ADVANCE FOR MEN kan die volgende veroorsaak:

- Asemhalingstilstand (die ophou van asemhaling);
- Oordrywing van tendonreflekse tot die punt van spasma;
- Diarree (lopende, los stoelgang);
- Allergiese reaksies;
- Braking;
- Slapeloosheid;
- Senueeagtige opgewondenheid by skisofrenie pasiënte.

4. Moontlike newe-effekte

MAXIMOR ADVANCE FOR MEN kan newe-effekte hê.

Nie alle newe-effekte wat vir MAXIMOR ADVANCE FOR MEN gerapporteer is, word in hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid verswak of indien jy enige ongunstige effekte ondervind terwyl jy MAXIMOR ADVANCE FOR MEN neem, raadpleeg asseblief jou gesondheidsorgverskaffer.

Indien enige van die volgende gebeur, hou op om MAXIMOR ADVANCE FOR MEN te neem en sê dadelik vir jou dokter, of gaan na die ongevalle-afdeling van jou naaste hospitaal:

- Swelling van jou hande, voete, enkels, gesig, lippe, mond of keel, wat probleme kan veroorsaak met sluk en asemhaling;
- Uitslag of gejeuk;
- Floute.

Hierdie is baie ernstige newe-effekte. Indien jy enige daarvan ondervind, mag jy 'n ernstige allergiese reaksie op MAXIMOR ADVANCE FOR MEN gehad het. Jy mag dringend mediese bystand of hospitalisasie benodig.

Sê vir jou dokter so gou as moontlik indien jy enige van die volgende opmerk:

Algemeen:

- Slapeloosheid.

Minder algemeen:

- Mastalgie (borspyn);
- Vaginale bloeding;
- Amenoree (afwesigheid van menstruasie);
- Tagikardie (vinnige hartklop);
- Hartkloppings;
- Hipertensie (hoë bloeddruk);
- Hipotensie (lae bloeddruk);
- Edeem ('n toestand wat gekenmerk word deur 'n oormaat waterige vloeistof wat in die holtes of weefsels van die liggaam versamel).
- Aptytverlies;
- Diarree (lopende, los stoelgang);
- Hiperpireksie (buitengewoon hoë koors);
- Pruritus (jeukende vel);
- Roos kolle uitslag;
- Hoofpyn;
- Vertigo (lighoofdigheid);
- Euforie ('n gevoel van uiterse opgewondenheid);
- Mania (uiters opgewonde bui).

Ongewoon:

- Serebrale arteritis (inflammasie van die bloedvate rondom die kopvel);
- Stevens-Johnson sindroom ('n seldsame afwyking van die vel en slymvliese);
- Cholestatiese hepatitis (enige vorm van lewersiekte wat inflammasie van die lewer en 'n probleem met galvervoer veroorsaak).
- Anafilakse ('n ernstige allergiese reaksie);
- Estrogeniese effekte;
- Veluitbarstings;
- Naarheid;
- Braking;
- Sooibrand;
- Dispepsie (omgekrapte maag);

- Maagpyn;
- Allergiese velreaksies;
- Urtikaria (korwe);
- Brandende nasmaak.

Indien jy enige nuwe-effekte opmerk wat nie in hierdie inligtingsblad genoem word nie, sê asseblief vir jou dokter of apteker daarvan.

Aanmelding van nuwe-effekte

Indien jy nuwe-effekte ondervind, bespreek dit met jou dokter of apteker. Jy kan ook nuwe-effekte aan SAHPRA rapporteer via die “**6.04 Adverse Drug Reaction Reporting Form**”, wat aanlyn by SAHPRA se publikasies beskikbaar is: <http://www.sahpra.org.za/Publications/Index/8>. Deur nuwe-effekte te rapporteer kan jy help om meer inligting rakende die veiligheid van MAXIMOR ADVANCE FOR MEN te verskaf.

5. Hoe om MAXIMOR ADVANCE FOR MEN te bêre

- Bêre alle medisyne buite die bereik van kinders.
- Bêre teen of onder 25 °C.
- Beskerm teen vog.
- Hou karton dig toe en hou die stulpstrokies binne die karton tot benodig word.
- Moet nie gebruik word na die vervaldatum wat op die karton of stulpstrokie gedruk is nie.
- Neem alle ongebruikte medisyne terug na jou apteker.
- Moet nie ongebruikte medisyne in dreine en rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die verpakking en ander inligting

Wat MAXIMOR ADVANCE FOR MEN bevat

Elke harde kapsule bevat:

<i>Epimedium brevicornum</i>	120 mg
<i>Panax ginseng</i>	70 mg
<i>Panax quinquefolius</i>	70 mg
<i>Dioscorea villosa</i>	40 mg
<i>Lycium chinense</i>	40 mg
<i>Cistanche deserticola</i>	30 mg
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<i>Euryale ferox</i>	20 mg
<i>Schisandra chinensis</i>	20 mg
<i>Poria cocos</i>	15 mg
<i>Nephelium longana</i>	15 mg
<i>Piper nigrum</i>	5 mg

Bevat versoeter: Elke harde kapsule bevat 30 mg xylitol.

Hoe MAXIMOR ADVANCE FOR MEN lyk en die inhoud van die verpakking

Grote 0 gelatien kapsule met 'n wit doppie en romp, wat 'n ligte bruin poeier bevat. Stulpstrokie wat kapsules bevat, verpak in karton boksies van 2, 4, 6 en 10.

Houer van die Registrasiesertifikaat

Brunel Laboratoria (Edms) Bpk
Van Tonderstraat 1
Sunderland Ridge
Centurion
0157
info@brunel.co.za

Hierdie inligtingsblad is hersien in

Sal met registrasie deur SAHPRA aangedui word.

Registrasienommer

Sal met registrasie deur SAHPRA toegeken word.

Toegang tot die ooreenstemmende Professionele Inligtingsblad

Die Professionele Inligtingsblad vir MAXIMOR ADVANCE FOR MEN is beskikbaar by <https://www.brunel.co.za/professional-information/> of dit kan aangevra word deur die kontakbesonderhede hierbo te gebruik.

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