PATIENT INFORMATION LEAFLET FOR MAXIMOR ADVANCE FOR WOMEN

SCHEDULING STATUS:
S0

MAXIMOR ADVANCE FOR WOMEN, hard capsules
Glycine max, cordyceps sinensis, pueraria lobata, dioscorea villosa, rhodiola rosea, angelica sinensis, astragalus membranaceus, vitis vinifera, piper nigrum.

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

- Keep this leaflet. You may need to read it again.
- Do not share MAXIMOR ADVANCE FOR WOMEN 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 WOMEN is and what it is used for

MAXIMOR ADVANCE FOR WOMEN is a blend of ingredients traditionally used to support the promotion of desire.

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

Do not take MAXIMOR ADVANCE FOR WOMEN:

- if you are hypersensitive (allergic) to any of the active ingredients or any of the other ingredients of MAXIMOR ADVANCE FOR WOMEN (see **What MAXIMOR ADVANCE FOR WOMEN contains**);
- if you are pregnant or breastfeeding your baby;
- if you are under the age of 18 years;
- if you suffer from milk allergies;
- if you have hormone sensitive cancers or conditions;
- if you are an organ transplant recipient.

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 WOMEN:

- if you suffer from allergic rhinitis and asthma, you are at an increased risk for soy hull allergy;
- if you have a history of kidney stones, you should avoid excessive consumption of soy (*Glycine max*).

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

Other medicines and MAXIMOR ADVANCE FOR WOMEN
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.
- Tamoxifen (used to treat breast cancer) and other immunosuppressants – avoid concurrent use.
- Methotrexate (chemotherapy agent and immune-system suppressant) – avoid concurrent use.
- Warfarin (blood thinner) – concurrent use will increase the anticoagulant effect and the risk of bleeding.
- Concurrent use with MAXIMOR ADVANCE FOR WOMEN 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 WOMEN.

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

Driving and using machines
MAXIMOR ADVANCE FOR WOMEN 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 WOMEN are known.

3. How to take MAXIMOR ADVANCE FOR WOMEN
Do not share your medicines with any other person.
Always take MAXIMOR ADVANCE FOR WOMEN 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.
Adults: Take 1 capsule with warm water one to two hours 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 WOMEN is too strong or too weak, tell your doctor or pharmacist.

If you take more MAXIMOR ADVANCE FOR WOMEN 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 WOMEN with you so the doctor will know what you have taken.

An overdose on MAXIMOR ADVANCE FOR WOMEN may cause:
- diarrhoea (runny, loose stools);
- emesis (the process of vomiting).

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

If any of the following happens, stop taking MAXIMOR ADVANCE FOR WOMEN 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 WOMEN. You may need urgent medical attention or hospitalisation.

Tell your doctor as soon as possible if you notice any of the following:
Frequency unknown:
- Constipation;
- Bloating;
- Nausea;

- Insomnia;
- Allergic reactions (skin rash and itching);
- Photosensitivity (sensitivity to ultraviolet rays from sunlight);
- Photodermatitis (abnormal skin response to ultraviolet rays from sunlight);
- Burning aftertaste.

Uncommon:
- Migraine headaches.

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 WOMEN.

5. How to store MAXIMOR ADVANCE FOR WOMEN
- 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 WOMEN contains
Each hard capsule contains:

Glycine max	*120 mg*
Cordyceps sinensis	*80 mg*
Pueraria lobata	*80 mg*
Dioscorea villosa	*60 mg*
Rhodiola rosea	*60 mg*
Angelica sinensis	*30 mg*
Astragalus membranaceus	*30 mg*
Vitis vinifera	*30 mg*
Piper nigrum	*5 mg*

What MAXIMOR ADVANCE FOR WOMEN 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 4.

Holder of Certificate of Registration
Brunel Laboratoria (Pty) Ltd
1 Van Tonder Street
Sunderland Ridge
Centurion
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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.

Date of registration
Will be allocated by SAHPRA upon registration.

Access to the corresponding Professional Information
The Professional Information for MAXIMOR ADVANCE FOR WOMEN is available on https://www.brunel.co.za/professional-information/ or can be requested from the contact details above.

PASIËNTINLIGTINGSBLAD VIR MAXIMOR ADVANCE FOR WOMEN

SKEDULERINGSTATUS:
S0

MAXIMOR ADVANCE FOR WOMEN, harde kapsules
Glisien, cordyceps sinensis, pueraria lobata, dioscorea villosa, rhodiola rosea, angelica sinensis, astragalus membranaceus, vitis vinifera, piper nigrum.

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 WOMEN is beskikbaar sonder 'n dokter se voorskrif, vir jou om jou gesondheid te onderhou. Nietemin, moet jy MAXIMOR ADVANCE FOR WOMEN 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 WOMEN 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 WOMEN is, en waarvoor dit gebruik word
MAXIMOR ADVANCE FOR WOMEN is 'n mengsel van bestanddele wat tradisioneel gebruik word om die bevordering van begeerte te ondersteun.

2. Wat jy moet weet voordat jy MAXIMOR ADVANCE FOR WOMEN neem
Moet nie MAXIMOR ADVANCE FOR WOMEN neem:
- indien jy hipersensitief (allergies) is vir enige van die aktiewe bestanddele of vir enige van die ander bestanddele van MAXIMOR ADVANCE FOR WOMEN nie (sien **Wat MAXIMOR ADVANCE FOR WOMEN bevat**);
- indien jy swanger is of jou baba borsvoed;
- indien jy onder die ouderdom van 18 is;
- indien jy aan melkallergieë ly;
- indien jy hormoonsensitiewe kankers of toestande het;
- indien jy 'n orgaanoorplanting ontvanger is.

Waarskuwings en voorsorgmaatreëls

Die neem van veelvuldige aanvullings en multivitamienes 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 WOMEN:
- indien jy aan allergiese rinitis en asma ly, loop jy 'n groter risiko vir soja-allergie;
- indien jy 'n geskiedenis van nierstene het, moet jy oormatige verbruik van soja vermy (*Glisien*).

Kinders
MAXIMOR ADVANCE FOR WOMEN is teenaangedui vir gebruik in kinders (sien **Moet nie MAXIMOR ADVANCE FOR WOMEN neem**).

Ander medisyne en MAXIMOR ADVANCE FOR WOMEN
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.
- Tamoksifen (gebruik om borskanker te behandel) en ander immuunonderdrukkers – vermy gelyktydige gebruik.
- Metotreksaat (chemoterapie-middel en immuunonderdrukker) – vermy gelyktydige gebruik.
- Warfarien (bloedverdunner) – gelyktydige gebruik sal die antikoagulante effek en die risiko van bloeding verhoog.
- Gelyktydige gebruik met MAXIMOR ADVANCE FOR WOMEN 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 WOMEN neem.

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

Bestuur en die gebruik van masjiene
MAXIMOR ADVANCE FOR WOMEN 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 WOMEN bekend is.

3. Hoe om MAXIMOR ADVANCE FOR WOMEN te neem
Moet nie jou medisyne met enige ander persoon deel nie.
Neem MAXIMOR ADVANCE FOR WOMEN 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:
Volwassenes: Neem 1 kapsule met warm water een tot twee 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 WOMEN te sterk of te swak is, bespreek dit met jou dokter of apteker.

As jy meer MAXIMOR ADVANCE FOR WOMEN 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 WOMEN saam met jou sodat die dokter kan sien wat jy geneem het.

'n Oordosis van MAXIMOR ADVANCE FOR WOMEN kan die volgende veroorsaak:
- diarree (lopende, los stoelgang);
- braking.

4. Moontlike newe-effekte
MAXIMOR ADVANCE FOR WOMEN kan newe-effekte hê.
Nie alle newe-effekte wat vir MAXIMOR ADVANCE FOR WOMEN 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 WOMEN neem, raadpleeg asseblief jou gesondheidsorgverskaffer.

Indien enige van die volgende gebeur, hou op om MAXIMOR ADVANCE FOR WOMEN 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 WOMEN 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:
Onbekende frekwensie:
- Hardlywigheid;
- Opgeblaasheid;
- Naarheid;
- Slapeloosheid;
- Allergiese reaksies (veluitslag en gejeuk);
- Fotosensitiwiteit (sensitiwiteit vir ultravioletstrale van sonlig);
- Fotodermatitis (abnormale velreaksie op ultravioletstrale van sonlig);
- Brandende nasmaak.

Ongewoon:
- Migraine hoofpyne.

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

Aanmelding van newe-effekte
Indien jy newe-effekte ondervind, bespreek dit met jou dokter of apteker. Jy kan ook newe-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 newe-effekte te rapporteer kan jy help om meer inligting rakende die veiligheid van MAXIMOR ADVANCE FOR WOMEN te verskaf.

5. Hoe om MAXIMOR ADVANCE FOR WOMEN 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 WOMEN bevat
Elke harde kapsule bevat:

Glisien	*120 mg*
Cordyceps sinensis	*80 mg*
Pueraria lobata	*80 mg*
Dioscorea villosa	*60 mg*
Rhodiola rosea	*60 mg*
Angelica sinensis	*30 mg*
Astragalus membranaceus	*30 mg*
Vitis vinifera	*30 mg*
Piper nigrum	*5 mg*

Hoe MAXIMOR ADVANCE FOR WOMEN 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 4.

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.

Datum van registrasie
Sal met registrasie deur SAHPRA toegeken word.

Toegang tot die ooreenstemmende Professionele Inligtingsblad
Die Professionele Inligtingsblad vir MAXIMOR ADVANCE FOR WOMEN is beskikbaar by https://www.brunel.co.za/professional-information/ of dit kan aangevra word deur die kontakbesonderhede hier bo te gebruik.

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