

## PATIENT INFORMATION LEAFLET

### COMPLEMENTARY MEDICINE – HEALTH SUPPLEMENT

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

D34.12 Multiple substance formulation

## SCHEDULING STATUS

S0

## PROPRIETARY NAME AND DOSAGE FORM

# MyThyrox tablets

### Read all of this leaflet carefully because it contains important information for you

**MyThyrox** is available without a doctor's prescription to treat a mild illness. Nevertheless, you still need to use **MyThyrox** carefully to get the best results from it.

Keep this leaflet. You may need to read it again.

Do not share **MyThyrox** with any person.

Ask your pharmacist if you need more information or advice.

## WHAT MyThyrox CONTAINS

Each tablet contains:

Myo-inositol	600 mg
Selenium	60 µg

The other ingredients are: Magnesium stearate, microcrystalline cellulose, polyvinylpyrrolidone, sodium starch glycolate.

Sugar free

## WHAT IS MyThyrox USED FOR

**MyThyrox** is a health supplement which can give nutritional support for conditions where thyroid functions may not be optimal.

## BEFORE YOU TAKE MYTHYROX

Do not take MyThyrox

if you are hypersensitive (allergic) to myo-inositol, selenium or any of the other ingredients.

Take special care with MyThyrox

if you have diabetes and are taking anti-diabetic medicines, as your blood sugar levels might drop too low with the simultaneous use of myo-inositol.

Pregnancy and breastfeeding

Safety in pregnancy and breastfeeding has not been established.

Driving and using machinery

**MyThyrox** does not affect your driving ability or the ability to use or operate machinery.

Taking other medicines with MyThyrox

Always tell your doctor, pharmacist or other healthcare professional if you are taking any other medicine. (This includes complementary or traditional medicines).

Myo-inositol may interfere with medications that diabetics use to control blood sugar and might increase the risk of too low blood sugar.

Selenium may interfere with medicines taken to slow down blood clotting and medicine taken if you suffer from high blood cholesterol.

## HOW TO TAKE MyThyrox

Do not share medicines prescribed for you with any other person. Always take **MyThyrox** as instructed. You should check with your doctor, pharmacist or other healthcare professional if you are unsure.

The usual dose is:  
One tablet per day

If you take more than you should

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

The over dosage of selenium may cause nausea, vomiting, abdominal pain, nail changes, fatigue, irritability, hair loss and weight loss. Muscle tenderness, tremor, light headedness, and facial flushing were also observed in selenium poisoning.

If you forget to take a dose of MyThyrox

Do not take a double dose to make up for forgotten individual doses, but continue to take the usual dose at the usual time.

#### POSSIBLE SIDE EFFECTS

**MyThyrox** can have side effects.

The following side effects can occur:

Nausea, tiredness, headache and dizziness may occur.

Not all side effects reported for **MyThyrox** are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other health care professional for advice.

#### STORING AND DISPOSING OF MyThyrox

Store all medicines out of reach of children.

Store at or below 25 °C.

Do not store in a bathroom.

Do not use after the expiry date stated on the label/ carton/ bottle.

Return all unused medicine to your pharmacist for safe disposal.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

#### PRESENTATION OF MyThyrox

White oval concave tablets.

#### IDENTIFICATION OF MyThyrox

Packed in a white 125 ml HDPE container, with a white cap and a 45 mm x 40 mm sponge and 0.5 g silica gel sachet. The container is sealed with an induction tamperproof seal.

#### REGISTRATION NUMBER

To be allocated

#### NAME, BUSINESS ADDRESS AND TELEPHONE NUMBER OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION

Delfran Pharmaceuticals (Pty) Ltd

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#### DATE OF PUBLICATION OF THE PATIENT INFORMATION LEAFLET

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