

## PATIENT INFORMATION LEAFLET

### SCHEDULING STATUS

To be assigned

### NALEO™ SPECTRUM

Nutritional supplement

Contains sugar (Isomaltulose 100 mg per serving)

Complementary Medicine: Health Supplement. D.34.12. Multiple substance formulation.  
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.

NALEO™ SPECTRUM is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use NALEO™ SPECTRUM carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share NALEO™ SPECTRUM 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 NALEO™ SPECTRUM is and what it is used for
2. What you need to know before you use NALEO™ SPECTRUM
3. How to use NALEO™ SPECTRUM
4. Possible side effects
5. How to store NALEO™ SPECTRUM
6. Contents of the pack and other information

#### 1. What NALEO™ SPECTRUM is and what it is used for

NALEO™ SPECTRUM is a nutritional supplement that maintains and supports brain health.

**Vitamin A** contributes to the maintenance of eyesight, skin, membranes, and immune function, contributes the development and maintenance of night vision, and contributes to the development and maintenance of bones and teeth.

**Vitamin B<sub>1</sub>** and **B<sub>2</sub>** helps to metabolise carbohydrates, fats, and proteins, and contributes to normal growth and development.

**Vitamin B<sub>6</sub>**, **B<sub>9</sub>** and **B<sub>12</sub>** helps to metabolise carbohydrates, fats and proteins and contributes to tissue formation.

**Vitamin B<sub>12</sub>** helps to metabolise carbohydrates, fats, and proteins, and contributes to normal red blood cell formation.

**Vitamin C** helps to metabolise fats and proteins, helps in the development and maintenance of bones, cartilage, teeth and gums, helps in connective tissue formation, and helps in wound healing. An antioxidant for the maintenance of good health.

**Vitamin D** helps in the development and maintenance of bones and teeth and helps in the absorption and use of calcium and phosphorus.

**Vitamin E** is an antioxidant for the maintenance of good health.

**Vitamin H** (Biotin) helps to metabolise carbohydrates, fats, and proteins.

**Vitamin K<sub>1</sub>** and **K<sub>2</sub>** contributes to the maintenance of normal bones.

**Acetyl-L-Carnitine** helps to support and maintain healthy brain function.

**N-Acetyl-L-Cysteine (NAC)** is a source of amino acids involved in muscle protein synthesis.

**Calcium** contributes to the development and maintenance of bones and teeth.

**Choline** helps to support liver function.

**Chromium** provides support for healthy glucose metabolism and helps the body to metabolise carbohydrates and fats.

**Coenzyme Q-10** is an antioxidant that contributes to the protection of cells from oxidative stress and helps to maintain and support cardiovascular health.

**Folate** helps the body to metabolise proteins and helps to form red blood cells.

**Iodine** contributes to the normal production of the thyroid hormones and normal thyroid function.

**Magnesium** helps to metabolise carbohydrates, fats, and proteins, contributes to the development and maintenance of bones and teeth, contributes to tissue formation, and contributes to the maintenance of normal muscle function.

**Methylsulphonylmethane** is used for joint health, a factor in maintaining joint health, and provides support for healthy joints, joint mobility, and joint comfort.

**Potassium** is a factor in the maintenance of good health.

**Selenium** is an antioxidant for the maintenance of good health.

**Turmeric root extract** is an antioxidant that helps to relieve inflammation.

**Zinc** helps in connective tissue formation, helps to maintain healthy skin, helps the body to metabolise carbohydrates, fats, and proteins, and helps to maintain immune function.

#### 2. What you need to know before you use NALEO™ SPECTRUM

##### Do not use NALEO™ SPECTRUM

If you are hypersensitive (allergic) to any of the other ingredients of NALEO™ SPECTRUM (listed in section 6).

#### Warnings and precautions

Take special care with NALEO™ SPECTRUM:

- Consult a relevant health care provider before use of inositol if you suspect that you may have insulin resistance, high blood glucose levels or diabetes.
- Methylsulphonylmethane is not to be taken at bedtime.
- Consult a relevant health care provider prior to use of Acetyl L-Carnitine if you are pregnant or breastfeeding, if you have liver disease, kidney disease or a seizure disorder. Acetyl L-Carnitine may cause digestive problems.
- Consult a relevant health care provider prior to use of Turmeric root extract if you are pregnant, are taking antiplatelet medication or blood thinners, have gallstones or a bile duct obstruction, or have stomach ulcers or excess stomach acid.
- Consult a relevant health care provider prior to use of Coenzyme Q10 if you are taking blood pressure medication.

#### Other medicines and NALEO™ SPECTRUM

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

- Consult a relevant health care provider prior to use if you are taking blood sugar (diabetes) medication. Inositol might lower blood sugar levels.
- Antacid medicines should be taken 2 hours before or after taking NALEO™ SPECTRUM, as antacids may reduce the absorption of certain vitamins and minerals.
- Acetyl-L-Carnitine may interact with certain medications, such as anticoagulants or thyroid hormones. It's important to consult with your healthcare provider before combining these medications with Acetyl-L-Carnitine.
- Magnesium may interact with certain antibiotics, bisphosphonates (medications used for osteoporosis), and some medications for high blood pressure or muscle relaxants.
- Calcium can interfere with the absorption of certain medications, such as tetracycline antibiotics and certain thyroid medications. It is generally recommended to take calcium supplements a few hours apart from these medications.
- Zinc might interfere with the absorption of certain antibiotics and medications for rheumatoid arthritis. Zinc may also interact with certain diuretics and decrease the absorption of certain antibiotics.
- Manganese might interact with certain antibiotics, bisphosphonates, and medications for Parkinson's disease.
- Iodine may interact with certain medications used for hyperthyroidism.
- Vitamin A may interact with certain medications for acne, cholesterol-lowering drugs, and medications that affect blood clotting.
- Vitamin D may interact with certain medications used for heart conditions and medications that affect calcium levels.
- Coenzyme Q-10, Vitamin C, Vitamin E and Selenium may interact with certain medications that increase the risk of bleeding, such as anticoagulants. It's important to discuss supplementation with your healthcare provider if you're taking blood thinners.

#### 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 this medicine.

Safety of NALEO™ SPECTRUM during pregnancy and breastfeeding has not been established.

#### Driving and using machines

NALEO™ SPECTRUM will have very little or no effect on your ability to drive or use machines.

#### 3. How to use NALEO™ SPECTRUM

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

Always use NALEO™ SPECTRUM 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 one (1) flattened scoop of NALEO™ SPECTRUM dissolved in your favourite food or drink once daily, or as recommended by your healthcare provider.

After use, store the scoop inside of the container and close the lid of the container tightly.

#### If you take more NALEO™ SPECTRUM than you should

In the event of overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre. Take the medicine pack with you.

#### If you forget to use NALEO™ SPECTRUM

If you forget to use NALEO™ SPECTRUM, use it as soon as you remember. Take NALEO™ SPECTRUM at the usual time from then on.

Do not take a double dose to make up for forgotten individual doses.

#### 4. Possible side effects

NALEO™ SPECTRUM can have side effects.

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

**If any of the following happens, stop using NALEO™ SPECTRUM 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 swallowing or breathing;
- rash or itching;
- fainting.

These are all very serious side effects. If you have them, you may have had a serious reaction to NALEO™ SPECTRUM. You may need urgent medical attention or hospitalisation.

#### Tell your doctor if you notice any of the following:

Frequent side effects:

- nausea (feeling sick);
- abdominal cramps or stomach pains;
- headache;
- dizziness;
- tiredness;
- light-headedness.

Less frequent side effects:

- flatulence or wind;
- diarrhoea;
- loss of appetite.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

#### Reporting of side effects

You can report side effects to Delfran (Pty) Ltd via [qa@delfran.co.za](mailto:qa@delfran.co.za) or call (012) 654 3029. 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 NALEO™ SPECTRUM.

#### 5. How to store NALEO™ SPECTRUM

- Store all medicines out of reach of children.
- Store at or below 25 °C.
- Store in the original container.
- Keep the container tightly closed.
- Do not use after the expiry date stated on the container.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains and sewerage systems (e.g., toilets).

#### 6. Contents of the pack and other information

##### What NALEO™ SPECTRUM contains

The active substances in NALEO™ SPECTRUM are:

Composition	Per serving
Methylsulphonylmethane (MSM)	1469 mg
Ascorbic acid (Vitamin C)	500 mg
Choline bitartrate providing Choline 250 mg	608 mg
Acetyl-L-Carnitine	200 mg
DL-alpha-tocopheryl acetate providing Vitamin E 223.5 I.U.	165 mg
Magnesium citrate providing Magnesium 100 mg	620 mg
Inositol (Myo-inositol)	100 mg
Palatinose™ PST (isomaltulose)	100 mg
Calcium bisglycinate chelate providing Calcium 70 mg	500 mg
Potassium citrate providing Potassium 50 mg	140 mg
Turmeric root extract (95 % curcuminoids)	50 mg
Coenzyme Q-10 (ubidecarenone)	50 mg
N-Acetyl-L-Cysteine (NAC) providing L-Cysteine 45 mg	61 mg
Riboflavin (Vitamin B2)	40 mg
Niacinamide (Vitamin B3)	35 mg
D-Calcium pantothenate providing Pantothenic Acid (Vitamin B5) 30 mg	66 mg
Thiamine mononitrate providing Thiamine (Vitamin B1) 20 mg	22 mg
Pyridoxine hydrochloride providing Pyridoxine (Vitamin B6) 20 mg	25 mg
Zinc oxide providing Zinc 15 mg	19 mg
BioPerine® (Piper nigrum (black pepper) [fruit extract])	2 mg
Vitamin A acetate providing Vitamin A 5000 I.U.	10mg
Manganese amino acid chelate providing Manganese 1 mg	10 mg
6S-5-Methyltetrahydrofolate Calcium providing Folate 500 µg	569 µg
D-Biotin (Vitamin H)	225 µg
Methylcobalamin (Vitamin B12)	100 µg
Potassium iodide providing Iodine 100 µg Potassium 30 µg	130 µg
Ammonium heptamolybdate providing Molybdenum 100 µg	157 µg
Phytonadione (Vitamin K1)	80 µg
Chromium nicotinate providing Chromium 70 µg	700 µg
Selenium amino acid chelate providing Selenium 40 µg	2 mg
Menauquinone (Vitamin K2)	40 µg
Cholecalciferol providing Vitamin D 1000 I.U.	10 mg

Minerals are listed in their elemental and non-elemental forms.

No other ingredients.

#### What NALEO™ SPECTRUM looks like and contents of the pack

A unit carton containing a 250 ml black HDPE bottle. Contents of the container includes a 5 g measuring spoon, a silica gel desiccant and 150 g of orange oral powder for solution, providing 30 doses of NALEO™ SPECTRUM.

#### Holder of certificate of registration

Delfran (Pty) Ltd.

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(012) 654 3029

#### Registration number

To be assigned

#### This leaflet was last revised in June 2023

The Professional Information leaflet is available at <http://www.delfran.co.za/>

## PASIËNT INLIGTINGSPAMFLET

### SKEDULERINGSSTATUS

Moet toegeken word

### NALEO™ SPECTRUM

**Voedingsaanvulling**  
**Bevat suiker (Isomaltulose 100 mg per porsie)**

Aanvullende Geneeskunde: Gesondheidsaanvulling. D.34.12. Meervoudige stof formulering. Hierdie ongeregistreerde medisyne is nie deur die SAHPRA vir sy kwaliteit, veiligheid of beoogde gebruik geëvalueer nie.

**Lees die hele pamflet noukeurig deur, want dit bevat belangrike inligting vir jou**
NALEO™ SPECTRUM is beskikbaar sonder 'n dokter se voorskrif, vir jou om jou gesondheid te handhaaf. Nietemin, moet jy steeds NALEO™ SPECTRUM versigtig gebruik om die beste resultate daaruit te kry.

- Bewaar hierdie pamflet. Jy sal dit dalk weer moet lees.
- Moenie NALEO™ SPECTRUM met enige ander persoon deel nie.
- Vra jou gesondheidsorgverskaffer of apteker as jy meer inligting of advies benodig.

#### Wat is in hierdie pamflet

- Wat NALEO™ SPECTRUM is en waarvoor dit gebruik word
- Wat jy moet weet voordat jy NALEO™ SPECTRUM gebruik
- Hoe om NALEO™ SPECTRUM te gebruik
- Moontlike newe-effekte
- Hoe om NALEO™ SPECTRUM te stoor
- Inhoud van die pakkie en ander inligting

#### 1. Wat NALEO™ SPECTRUM is en waarvoor dit gebruik word

NALEO™ SPECTRUM is 'n voedingsaanvulling wat bringesondheid handhaaf en ondersteun.

**Vitamiën A** dra by tot die instandhouding van sig, vel, membrane en immuunfunksie, dra by tot die ontwikkeling en instandhouding van nagvisie, en dra by tot die ontwikkeling en instandhouding van bene en tande.

**Vitamiën B**, en **B**<sub>3</sub> help om koolhidrate, vette en proteïene te metaboliseer en dra by tot normale groei en ontwikkeling.

**Vitamiën B**<sub>2</sub>, **B**<sub>5</sub> en **B**<sub>6</sub> help om koolhidrate, vette en proteïene te metaboliseer en dra by tot weefselvorming.

**Vitamiën B**<sub>12</sub> help om koolhidrate, vette en proteïene te metaboliseer, en dra by tot normale rooibloedselvorming.

**Vitamiën C** help om vette en proteïene te metaboliseer, help met die ontwikkeling en instandhouding van bene, kraakbeen, tande en tandvleis, help met die vorming van bindweefsel, en help met wondgenesing. 'n Antioksidant vir die handhawing van goeie gesondheid.

**Vitamiën D** help met die ontwikkeling en instandhouding van bene en tande en help met die opname en gebruik van kalsium en fosfor.

**Vitamiën E** is 'n antioksidant vir die handhawing van goeie gesondheid.

**Vitamiën H** (Biotien) help om koolhidrate, vette en proteïene te metaboliseer.

**Vitamiën K**, en **K**<sub>2</sub> dra by tot die instandhouding van normale bene.

**Asetiel-L-karnitien** help om gesonde breinfunksie te ondersteun en in stand te hou.

**N-asetiel-L-sisteïen** is 'n bron van aminosure wat betrokke is by spierproteïensintese.

**Kalsium** dra by tot die ontwikkeling en instandhouding van bene en tande.

**Cholien** help om leverfunksie te ondersteun.

**Chroom** bied ondersteuning vir gesonde glukosemetabolisme en help die liggaam om koolhidrate en vette te metaboliseer.

**Koënsiem Q-10** is 'n antioksidant wat bydra tot die beskerming van selle teen oksidatiewe stres en help om kardiovaskulêre gesondheid te handhaaf en te ondersteun.

**Folaat** help die liggaam om proteïene te metaboliseer en help om rooibloedsele te vorm.

**Jodium** dra by tot die normale produksie van die tiroïedhormone en normale tiroïedfunksie.

**Magnesium** help om koolhidrate, vette en proteïene te metaboliseer, dra by tot die ontwikkeling en instandhouding van bene en tande, dra by tot weefselvorming en dra by tot die handhawing van normale spierfunksie.

**Metielsulfonielmetaan** word gebruik vir gewriggesondheid, 'n faktor in die handhawing van gewriggesondheid, en bied ondersteuning vir gesonde gewrigte, gewrigmobiliteit en gewriggerief.

**Kalium** is 'n faktor in die handhawing van goeie gesondheid.

**Selenium** is 'n antioksidant vir die handhawing van goeie gesondheid.

**Borriewortelekstrak** is 'n antioksidant wat help om inflammasie te verlig.

**Sink** help met die vorming van bindweefsel, help om gesonde vel te handhaaf, help die liggaam om koolhidrate, vette en proteïene te metaboliseer, en help om immuunfunksie te handhaaf.

#### 2. Wat jy moet weet voordat jy NALEO™ SPECTRUM gebruik

##### Moenie NALEO™ SPECTRUM gebruik

As jy hipersensitief (allergies) is vir enige van die bestanddele van NALEO™ SPECTRUM (gelys in afdeling 6).

##### Waarskuwings en voorsorgmaatreëls

Wees veral versigtig met NALEO™ SPECTRUM:

- Raadpleeg 'n relevante gesondheidsorgverskaffer voor gebruik van Inositol as jy vermoed dat jy moontlik insulienveerstandigheid, hoë bloedsglukosevlakke of diabetes het.
- Metielsulfonielmetaan moet nie voor slaaptyd geneem word nie.
- Raadpleeg 'n toepaslike gesondheidsorgverskaffer voor gebruik van Asetiel-L-karnitien as jy swanger is of borsvoed, as jy lewersiekte, niersiekte of 'n aanval versteuring het. Asetiel-L-karnitien kan spysverteringsprobleme veroorsaak.
- Raadpleeg 'n relevante gesondheidsorgverskaffer voor gebruik van borriewortelekstrak as jy swanger is, antiplaattjie-mediakasie of bloedverdunder neem, galstene of 'n galbuisobstruksie het, of maagsere of oortollige maagsuur het.
- Raadpleeg 'n toepaslike gesondheidsorgverskaffer voor gebruik van Koënsiem Q10 as jy bloeddrukmedikasie neem.

##### Ander medisyne en NALEO™ SPECTRUM

Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medisyne gebruik. (Dit sluit alle komplementêre of tradisionele medisyne in).

- Raadpleeg 'n relevante gesondheidsorgverskaffer voor gebruik as jy bloedsuiker (diabetes) medikasie neem. Inositol kan bloedsuikervlakke verlaag.
- Teensuurmiddels moet 2 uur voor of na die gebruik van NALEO™ SPECTRUM geneem word, aangesien teensuurmiddels die absorpsie van sekere vitamïene en minerale kan verminder.
- Asetiel-L-karnitien kan interaksie hê met sekere medikasie, soos antikoagulate of tiroïedhormone. Dit is belangrik om met u gesondheidsorgverskaffer te konsulteer voordat u hierdie medikasie met asetiel-L-karnitien kombineer
- Magnesium kan interaksie hê met sekere antibiotika, bisfosfonate (medikasie wat vir osteoporose gebruik word), en sommige medikasie vir hoë bloeddruk of spierverslappers.
- Kalsium kan inmeng met die absorpsie van sekere medikasie, soos tetrasiklien-antibiotika en sekere skildkliermedikasie. Dit word gewoonlik aanbeveel om kalsiumaanvullings 'n paar uur apart van hierdie medikasie te neem.
- Sink kan inmeng met die absorpsie van sekere antibiotika en medikasie vir rumatoïede artritis. Sink kan ook interaksie met sekere diuretika hê en die absorpsie van sekere antibiotika verminder.
- Mangaan kan interaksie hê met sekere antibiotika, bisfosfonate en medikasie vir Parkinson se siekte.
- Jodium kan interaksie hê met sekere medikasie wat vir hipertireose gebruik word.
- Vitamiën A kan interaksie hê met sekere medikasie vir aknee, cholesterolverlagende middels en medikasie wat bloedstolling beïnvloed.
- Vitamiën D kan interaksie hê met sekere medikasie wat gebruik word vir harttoestande en medikasie wat kalsiumvlakke beïnvloed.
- Koënsiem Q10, Vitamiën C, Vitamiën E en Selenium kan interaksie hê met sekere medikasie wat die risiko van bloeding verhoog, soos antikoagulate. Dit is belangrik om aanvulling met jou gesondheidsorgverskaffer te bespreek as jy bloedverdunders neem.

##### Swangerskap en borsvoeding

As jy swanger is of borsvoed, dink jy is dalk swanger of beplan om 'n baba te hê, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat jy hierdie medisyne gebruik. Veiligheid van NALEO™ SPECTRUM tydens swangerskap en borsvoeding is nie vasgestel nie.

##### Bestuur en gebruik van masjiene

NALEO™ SPECTRUM sal baie min of geen effek hê op jou vermoë om te bestuur of masjiene te gebruik nie.

##### 3. Hoe om NALEO™ SPECTRUM te gebruik

Moenie medisyne wat vir jou voorgeskryf is met enige ander persoon deel nie.

Gebruik altyd NALEO™ SPECTRUM presies soos beskryf in hierdie pamflet of soos jou dokter of apteker vir jou gesê het. Raadpleeg jou dokter of apteker as jy nie seker is nie.

Die gewone dosis is een (1) afgeplatte skeppie NALEO™ SPECTRUM een keer per dag in jou gunsteling kos of drank opgelos, of soos aanbeveel deur jou gesondheidsorgverskaffer.

Na gebruik, bêre die maatlepel binne-in die houer en maak die deksel van die houer styf toe.

##### As jy meer NALEO™ SPECTRUM gebruik as wat jy moet

As jy per ongeluk te veel NALEO™ SPECTRUM inneem, is dit onwaarskynlik dat dit enige skade sal veroorsaak.

In die geval van oordosis, raadpleeg jou dokter of apteker. Indien nie een beskikbaar is nie, kontak die naaste hospitaal of gifsentrum. Neem die medisynepak saam met jou.

##### As jy vergeet om NALEO™ SPECTRUM te gebruik

As jy vergeet om NALEO™ SPECTRUM te gebruik, gebruik dit sodra jy onthou. Neem NALEO™ SPECTRUM op die gewone tyd van dan af. Moenie 'n dubbeldosis neem om vergete individuele dosisse in te haal nie.

##### 4. Moontlike newe-effekte

NALEO™ SPECTRUM kan newe-effekte hê.

Nie alle newe-effekte wat vir NALEO™ SPECTRUM gerapporteer word, is in hierdie pamflet ingesluit nie. Indien u algemene gesondheid vererger of as u enige nadelige effekte ervaar terwyl u NALEO™ SPECTRUM gebruik, raadpleeg asseblief u gesondheidsorgverskaffer vir advies.

***Indien enige van die volgende gebeur, hou op om NALEO™ SPECTRUM te gebruik en vertel jou dokter dadelik of gaan na die ongevalle-afdeling by jou naaste hospitaal:***

- swelling van jou hande, voete, enkels, gesig, lippe en mond of keel, wat probleme kan veroorsaak om te sluk of asem te haal;
- uitslag of jeuk;
- flou word.

Dit is alles baie ernstige newe-effekte. As jy dit het, het jy dalk 'n ernstige reaksie op NALEO™ SPECTRUM gehad. Jy benodig dalk dringende mediese aandag of hospitalisasie.

##### *Vertel jou dokter as jy enige van die volgende opmerk:*

Gereelde newe-effekte:

- naarheid (siek voel);
- abdominale krampe of maagpyne;
- hoofpyn;
- duiseligheid;
- moegheid;
- lighoofdigheid.

Minder gereelde newe-effekte:

- winderigheid of wind;
  - diarree;
  - droë hoes;
  - eetlus verloor.
- Indien u enige newe-effekte opmerk wat nie in hierdie pamflet genoem word nie, stel asseblief u dokter of apteker in kennis.

##### Rapportering van newe-effekte

As jy newe-effekte kry, praat met jou dokter of apteker. Jy kan newe-effekte by Delfran (Pty) Ltd aanmeld via qa@delfran.co.za of skakel (012) 654 3029. Jy kan ook newe-effekte aan SAHPRA rapporteer via die **"6.04 Adverse Drug Reaction Reporting Form"**, wat aanlyn gevind word onder SAHPRA's publikasies: https://www.sahpra.org.za/Publications/Index/8.

Deur newe-effekte aan te meld, kan jy meer inligting verskaf oor die veiligheid van NALEO™ SPECTRUM.

##### 5. Hoe om NALEO™ SPECTRUM te stoor

- Hou alle medisyne buite bereik van kinders.
- Berg by of benede 25 °C.
- Berg in die oorspronklike verpakking en houer.
- Hou die houer dig toe.
- Moet nie gebruik na die vervaldatum wat op die etiket of karton gedruk is nie.
- Gee alle ongebruikte medisyne terug na u apteker.
- Moenie ongebruikte medisyne in dreine en rioolstelsels (bv. toilette) weggooi nie.

##### 6. Inhoud van die pakkie en ander inligting

##### Wat NALEO™ SPECTRUM bevat

Die aktiewe stowwe in NALEO™ SPECTRUM is:

Samestelling	Per porsie
Metielsulfonielmetaan (MSM)	1469 mg
Askorbiensuur (Vitamiën C)	500 mg
Cholien bitartraat verskaf Cholien 250 mg	608 mg
Asetiel-L-karnitien	200 mg
DL-alfa-tokoferielasetaat verskaf Vitamiën E 223.5 I.E.	165 mg
Magnesium sitraat verskaf Magnesium 100 mg	620 mg
Inositol (Myo-inositol)	100 mg
Palatinose™ PST (isomaltulose)	100 mg
Kalsiumbisglisinaat chelaat verskaf Kalsium 70 mg	500 mg
Kaliumsitraat verskaf Kalium 50 mg	140 mg
Borriewortelekstrak (95 <span> </span> % curcuminoïede)	50 mg
Koënsiem Q-10 (ubidekarenoon)	50 mg
N-asetiel-L-sisteien (NAS) verskaf L-sisteien 45 mg	61 mg
Riboflavin (Vitamiën B2)	40 mg
Niasinamid (Vitamiën B3)	35 mg
D-kalsium pantotenaat verskaf Pantoteensuur (Vitamiën B5) 30 mg	66 mg
Tiamienmononitraat verskaf Tiamien (Vitamiën B1) 20 mg	22 mg
Pridoksiehidrochloried verskaf Piridoksien (Vitamiën B6) 20 mg	25 mg
Sinkoksied verskaf Sink 15 mg	19 mg
BioPerine® (Piper nigrum (swartpeper) [vrugte-ekstrak])	2 mg
Vitamiën A asetaat verskaf Vitamiën A 5000 I.E.	10mg
Mangaan aminosuur chelaat verskaf Mangaan 1 mg	10 mg
6S-5-Methyltetrahydrofolaat Kalsium verskaf Folaat 500 µg	569 µg
D-biotien (Vitamiën H)	225 µg
Methylcobalamin (Vitamiën B12)	100 µg
Kaliumjodied verskaf Jodium µg Kalium 30 µg	130 µg
Ammoniumheptamolibdaat verskaf Molibdeen 100 µg	157 µg
Phytonadione (Vitamiën K1)	80 µg
Chroom nikotinaat verskaf Chroom 70 µg	700 µg
Selenium aminosuur chelaat verskaf Selenium 40 µg	2 mg
Menaquinone (Vitamiën K2)	40 µg
Cholekalsiferol verskaf Vitamiën D 1000 I.E.	10 mg

Minerale word in hul elementêre en nie-elementêre vorms gelys.

Geen ander bestanddele nie.

##### Hoe lyk NALEO™ SPECTRUM en die inhoud van die verpakking

'n Karton boksie wat 'n 250 ml swart HDPE-bottel bevat. Die inhoud van die bottel sluit 'n 5 g maatlepel, 'n silikagel droogmiddel en 150 g oranje orale poeier vir oplossing in, en bied 30 dosisse NALEO™ SPECTRUM.

##### Houer van registrasiesertifikaat

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(012) 654 3029

##### Registrasienuommer

Moet toegeken word

##### Hierdie pamflet is laas in Junie 2023 hersien

Die Professionele Inligtings pamflet is beskikbaar by http://www.delfran.co.za/