

CULTURELLE ALL-IN-1

SCHEDULING STATUS:

Not applicable

PROPRIETARY NAME AND DOSAGE FORM:

CULTURELLE ALL-IN-1 tablets

COMPOSITION:

Each **CULTURELLE ALL-IN-1** tablet contains:

<i>Lactobacillus rhamnosus (UALR-06)</i>	1 x 10 ⁹ cfu
<i>Bifidobacterium longum (UABL-14)</i>	1 x 10 ⁹ cfu
Fructo-oligosaccharides	7,50 mg
Panax Ginseng	50,00 mg
Garlic thiosulfinates (allicin)	200,00 mg
Vitamin A	1000,00 i.u.
Beta Carotene	500,00 i.u.
Vitamin B1, thiamine	5,00 mg
Vitamin B2, riboflavin	5,00 mg
Vitamin B3, niacin	10,00 mg
Vitamin B5, pantothenic acid	5,00 mg
Vitamin B6, pyridoxine	5,00 mg
Vitamin B12, cyanocobalamin	5,00 µg
Folic Acid	200,00 µg
Biotin	50,00 µg
Vitamin C	100,00 mg
Vitamin D	100,00 i.u.
Vitamin E	7,50 i.u.
Zinc	12,50 mg
Manganese	0,50 mg
Chromium	12,50 µg
Molybdenum	12,50 µg
Selenium	12,50 µg
Potassium	10,00 mg
Copper	0,50 mg
Iron	3,00 mg
Magnesium	50,00 mg
Calcium	42,50 mg
Phosphorous	40,00 mg

Contains no preservatives, wheat, egg, nuts, yeast, tartrazine, lactose or iodine.

PHARMACOLOGICAL CLASSIFICATION:

A. 32.2 Other substances or agents, other

PHARMACOLOGICAL ACTION:

Probiotics compete with pathogenic bacteria for enteric sites (within the intestine) thereby inhibiting the pathogenic bacteria from establishing themselves.

Furthermore, probiotics compete with pathogenic bacteria for nutrients thereby inhibiting the pathogenic bacteria from multiplying (proliferating) and becoming the dominant bacteria.

Lactobacillus rhamnosus and *Bifidobacterium longum* are the probiotics included in this formulation.

Prebiotics, fructo-oligosaccharides, are a source of food and thereby help support the growth of probiotics in the gut. Prebiotics are not digested by the body.

Panax Ginseng is a sweet tonic herb that stimulates and relaxes the nervous system and encourages the secretion of hormones, improves stamina, lowers blood sugar as well as cholesterol levels and increases resistance to disease.

Garlic thiosulfinates (allicin) is among the oldest cultivated plants, used both as a food and for medicinal applications. In fact, this common food plant is a rich source of several phytonutrients, used in the treatment and prevention of a number of diseases, including cancer, coronary heart disease, obesity, hypercholesterolemia, diabetes type 2, hypertension, cataract and disturbances of the gastrointestinal tract (e.g. colic pain, flatulent colic and dyspepsia). These activities are related to the thiosulfinates, volatile sulphur compounds, which are also responsible for the pungent odour of this vegetable.

Vitamins and **Minerals** are essential nutrients that your body needs in small amounts to work properly. There are two types of vitamins: fat-soluble and water-soluble.

These are all fat-soluble vitamins: Vitamin A, D, E and K and the following are all water-soluble vitamins: Vitamin B6, vitamin B12, vitamin C, biotin, folic acid, niacin, pantothenic acid, riboflavin and thiamine.

Minerals are necessary for three main reasons:

- building strong bones and teeth
- controlling body fluids inside and outside cells
- turning the food we eat into energy.

The following are all essential minerals: calcium, iron, magnesium, phosphorus, potassium, and sodium.

Trace elements are also essential nutrients that your body needs to work properly, but in much smaller amounts than vitamins and minerals.

The following are all trace elements: copper, chromium, iodine, manganese, molybdenum, selenium and zinc.

INDICATIONS:

Most people have stressful lifestyles which can place increasing demands on the body.

CULTURELLE ALL-IN-1 contains a balanced and comprehensive formula of probiotics, multivitamins, multiminerals and phytonutrients to assist you in meeting your nutritional needs when your diet alone cannot achieve this.

The probiotics in **CULTURELLE ALL-IN-1** enhance the uptake of vitamins, thereby improving general well-being and the resistance to infections.

CONTRA-INDICATIONS:

CULTURELLE ALL-IN-1 is a natural product with no known contra-indications. If you feel you have experienced an allergic reaction, stop using this medicine and inform your doctor or pharmacist immediately.

WARNINGS:

Please consult your doctor or pharmacist if you have hypercalcaemia, hypercalciuria or renal failure prior to using **CULTURELLE ALL-IN-1**.

Please consult your doctor or pharmacist if you are taking other products containing vitamin A or D.

INTERACTIONS:

No known contra-indications.

PREGNANCY AND LACTATION:

Do not exceed the recommended dosage.

DOSAGE AND DIRECTIONS FOR USE:

Adults and children over 12 years: 2 **CULTURELLE ALL-IN-1** tablets daily (after breakfast) swallowed whole with sufficient liquid, unless otherwise specified by your healthcare professional. Do not exceed the recommended daily dose.

SIDE-EFFECTS AND SPECIAL PRECAUTIONS:

If taken as directed, there are no known side-effects.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT:

Treatment of overdose should be symptomatic and supportive. In the case of accidental overdose of the product, contact the nearest hospital or poison control centre.

IDENTIFICATION:

Orange film coated oval shaped tablet.

PRESENTATION:

White HDPE meditainers having an orange screw on cap containing 60 tablets.

STORAGE INSTRUCTIONS:

Store in a cool (below 25°C), dry place. Protect from moisture.

KEEP OUT OF REACH OF CHILDREN

NAME AND BUSINESS ADDRESS:

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Steenberg Office Park

Westlake

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CULTURELLE ALL-IN-1

SKEDULERINGSSTATUS:

Nie van toepassing nie.

EIENDOMSNAAM EN DOSEERVORM:

CULTURELLE ALL-IN-1 tablette

SAMESTELLING:

Elke **CULTURELLE ALL-IN-1** tablet bevat:

<i>Lactobacillus rhamnosus</i> (UALR-06)	1 x 10 ⁹ kve
<i>Bifidobacterium longum</i> (UABL-14)	1 x 10 ⁹ kve
Frukto-oliegosakkariede	7,50 mg
Panax Ginseng	50,00 mg
Knoffel tiosulfinate (allisien)	200,00 mg
Vitamiën A	1 000,00 i.e.
Beta-Karoteen	500,00 i.e.
Vitamiën B1, tiamien	5,00 mg
Vitamiën B2, riboflavien	5,00 mg
Vitamiën B3, niasien	10,00 mg
Vitamiën B5, pantoteensuur	5,00 mg
Vitamiën B6, piridoksien	5,00 mg
Vitamiën B12, sianokobalamien	5,00 µg
Foliensuur	200,00 µg
Biotien	50,00 µg
Vitamiën C	100,00 mg
Vitamiën D	100,00 i.e.
Vitamiën E	7,50 i.e.
Sink	12,50 mg
Mangaan	0,50 mg
Chroom	12,50 µg
Molibdeen	12,50 µg
Selenium	12,50 µg
Kalium	10,00 mg
Koper	0,50 mg
Yster	3,00 mg
Magnesium	50,00 mg
Kalsium	42,50 mg
Fosfor	40,00 mg

Bevat geen preserveermiddels, koring, eiers, neute, gis, tartrasien, laktose of jodium nie.

FARMAKOLOGIESE KLASSIFISERING:

A. 32.2 Ander stowwe of middels, ander.

FARMAKOLOGIESE WERKING:

Probiotika kompeteer met patogene bakterieë vir enteriese setels (binne die dermkanaal), en inhibeer dus die vestiging van die patogene bakterieë.

Daarbenewens kompeteer probiotika met patogene bakterieë vir voedingstowwe waardeur vermenigvuldiging (proliferasie) van die patogene bakterieë en hulle vestiging as die dominante bakterie geïnhibeerd word.

Lactobacillus rhamnosus en *Bifidobacterium longum* is die probiotika was in hierdie formulering ingesluit is.

Prebiotika, frukto-oliegosakkariëde, is voedselbronne en help om die groei van probiotika in die spysverteringskanaal te ondersteun. Prebiotika word nie deur die liggaam verteer nie.

Panax Ginseng is 'n soet tonikum krui wat die senusisteem stimuleer en laat ontspan, en die afskeiding van hormone aanmoedig, stamina verbeter, bloedsuiker, sowel as cholesterolvlakke verlaag, en weerstand teen siekte verhoog.

Knoffel tiosulfinate (allisien) is een van die oudste gekweekte plant wat beide as kos en vir mediese doeleindes gebruik word. Dit is 'n feit dat hierdie algemene voedselplant 'n ryk bron van verskeie fitonutriënte is, wat in die behandeling en voorkoming van verskeie siektes, insluitend kanker, koronêre hartsiekte, vetsug, hipercholesterolemie, tipe 2 diabetes mellitus, hipertensie, katarak en verstourings van die spysverteringskanaal (bv. koliek-pyn, winderige koliek, en dispepsie), gebruik word. Hierdie aktiwiteite is gekoppel aan die tiosulfinate, vlugtige swawelbindings, wat ook vir die sterk reuk van hierdie groente verantwoordelik is.

Vitamiene en Minerale is essensiële voedingstowwe wat jou liggaam in klein hoeveelhede nodig het om reg te werk. Daar is twee soorte vitamiene: vetoplosbare en wateroplosbare vitamiene.

Hierdie is al die vetoplosbare vitamiene: Vitamien A, D, E en K, en die volgende is almal wateroplosbare vitamiene: Vitamien B6, vitamien B12, vitamien C, biotien, foliensuur, niasien, pantoteensuur, riboflaviën en tiamien.

Minerale is noodsaaklik vir drie belangrike redes:

- die bou van sterk bene en tande
- beheer van liggaamsvloeistowwe binne en buite die selle
- omsetting van die kos wat ons eet na energie.

Die volgende is almal essensiële minerale: kalsium, yster, magnesium, fosfor, kalium en natrium.

Spoorelemente is ook essensiële voedingstowwe wat jou liggaam nodig het om reg te werk, maar in veel kleiner hoeveelhede as vitamienes en minerale.

Die volgende is almal spoorelemente: koper, chroom, jodium, mangaan, molibdeen, selenium en sink.

INDIKASIES:

Die meeste mense het spanningsvolle leefwyses wat toenemende eise aan die liggaam stel.

CULTURELLE ALL-IN-1 bevat 'n gebalanseerde en omvattende formule van probiotika, multivitamienes, multiminerale en fitonutriënte om jou te help om jou voedingsbehoefte na te kom as jou dieet alleen dit nie kan regkry nie.

Die probiotika in **CULTURELLE ALL-IN-1** versterk die opname van vitamienes, waardeur algemene welsyn en weerstand teen infeksies verbeter word.

KONTRA-INDIKASIES:

CULTURELLE ALL-IN-1 is 'n natuurlike produk met geen bekende kontra-indikasies nie. Indien jy voel dat jy 'n allergiese reaksie ondervind het, moet jy hierdie medisyne staak en jou dokter of apteker onmiddellik daarvan vertel.

WAARSKUWINGS:

As jy aan hiperkalsemie, hiperkalsinurie, of nierversaking ly, moet jy asseblief jou dokter of apteker raadpleeg voordat jy **CULTURELLE ALL-IN-1** gebruik.

Raadpleeg asseblief jou dokter of apteker as jy ander produkte neem wat vitamien A of D bevat.

INTERAKSIES:

Geen interaksies is bekend nie.

SWANGERSKAP EN LAKTASIE:

Moenie die aanbevole dosering oorskry nie.

DOSERING EN GEBRUIKSAANWYSINGS:

Volwassenes en kinders ouer as 12 jaar: 2 **CULTURELLE ALL-IN-1** tablette daaglik (na ontbyt) wat saam met voldoende vloeistof ingesluk word, tensy anders voorgeskryf deur 'n lid van die gesondheidsorgspan. Moenie die aanbevole daaglikse dosis oorskry nie.

NEWE-EFFEKTE EN SPESIALE VOORSORGMAATREËLS:

As hierdie middel volgens die aanbevelings geneem word, is daar geen neue-effekte bekend nie.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN:

Behandeling van oordosering behoort simptome en ondersteunend te wees. In 'n geval van oordosering van die produk wat per abuis voorkom, moet die naaste hospitaal of gifbeheersentrum gekontak word.

IDENTIFIKASIE:

Oranje filmbedekte ovaalvormige tablet.

AANBIEDING:

Wit HDPE medihouers wat 'n oranje skroefdop het en 60 tablette bevat.

BERGINGSAAWYSINGS:

Bewaar in 'n koel (onder 25°C), droë plek. Beskerm teen vog.
HOU BUITE BEREIK VAN KINDERS.

NAAM EN BESIGHEIDSADRES:

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