

The Real Thing Chlorella Tablets

SCHEDULING STATUS: **S0**

THE REAL THING CHLORELLA TABLETS 200mg
Chlorella (*Chlorella pyrenoidosa*). The tablets are sugar free.

Complementary Medicine. Health Supplement.

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
THE REAL THING CHLORELLA TABLETS is available without a doctor's prescription, for you to maintain your health. Nevertheless you still need to use THE REAL THING CHLORELLA TABLETS carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share THE REAL THING CHLORELLA TABLETS with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.
- Consult a healthcare practitioner for use longer than 12 weeks.

What is in this leaflet

1. What THE REAL THING CHLORELLA TABLETS is and what it is used for
2. What you need to know before you take THE REAL THING CHLORELLA TABLETS
3. How to take THE REAL THING CHLORELLA TABLETS
4. Possible side effects
5. How to store THE REAL THING CHLORELLA TABLETS
6. Contents of the pack and other information

1. What THE REAL THING CHLORELLA TABLETS is and what it is used for

- It is a health supplement due to its richness in nutrients such as vitamins, minerals, protein, amino acids, nucleic acids, omega 3 and 6 fatty acids, carbohydrates and fibre.
- It contains a number of antioxidants that help to protect the body against free radicals that cause damage to body cells.

A varied diet is the most effective and safe way to achieve good nutrition, health, body composition, as well as mental and physical performance.

2. What you need to know before you take THE REAL THING CHLORELLA TABLETS

Do not take THE REAL THING CHLORELLA TABLETS

If you are allergic or hypersensitive to any of the ingredients listed in section 6.

Warnings and precautions

Take special care with THE REAL THING CHLORELLA TABLETS:

- if symptoms worsen or you feel unwell, consult your healthcare practitioner;
- if you have a sensitivity to iodine, be cautious because THE REAL THING CHLORELLA TABLETS may contain iodine.

Children and adolescents

THE REAL THING CHLORELLA TABLETS is not suitable for use in children unless under the care of a healthcare practitioner.

Other medicines and THE REAL THING CHLORELLA TABLETS

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

THE REAL THING CHLORELLA TABLETS may affect other products:

- it may reduce the anticoagulant activity and hence reduce the effectiveness of warfarin (an anticoagulant) due to its vitamin K content. This could result in unwanted blood clotting.
- it may have additive effects when used together with medicines or herbs that cause sensitivity to sunlight.

Taking THE REAL THING CHLORELLA TABLETS with food and drink

THE REAL THING CHLORELLA TABLETS is not affected by food.

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 healthcare provider for advice before taking this medicine.

THE REAL THING CHLORELLA TABLETS may possibly be safe during pregnancy when taken orally and appropriately in medicinal amounts for up to approximately the 28th week of pregnancy.

The safety of taking THE REAL THING CHLORELLA TABLETS during breastfeeding has not been proven, therefore avoid taking it during this time.

Driving and using machines

THE REAL THING CHLORELLA TABLETS may have a minor influence on these abilities. It is not always possible to predict to what extent THE REAL THING CHLORELLA TABLETS may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which THE REAL THING CHLORELLA TABLETS affects them.

3. How to take THE REAL THING CHLORELLA TABLETS

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

Always take THE REAL THING CHLORELLA TABLETS 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 for adults 18 years and older:

- Take 5 tablets twice a day with a glass of water as required, or consult your healthcare practitioner.
- It can be taken with food if that helps to reduce the side effects.
- It can be taken safely for up to 12 weeks.
- Take it a few hours before or a few hours after taking any other medicine or natural health products.

Do not take more than the recommended dose, unless under direct supervision of your doctor.

If you take more THE REAL THING CHLORELLA TABLETS than you should

More severe side effects may occur if you have taken too much THE REAL THING CHLORELLA TABLETS. Stop taking the supplement. Treat the symptoms that may occur. In the event of overdosage, consult your doctor or pharmacist. If neither is available, seek help at your nearest hospital or poison centre.

If you forget to take THE REAL THING CHLORELLA TABLETS

If you forget to take it for a day or two, just start again at the regular daily dose. Do not take a double dose to make up for forgotten individual doses.

If you stop taking THE REAL THING CHLORELLA TABLETS

You may not achieve optimal benefits if you do not take it regularly.

4. Possible side effects

THE REAL THING CHLORELLA TABLETS can have side effects.

Not all side effects reported for THE REAL THING CHLORELLA TABLETS are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking THE REAL THING CHLORELLA TABLETS, please consult your healthcare provider for advice.

Orally chlorella is generally well tolerated at the recommended doses. It is likely safe when used orally in the short term.

If any of the following happens, stop taking THE REAL THING CHLORELLA TABLETS and tell your doctor immediately or go to the casualty department at your nearest hospital:

- allergic reactions (frequent)
- asthma
- anaphylaxis (less frequent) – a sudden allergic reaction that happens within seconds or minutes
- sensitivity to sunlight (frequent).

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to THE REAL THING CHLORELLA TABLETS. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequent side effects:

- tiredness
- diarrhoea
- constipation
- nausea
- abdominal cramps
- flatulence or wind
- discolouration of faeces

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 or pharmacist. 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 THE REAL THING CHLORELLA TABLETS.

Or side effects can be reported directly to The Real Thing Food Supplements (Pty) Ltd at telephone 021-701 0244 or e-mail adr@therealthing.co.za

5. How to store THE REAL THING CHLORELLA TABLETS

Store all medicines out of reach of children.

- Store in a cool, dry place at or below 25 °C.
- Store in an airtight container, protected from light.
- Protect from heat and moisture.
- Do not store in the bathroom.
- Do not use after the expiry date stated on the label or container.

Do not use THE REAL THING BONE CHLORELLA TABLETS if you notice the tablets have discoloured from the date of opening.

Return any unused or expired medicine to your pharmacist for proper disposal. Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What THE REAL THING CHLORELLA TABLETS contains

- The active substance is:

	Per tablet	Per 5 tablets
Chlorella (<i>Chlorella pyrenoidosa</i>) powder	200 mg	1 000 mg
*Providing potassium	1,84 mg	9,20 mg
*Providing vitamin K	1,42 microgram	7,11 microgram

*Elemental quantities calculated.

- The other ingredient is magnesium stearate (vegetable).

What THE REAL THING CHLORELLA TABLETS look like and contents of the pack

THE REAL THING CHLORELLA TABLETS are dark green round tablets, having a characteristic herbal taste and odour.

THE REAL THING CHLORELLA TABLETS are packed in a sealed plastic bag inside a cardboard container with an inner aluminium liner, a metal base and top, and a tamper proof seal with a clear plastic lid. A silica gel sachet is included in the plastic bag. A foam sponge is located below the tablets in the container. The cardboard container contains 500 tablets.

Alternatively, THE REAL THING CHLORELLA TABLETS are packed in a 200 ml amber glass bottle with a child resistant 45 mm polyethylene black screw cap fitted with an aluminium foil heat-induction or pressure tamper-evident seal. A silica gel sachet is included in the bottle. The bottle contains 500 tablets.

Holder of Certificate of Registration

THE REAL THING FOOD SUPPLEMENTS (PTY) LTD

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This leaflet was last revised in

This is the first edition.

Registration number

(To be allocated)

Access to the corresponding Professional Information

The Professional Information is located at: <https://www.therealthing.co.za/index.php/the-range/detoxifiers/13-the-real-thing/the-range/106-chlorella-tablets>

Or obtain the Professional Information directly from THE REAL THING FOOD SUPPLEMENTS (PTY) LTD using the contact details listed under Holder of Certificate of Registration.