

## The Real Thing Ecklonia Cava Capsules

**SCHEDULING STATUS:** S0

**THE REAL THING ECKLONIA CAVA CAPSULES** contains 400 mg *ecklonia cava* 13 % extract per capsule. The capsules are sugar free.

Complementary Medicine. Health Supplement.

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

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

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

- Keep this leaflet. You may need to read it again.
- Do not share THE REAL THING ECKLONIA CAVA CAPSULES with any other person.
- Ask your healthcare provider or 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 THE REAL THING ECKLONIA CAVA CAPSULES is and what it is used for
2. What you need to know before you take THE REAL THING ECKLONIA CAVA CAPSULES
3. How to take THE REAL THING ECKLONIA CAVA CAPSULES
4. Possible side effects
5. How to store THE REAL THING ECKLONIA CAVA CAPSULES
6. Contents of the pack and other information

### **1. What THE REAL THING ECKLONIA CAVA CAPSULES is and what it is used for**

THE REAL THING ECKLONIA CAVA CAPSULES is a health supplement. It is an antioxidant thereby supporting the body's natural immune system. This anti-oxidant system acts against free radicals and hence may have a protective effect for the maintenance of good health in humans.

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

### **2. What you need to know before you take THE REAL THING ECKLONIA CAVA CAPSULES**

#### **Do not take THE REAL THING ECKLONIA CAVA CAPSULES**

- if you are allergic or hypersensitive to *ecklonia cava* or any of the other ingredients of THE REAL THING ECKLONIA CAVA CAPSULES (listed in section 6).

### **Warnings and precautions**

Take special care with THE REAL THING ECKLONIA CAVA CAPSULES:

- if your symptoms worsen.
- if you have a thyroid problem as it may contain up to 32 microgram iodine per capsule.

### **Children**

THE REAL THING ECKLONIA CAVA CAPSULES is not suitable for use in children.

### **Other medicines and THE REAL THING ECKLONIA CAVA CAPSULES**

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

### **Pregnancy, breastfeeding and fertility**

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 safety of taking THE REAL THING ECKLONIA CAVA CAPSULES during pregnancy and breastfeeding is not known, therefore use cautiously or avoid.

### **Driving and using machines**

THE REAL THING ECKLONIA CAVA CAPSULES may have a negligible influence on these abilities.

It is not always possible to predict to what extent THE REAL THING ECKLONIA CAVA CAPSULES 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 ECKLONIA CAVA CAPSULES affects them.

### **3. How to take THE REAL THING ECKLONIA CAVA CAPSULES**

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

Always take THE REAL THING ECKLONIA CAVA CAPSULES 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 is:

- Take 2 (two) capsules orally per day with a glass of water, or take as directed by your healthcare provider.

### **If you take more THE REAL THING ECKLONIA CAVA CAPSULES than you should**

More severe side effects may occur if you have taken too much THE REAL THING ECKLONIA CAVA CAPSULES. Stop taking the supplement. If you are not feeling well, stop taking the supplement and consult your doctor. Treat the symptoms that may occur.

In the event of overdose, stop taking the supplement and consult your doctor or pharmacist. If neither is available, seek help at the nearest hospital or poison centre. Take this leaflet and the product container with you for identification.

### **If you forget to take THE REAL THING ECKLONIA CAVA CAPSULES**

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

### **If you stop taking THE REAL THING ECKLONIA CAVA CAPSULES**

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

### **4. Possible side effects**

THE REAL THING ECKLONIA CAVA CAPSULES can have side effects.

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

Tell your doctor if you notice any of the following:

Less frequent side effects:

- Nausea
- Indigestion
- Diarrhoea
- Hair loss

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 ECKLONIA CAVA CAPSULES.

Alternatively, side effects may be reported directly to The Real Thing Food Supplements (Pty) Ltd at telephone 021-701 0244 or e-mail [adr@therealthing.co.za](mailto:adr@therealthing.co.za).

### 5. How to store THE REAL THING ECKLONIA CAVA CAPSULES

Store all medicines out of reach of children.

- Store in a cool, dry place at or below 25 °C.
- Store in a well closed container.
- Do not use after the expiry date as stated on the label or container.

Do not use THE REAL THING ECKLONIA CAVA CAPSULES if you notice the capsules appear slimy or have discoloured from date of opening.

Return any unused or expired capsules 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 ECKLONIA CAVA CAPSULES contains

- The active substance is:

	Per capsule	Per daily dose (2 capsules)
<i>Ecklonia cava</i> 13 % extract [leaf]	400 mg	800 mg

- The other ingredients are dextrin, dicalcium phosphate, magnesium stearate (vegetable origin) and vegetable (hypromellose) capsule shell.

#### What THE REAL THING ECKLONIA CAVA CAPSULES looks like and contents of the pack

THE REAL THING ECKLONIA CAVA CAPSULES is a clear, hard vegetable capsule shell, size 1, containing a brown powder.

THE REAL THING ECKLONIA CAVA CAPSULES are packed in a 75 ml amber glass bottle with a child resistant 38 mm polypropylene 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 60 capsules. The bottle is packed in a round core carton fitted with a white insert lid.

Alternatively, it may be packed with a non-child resistant cap fitted with a plastic tamper-evident shrink sleeve.

#### Holder of Certificate of Registration

THE REAL THING FOOD SUPPLEMENTS (PTY) LTD

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#### The 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://therealthing.co.za/index.php/the-range/ecklonia-cava>

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.

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