

THE REAL THING FULVIC ACID CAPSULES

SCHEDULING STATUS: S0

THE REAL THING FULVIC ACID CAPSULES contains carbohydrate derived fulvic acid 714 mg per capsule. The capsules contain sugar (Glucose 0.6%).

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 FULVIC ACID CAPSULES is available without a doctor's prescription, for you to maintain your health. Nevertheless you still need to use THE REAL THING FULVIC ACID 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 FULVIC ACID CAPSULES 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 THE REAL THING FULVIC ACID CAPSULES is and what it is used for
2. What you need to know before you take THE REAL THING FULVIC ACID CAPSULES
3. How to take THE REAL THING FULVIC ACID CAPSULES
4. Possible side effects
5. How to store THE REAL THING FULVIC ACID CAPSULES
6. Contents of the pack and other information

1. What THE REAL THING FULVIC ACID CAPSULES is and what it is used for

THE REAL THING FULVIC ACID CAPSULES is a health supplement. It offers the following health benefits for adults -

- It assists with the uptake of minerals by the body thereby supporting your health;
- It has anti-allergy effects on the body;
- It has antioxidant effects on the body;
- It assists in building the body's immune system.

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 FULVIC ACID CAPSULES

Do not take THE REAL THING FULVIC ACID CAPSULES

- If you are allergic or hypersensitive to fulvic acid or any of the ingredients of THE REAL THING FULVIC ACID CAPSULES (listed in section 6).

Warnings and precautions

Take special care with THE REAL THING FULVIC ACID CAPSULES:

- If you have an auto immune disease such as multiple sclerosis, systemic lupus erythematosus (SLE) or rheumatoid arthritis (RA).
- If you are at risk of blood clots.
- If children are at risk of ingesting high quantities of fulvic acid (from drinking water) it may contribute to the development of Kashin-Beck bone disease (disorder of bones and joints of hands and fingers, elbows, knees and ankles of children and adolescents), particularly in areas in which selenium intake is insufficient.

Children and adolescents

THE REAL THING FULVIC ACID CAPSULES is not suitable for use in children.

Other medicines and THE REAL THING FULVIC ACID CAPSULES

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

THE REAL THING FULVIC ACID CAPSULES may affect other medicines:

- It may decrease the effectiveness of anticoagulant and antiplatelet (such as aspirin) medicines.
- It may decrease the effects of immunosuppressive (medicines that reduce the body's immune response) therapy.
- It might interfere with the treatment with thyroid hormone.

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.

Avoid the use of THE REAL THING FULVIC ACID CAPSULES during pregnancy and breastfeeding.

Driving and using machines

THE REAL THING FULVIC ACID CAPSULES may have a minor influence on these abilities. It is not always possible to predict to what extent THE REAL THING FULVIC ACID 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 FULVIC ACID CAPSULES affects them.

3. How to take THE REAL THING FULVIC ACID CAPSULES

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

Always take THE REAL THING FULVIC ACID CAPSULES exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you. Check with your doctor, pharmacist or nurse if you are not sure.

The usual dose for adults 18 years and older is:

- Take 2 (two) capsules orally daily with a glass of water, or consult your healthcare provider.

If you take more THE REAL THING FULVIC ACID CAPSULES than you should

More severe side effects may occur if you have taken too much THE REAL THING FULVIC ACID CAPSULES. If you are not feeling well, stop taking the supplement and consult your doctor. 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. Take this leaflet and the product container with you for identification.

If you forget to take THE REAL THING FULVIC ACID CAPSULES

Do not take a double dose to make up for the 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 FULVIC ACID CAPSULES

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

4. Possible side effects

THE REAL THING FULVIC ACID CAPSULES can have side effects.

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

Tell your doctor if you notice any of the following:

Frequencies not known:

- Diarrhoea
- Headache
- Sore throat

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 FULVIC ACID CAPSULES.

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

5. How to store THE REAL THING FULVIC ACID CAPSULES

Store all medicines out of the reach of children.

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

Do not use THE REAL THING FULVIC ACID 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 FULVIC ACID CAPSULES contains

- The active substance is:

	Per capsule	Per daily dose (2 capsules)
Fulvic acid (as CHD-FA™ powder – carbohydrate derived)	714 mg	1 428 mg
Providing fulvic acid *	500 mg	1 000 mg

* Elemental quantities calculated.

- The other ingredients are magnesium stearate (vegetable origin), silicone dioxide and vegetable (hypromellose) capsule shell.

What THE REAL THING FULVIC ACID CAPSULES looks like and contents of the pack

THE REAL THING FULVIC ACID CAPSULES is a clear, hard vegetable capsule, size 00, containing a brown crystalline powder with fine off white specks.

THE REAL THING FULVIC ACID CAPSULES 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 60 capsules.

Holder of Certificate of Registration

THE REAL THING FOOD SUPPLEMENTS (PTY) LTD
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E-mail: info@therealthing.co.za

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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/159-fulvic-acid>

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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