PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

S0

TURBO ENERGY CITRUS FUSION powder

TURBO ENERGY BERRU FUSION powder

Multiple ingredient formulation.

Contains sugar (7,4 g fructose per sachet CITRUS FUSION flavour; 7,6 g per sachet BERRY FUSION flavour).

Contains sweetener (13 mg sodium saccharin per sachet CITRUS FUSION; 8 mg sodium saccharin per sachet BERRY FUSION).

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.

TURBO ENERGY is available without a doctor's prescription. Nevertheless, you still need to take TURBO ENERGY carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your healthcare provider or pharmacist if you need more information or advice.

What is in this leaflet

1. What TURBO ENERGY is and what it is used for.
2. What you need to know before you take TURBO ENERGY.
3. How to take TURBO ENERGY.
4. Possible side effects.
5. How to store TURBO ENERGY.

6. Contents of the pack and other information.

1. What TURBO ENERGY is and what it is used for

TURBO ENERGY is a health supplement that may be used to aid with the constraints of daily tasks. TURBO ENERGY can be used to stay awake and feel energised, to maintain performance during extended (greater than 60 min), high-intensity exercise and support hydration before, during and after exercise.

2. What you need to know before you take TURBO ENERGY

Do not take TURBO ENERGY:

- If you are hypersensitive (allergic) to any of the ingredients of TURBO ENERGY (listed in section 6).
- If you are pregnant or breastfeeding (see **Pregnancy, breastfeeding and fertility**).

Warnings and precautions

Take special care with TURBO ENERGY:

- CONTAINS CAFFEINE.
  Each sachet contains 100 mg caffeine. A cup of instant coffee contains about 80 mg of caffeine.
- If you have heart problems or high blood pressure.
- If you have a bleeding disorder.
- If you have diabetes mellitus (high blood sugar) and you are taking medicines to control your blood sugar levels.
- If you are having any surgical procedure done. You should stop taking TURBO ENERGY two weeks before an operation.
- If you have glaucoma (a condition causing increased pressure behind your eye).
- If you are suffering from epilepsy (a condition causing recurring fits).

- If you have a liver disorder or if you develop symptoms such as yellowing of the skin or eyes (jaundice), stomach pain, dark urine, sweating, nausea, unusual tiredness and/or loss of appetite. Stop taking TURBO ENERGY and consult your healthcare provider immediately.
- If you have any kidney problems or overactive bladder syndrome.
- If you are dehydrated. You should not use TURBO ENERGY as a substitute of an oral rehydration solution.
- If you have an anxiety disorder.
- Do not use TURBO ENERGY before bedtime, as it may result in sleep deprivation.
- If you are taking any prescription medicine.

Children and adolescents

Do not give TURBO ENERGY to children younger than 18 years.

Other medicines and TURBO ENERGY

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

Tell your doctor or pharmacist if you are currently taking:

- Anticoagulant/antiplatelet medicines (used to thin your blood), or herbal supplements with blood thinning effects.
- Antiseizure medicines, such as carbamazepine, ethosuximide, felbamate, phenytoin and valproate.
- Antidiabetic medicines (used to treat high blood sugar levels), or herbal supplements which can influence blood sugar levels.
- Ephedrine and other stimulants, such as bitter orange extract, synephrine, octopamine and ephedra.
- Other caffeine-containing products.
- Monoamine oxidase inhibitors (MAOIs) (used to treat depression).
- Potassium-sparing diuretics (used to treat high blood pressure and oedema).

TURBO ENERGY with food and drink

Do not take TURBO ENERGY with other caffeine-containing food and drinks, such as coffee, tea, cola nut, cocoa, guarana and maté.

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 TURBO ENERGY.

Safety in pregnancy and lactation has not been established. Total caffeine intake more than 200mg per day is not recommended during pregnancy or breastfeeding.

Do not use TURBO ENERGY if you are pregnant or breastfeeding

Driving and using machines

TURBO ENERGY is unlikely to have an effect on your ability to drive a vehicle and use machines (see section 4).

Do not drive or operate machinery until you know how TURBO ENERGY affects you.

TURBO ENERGY contains sodium

TURBO ENERGY contains 47,5 mg sodium (main component of cooking/table salt) per sachet, equivalent to 2,4 % of the WHO recommended maximum daily intake of 2 g sodium for an adult.

TURBO ENERGY contains fructose

If your doctor has told you that you have an intolerance to some sugars or if you have been diagnosed with hereditary fructose intolerance (HFI), a rare genetic disorder in which a person cannot break down fructose, talk to your doctor before you take TURBO ENERGY.

3. How to take TURBO ENERGY

Always take TURBO ENERGY exactly as described in this leaflet or as your pharmacist have told you. Check with your pharmacist if you are not sure.

Adults:

The usual dose is one sachet up to three times a day.

Dissolve the content of one sachet in half a glass of water (125 mL) and take it one hour before driving, studying, training, a game or race for alertness and to support hydration and energy levels.

Do not exceed the recommended dosage.

If you take more TURBO ENERGY than you should

In the event of an overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

4. Possible side effects

Like all medicine, TURBO ENERGY can cause side effects, although not everybody gets them.

Should your general health worsen or if you experience any untoward effects while taking TURBO ENERGY, please consult your healthcare provider for advice.

If any of the following happens, stop taking TURBO ENERGY and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of your hands, feet, ankles, face, lips, 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 allergic reaction to TURBO ENERGY. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice the following:

Frequency unknown:

- Changes in the way your heart beats, for example, if you notice it beating faster than normal.

This is a serious side effect. You may need urgent medical attention.

Tell your doctor if you notice any of the following:

Frequency unknown:

- Feeling anxious or restless.
- Insomnia (difficulty falling or staying asleep).
- Tremors (uncontrolled shaking).
- Headache.
- Stomach pain, burping, diarrhoea, flatulence (wind), nausea (feeling sick), vomiting (being sick), upset stomach.
- Increased urination.

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 to SAHPRA via The Med Safety App (Medsafety X SAHPRA) and eReporting platform (whoumc.org) found on SAHPRA website.

By reporting side effects, you can help provide more information on the safety of TURBO ENERGY.

5. How to store TURBO ENERGY

- Store at or below 25 °C.
- Protect from direct sunlight and moisture.
- Store all medicines out of reach of children.

- Do not use after the expiry date printed on the packaging.
- 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 TURBO ENERGY contains

Each sachet (10 g) contains:

Fructose	
TURBO ENERGY CITRUS FUSION	7,4 g
TURBO ENERGY BERRY FUSION	7,6 g
Potassium chloride	309,6 mg
providing Potassium (elemental)	162 mg
Sodium chloride	120,8 mg
providing Sodium	47,5 mg
Caffeine anhydrous	100 mg
Riboflavin (Vitamin B_2)	1,5 mg

The other ingredients are orange flavour (TURBO ENERGY CITRUS FUSION) or berry flavour (TURBO ENERGY BERRY FUSION), carmoisine colour (E122), citric acid anhydrous, maize starch, silicon dioxide, sodium bicarbonate and sodium saccharin.

What TURBO ENERGY looks like and contents of the pack

TURBO ENERGY is available in cartons of 15 or 30 sachets.

Each sachet contains 10 g of fine granules or powder.

TURBO ENERGY CITRUS FUSION powder has an orange colour and characteristic orange flavour.

TURBO ENERGY MIXED BERRY FUSION powder has a pink colour and a characteristic berry flavour.

Holder of certificate of registration

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This leaflet was last revised in

August 2024.

Registration number

Will be allocated by SAHPRA upon registration.

Access to corresponding Professional Information

https://loockpharmaceuticals.co.za/product-details/turbo-energy/

Pasiëntinligtingsblad

SKEDULERINGSTATUS

S0

TURBO ENERGY poeier

Formule met verskeie bestanddele.

Bevat suiker (7,4 g fruktose per sakkie CITRUS FUSION geur en 7,5 g fruktose per sakkie BERRY FUSION geur)

Bevat versoeter (13 mg natriumsakkarien per sakkie CITRUS FUSION geur en 8 mg natriumsakkarien per sakkie BERRY FUSION geur).

KOMPLEMENTÊRE MEDISYNE: GESONDHEIDSAANVULLING

Hierdie ongeregistreerde medisyne is nie vir gehalte, veiligheid of beoogde gebruik deur SAHPRA geëvalueer nie.

Lees hierdie hele inligtingsblad aandagtig deur want dit bevat inligting wat belangrik is vir jou.

TURBO ENERGY is beskikbaar sonder ’n dokter se voorskrif. Jy moet TURBO ENERGY nogtans met sorg neem om die beste resultate te verkry.

- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weer lees.
- Vra gerus jou gesondheidsorgverskaffer of apteker indien jy verdere inligting of advies nodig het.

Wat is in hierdie inligtingsblad

1. Wat is TURBO ENERGY en waarvoor word dit gebruik.
2. Wat jy moet weet voordat jy TURBO ENERGY neem.
3. Hoe om TURBO ENERGY te neem.
4. Moontlike newe-effekte.
5. Hoe om TURBO ENERGY te bêre.

6. Inhoud van die pak en ander inligting.

1. Wat is TURBO ENERGY en waarvoor word dit gebruik

TURBO ENERGY is 'n gesondheidsaanvulling wat gebruik kan word om te help met die uitdagings van daaglikse take. TURBO ENERGY kan gebruik word om wakker te bly en energiek te voel, om prestasie te handhaaf tydens langdurige (meer as 60 min), hoë-intensiteit oefening en om hidrasie voor, tydens en na oefening te ondersteun.

2. Wat jy moet weet voordat jy TURBO ENERGY neem

Moenie TURBO ENERGY neem nie

- Indien jy hipersensitief (allergies) is vir enige van die bestanddele van TURBO ENERGY (gelys by afdeling 6).
- Indien jy swanger is of jou baba borsvoed (sien **Swangerskap, borsvoeding en vrugbaarheid**).

Waarskuwings en voorsorgmaatreëls

Wees veral versigtig met TURBO ENERGY:

- BEVAT KAFFEÏEN.

  Elke sakkie bevat 100 mg kaffeïen. 'n Koppie kitskoffie bevat ongeveer 80 mg kaffeïen.
- Indien jy hartprobleme of hoë bloeddruk het.
- Indien jy ’n bloedingsversteuring het.
- Indien jy diabetes mellitus (hoë bloedsuiker) het en jy medisyne gebruik om jou bloedsuikervlakke te beheer.
- Indien jy vir ‘n chirurgiese prosedure (operasie) gaan. Jy moet twee weke voor enige operasie ophou om TURBO ENERGY te neem.
- Indien jy gloukoom het ('n toestand wat verhoogde druk in jou oog veroorsaak).
- Indien jy aan epilepsie ly ('n toestand wat herhalende toevalle veroorsaak).
- Indien jy 'n lewersiekte het of simptome ontwikkel soos geel verkleuring van die vel of oë (geelsug), maagpyn, donker uriene, sweet, naarheid, ongewone moegheid en/of verlies van

eetlus. Hou op om TURBO ENERGY te neem en raadpleeg onmiddellik jou gesondheidsorgverskaffer.

- Indien jy nierprobleme of ooraktiewe blaassindroom het.
- Indien jy gedehidreer is. Jy moenie TURBO ENERGY as 'n plaasvervanger vir 'n orale rehidrasie-oplossing gebruik nie.
- Indien jy aan ‘n angsversteuring lei.
- Moenie TURBO ENERGY voor slaaptyd neem nie, want dit kan slaaptekort tot gevolg hê.
- Indien jy enige voorskrifmedisyne neem.

Kinders en tieners

Moenie TURBO ENERGY aan kinders jonger as 18 jaar gee nie.

Ander medisyne en TURBO ENERGY

Sê altyd vir jou gesondheidsorgverskaffer indien jy enige ander medisyne neem. (Dit sluit alle komplementêre of tradisionele medisyne in.)

Sê vir jou dokter of apteker indien jy tans die volgende neem:

- Antikoagulant-/antiplaatjiemedisyne (word gebruik om jou bloed dun te hou) of kruie-aanvullings met bloedverdunnende effekte.
- Anti-epileptiese medisyne, soos karbamasepien, etosuksimied, felbamaat, fenitoïen en valproaat.
- Antidiabetiese medisyne (gebruik om hoë bloedsuikervlakke te behandel) of kruie-aanvullings met bloedsuikerverlagende effekte.
- Efedrien of ander stimulate, soos bitterlemoen-ekstrak, synefrien, oktopamien en efedra.
- Ander kaffeïen-bevattende produkte.
- Monoamienoksidase inhibeerders (MAOIs) (gebruik om depressie te behandel).
- Kaliumbesparende diuretika (gebruik om hoë bloeddruk en edeem te behandel).

TURBO ENERGY met voedsel en drank

Moenie TURBO ENERGY saam met ander kaffeïenbevattende voedsel en drank, soos koffie, tee, kola-neut, kakao, guarana en maté, neem nie.

Swangerskap, borsvoeding en vrugbaarheid

Indien jy swanger is of jou baba borsvoed, dink dat jy swanger mag wees of beplan om swanger te raak, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer voordat jy TURBO ENERGY neem. Die veiligheid tydens swangerskap en borsvoeding is nie bepaal nie. Totale kaffeïen-inname van meer as 200 mg per dag word nie aanbeveel tydens swangerskap of borsvoeding nie.

Moenie TURBO ENERGY neem indien jy swanger is of jou baba borsvoed nie.

Bestuur en die gebruik van masjiene

Dit is onwaarskynlik dat TURBO ENERGY jou vermoë om ’n voertuig te bestuur en masjiene te gebruik sal belemmer (sien afdeling 4). Moenie ’n voertuig bestuur of masjinerie hanteer totdat jy weet hoe TURBO ENERGY jou affekteer nie.

TURBO ENERGY bevat natrium

TURBO ENERGY bevat 47,5 mg natrium (vernaamste bestanddeel van tafelsout) in elke sakkie. Dit is gelykstaande aan 2,4 % van die aanbevole maksimum daaglikse inname van 2 g natrium uit die dieet vir ’n volwassene.

TURBO ENERGY bevat fruktose

As jou dokter jou vertel het dat jy 'n onverdraagsaamheid teenoor sommige suikers het of as jy gediagnoseer is met oorerflike fruktose-intoleransie (HFI), 'n seldsame genetiese afwyking waarin 'n persoon nie fruktose kan afbreek nie, praat met jou dokter voordat jy TURBO ENERGY neem.

3. Hoe om TURBO ENERGY te neem

Gebruik TURBO ENERGY altyd presies soos wat in hierdie inligtingsblad aangedui word, of soos wat jou apteker vir jou gesê het. Vra gerus jou apteker indien jy onseker is.

Volwassenes:

Die gewone dosis is een sakkie tot drie keer per dag.

Los die inhoud van een sakkie op in 'n halwe glas water (125 ml) en neem een uur voor jy bestuur, studeer, oefen, deelneem aan 'n wedstryd of wedloop vir wakkerheid en om hidrasie en energievlakke te ondersteun.

Moenie die aanbevole dosis oorskry nie

Wat om te doen indien jy meer TURBO ENERGY geneem het as wat jy moet

In geval van oordosering, raadpleeg jou dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

4. Moontlike newe-effekte

TURBO ENERGY kan newe-effekte hê.

Nie alle newe-effekte wat vir TURBO ENERGY gerapporteer is, word in hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid verswak of jy enige ongunstige effekte ondervind terwyl TURBO ENERGY geneem word, raadpleeg asseblief jou gesondheidsorgverskaffer.

Indien enige van die volgende gebeur, hou op om TURBO ENERGY te neem en sê dadelik vir jou dokter, of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- Swelling van jou hande, voete, enkels, gesig, lippe, mond of keel, wat probleme kan veroorsaak met sluk en asemhaling.
- Uitslag of gejeuk.
- Floute.

Hierdie is baie ernstige newe-effekte. Indien jy enige daarvan ondervind, mag jy ’n ernstige allergiese reaksie op TURBO ENERGY gehad het. Jy mag dringende mediese bystand of hospitalisasie benodig.

Sê vir jou dokter of gaan na die ongevalle-afdeling in u naaste hospitaal as u een van die volgende opmerk:

Onbekende frekwensie:

- Verandering in die manier waarop jou hart klop, byvoorbeeld as jy agterkom dat dit vinniger klop as normaal.

Dit is ‘n ernstige newe-effek. Jy benodig moontlik dringende mediese hulp.

Sê vir jou dokter indien jy enige van die volgende opmerk:

Onbekende frekwensie:

- Angstigheid, rusteloosheid.
- Slapeloosheid.
- Onbeheerde bewing.
- Hoofpyn.
- Maagpyn, winde opbreek, diarree, winderigheid, naarheid, braking, omgekrapte maag.
- Verhoogde urinering.

Indien jy enige newe-effekte opmerk wat nie in hierdie inligtingsblad genoem word nie, sê asseblief vir jou dokter of apteker daarvan.

Aanmelding van newe-effekte

Indien enige newe-effekte ondervind word, bespreek dit met jou dokter of apteker. Jy kan ook newe-effekte aan SAHPRA rapporteer via die Med Safety-toepassing (Medsafety X SAHPRA) en eReporting-platform (who-umc.org), wat op SAHPRA se webwerf beskikbaar is.Deur newe-effekte te rapporteer kan jy help om meer inligting rakende die veiligheid van TURBO ENERGY te verskaf.

5. Hoe om TURBO ENERGY te bêre

- Bêre by of onder 25 °C.

- Beskerm teen direkte sonlig en vog.
- Bêre alle medisyne buite bereik van kinders.
- Moenie gebruik na die vervaldatum wat op die verpakking gedruk is nie.
- Neem alle ongebruikte medisyne terug na jou apteker.
- Moenie ongebruikte medisyne in dreine en rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die pak en ander inligting

Wat TURBO ENERGY bevat

Elke sakkie (10 g) bevat:

Fruktose	
TURBO ENERGY CITRUS FUSION	7,4 g
TURBO ENERGY BERRY FUSION	7,6 g
Kaliumchloried	309,6 mg
verskaf Kalium (elementêr)	162 mg
Natriumchloried	120,8 mg
verskaf Natrium	47,5 mg
Anhidriese kaffeïen	100 mg
Riboflavien (Vitamien B2)	1,5 mg

Die ander bestanddele is lemoengeur (TURBO ENERGY CITRUS FUSION) of bessiegeur (TURBO ENERGY BERRY FUSION), karmoïsienkleur (E122), anhidriese sitroensuur, mieliestysel, silikondioksied, natriumbikarbonaat en natriumsakkarien.

Hoe TURBO ENERGY lyk en inhoud van die verpakking

TURBO ENERGY is beskikbaar in kartonne met 15 of 30 sakkies elk.

Elke sakkie bevat 10 g fyn korrels of poeier.

TURBO ENERGY CITRUS FUSION het ‘n oranje kleur en kenmerkende lemoengeur.

TURBO ENERGY BERRY FUSION het ‘n pienk kleur en ’n kenmerkende bessiegeur.

Houer van die Registrasiesertifikaat

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Hierdie inligtingsblad is laas hersien in

Augustus 2024.

Registrasienommer

Vir toekenning deur SAHPRA met registrasie.

Toegang tot die ooreenstemmende Professionele inligtingsblad

https://loockpharmaceuticals.co.za/product-details/turbo-energy/