

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS:

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM:

TURBO ENERGY sachets

Read all of this leaflet carefully because it contains important information for you. TURBO ENERGY is available without a doctor's prescription, for you as a health supplement. Nevertheless, you still need to use TURBO ENERGY carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share TURBO ENERGY with any other person.
- Ask your pharmacist or health care provider if you need more information or advice.

WHAT TURBO ENERGY CONTAINS:

Each TURBO ENERGY sachet contains:

Caffeine anhydrous	100 mg
Sodium chloride	121 mg
Potassium chloride	310 mg
Sodium bicarbonate	305 mg
Riboflavin (Vitamin B2)	1.5 mg

Contains sugar as fructose (7.4 g original and 7.6 g berry) and sodium saccharin 13 mg.

Complementary Medicine: Health Supplement.

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

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 aid with cramps and energy during sports events, it also contains electrolytes which limits dehydration.

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

Do not take TURBO ENERGY

- If you are hypersensitive (allergic) to caffeine, sodium, potassium or any of the ingredients of TURBO ENERGY
- If you have undiagnosed high blood pressure (hypertension) or heart rhythm disorders
- If you are pregnant or breastfeeding your baby
- If you have hyperkalemia (blood potassium levels higher than normal)
- If you have severe renal impairment or chronic renal failure
- If you have systemic acidosis

Warnings and precautions

If you have a medical condition, seek advice from your health care provider.

Take special care with TURBO ENERGY:

- In patients being treated for high blood pressure or heart rhythm disorders
- If you are on a diet consisting of high levels of potassium and sodium
- In patients using potassium sparing diuretics
- Acute dehydration
- Heat cramps
- Heart failure
- Peripheral and pulmonary oedema
- Pre-eclampsia (high blood pressure during pregnancy)
- Extensive tissue destruction which occurs with severe burns

Other medicines and TURBO ENERGY:

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

Drug interactions

Ginkgo Biloba:

- **Potassium sparing diuretics** – this may lead to increased levels of potassium in the body
- **Angiotensin converting enzyme (ACE) inhibitors** – causes potassium retention and will likely lead to increased levels of potassium when used with TURBO ENERGY
- **Corticosteroids** – Can cause sodium retention which in turn may lead to hypernatremia (excess levels of sodium in the body)
- **Idrocilamide** – has anti-inflammatory effects and muscle relaxant properties. This drug is a potent inhibitor of caffeine metabolism and may lead to increased levels of caffeine in the bloodstream
- **Phenylpropanolamine** – Simultaneous use of phenylpropanolamine and caffeine results in increased plasma caffeine concentrations, greater increase in blood pressure and physical side effects may also occur

TURBO ENERGY with food, drink and alcohol

TURBO ENERGY should be taken in close proximity to meals. Avoid taking it with foods that contain high levels of potassium and sodium. Avoid taking it with alcohol or other energy drinks containing similar ingredients.

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 health care provider for advice before taking this medicine.

Safety during pregnancy and breastfeeding has not been established.

Driving and using machines

TURBO ENERGY is unlikely to affect your ability to drive or operate machinery/equipment. It is not always possible to predict to what extent TURBO ENERGY 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 TURBO ENERGY affects them.

TURBO ENERGY contains sugar in the form of fructose and sodium saccharin.

3. How to take TURBO ENERGY:

Do not share medicines prescribed for you with any other person. Always take TURBO ENERGY 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.

Take one sachet up to three times per day. Dissolve one sachet in half a glass of water.

It is advised not to take more than three sachets per day. Do not use TURBO ENERGY for extended periods of time if unnecessary. It should not be taken late during the day. TURBO ENERGY should not be used by children.

If you take more TURBO ENERGY than you should:

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

If you forget to take TURBO ENERGY:

Take your missed dose as soon as you remember, if within a few hours after missing a dose. If you only remember about the missed dose the following day, do not take a double dose to make up for the forgotten individual doses. In this case just continue taking one sachet up to three times per day.

If you stop taking TURBO ENERGY:

If you have stopped taking TURBO ENERGY for any reason, particularly because you think you are having side effects or for other illness, it is important that you contact your doctor before restarting.

4. Possible side effects

TURBO ENERGY can have side effects.

Not all side effects reported for TURBO ENERGY are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking TURBO ENERGY, please consult your health care provider for advice.

TURBO ENERGY may cause the following side effects:

Excessive amounts of potassium may lead to hyperkalemia which exhibits symptoms like:

Frequent: nausea, vomiting, diarrhoea, abdominal cramps
Less Frequent: paraesthesia of extremities, muscle weakness, paralysis, hypotension, cardiac arrhythmias, heart block, cardiac arrest

Excess amounts of sodium in the body may lead to:

Frequent: nausea, vomiting, diarrhoea, abdominal cramps, thirst, reduced salivation and lacrimation, sweating, fever, tachycardia, hypertension, headache, dizziness, restlessness, irritability, weakness
Less Frequent: renal failure, peripheral and pulmonary oedema, respiratory arrest, muscular twitching and rigidity, convulsions, coma

Caffeine may cause the following side effects:

Nausea, vomiting, diarrhoea, abdominal cramps, gastro-intestinal bleeding, insomnia, headache, anxiety, restlessness, hypertension, tremors and palpitations.

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: <http://www.sahpra.org.za/Publications/ldex/8>. 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 stated on the outer packaging
- Return all unused or expired medicine to your pharmacist
- Do not dispose of unused or expired medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What TURBO ENERGY contains

The active substances are caffeine anhydrous, sodium chloride, potassium chloride, sodium bicarbonate and riboflavin (vitamin B2). The other ingredients are citric acid anhydrous, silicon dioxide, orange flavour, berry flavour and carmoisine colour. Contains sugar as fructose and sodium saccharin.

What TURBO ENERGY looks like and contents of the pack

TURBO ENERGY is available in original and mixed berries flavours in cartons of 15 or 30 sachets. Each sachet contains 9.7 g of fine granules or powder.

TURBO ENERGY original is a fine granule or powder which is orange in colour and has a tangy orange flavour. TURBO ENERGY mixed berries is a fine granule or powder which is a pale-yellow colour and has a characteristic berry flavour.

Registration number:

To be allocated by Council upon registration.

Holder of Certificate of registration

Manufactured by Columbia Pharmaceuticals (Pty) Ltd on behalf of Lock Pharmaceuticals (Pty) Ltd.



LOCK PHARMACEUTICALS
REG NO: 2001/002217/07 (PTY) LTD

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Complementary Medicine: Health Supplement. Category D.

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

This leaflet was last revised in 13 January 2020

PASIËNTINLIGTINGSVOUBILJET

SKEDULERINGSSTATUS:

Ongeskeduleerd

HANDELSNAAM EN DOSERINGSVORM

TURBO ENERGY sakkies

Lees al die inligting in die voubiljet noukeurig deur, want dit bevat belangrike inligting vir jou. TURBO ENERGY is beskikbaar vir jou as 'n gesondheidsaanvulling sonder 'n voorskrif van die dokter. Nogtans moet jy TURBO ENERGY noukeurig gebruik om die beste resultate daaruit te kry.

- Hou hierdie voubiljet. Jy mag dit later weer wil lees.
- Moet nie TURBO ENERGY met enige ander persoon deel nie.
- Vra jou apteker of gesondheidsorgverskaffer as jy meer inligting of advies benodig.

WAT BEVAT TURBO ENERGY:

Elke TURBO ENERGY sakkie bevat:

Kafeïen anhidries	100 mg
Natriumchloried	121 mg
Kaliumchloried	310 mg
Natriumbikarbonaat	305 mg
Riboflavin (Vitamiën B2)	1.5 mg

Bevat suiker as fruktose (7.4 g oorspronklik en 7.6 g bessie) en natriumsakkarien 13 mg.

Aanvullende Medisyne: Gesondheidsaanvulling.

Hierdie ongeregisteerde medisyne is nie deur die SAHPRA geëvalueer vir die kwaliteit, veiligheid of beoogde gebruik daarvan nie.

1. Wat is TURBO ENERGY en waarvoor word dit gebruik

TURBO ENERGY is 'n gesondheidsaanvulling wat gebruik kan word om te help met die beperkinge van daaglikse take. TURBO ENERGY kan gebruik word om wakker te bly en energiek te voel, om krampe te verlig of voorkom asook om energie te verskaf tydens sportaktiwiteite, dit bevat ook elektroliete wat dehidrasie kan beperk.

2. Wat jy moet weet voordat jy TURBO ENERGY gebruik

Moet nie TURBO ENERGY gebruik

- As jy hipersensitief (allergies) is vir kafeïene, natrium, kalium of enige van die bestanddele van TURBO ENERGY
- As jy ongediagnoseerde hoë bloeddruk (hipertensie) of hartritmeversteurings het
- As jy swanger is of jou baba borsvoed
- As jy hiperkalemie het (hoër as normale vlakke van kalium in die liggaam)
- As jy ernstige renale inkorting of kroniese nierversaking het
- As jy sistemiese asidose het

Waarskuwings en voorsorgmaatreëls

As jy 'n mediese toestand het, raadpleeg jou gesondheidsorgverskaffer

Wees veral versigtig met TURBO ENERGY

- As jy op 'n dieet is wat bestaan uit hoë kalium- en natriumvlakke
- In pasiënte wat kaliumsparende diuretikums gebruik
- Akute dehidrasie
- Hartkrampe
- Hartversaking
- Perifere en pulmonale edeem
- Pre-eklampsie (hoë bloeddruk tydens swangerskap)
- Ernstige brandwonde met gepaardgaande weefselskade

Ander medisyne en TURBO ENERGY:

Stel altyd jou gesondheidsorgverskaffer in kennis indien jy enige ander medikasie gebruik. (Dit sluit alle aanvullende of tradisionele medisyne in.)

Geneesmiddelinteraksies

- **Kaliumsparende diuretikums** – dit kan lei tot verhoogde kaliumvlakke in die liggaam
- **Angiotensien-omskakelingsensiem (AOE) inhibeerders** – veroorsaak kaliumretensie en sal waarskynlik lei tot verhoogde kaliumvlakke wanneer dit saam met TURBO ENERGY gebruik word
- **Kortikosteroïede** – kan natriumretensie veroorsaak wat op sy beurt kan lei tot hipernatremie (oormatige natriumvlakke in die liggaam)
- **Idrosilamied** – het anti-inflammatoriese en spierverslappende effekte. Hierdie middel is 'n sterk inhibeerder van kafeïenmetabolisme en kan lei tot verhoogde kafeïenvlakke in die bloedstroom
- **Fenielpromanolamien** – gelyktydige gebruik van fenielpromanolamien en kafeïen kan lei tot verhoogde konsentrasies van kafeïen in plasma, 'n groter toename in bloeddruk en fisiese newe-effekte kan ook voorkom

TURBO ENERGY met kos, drank en alkohol

TURBO ENERGY moet naby etes geneem word. Vermoed dit saam met kosse wat 'n hoë hoeveelheid kalium en natrium bevat. Vermoed dit saam met alkohol of ander energiedrankies wat soortgelyke bestanddele bevat.

Swangerskap, borsvoeding en vrugbaarheid

As jy swanger is of borsvoed, dink dat jy swanger is of van plan is om 'n baba te hê, raadpleeg jou dokter, apteker of ander gesondheidsorgverskaffer voordat jy hierdie medisyne gebruik.

Veiligheid tydens swangerskap en borsvoeding is nog nie vasgestel nie.

Bestuur en gebruik van masjiene

Dit is onwaarskynlik dat TURBO ENERGY jou vermoë om te bestuur of masjinerie/toerusting te gebruik sal beïnvloed. Dit is nie altyd moontlik om te voorspel tot in watter mate TURBO ENERGY in die daaglikse aktiwiteite van 'n pasiënt kan inmeng nie. Pasiënte moet seker maak dat hulle nie aan die bogenoemde aktiwiteite deelneem nie, totdat hulle bewus is van die mate waarop TURBO ENERGY hulle beïnvloed.

TURBO ENERGY bevat suiker in die vorm van fruktose en natriumsakkarien.

3. Hoe om TURBO ENERGY te gebruik

Moet nie medisyne wat vir jou voorgeskryf is, met enige ander persoon deel nie. Gebruik TURBO ENERGY altyd presies soos beskryf in hierdie voubiljet, of soos deur jou dokter of apteker voorgesê is. Raadpleeg jou dokter of apteker indien jy nie seker is nie.

gebruik word nie.

As jy meer TURBO ENERGY neem as wat jy behoort:

In die geval van 'n oordosis, raadpleeg jou dokter of apteker. As nie een beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

As jy vergeet om TURBO ENERGY te gebruik:

Neem jou gemiste dosis sodra jy dit onthou, binne 'n paar uur nadat jy 'n dosis gemis het. As jy slegs die volgende dag van die gemiste dosis onthou, moet nie 'n dubbele dosis neem om die vergete dosis aan te vul nie. In hierdie geval moet jy net voortgaan met die gebruik van een sakkie tot drie keer per dag.

As jy ophou om TURBO ENERGY te gebruik:

As jy om een of ander rede opgehou het om TURBO ENERGY te gebruik, veral omdat jy dink dat jy newe-effekte ervaar of weens ander siektes, is dit belangrik dat jy jou dokter kontak voordat jy weer begin.

4. Moontlike newe-effekte

TURBO ENERGY kan newe-effekte hê.

Nie alle newe-effekte wat vir TURBO ENERGY aangemeld is, word in die voubiljet genoem nie. Raadpleeg jou gesondheidsorgverskaffer vir advies indien jou algemene gesondheid versleg of as jy enige ander newe-effekte ervaar met die gebruik van TURBO ENERGY.

TURBO ENERGY kan die volgende newe-effekte veroorsaak:

Oormatige hoeveelhede kalium kan lei tot hiperkalemie wat simptome toon soos:

Gereeld: naarheid, braking, diarree, abdominale krampe
Minder gereeld: parestesie van die ledemate, spierswakheid, verlamming, hipotensie, aritmieë, hartblok en hartstilstand

Oormatige hoeveelhede van natrium in die liggaam kan aanleiding gee tot:

Gereeld: naarheid, braking, diarree, maagkrampe, dors, verminderde speeksel en lakrimasie, sweet, koors, tagikardie, hipertensie, hoofpyn, duiseligheid, rusteloosheid, irriteerbaarheid en swakheid
Minder gereeld: nierversaking, perifere en pulmonale edeem, respiratoriese onderdrukking, spierrigiditeit, stuiptrekkings, koma

Kafeïen kan die volgende newe-effekte veroorsaak:

Naarheid, braking, diarree, abdominale krampe, gastro-intestinale bloeding, slapeloosheid, hoofpyn, angstigheid, rusteloosheid, hipertensie, tremore en palpitasies.

Indien jy enige newe-effekte opmerk wat nie in die voubiljet genoem word nie, stel jou dokter of apteker in kennis daarvan.

Rapportering van newe-effekte

Praat met jou dokter of apteker indien jy enige newe-effekte ervaar. Jy kan ook newe-effekte by SAHPRA aanmeld via die "6.04 Adverse Drug Reaction Reporting Form", wat aanlyn gevind kan word onder SAHPRA se publiskasies: <http://www.sahpra.org.za/Publications/Index/8>. Deur newe-effekte te rapporteer, kan jy help om meer inligting oor die veiligheid van TURBO ENERGY te gee.

5. Hoe om TURBO ENERGY te berg:

- Berg teen of onder 25 °C
- Beskerm teen direkte sonlig en vog
- BERG ALLE MEDISYNE BUIITE BEREIK VAN KINDERS
- Moet nie gebruik na die vervaldatum wat op die buitenste verpakking aangedui is nie
- Vat alle ongebruikte of vervalde medisyne na jou apteker toe
- Moet nie ongebruikte of vervalde medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie

6. Inhoud van die verpakking en ander inligting

Wat TURBO ENERGY bevat

Die aktiewe bestanddele is kafeïen anhidries, natriumchloried, kaliumchloried, natrumbikarbonaat en riboflavin (vitamiën B2). Die ander bestanddele is anhriese sitroensuur, silikondioksied, oranje geur, bessiegeur en karmoisiegeur. Bevat suiker as fruktose en natriumsakkarien.

Hoe TURBO ENERGY lyk en die inhoud van die verpakking

TURBO ENERGY is beskikbaar in oorspronklike en gemengde bessiegeur in kartonne van 15 of 30 sakkies. Elke sakkie bevat 9.7 g fyn korrels of poeier.

TURBO ENERGY oorspronklik is 'n fyn korrel of poeier wat oranje van kleur is en 'n lymoene geur het.

TURBO ENERGY gemengde bessies is 'n fyn korrel of poeier wat 'n liggeel kleur is en 'n kenmerkende bessiegeur het.

Registrasienuommer:

Word deur die Raad toegeken by registrasie.

Houer van registrasiesertifikaat

Vervaardig deur Columbia Pharmaceuticals (Edms) Bpk namens Loock Pharmaceuticals (Edms) Bpk.



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Aanvullende Medisyne: Gesondheidsaanvulling. Kategorie D.

Hierdie ongeregisteerde medisyne is nie deur die SAHPRA geëvalueer vir die kwaliteit, veiligheid of beoogde gebruik daarvan nie.

Hierdie voubiljet is laas hersien op 13 Januarie 2020