

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

S0 – Health Supplement (D32.16)

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

Turbo Energy Original (Sachets)

- **Caffeine Anhydrous** 100 mg
- **Sodium (Na)** 131.10 mg
- **Potassium (K)** 162.38 mg

Read all the information in this leaflet carefully as it contains important information regarding your medicine

- Keep this leaflet. You may need to read it at a later stage.
- If you have any further questions about this medication – ask your pharmacist
- DO NOT share Turbo Energy with another person

WHAT TURBO ENERGY ORIGINAL CONTAINS

The active substances are Caffeine Anhydrous (100mg), Sodium (131.10mg) and Potassium (162.38mg).

The other ingredient is Fructose (7444.00mg) which makes up the bulk of the product.

This product does not contain any alcohol.

WHAT IS TURBO ENERGY ORIGINAL USED FOR

This product is intended as a health supplement to aid with the constraints of daily tasks. It can be used for the following:

- To stay awake and feel energised on a daily basis
- Can be used to aid with cramps and energy during sports events
- Contains electrolytes which limits dehydration

BEFORE YOU USE TURBO ENERGY ORIGINAL

Do not use this product:

- If you are hypersensitive (allergic) to Caffeine Anhydrous, Sodium, Potassium or any of the other ingredients listed
- If you have undiagnosed high blood pressure (hypertension) or heart rhythm disorders

Contraindications

- Hyperkalaemia (Blood potassium levels higher than normal)

- Severe renal impairment or chronic renal failure
- Systemic acidosis

Special care should be taken in the following instances, always consult with a pharmacist or other health care professionals

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

Taking Turbo energy Original with food and drink

- Avoid taking it with alcohol or other energy drinks containing similar ingredients
- Avoid taking it with foods that contain high levels of Potassium and Sodium

Pregnancy and lactation

- Safety during pregnancy and breastfeeding has not been established

Taking other medications with Turbo Energy Original

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

- **Potassium Sparing Diuretics** (Spironolactone, Triamterene and Amiloride)
This may lead to increased levels of potassium in the body
- **Angiotensin Converting Enzyme (ACE) Inhibitors** (Captopril, Enalapril and others)
ACE Inhibitors causes potassium retention and will likely lead to increased level of potassium when used with Turbo Energy Original
- **Corticosteroids**
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 system
- **Phenylpropanolamine**
Concomitant use of Phenylpropanolamine and Caffeine results in increased plasma-caffeine concentrations. Greater increases in blood pressure and physical side effects may also occur

HOW TO TAKE TURBO ENERGY ORIGINAL

The normal dosage for Turbo Energy Original is one sachet up to three times per day. It is advised not to take more than three sachets per day. Do not use Turbo Energy Original for extended periods of time if it's not needed. Turbo Energy Original should be taken in close proximity to meals. It should not be taken late during the day.

One sachet should be dissolved in half a glass of water.

Turbo Energy Original should not be used by children

IF YOU TAKE MORE THAN YOU SHOULD

If you experience excessive heart palpitations, excessively abnormal blood pressure readings, severe headaches and vomiting, you should stop the use of Turbo Energy Original immediately.

Contact your pharmacist or doctor. If neither are available, contact the nearest hospital or poison control centre.

POSSIBLE SIDE EFFECTS

Excessive amounts of potassium may lead to hyperkalaemia which exhibits symptoms like (*Less frequent*):

- Paraesthesia of extremities, muscle weakness, paralysis, hypotension, cardiac arrhythmias, heart block, cardiac arrest.

Intravenous administration of potassium may lead to (*Less frequent*):

- Phlebitis or pain

Oral potassium salt administration may lead to (*More frequent*):

- Nausea, vomiting, diarrhoea, abdominal cramps.

Excess amounts of sodium in the body may lead to:

(*Less frequent*)

- Renal failure, peripheral and pulmonary oedema, respiratory arrest, muscular twitching and rigidity, convulsions and coma.

(*More frequent*)

- Nausea, vomiting, diarrhoea, abdominal cramps, thirst, reduced salivation and lachrymation, sweating, fever, tachycardia, hypertension, headache, dizziness, restlessness, irritability weakness,

Caffeine may cause the following side effects:

- Nausea, vomiting, diarrhoea, abdominal cramps, gastrointestinal bleeding, insomnia, headache, anxiety, restlessness, dizziness, hypotension, tremor, palpitations.

Not all side effects reported for Turbo Energy Original are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your pharmacist or other healthcare professional for advice.

STORING AND DISPOSING OF TURBO ENERGY ORIGINAL

Store at or below 25° C in a dry place
Protect from moisture and direct sunlight
Do not use after expiry date stated on outer packaging

Any unused medicine should be returned to your pharmacist for the safe and responsible destruction thereof. Do not dispose of unused medicine in drains or sewage systems.

PRESENTATION AND IDENTIFICATION OF TURBO ENERGY ORIGINAL

Turbo Energy Original is available in cartons of 15 or 30 units. The contents of each unit amount to 9.7g. It is supplied to the patient in the form a sachet filled with powder/fine granule.

Turbo Energy Original is a fine granule or powder which is orange in colour. It has an tangy orange flavour.

REGISTRATION

This medicine has not been evaluated by the South African Health Product Regulatory Authority (SAHPRA). This medicine is not intended to diagnose, treat, cure or prevent any disease.

NAME AND ADDRESS OF REGISTRATION HOLDER

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

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