

PATIENT INFORMATION LEAFLET

ENERIVE® RED HEALTH SHOT

COMPLEMENTARY MEDICINE – HEALTH SUPPLEMENT

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

SCHEDULING STATUS:

Not Scheduled



ENERIVE® RED HEALTH SHOT (SOLUTION)

Active ingredient	Amount per 30ml serving
Thiamine (Vitamin B1)	8 mg
Riboflavin (Vitamin B2)	8 mg
Niacin (Vitamin B3)	20 mg
Pantothenic acid (Vitamin B5)	20 mg
Pyridoxine (Vitamin B6)	25 mg
Cobalamin (Vitamin B12)	50 mcg
Ascorbic acid (Vitamin C)	75 mg
Magnesium chloride (Elemental Magnesium)	82.4 mg (21 mg)
Potassium chloride (Elemental Potassium)	100 mg (52 mg)
Sodium chloride (Elemental Sodium)	140 mg (55 mg)
Caffeine	85 mg
Taurine	285 mg

Other ingredients: Purified water, Glycerol, Dextrose monohydrate (Glucose), Flavourant, Mannitol, Citric acid, Potassium sorbate (Preservative).

Gluten and lactose free.

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

ENERIVE® RED HEALTH SHOT; is available without a doctor's prescription.

- 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 ENERIVE® RED HEALTH SHOT is and what it is used for
2. What you need to know before you take ENERIVE® RED HEALTH SHOT
3. How to take ENERIVE® RED HEALTH SHOT
4. Possible side effects
5. How to store ENERIVE® RED HEALTH SHOT
6. Contents of the pack and other information

1. What ENERIVE® RED HEALTH SHOT is and what it is used for:

ENERIVE® RED HEALTH SHOT is a health supplement uniquely formulated to assist in promoting physical well-being and intended to:

- improve mental performance and physical energy.
- improve recovery after exercise.

- combat fatigue and relieve muscle cramps.
- hydrate and replace electrolytes.

2. What you need to know before you take ENERIVE® RED HEALTH SHOT:

Do not take ENERIVE® RED HEALTH SHOT:

- if you are hypersensitive (allergic) to any of the listed ingredients.
- if you have kidney stones or high oxalate levels in your urine.
- if you have severe liver disease.
- if you have kidney problems.
- If you have diabetes.

Warnings and precautions - Take special care:

- if you have constant diarrhoea and irritation in your stomach or a stomach ulcer.
- if you are taking another multivitamin and mineral supplement. Do not take more than the recommended dosage.
- If you have diabetes (ENERIVE® RED HEALTH SHOT contains glucose).
- High caffeine content (ENERIVE® RED HEALTH SHOT contains 85mg caffeine per 30ml serving).

Children and adolescents:

ENERIVE® RED HEALTH SHOT is not recommended for children under the age of 18, unless under the direct supervision of a relevant health care provider.

Other medicines and ENERIVE® RED HEALTH SHOT:

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

Pregnancy and breastfeeding:

ENERIVE® RED HEALTH SHOT is not recommended for pregnant or lactating women. If you are pregnant or breastfeeding your baby, think you may be pregnant or planning to have a baby, please consult your doctor, pharmacist or other healthcare providers for advice, before taking ENERIVE® RED HEALTH SHOT.

3. How to take ENERIVE® RED HEALTH SHOT:

Always take ENERIVE® RED HEALTH SHOT exactly as instructed in this leaflet. You should consult with your healthcare provider if you are unsure. Take one 30ml bottle, up to three times per day with or directly after a meal. Do not take on an empty stomach. Do not take more than the recommended dosage.

If you take more ENERIVE® RED HEALTH SHOT than you should:

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

4. Possible side effects:

Not all side effects reported for ENERIVE® RED HEALTH SHOT are included in this leaflet. Should your general health worsen, or if you experience any untoward effects while taking ENERIVE® RED HEALTH SHOT, please consult your healthcare provider for advice.

If any of the following happens, stop taking ENERIVE® RED HEALTH SHOT and tell your doctor immediately, or go to the casualty department at your nearest hospital:

- Diarrhoea, nausea, vomiting, heartburn, abdominal cramps, headache, insomnia.

If you notice any side effects not mentioned in this leaflet, please inform your pharmacist or healthcare provider.

Reporting of side effects:

If you develop any side effects, talk to your doctor or pharmacist. Please report side effects by sending an email to info@pharmafen.co.za

By reporting side effects, you can help provide more information on the safety of ENERIVE® RED HEALTH SHOT.

5. How to store ENERIVE® RED HEALTH SHOT:

Store all medicines out of reach of children. Store at or below 25 °C in a cool, dry place. Store in the original package/container and keep away from direct sunlight. Do not use it after the expiry date stated on the bottle and bottom of the unit carton. Return all unused medicine to your Pharmacist. Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information:

Active ingredients: Taurine, Caffeine anhydrous, Thiamine (Vitamin B1), Riboflavin (Vitamin B2), Niacin (Vitamin B3), Pantothenic acid (Vitamin B5), Pyridoxine (Vitamin B6), Cobalamin (Vitamin B12), Ascorbic acid (Vitamin C), Magnesium chloride, Potassium chloride, Sodium chloride.

Other ingredients: Purified water, Glycerol, Dextrose monohydrate (Glucose), Flavourant, Mannitol, Citric acid, Potassium sorbate (Preservative).

What ENERIVE® RED HEALTH SHOT looks like and contents of the pack:

Orange solution in a clear PET bottle with a black tamper-evident cap, in a unit carton. Each unit carton contains 12 x ENERIVE® RED HEALTH SHOTS.

Applicant:

Pharmafen (Pty) Ltd
449, 34th Avenue, Villieria,
Pretoria, 0186, South Africa
Email: info@pharmafen.co.za
Website: www.pharmafen.co.za

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This leaflet was revised in:

September 2021

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