

**SCHEDULING STATUS** Sd

**LIFE'S BEST NATURAL LAXATIVE CAPSULES**

**PHARMACEUTICAL CLASSIFICATION**

Complimentary Medicine Cat D: Health Supplement 34.10 Saccharides

**Life's Best Natural Laxative** is a health supplement and as such has not been evaluated by the SAHPRA. This unregistered medicine is not intended to diagnose, treat, cure, or prevent any disease. Health supplements are only intended to supplement the diet or to complement health.

**READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU**

Available without a doctor's prescription.

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

**ACTIVE INGREDIENT PER CAPSULE**

Aloe Ferox Extract (Cape Aloe)	300mg providing 54mg Aloin
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Inactives: Microcrystalline Cellulose, Silicon Dioxide

**BEFORE YOU TAKE LIFE'S BEST NATURAL LAXATIVE:**

- If you are taking other supplements, read the label, since these supplements may contain the same ingredients.
- Do not take if you are hypersensitive to any of the active or inactive ingredients.
- Tell your healthcare provider if you are taking any other medicines, this includes complementary or traditional medicines.

**WHAT LIFE'S BEST NATURAL LAXATIVE IS USED FOR:**

A natural plant-based formulation to assist with relieving constipation.

**PREGNANCY AND BREASTFEEDING:**

If you are pregnant or breastfeeding, please consult your doctor, pharmacist, or other healthcare professional for advice before taking this medicine.

**DIRECTIONS:**

Adults and children over 12 years: Take one to two (1 - 2) capsule/s daily.

Children 6 to 12 years: Take one (1) capsule daily.

Usually acts within 8 to 12 hours.

Do not exceed the daily recommended dose.

Not for use in children under 6 years old.

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

Do not take a double dose to make up for missed individual doses.

**POSSIBLE SIDE-EFFECTS:**

Gastrointestinal upset: Nausea, abdominal pain, constipation, diarrhoea, vomiting, poor appetite.

Not all side effects reported are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, discontinue use immediately and please consult your doctor or pharmacist for advice.

**HOW TO STORE AND DISPOSE LIFE'S BEST NATURAL LAXATIVE:**

Store all medicines out of reach of children.

Store at or below 25°C in a cool, dry place.

Keep the container tightly closed.

Do not use this medicine after the expiry date shown on the label.

Return all unused or expired medicine to your pharmacist for safe disposal.

**PRESENTATION:**

Container of 20 Capsules

**IDENTIFICATION:**

White bovine gelatine capsule containing green to dark green powder

**NAME AND BUSINESS ADDRESS OF THE APPLICANT:**

BFC Pharmaceuticals cc

P.O Box 1581

Kloof

3640

South Africa

**DATE OF PUBLICATION**

November 2023

**SKEDULERINGSSTATUS****LIFE'S BEST NATURAL LAXATIVE KAPSULES**

Komplimentêre Medisyne Kat D: Gesondheidsaanvulling 34.10 Saccharides

**Life's Best Natural Laxative** is 'n gesondheidsaanvulling en is nie deur die SAHPRA geëvalueer nie. Hierdie ongeregistreerde medisyne is nie bedoel om enige siekte te diagnoseer, behandel, genees of voorkom nie. Gesondheidsaanvullings is slegs bedoel om die dieet of gesondheid aan te vul.

**LEES HIERDIE HELE BLAD NOUKEURIG DEUR OMDAT DIT BELANGRIKE INLIGTING VIR U BEVAT**

Beskikbaar sonder 'n doktersvoorskrif.

- Hou hierdie blad. Dit mag nodig wees dat u dit weer moet lees.
- Moenie met enige ander persoon deel nie.
- Vra vir u gesondheidsorgverskaffer of apteker as u meer inligting of advies benodig.

**AKTIEWE BESTANDDEEL PER KAPSULE**

Aloe Ferox Uittreksel (Cape Aloe)	300mg wat 54mg Aloin verskaf
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Onaktiewe bestanddele: Mikrokristallyne Sellulose, Silikondioksied

**VOORDAT U LIFE'S BEST NATURAL LAXATIVE GEBRUIK:**

- As u ander aanvullings gebruik, lees die inligtingsblad, aangesien hierdie aanvulling moontlik dieselfde bestanddele kan bevat.
- Moenie gebruik as u oorsensitief is vir enige van die aktiewe of onaktiewe bestanddele nie.
- Laat u gesondheidsorgverskaffer weet as u ander medisyne gebruik, dit sluit komplementêre of tradisionele medisyne in.

**WAARVOOR LIFE'S BEST NATURAL LAXATIVE GEBRUIK WORD:**

'n Natuurlike plant gebaseerde formulering om te help met die verligting van hardlywigheid.

**SWANGERSKAP EN BORSVOEDING:**

Indien u swanger is of borsvoed, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat u hierdie medisyne gebruik.

**GEBRUIKSAANWYSINGS:**

Volwassenes en kinders ouer as 12 jaar: Neem een tot twee (1 - 2) kapsule/s daaglik.

Kinders van 6 tot 12 jaar: Neem een (1) kapsule daaglik.

Gewoonlik werk dit binne 8 tot 12 uur.

Moenie die daaglikse aanbevole dosis oorskry nie.

Hierdie produk word nie aanbeveel vir kinders onder 6 jaar oud nie.

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

Moenie 'n dubbele dosis drink om vir vergete individuele dosisse op te maak nie.

**MOONTLIKE NEWE-EFFEKTE:**

Gastro-intestinale ongemak: Naarheid, braking, maagpyn, hardlywigheid of diarree, swak eetlus.

Nie alle nuwe-effekte wat aangemeld is, is in hierdie inligtingsblad ingesluit nie. Indien u algemene gesondheidstoestand vererger of as u enige ongewenste effekte ervaar terwyl u hierdie medisyne gebruik, moet u onmiddellik die gebruik stop en asseblief u dokter of apteker raadpleeg vir advies.

**HOE OM LIFE'S BEST NATURAL LAXATIVE TE STOOR EN WEG TE GOOI:**

Bêre alle medisyne buite die bereik van kinders.

Bêre dit by of onder 25°C in 'n koel, droë plek.

Hou die houer stewig toegesluit.

Moenie die medisyne gebruik na die vervaldatum nie.

Gee alle ongebruikte of vervalde medisyne terug aan u apteker vir veilige verwydering.

**AANBIEDING:**

Houer van 20 Kapsules

**IDENTIFIKASIE:**

Wit bees gelatien kapsule wat groen tot donker groen poeier bevat

**NAAM EN BESIGHEIDSADRES VAN DIE AANSOEKER:**

BFC Pharmaceuticals cc  
Posbus 1581

Kloof  
3640

Suid-Afrika

**DATUM VAN PUBLIKASIE**

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