MANNATECH®

Click the banner to go to the Document.

01 PATIENT INFORMATION LEAFLET MANNACLEANSE™

02 PASIËNTINLIGTINGSBLAD MANNACLEANSE™

03 PROFESSIONAL INFORMATION FOR MANNACLEANSE™

PATIENT INFORMATION LEAFLET
MANNACLEANSE™

SCHEUDLING STATUS

S0

MANNACLEANSE™ capsules
Multiple substance formulation.
Sugar free.

COMPLEMENTARY MEDICINE:
COMBINATION PRODUCT

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.

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

- Keep this leaflet. You may need to read it again.
- Do not share MANNACLEANSE™ with any other person.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve after 3 days.

What is in this leaflet

1. What MANNACLEANSE™ is and what it is used for.
2. What you need to know before you take MANNACLEANSE™.
3. How to take MANNACLEANSE™.
4. Possible side effects.
5. How to store MANNACLEANSE™.
6. Contents of the pack and other information.

1. What MANNACLEANSE™ is and what it is used for

MANNACLEANSE™ is a combination complementary medicine containing a proprietary blend of fibres, botanicals, enzymes, probiotics and sources of fatty acids designed to promote proper colon function and to support intestinal health.

2. What you need to know before you take MANNACLEANSE™

Do not take MANNACLEANSE™:

- If you are hypersensitive (allergic) to any of the active ingredients or any of the other ingredients of MANNACLEANSE™ (see section 6).
- If you have a compromised immune system, for example if:
  - you have acquired immunodeficiency disorder (AIDS),
  - you have lymphoma (lymphatic cancer),
  - you are on long-term corticosteroid treatment.
- If you have abnormal constrictions of your digestive tract, or a lazy or blocked large colon (causing chronic constipation).
- If you have appendicitis (inflammation of your appendix).
- If you have an inflammatory colon disease (e.g. Crohn's disease or ulcerative colitis).
- If you have abdominal pain with an unknown cause.
- If you have undiagnosed rectal bleeding.
- If you are severely dehydrated.
- If you have haemorrhoids (piles) or diarrhoea.
- If you are pregnant or breastfeeding.

Warnings and precautions

Choking: **Taking MANNACLEANSE™ without adequate fluid may cause it to swell and block your throat or oesophagus and may cause choking. You should not take MANNACLEANSE™ if you have difficulty swallowing.**

If you experience chest pain, vomiting, difficulty in swallowing or breathing after taking MANNACLEANSE™, you should seek immediate medical attention.

Take special care with MANNACLEANSE™:

- If you have a bleeding disorder.
- If you are diabetic and you are taking medicines to control your blood sugar levels.
- If you are having any surgical procedure done. You should stop taking MANNACLEANSE™ two weeks before an operation.
- If you have low blood pressure.
- If you experience abdominal pain, cramps, spasms and/or diarrhoea after taking MANNACLEANSE™, you should stop taking MANNACLEANSE™ or reduce your dose of MANNACLEANSE™.
- If you are allergic to ragweed, chrysanthemums, marigolds or daisies (the Asteraceae/Compositae family).

You should consult a health care provider before taking MANNACLEANSE™:

- If you have symptoms such as abdominal pain, nausea, vomiting or fever.
- If you have gallstones or anaemia (causing fatigue, loss of energy and pale skin).
- If you have kidney problems.
- If you have stomach ulcers or want to use MANNACLEANSE™ for a prolonged period of time.
- If you are taking any prescription medicines or anti-inflammatory medicines, since MANNACLEANSE™ may alter the effectiveness of these medicines.

Other medicines and MANNACLEANSE™

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

Tell your doctor or pharmacist if you are currently using:

- anticoagulant medicines (used to prevent your blood from clotting) or herbal supplements with blood thinning effects;
- antidiabetic medicine (used to treat high blood sugar);
- antihypertensive medicine (used to lower your blood pressure);
- cardiac medicines (e.g. cardiac glycosides [used to treat heart failure] or antidysrhythmic medicines [used to prevent and treat abnormal heartbeats]).
- diuretics (water pills), corticosteroids (used to treat inflamed areas of your body), liquorice root or other medicines or products that may worsen electrolyte imbalance;
- antibiotic medicine (used to treat bacterial infections). You should take MANNACLEANSE™ 2 hours before or after antibiotic medicines.

MANNACLEANSE™ with food and drink

See section 3.

Pregnancy and breastfeeding

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 MANNACLEANSE™.

Do not use MANNACLEANSE™ if you are pregnant or breastfeeding (see **Do not take MANNACLEANSE™**).

Driving and using machines

MANNACLEANSE™ is unlikely to affect your ability to drive and use machines.

3. How to take MANNACLEANSE™

Do not share medicines with any other person.
Always take MANNACLEANSE™ 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.

Adults:
Take 2 capsules twice daily, with a glass of water or juice. Taking MANNACLEANSE™ without enough liquid may cause choking (see **Take special care with MANNACLEANSE™**).

Take MANNACLEANSE™ capsules between meals to achieve maximum benefit and effectiveness.
Do not exceed the recommended dose.

If you have the impression that the effect of MANNACLEANSE™ is too strong or too weak, tell your doctor or pharmacist.

If you take more MANNACLEANSE™ 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. Take this leaflet and the remaining capsules with you so the doctor will know what you have taken.

If you forget to take MANNACLEANSE™:
Take your next dose at your regular time.
Do not take a double dose to make up for forgotten individual doses.

4. Possible side effects

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

If any of the following happens, stop taking MANNACLEANSE™ 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 reaction to MANNACLEANSE™. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:
Side effects occurring frequently:
- upset stomach, heartburn, diarrhoea, burping.

Side effects occurring less frequently
- stomach cramps or bloating, flatulence (wind).

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 Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website.
By reporting side effects, you can help provide more information on the safety of MANNACLEANSE™.

5. How to store MANNACLEANSE™
- Store at or below 25 °C, in a dry place.
- Keep the bottle tightly closed.
- Do not use if inner seal is missing or broken.
- 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 MANNACLEANSE™ contains
Each vegetable capsule contains:

Ambrotose® Complex	1 mg
Arabic gum	(0,73 mg)
Larix laricina (Du Roi) K.Koch (Larch Arabinogalactan)	(0,2 mg)
Astragalus gummifer Labill. (Tragacanth) [stem]	(0,05 mg)
Aloe vera (L.) Burm.f. (Aloe) [dry inner leaf juice]	(0,02 mg)
Fibre blend	375 mg
Avena sativa L. (Oat fibre)	(249 mg)
Plantago indica L. (Black psyllium husk) [seed]	(100 mg)
Amorphophallus konjac K.Koch (Glucomannan) [konjac root]	(13,5 mg)
Ribes nigrum L. (Black currant) [fruit]	(12,5 mg)

Botanical blend	63,75 mg
Foeniculum vulgare Mill. (Fennel) [seed]	(12,5 mg)
Trigonella foenum-graecum L. (Fenugreek) [seed]	(12,5 mg)
Zingiber officinale Roscoe (Ginger) [root powder]	(12,5 mg)
Rosmarinus officinalis L. (Rosemary) [leaf]	(12,5 mg)
Mentha × piperita L. (Peppermint) [leaf]	(10 mg)
Citrus bioflavonoids [fruit rind, as a 30 % flavonoids mixture]	(3,75 mg)
Fatty acid blend	60 mg
Linum usitatissimum L. (Flaxseed)	(25 mg)
Helianthus annuus L. (Sunflower lecithin)	(10 mg)
Oryza sativa L. (Rice bran)	(10 mg)
Sodium caprylate	(10 mg)
Borago officinalis L. (Borage oil) [seed]	(5 mg)
Gut flora promoting blend	39 mg
Cichorium intybus L. (Inulin) [dried chicory root juice]	(35 mg)
Beta-glucans	(4 mg)
Probiotic flora blend (50 million CFU)	12 mg
Bacillus coagulans (1 x 10^{11} CFU/g)	(1,8 mg)
Lactobacillus acidophilus (4 x 10^{9} CFU/g)	(4,1 mg)
Lactobacillus plantarum (4 x 10^{9} CFU/g)	(4,1 mg)
Bifidobacterium bifidum (1 x 10^{9} CFU/g)	(1 mg)
Lactobacillus casei (1 x 10^{9} CFU/g)	(1 mg)
Enzyme blend	10 mg
Alpha amylase [from *Aspergillus oryzae*]	(6 mg/240 FCC DU)
Lactase [from *Aspergillus oryzae*]	(2,9 mg/40 FCC LU)
Cellulase [from *Trichoderma longibrachiatum*]	(0,63 mg/11 FCC CU)
Neutral protease [from *Bacillus licheniformis*]	(0,4 mg/60 FCC PC)
Lipase [from *Rhizopus oryzae*]	(0,07 mg/2 FCC FIP)

The other ingredients are the capsule (containing hypromellose), dicalcium diphosphate dihydrate, microcrystalline cellulose [E460(i)], peppermint flavour, rice extract, silicon dioxide (E551) and sunflower oil.

What MANNACLEANSE™ looks like and contents of the pack

Beige to light brown powder in a clear capsule.
White PE container with a white polypropylene cap containing 120 capsules.

Holder of Certificate of Registration

LeBasi Pharmaceuticals (Pty) Ltd
San Domenico Building, Unit 6, Ground Floor
10 Church Street
Durbanville
7551
Tel.: 087 551 3245

This leaflet was last revised in

June 2026.

Registration number

To be allocated.

Access to corresponding Professional Information

https://library.mannatech.com/download/12238

PASIËNTINLIGTINGSBLAD MANNACLEANSE™

SKEDULERINGSTATUS

S0

MANNACLEANSE™ kapsules
Formule met verskeie bestanddele.
Suikervry.

KOMPLEMENTÊRE MEDISYNE:
KOMBINASIEPRODUK

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.

MANNACLEANSE™ is beskikbaar sonder 'n dokter se voorskrif. Jy moet MANNACLEANSE™ nietemin steeds versigtig neem om die beste resultate te verkry.

- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weer lees.
- Moenie MANNACLEANSE™ met 'n ander persoon deel nie.
- Jy moet 'n dokter gaan sien indien jou simptome vererger of nie binne 3 dae beter is nie.

Wat is in hierdie inligtingsblad

1. Wat is MANNACLEANSE™ en waarvoor word dit gebruik.
2. Wat jy moet weet voordat jy MANNACLEANSE™ neem.
3. Hoe om MANNACLEANSE™ te neem.
4. Moontlike newe-effekte.
5. Hoe om MANNACLEANSE™ te bêre.
6. Inhoud van die pak en ander inligting.

1. Wat is MANNACLEANSE™ en waarvoor word dit gebruik

MANNACLEANSE™ is 'n kombinasie- komplementêre medisyne wat 'n geregistreerde mengsel van vesels, botaniese middels, ensieme, probiotika en bronne van vetsure bevat, geformuleer om behoorlike kolonfunksie te bevorder en intestinale gesondheid te ondersteun.

2. Wat jy moet weet voordat jy MANNACLEANSE™ neem

Moenie MANNACLEANSE™ neem nie:

- Indien jy hipersensitief (allergies) is vir enige van die aktiewe bestanddele of enige van die ander bestanddele van MANNACLEANSE™ (sien afdeling 6).
- Indien jou immuunstelsel gekompromitteer is, byvoorbeeld indien:
  - jy verworwe immuniteitsgebrek (VIGS) het,
  - jy limfoom het (limfkanker),
  - jy langtermynbehandeling met kortikosteroïede ondergaan.
- Indien jy abnormale vernouings in jou dermkanaal het, of 'n dikderm wat te min saamtrek of geblokkeer is (wat chroniese hardlywigheid veroorsaak).
- Indien jy appendisitis het (blindedermontsteking).
- Indien jy 'n inflammatoriese siekte van jou dikderm het (bv. Crohn se siekte of ulseratiewe kolitis).
- Indien jy buikpyn het waarvan die oorsaak nie bekend is nie.
- Indien jy ongediagnoseerde rektale bloeding het.
- Indien jy erg gedehidreer is.
- Indien jy hemorroïede (aambeie) of diarree het.
- Indien jy swanger is of jou baba borsvoed.

Waarskuwings en voorsorgmaatreëls

Verstikking: Indien MANNACLEANSE™ nie met genoegsame vloeistof geneem word nie, kan dit swel en jou keel of slukderm blokkeer en veroorsaak dat jy verstik. Jy moenie MANNACLEANSE™ neem indien jy probleme het om te sluk nie.

Indien jy pyn in jou borskas, braking, probleme met sluk of asemhaling ondervind nadat jy MANNACLEANSE™ geneem het, moet jy onmiddellik mediese bystand verkry.

Neem spesiale sorg met MANNACLEANSE™:

- Indien jy 'n bloedingsafwyking het.
- Indien jy diabeties is en medisyne neem om jou bloedsuikervlakke te beheer.
- Indien jy enige chirurgiese prosedure moet ondergaan. Jy moet twee weke voor 'n operasie ophou om MANNACLEANSE™ te neem.
- Indien jou bloeddruk laag is.
- Indien jy buikpyn, krampe, spasmas en/of diarree ondervind nadat

jy MANNACLEANSE™ geneem het, moet jy ophou om MANNACLEANSE™ te neem, of jy moet jou dosis van MANNACLEANSE™ verlaag.
- Indien jy allergies is vir alsemambrosia, krisante, gousblomme of madeliefies (die Asteraceae/Compositae-familie).

Jy moet 'n gesondheidsorgverskaffer raadpleeg voordat jy MANNACLEANSE™ neem:
- Indien jy simptome soos buikpyn, naarheid, braking of koors het.
- Indien jy galstene het of anemies is (veroorsaak moegheid, energiegebrek en bleekheid).
- Indien jy nierprobleme het.
- Indien jy maagsere het of MANNACLEANSE™ langdurig wil gebruik.
- Indien jy enige voorskrifmedisyne of antiinflammatoriese medisyne gebruik, aangesien MANNACLEANSE™ die doeltreffendheid van hierdie medisyne kan wysig.

Ander medisyne en MANNACLEANSE™

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

Sê vir jou dokter of apteker indien jy tans die volgende gebruik:
- antikoagulant-medisyne (gebruik om te keer dat jou bloed stol) of kruie-aanvullings met bloedverdunnende effekte;
- antidiabetiese medisyne (gebruik om hoë bloedsuiker te behandel);
- antihipertensiewe medisyne (gebruik om jou bloeddruk te verlaag);
- hartmedisyne (bv. kardiale glikosiede [gebruik om hartversaking te behandel] of antidisritmiese medisyne [gebruik om abnormale hartklop te voorkom en te behandel]);
- diuretika (waterpille), kortikosteroïede (gebruik om dele van jou liggaam te behandel waar daar inflammasie is), soethoutwortel of ander medisyne of produkte wat die elektrolietbalans verder kan versteur;
- antibiotika (gebruik om bakteriële infeksies te behandel). Jy behoort MANNACLEANSE™ twee uur voor of na antibiotiese medisyne te neem.

MANNACLEANSE™ met kos en drinkgoed

Sien afdeling 3.

Swangerskap en borsvoeding

Indien jy swanger is of jou baba borsvoed, vermoed dat jy swanger mag wees of beplan om swanger te raak, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer voordat jy MANNACLEANSE™ neem.

Moenie MANNACLEANSE™ gebruik wanneer jy swanger is of borsvoed nie (sien **Moenie MANNACLEANSE™ neem nie**).

Bestuur en die gebruik van masjiene

Dit is onwaarskynlik dat MANNACLEANSE™ jou vermoë om 'n voertuig te bestuur en masjiene te gebruik sal affekteer.

3. Hoe om MANNACLEANSE™ te neem

Moenie jou medisyne met enigiemand anders deel nie.
Neem MANNACLEANSE™ altyd presies soos wat in hierdie inligtingsblad aangedui word, of soos wat jou dokter of apteker vir jou aangewys het. Vra gerus jou dokter of apteker indien jy onseker is.

Volwassenes:
Neem 2 kapsules twee keer daagliks, met 'n glas water of sap. Indien MANNACLEANSE™ nie met genoeg vloeistof geneem word nie, kan dit verstikking veroorsaak (sien **Neem spesiale sorg met MANNACLEANSE™**).

Neem MANNACLEANSE™ kapsules tussen maaltye om die maksimum voordeel en doeltreffendheid te verkry.
Moenie die aanbevole dosis oorskry nie.

Indien jy die indruk kry dat die uitwerking van MANNACLEANSE™ te sterk of te swak is, bespreek dit met jou dokter of apteker.

Wat om te doen indien jy meer MANNACLEANSE™ geneem het as wat jy moet

In die geval van 'n oordosis, raadpleeg jou dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifsentrum. Neem hierdie inligtingsblad en die oorblywende kapsules saam met jou, sodat die dokter kan sien wat jy geneem het.

Indien jy vergeet om MANNACLEANSE™ te neem:
Neem jou volgende dosis op jou gewone tyd.
Moenie 'n dubbele dosis neem om te vergoed vir individuele dosisse wat oorgeslaan is nie.

4. Moontlike newe-effekte

MANNACLEANSE™ kan newe-effekte hê.
Nie alle newe-effekte wat vir MANNACLEANSE™ gerapporteer is, word in hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid verswak of indien jy enige ongunstige effekte ondervind terwyl jy MANNACLEANSE™ neem, raadpleeg asseblief jou gesondheidsorgverskaffer.

Indien enige van die volgende gebeur, hou op om MANNACLEANSE™ te neem en sê onmiddellik 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 reaksie op MANNACLEANSE™ gehad het. Jy mag dringend mediese bystand of hospitalisasie benodig.

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

Newe-effekte wat dikwels voorkom

- omgekrapte maag, sooibrand, diarree, bring winde op.

Newe-effekte wat minder dikwels voorkom

- maagkrampe of opgeblasenheid, flatulensie (winderigheid).

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

Rapportering van newe-effekte

Indien jy newe-effekte ondervind, bespreek dit met jou dokter of apteker. Jy kan ook newe-effekte aan SAHPRA rapporteer via die Med Safety-toepassing (Medsafety X SAHPRA) en eRapportering-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 MANNACLEANSE™ te verskaf.

5. Hoe om MANNACLEANSE™ te bêre

- Bêre by of onder 25 °C, op 'n droë plek.
- Hou die bottel dig toe.
- Moenie gebruik indien die seël aan die binnekant weg of beskadig is nie.
- BÊRE ALLE MEDISYNE BUITE BEREIK VAN KINDERS.
- Moenie gebruik ná die vervaldatum wat op die verpakking gedruk is nie.
- Neem alle ongebruikte medisyne terug na jou apteker.
- Moenie ongebruikte medisyne in dreine en rioolsisteme (bv. toilette) wegdoen nie.

6. Inhoud van die pak en ander inligting

Wat MANNACLEANSE™ bevat

Elke plantaardige kapsule bevat:

Ambrotose® -kompleks	1 mg
Akasiagom	(0,73 mg)
Larix laricina (Du Roi) K.Koch (Lariks arabinogalaktaan)	(0,2 mg)
Astragalus gummifer Labill. (Tragakant) [stam]	(0,05 mg)
Aloe vera (L.) Burm.f. (Aalwyn) [droë sap van binneste blare]	(0,02 mg)
Veselmengsel	375 mg
Avena sativa L. (Hawervesel)	(249 mg)
Plantago indica L. (Swart psilliumdoppe) [saad]	(100 mg)
Amorphophallus konjac K.Koch (Glukomannaan) [konjakwortel]	(13,5 mg)
Ribes nigrum L. (Swartbessie) [vrug]	(12,5 mg)
Botaniese mengsel	63,75 mg
Foeniculum vulgare Mill. (Vinkel) [saad]	(12,5 mg)
Trigonella foenum-graecum L. (Fenegriek) [saad]	(12,5 mg)
Zingiber officinale Roscoe (Gemmer) [wortelpoeier]	(12,5 mg)
Rosmarinus officinalis L. (Roosmaryn) [blaar]	(12,5 mg)
Mentha × piperita L. (Peperment) [blaar]	(10 mg)
Sitrusbioflavonoïede [vrugteskil, as 'n 30 % flavonoïede mengsel]	(3,75 mg)
Vetsuurmengsel	60 mg
Linum usitatissimum L. (Lynsaadolie)	(25 mg)
Helianthus annuus L. (Sonneblomlesitien)	(10 mg)
Oryza sativa L. (Rysvesel)	(10 mg)
Natriumkaprilaat	(10 mg)
Borago officinalis L. (Komkommerkruidolie) [saad]	(5 mg)
Mengsel wat ingewandsflora bevorder	39 mg
Cichorium intybus L. (Inulien) [gedroogde sap van sigoreiwortel]	(35 mg)
Beta-glukane	(4 mg)
Mengsel van probiotiese flora (50 miljoen KVE)	12 mg

Bacillus coagulans (1 x 10^{11} KVE/g)	(1,8 mg)
Lactobacillus acidophilus (4 x 10^{9} KVE/g)	(4,1 mg)
Lactobacillus plantarum (4 x 10^{9} KVE/g)	(4,1 mg)
Bifidobacterium bifidum (1 x 10^{9} KVE/g)	(1 mg)
Lactobacillus casei (1 x 10^{9} KVE/g)	(1 mg)
Ensiemmengsel	10 mg
Alfa amilase [vanaf *Aspergillus oryzae*]	(6 mg/240 VCK DE)
Laktase [vanaf *Aspergillus oryzae*]	(2,9 mg/40 VCK LE)
Sellulase [vanaf *Trichoderma longibrachiatum*]	(0,63 mg/11 VCK SE)
Neutrale protease [vanaf *Bacillus licheniformis*]	(0,4 mg/60 VCK PC)
Lipase [vanaf *Rhizopus oryzae*]	(0,07 mg/2 VCK FIP)

Die ander bestanddele is die kapsule (wat hipromellose bevat), dikalsiumdifosfaatdihidraat, mikrokristallyne sellulose [E460(i)], pepermentgeursel, rysekstrak, silikondioksied (E551) en sonneblomolie.

Hoe MANNACLEANSE™ lyk en inhoud van die verpakking

Beige tot ligbruin poeier in 'n deurskynende kapsule.
Wit PE-houer met 'n wit polipropileenprop, wat 120 kapsules bevat.

Houer van die Registrasiesertifikaat

LeBasi Pharmaceuticals (Edms.) Bpk.
San Domenico-gebou, Eenheid 6, Grondvloer
Kerkstraat 10
Durbanville
7551
Tel.: 087 551 3245

Hierdie inligtingsblad is laas hersien in

June 2026.

Registrasienommer

Sal toegeken word.

Toegang tot die ooreenstemmende Professionele Inligtingsblad

https://library.mannatech.com/download/12238

PROFESSIONAL INFORMATION FOR MANNACLEANSE™

COMPLEMENTARY MEDICINE: COMBINATION PRODUCT

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

SCHEDULING STATUS

S0

1. NAME OF THE MEDICINE

MANNACLEANSE™ capsules

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Each vegetable capsule contains:

Ambrotose® Complex	1 mg
Arabic gum	(0,73 mg)
Larix laricina (Du Roi) K.Koch (Larch Arabinogalactan)	(0,2 mg)
Astragalus gummifer Labill. (Tragacanth) [stem]	(0,05 mg)
Aloe vera (L.) Burm.f. (Aloe) [dry inner leaf juice]	(0,02 mg)
Fibre blend	375 mg
Avena sativa L. (Oat fibre)	(249 mg)
Plantago indica L. (Black psyllium husk) [seed]	(100 mg)
Amorphophallus konjac K.Koch (Glucomannan) [konjac root]	(13,5 mg)
Ribes nigrum L. (Black currant) [fruit]	(12,5 mg)
Botanical blend	63,75 mg
Foeniculum vulgare Mill. (Fennel) [seed]	(12,5 mg)
Trigonella foenum-graecum L. (Fenugreek) [seed]	(12,5 mg)
Zingiber officinale Roscoe (Ginger) [root powder]	(12,5 mg)
Rosmarinus officinalis L. (Rosemary) [leaf]	(12,5 mg)
Mentha × piperita L. (Peppermint) [leaf]	(10 mg)
Citrus bioflavonoids	(3,75 mg)

[fruit rind, as a 30 % flavonoids mixture]	
Fatty acid blend	60 mg
Linum usitatissimum L. (Flaxseed)	(25 mg)
Helianthus annuus L. (Sunflower lecithin)	(10 mg)
Oryza sativa L. (Rice bran)	(10 mg)
Sodium caprylate	(10 mg)
Borago officinalis L. (Borage oil)	(5 mg)
[seed]	
Gut flora promoting blend	39 mg
Cichorium intybus L. (Inulin)	(35 mg)
[dried chicory root juice]	
Beta-glucans	(4 mg)
Probiotic flora blend (50 million CFU)	12 mg
Bacillus coagulans (1×10^{11} CFU/g)	(1,8 mg)
Lactobacillus acidophilus (4×10^{9} CFU/g)	(4,1 mg)
Lactobacillus plantarum (4×10^{9} CFU/g)	(4,1 mg)
Bifidobacterium bifidum (1×10^{9} CFU/g)	(1 mg)
Lactobacillus casei (1×10^{9} CFU/g)	(1 mg)
Enzyme blend	10 mg
Alpha amylase	(6 mg/240 FCC DU)
[from *Aspergillus oryzae*]	
Lactase	(2,9 mg/40 FCC LU)
[from *Aspergillus oryzae*]	
Cellulase	(0,63 mg/11 FCC CU)
[from *Trichoderma longibrachiatum*]	
Neutral protease	(0,4 mg/60 FCC PC)
[from *Bacillus licheniformis*]	
Lipase	(0,07 mg/2 FCC FIP)
[from *Rhizopus oryzae*]	

Sugar free.
For the full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM

Hard capsules.
Beige to light brown powder in a clear capsule.

4. CLINICAL PARTICULARS

4.1 Therapeutic indications

MANNACLEANSE™ is a combination complementary medicine containing a proprietary blend of fibres, botanicals, enzymes, probiotics and sources of fatty acids designed to promote proper colon function and to support intestinal health.

4.2 Posology and method of administration

Adults: Take 2 capsules twice daily, with a glass of water or juice. Taking MANNACLEANSE™ without enough liquid may cause choking (see section 4.4). Take MANNACLEANSE™ capsules between meals to achieve maximum benefit and effectiveness.
Do not exceed the recommended dosage.

4.3 Contraindications

- Hypersensitivity to any of the ingredients listed in section 2 or to any of the excipients listed in section 6.1.
- Patients with immune-compromised conditions (e.g. acquired immunodeficiency syndrome (AIDS), lymphoma, patients undergoing long-term corticosteroid treatment).
- Abnormal constrictions of the gastrointestinal tract, potential or existing intestinal blockage, atonic bowel, appendicitis, inflammatory colon disease (e.g. Crohn's disease or ulcerative colitis), abdominal pain of unknown origin, undiagnosed rectal bleeding, severe dehydration with depleted water or electrolytes, haemorrhoids or diarrhoea.
- Pregnancy or lactation.

4.4 Special warnings and precautions for use

Choking hazard:
Choking:
Taking MANNACLEANSE™ without adequate fluid may cause it to swell and block the throat or oesophagus and may cause choking. Patients should not take MANNACLEANSE™ if they have difficulty swallowing.

Hypersensitivity reaction:
Patients experiencing chest pain, vomiting, difficulty in swallowing or breathing after taking MANNACLEANSE™, should seek immediate medical attention.

SURGERY:
MANNACLEANSE™ might interfere with blood glucose control and increase the risk of bleeding during and after surgical procedures. Patients should be advised to discontinue MANNACLEANSE™ at least 2 weeks prior to any surgical procedures (see section 4.5).

Hypotension:
MANNACLEANSE™ might have hypotensive effects and may exacerbate hypotension and lead to syncope in patients with existing low blood pressure (see section 4.5).

Gastro-intestinal conditions:
Patients with faecal impaction or symptoms such as abdominal pain, nausea, vomiting, bloody diarrhoea or fever should consult a health care provider prior to use.

If abdominal pain, cramps, spasms and/or diarrhoea is experienced after taking MANNACLEANSE™, patients should stop taking MANNACLEANSE™ or reduce the dose.

Patients should consult a health care provider if they have gastrointestinal lesions/ulcers or want to use MANNACLEANSE™ for a prolonged period.

Patients should stop use and consult a health care provider if symptoms of digestive upset (e.g. diarrhoea) occur, worsen and/or persist beyond 3 days.

Kidney and blood disorders:
Patients with gallstones, anaemia or a kidney disorder should consult a health care provider prior to use.

Cross-sensitivity:
Patients allergic to ragweed, chrysanthemums, marigolds or daisies (the Asteraceae/Compositae family) might have an allergic reaction to MANNACLEANSE™.

4.5 Interaction with other medicines and other forms of interaction

Anticoagulant or antiplatelet medicines:
MANNACLEANSE™ may potentiate the effects of anticoagulant and antiplatelet medicines or herbal supplements with blood thinning effects (see section 4.4).

Antibiotic medicines:
Concomitant use of certain antibiotic medicines with MANNACLEANSE™ may decrease its effectiveness. The administration of antibiotic medicines and MANNACLEANSE™ should be separated by at least 2 hours.

Antidiabetic medicines:
Concomitant use of MANNACLEANSE™ with antidiabetic medicines or herbal supplements may interfere with blood glucose control and caution is advised during concomitant use (see section 4.4).

Antihypertensive medicines:
MANNACLEANSE™ may have hypotensive effects. Concomitant use with antihypertensive medicines may have additive effects on lowering blood pressure and increase the risk of hypotension.

Medicines causing electrolyte imbalances:
Patients taking cardiac medicines (e.g. cardiac glycosides or antidysrhythmic medicines), thiazide diuretics, corticosteroids, liquorice root, or other medicines or health products that may aggravate electrolyte imbalance, should consult with a health care provider prior to use.

Anti-inflammatory medicines:
Patients taking prescription medicines or anti-inflammatory medicines should consult a relevant health care provider prior to use, as MANNACLEANSE™ may alter the effectiveness of these medicines.

4.6 Fertility, pregnancy and lactation

MANNACLEANSE™ should not be used during pregnancy and lactation (see section 4.3).

4.7 Effects on ability to drive and use machines

MANNACLEANSE™ is unlikely to affect the ability to drive and use machines.

4.8 Undesirable effects

Immune system disorders:

Less frequent: hypersensitivity/allergic reactions

Gastrointestinal disorders:

Frequent: abdominal/gastrointestinal discomfort, heartburn, diarrhoea, burping

Less frequent: bloating, flatulence, abdominal distension, gastrointestinal cramps.

Reporting of suspected adverse reactions:
Reporting suspected adverse reactions after authorisation of MANNACLEANSE™ is important. It allows continued monitoring of the benefit/risk balance of MANNACLEANSE™. Health care providers are asked to report any suspected adverse drug reactions to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website.

4.9 Overdose

In overdose, side effects can be precipitated and/or be of increased severity. See section 4.8.
In the event of overdose, treatment should be symptomatic and supportive.

5. PHARMACOLOGICAL PROPERTIES

Category and class: D 33.7 Combination Product.

Mechanism of action:
Aloe has antioxidant, detoxification and immune-boosting properties.
Larch arabinogalactan has immune-boosting properties.
Ginger helps to relieve digestive upset including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia, and flatulent colic (carminative).
Peppermint aids in digestion and helps to relieve an upset stomach.
When ingested, the bulk of tragacanth stretches the intestinal wall, increasing peristalsis. It increases stool mass and decreases

gastrointestinal (GI) transit time.

Alpha-amylase and cellulase are digestive enzymes commonly used together with other digestive enzymes for digestive disorders.

Lactase is a digestive enzyme that helps with the digestion of foods containing lactose.

Lipase is a digestive enzyme that aids in fat digestion.

Protease is a digestive enzyme that helps with the digestion of proteins.

Fennel increases gastric acid secretion and the activity of digestive enzymes.

Inulin and beta-glucans provides a source of fibre for the maintenance of good health and helps to support and maintain a healthy digestive system.

Bifidobacteria and lactobacillus are considered beneficial bacteria and taken for the purpose of re-colonising areas where they normally would occur.

Bacillus coagulan is used therapeutically as a probiotic.

Borage oil provides a source of essential fatty acids/omega-6 fatty acids/ linoleic acid (LA) for the maintenance of good health.

Rice bran contains beta-sitosterol and other phytosterols, as well as alpha-linolenic acid, which might increase the concentration of fatty acids such as eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

Sunflower oil is high in linoleic acid and provides a source of polyunsaturated fat in the diet.

Flaxseed is used in herbal medicine as a bulk-forming laxative to promote bowel movements and to provide gentle relief of constipation and/or irregularity. It also provides a source of essential acids for the maintenance of good health.

Fenugreek is used in herbal medicine as a digestive tonic to aid digestion, to help relieve dyspepsia and gastritis, and as a mild laxative.

Citrus bioflavonoids provides a source of antioxidants.

Rosemary is used in herbal medicine to help relieve indigestion.

Glucomannan promotes bowel movements by increasing bulk volume and water content.

Black currant has antioxidant properties.

Black psyllium swells in water, forming a gelatinous mass which keeps the feces soft and increases bulk, promoting peristalsis and producing a laxative effect.

Oats can increase stool weight and accelerate colonic transit time.

6. PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Capsule (containing hypromellose)
Dicalcium diphosphate dihydrate
Microcrystalline cellulose [E460(i)]
Peppermint flavour
Rice extract
Silicon dioxide (E551)
Sunflower oil.

6.2 Incompatibilities

Not applicable.

6.3 Shelf life

18 months.

6.4 Special precautions for storage

Store at or below 25 °C, in a dry place.
Keep the bottle tightly closed.
Do not use if inner seal is missing or broken.

6.5 Nature and contents of container

White PE container with a white polypropylene cap containing 120 capsules.

6.6 Special precautions for disposal and other handling

No special requirements.

7. HOLDER OF CERTIFICATE OF REGISTRATION

LeBasi Pharmaceuticals (Pty) Ltd
San Domenico Building, Unit 6, Ground Floor
10 Church Street
Durbanville, 7551

8. REGISTRATION NUMBER

Will be allocated by SAHPRA upon registration.

9. DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION

Will be allocated by SAHPRA upon registration.

10. DATE OF REVISION OF THE TEXT

June 2026.