MANNATECH®

Click the banner to go to the Document.

01 PATIENT INFORMATION LEAFLET PLUS™ tablets

02 PASIËNTINLIGTINGSBLAD PLUS™ tablette

03 PROFESSIONAL INFORMATION FOR PLUS™ tablets

PATIENT INFORMATION LEAFLET
PLUS™ tablets

®

SCHEDULING STATUS

S0

PLUS™ tablets
Multiple substance formulation.
Sugar free.
Contains sugar alcohol (7,74 mg xylitol per tablet).

COMPLEMENTARY MEDICINE: COMBINATION PRODUCT (WESTERN HERBAL MEDICINE / HEALTH SUPPLEMENT)

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.
PLUS™ is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use PLUS™ carefully to get the best results from it.

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

What is in this leaflet

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

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

PLUS™ is a complementary medicine intended to assist the function of the endocrine system (collection of glands that produce hormones).

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

Do not take PLUS™:

- If you are hypersensitive (allergic) to any of the ingredients of PLUS™ (listed in section 6).
- 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 (see **Pregnancy, breastfeeding and fertility**).

Warnings and precautions
Take special care with PLUS™:
- If you are having any surgical procedure done. You should stop taking PLUS™ two weeks before an operation.
- If you have hardened stool that is stuck in your rectum.
- If you have symptoms such as stomach pain, nausea (feeling sick), vomiting (being sick) or fever.
- If you have a kidney disorder.
- If you have a heart disease, low blood pressure or previously had a heart attack.
- If you are following a low protein diet.
- If you experience abdominal pain, cramps, spasms and/or diarrhoea after taking PLUS™, you should stop taking PLUS™ or reduce your dose.

Other medicines and PLUS™
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 taking:
- Anticoagulant/antiplatelet medicines (used to thin your blood), or herbal supplements with blood thinning effects.
- Antihypertensive medicines (used to treat high blood pressure) or herbal supplements with a blood pressure-lowering effect.
- Cardiac glycosides (used to treat heart failure and a fast heartbeat).
- Antidysrhythmic medicines (used to prevent and treat abnormal heartbeat).
- Diuretics (used to increase the amount of water and salt expelled from your body as urine).
- Corticosteroids (used to treat inflammation).
- Liquorice root supplements (used to assist with digestive problems).
- Any other medicines or health products that may worsen electrolyte imbalance.

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

Driving and using machines
PLUS™ is unlikely to affect your ability to drive a vehicle and use machines. However, do not drive or operate machinery until you know how PLUS™ affects you.

3. How to take PLUS™

Do not share medicines with any other person.
Always take PLUS™ 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:
The usual dose is one tablet with 250 mL of water or juice, three times per day.
Do not exceed the recommended dosage.

If you take more PLUS™ 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 PLUS™ with you so the doctor will know what you have taken.

If you forget to take PLUS™
Take your next dose at the normal time.
Do not take a double dose to make up for individual forgotten doses.

4. Possible side effects

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

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

Tell your doctor if you notice any of the following:
The following side effects may occur, but the frequency is not known:
- reduced appetite;
- difficulty falling or staying asleep (insomnia);
- headache;
- reddening of your neck, upper chest, or face (flushing);

- stomach pain or cramps, upset stomach, bloating, flatulence (wind), heartburn, nausea (feeling sick), vomiting (being sick), diarrhoea, constipation;
- fever.

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 PLUS™.

5. How to store PLUS™

- 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 PLUS™ contains

Each tablet contains:

Dioscorea villosa L. (Wild Yam)	200 mg
[root, extract standardised to diosgenin 12,5 % (25 mg)]	
Glycine	200 mg
L-Glutamic acid	200 mg
L-Lysine (from L-Lysine HCl)	200 mg
L-Arginine (from L-Arginine HCl)	95 mg
Beta-sitosterol (from phytosterols)	25 mg
Boron glycine	10 mg
providing Boron	1 mg
Ambrotose® Complex	2,5 mg
providing *Larix laricina* (Du Roi) K. Koch (Larch Arabinogalactan)	(1,5 mg)
Aloe vera (L.) Burm.f. (Aloe) [inner leaf juice powder]	(0,5 mg)
Astragalus gummifer Labill. (Tragacanth)	(0,5 mg)

The other ingredients are croscarmellose sodium (E468), magnesium stearate (E572), microcrystalline cellulose (E460), silicon dioxide (E551), Spectrablend™ CC [containing hydroxypropyl methylcellulose (E464), calcium carbonate (E170), medium chain triglyceride (MCT) and xylitol (E967)] and stearic acid (E570).

What PLUS™ looks like and contents of the pack
Off-white to yellow, elongated film-coated tablet.
HDPE container with a flip-cap containing 90 tablets and a silica gel desiccant pack.

Holder of Certificate of Registration
LeBasi Pharmaceuticals (Pty) Ltd
San Domenico Building, Ground Floor, Unit 6
10 Church Street
Durbanville, 7551
South Africa
Tel: 087 551 3245

This leaflet was last revised in
October 2026

Registration number
Will be allocated by SAHPRA upon registration.

Access to corresponding Professional Information
https://library.mannatech.com/download/12229

PASIËNTINLIGTINGSBLAD
PLUS™ tablette

®

SKEDULERINGSTATUS

S0

PLUS™ tablette
Formule met verskeie bestanddele.
Suikervry.
Bevat suikeralkohol (7,74 mg xilitol per tablet).

KOMPLEMENTÊRE MEDISYNE: KOMBINASIEPRODUK (WESTERSE KRUIEMEDISYNE / GESONDHEIDSAANVULLING)

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.

PLUS™ is beskikbaar sonder 'n dokter se voorskrif, vir jou om jou gesondheid in stand te hou. Jy moet PLUS™ nietemin steeds versigtig gebruik om die beste resultate te verkry.

- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weer lees.
- Moenie PLUS™ met enigiemand anders deel nie.
- Vra gerus jou apteker indien jy verdere inligting of advies nodig het.

Wat is in hierdie inligtingsblad

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

1. Wat is PLUS™ en waarvoor word dit gebruik

PLUS™ is 'n komplementêre medisyne wat help om die funksie van die endokriene stelsel (versameling van kliere wat hormone produseer) te ondersteun.

2. Wat jy moet weet voordat jy PLUS™ neem

Moenie PLUS™ neem nie:

- Indien jy hipersensitief (allergies) is vir enige van die bestanddele van PLUS™ (gelys by afdeling 6).
- Indien jy abnormale vernouings van jou spysverteringskanaal, of 'n lui of verstopte dikderm het (wat chroniese hardlywigheid veroorsaak).

- Indien jy appendisitis (blindedermontsteking) het.
- Indien jy 'n inflammatoriese siekte van die kolon het (bv. Crohn se siekte of ulseratiewe kolitis).
- Indien jy maagpyn het waarvan die oorsaak onbekend is.
- 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 (sien **Swangerskap, borsvoeding en vrugbaarheid**).

Waarskuwings en voorsorgmaatreëls

Wees versigtig met PLUS™:

- Indien jy enige operasie moet ondergaan. Jy moet twee weke voor chirurgie ophou om PLUS™ te neem.
- Indien jy geharde ontlasting het wat in jou rektum vassit.
- Indien jy simptome soos maagpyn, naarheid, braking of koors het.
- Indien jy enige nierprobleme het.
- Indien jy 'n hartsiekte of lae bloeddruk het, of voorheen 'n hartaanval gehad het.
- Indien jy 'n lae proteïendieet volg.
- Indien jy maagpyn, -krampe, spasmas en/of diarree ervaar nadat jy PLUS™ geneem het, moet jy ophou om PLUS™ te neem of die dosis verlaag.

Ander medisyne en PLUS™

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

Sê vir jou dokter of apteker indien jy tans die volgende gebruik:

- Antikoagulantmedisyne (word gebruik om jou bloed dun te hou) of kruie-aanvullings met bloedverdunnende effekte.
- Antihipertensiewe medisyne (gebruik om hoë bloeddruk te behandel) of kruie-aanvullings met 'n bloeddrukverlagende effek.
- Kardiale glikosiede (gebruik om hartversaking en 'n vinnige hartritme te behandel).
- Antidisritmiese medisyne (gebruik om abnormale hartritme te voorkom en te behandel).
- Diuretika (gebruik om die hoeveelheid water en sout wat deur jou liggaam uitgeskei word, te verhoog).
- Kortikosteroïede (gebruik om inflammasie te behandel).
- Soethoutwortel-aanvullings (gebruik om met spysverteringsprobleme te help).
- Enige ander medisyne of gesondheidsprodukte wat 'n wanbalans van elektroliete in jou liggaam kan vererger.

Swangerskap, borsvoeding en vrugbaarheid

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 PLUS™ neem.
Moenie PLUS™ neem indien jy swanger is of jou baba borsvoed nie (sien **Moenie PLUS™ neem nie**).

Bestuur en die gebruik van masjiene
Dit is onwaarskynlik dat PLUS™ jou vermoë om 'n voertuig te bestuur en masjiene te gebruik sal affekteer. Moet egter nie bestuur of masjinerie hanteer voordat jy weet hoe PLUS™ jou affekteer nie.

3. Hoe om PLUS™ te neem

Moenie jou medisyne met enigiemand anders deel nie.
Neem PLUS™ 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:
Die gebruiklike dosis is een tablet met 250 mL water of sap, drie keer per dag.
Moenie die aanbevole dosis oorskry nie.

Wat om te doen indien jy meer PLUS™ 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 PLUS™ saam sodat die dokter kan sien wat jy geneem het.

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

4. Moontlike newe-effekte

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

Indien enige van die volgende gebeur, hou op om PLUS™ te neem en sê dadelik 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 allergiese reaksie op PLUS™ gehad het. Jy mag dringende mediese bystand of hospitalisasie benodig.

Sê vir jou dokter indien jy enige van die volgende opmerk:
Die volgende newe-effekte kan voorkom, maar die frekwensie is onbekend:

- verminderde eetlus;
- sukkel om aan die slaap te raak/bly (slapeloosheid);
- hoofpyn;
- rooi word van jou nek, boonste borsgedeelte of gesig (bloos);
- maagpyn of -krampe, omgekrapte maag, opgeblasenheid, winderigheid, sooibrand, naarheid, braking, diarree, hardlywigheid;
- koors.

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 PLUS™ te verskaf.

5. Hoe om PLUS™ te bêre

- Bêre by of onder 25 °C, op 'n droë plek.
- Hou die bottel dig toe.
- Moenie gebruik indien die binneste seël 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) weggooi nie.

6. Inhoud van die pak en ander inligting

Wat PLUS™ bevat

Elke tablet bevat:

Dioscorea villosa L. (Wilde jamswortel)	200 mg
[wortel, ekstrak gestandaardiseer tot 12,5 % diosgenien (25 mg)]	
Glisien	200 mg
L-Glutamiensuur	200 mg
L-Lisien (van L-Lisien HCl)	200 mg
L-Arginien (van L-Arginien HCl)	95 mg
Beta-sitosterool (van plantsterole)	25 mg
Boorglisien	10 mg
verskaf Boor	1 mg
Ambrotose®-kompleks	2,5 mg
verskaf *Larix laricina* (Du Roi) K. Koch (Lariks arabinogalaktaan)	(1,5 mg)
Aloe vera (L.) Burm.f. (Aalwyn) [binneste blaarsappoeier]	(0,5 mg)
Astragalus gummifer Labill. (Tragakant)	(0,5 mg)

Die ander bestanddele is kroskarmellose-natrium (E468), magnesiumstearaat (E572), mikrokristallyne sellulose (E460), silikondioksied (E551), Spectrablend™ CC [bevat hidroksipropielmetielsellulose (E464), kalsiumkarbonaat (E170), mediumkettingtrigliseriede (MKT) en xilitol (E967)] en steariensuur (E570).

Hoe PLUS™ lyk en inhoud van die verpakking
Naaswit tot geel, langwerpige filmbedekte tablet.
HDPE-houer met ʼn afwipdoppie wat 90 tablette en ʼn pakkie met silikajeluitdroogmiddel bevat.

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

Hierdie inligtingsblad is laas hersien in
Oktober 2026

Registrasienommer
Sal met registrasie deur SAHPRA toegeken word.

Toegang tot die ooreenstemmende Professionele Inligtingsblad
https://library.mannatech.com/download/12229

PROFESSIONAL INFORMATION FOR PLUS™ tablets

COMPLEMENTARY MEDICINE: COMBINATION PRODUCT (WESTERN HERBAL MEDICINE / HEALTH SUPPLEMENT)
This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

SCHEDULING STATUS
S0

1. NAME OF THE MEDICINE
PLUS™ tablets

2. QUALITATIVE AND QUANTITATIVE COMPOSITION
Each tablet contains:

Dioscorea villosa L. (Wild Yam)	200 mg
[root, extract standardised to 12,5 % diosgenin (25 mg)]	
Glycine	200 mg
L-Glutamic acid	200 mg
L-Lysine (from L-Lysine HCl)	200 mg
L-Arginine (from L-Arginine HCl)	95 mg
Beta-sitosterol (from phytosterols)	25 mg
Boron glycine	10 mg
providing Boron	1 mg
Ambrotose® Complex	2,5 mg
providing *Larix laricina* (Du Roi) K. Koch (Larch Arabinogalactan)	(1,5 mg)
Aloe vera (L.) Burm.f. (Aloe) [inner leaf juice powder]	(0,5 mg)
Astragalus gummifer Labill. (Tragacanth)	(0,5 mg)

Sugar free.

Excipients with known effects:
Contains sugar alcohol (7,74 mg xylitol per tablet).

For the full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM
Tablets.
Off-white to yellow, elongated film-coated tablet.

4. CLINICAL PARTICULARS

4.1 Therapeutic indications

PLUS™ is a complementary medicine intended to assist the function of the endocrine system.

4.2 Posology and method of administration

Adults:
Take one tablet with 250 mL of water or juice, three times per day.
Do not exceed the recommended dosage.

Children:
Not suitable for children under the age of 18 years.

4.3 Contraindications

- Hypersensitivity to any of the active ingredients or to any of the excipients listed in section 2 or 6.1.
- 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 (see section 4.6).

4.4 Special warnings and precautions for use

Surgery:
PLUS™ may interfere with glucose and blood pressure control during and after surgical procedures. Patients should be advised to discontinue PLUS™ at least 2 weeks prior to any surgical procedures.

Gastrointestinal conditions:
Patients with faecal impaction or symptoms such as abdominal pain, nausea, vomiting or fever should consult a health care provider prior to use.
If abdominal pain, cramps, spasms and/or diarrhoea is experienced after taking PLUS™, patients should stop taking PLUS™ or reduce the dose.

Kidney disorders:
Patients with a kidney disorder should consult a health care provider prior to use.

Cardiovascular disorders:
Patients with cardiovascular disease, hypotension, or a history of a myocardial infarction (MI) should consult a health care provider prior to use.

Low protein diet:
Patients following a low protein diet should consult a health care provider prior to use.

4.5 Interaction with other medicines and other forms of interaction

Anticoagulant or antiplatelet medicines:
PLUS™ may potentiate the effects of anticoagulant or antiplatelet medicines or herbal supplements with blood thinning effects. Concomitant use may increase the risk of bruising and bleeding.

Antihypertensive medicines:
The use of PLUS™ with antihypertensive medicine or herbal supplements with hypotensive effects may have additive blood pressure-lowering effects when used concomitantly. Caution is advised.

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 a health care provider prior to use.

4.6 Fertility, pregnancy and lactation
PLUS™ should not be used during pregnancy and lactation (see section 4.3).

4.7 Effects on ability to drive and use machines
PLUS™ is unlikely to affect the ability to drive and use machines. Caution is advised when driving a vehicle or operating machinery until the effects of PLUS™ are known.

4.8 Undesirable effects
PLUS™ is generally well tolerated.

Immune system disorders:
Frequency unknown: hypersensitivity and/or allergic reactions.

Metabolism and nutrition disorders:
Frequency unknown: reduced appetite.

Psychiatric disorders:
Frequency unknown: insomnia.

Nervous system disorders:
Frequency unknown: headache.

Vascular disorders:
Frequency unknown: flushing.

Gastrointestinal disorders:
Frequency unknown: abdominal pain and cramps, stomach upset, bloating, flatulence, indigestion, nausea, vomiting, diarrhoea, constipation.

General disorders and administration site conditions:
Frequency unknown: fever.

Reporting of suspected adverse reactions:

Reporting suspected adverse reactions after authorisation of PLUS™ is important. It allows continued monitoring of the benefit/risk balance of PLUS™. Health care providers are asked to report any suspected adverse 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:

Dioscorea villosa L. (Wild Yam) contains diosgenin which has hormonal effects. Diosgenin is metabolised in the liver and eliminated via the bile.
Glycine is an amino acid with antioxidant properties and is involved in muscle protein synthesis. It is rapidly absorbed in the blood and is eliminated within hours after ingestion.
L-Glutamic acid is a source of an amino acid involved in muscle protein synthesis and can have immune boosting effects. It is absorbed in the jejunum, primarily oxidised and a small portion is used for gluconeogenesis.
L-Lysine is a source of an essential amino acid involved in muscle protein synthesis and for the maintenance of good health. L-Lysine may also help in collagen formation. It is catabolised in the liver, leading to acetyl-CoA and is excreted in the faeces and the urine.
L-Arginine is an amino acid involved in muscle protein synthesis. It has antioxidant, hormonal and immunological effects. It has an oral bioavailability of 68 %, is broken down into nitric oxide and L-citrulline and has an elimination half-life of approximately 80 minutes.
Beta-sitosterol is a plant sterol that helps support the functioning of the immune system. It also has hormonal and lipid-lowering properties.
Beta-sitosterol is absorbed after oral intake and is excreted in bile and faeces.
Boron is a trace mineral that is a factor in the maintenance of good health. It is well-absorbed from the gastrointestinal tract and is excreted unchanged in the urine, with a half-life of 21 hours.
Larch Arabinogalactan has immune-boosting properties. It is resistant to digestion in the stomach and small intestine and is instead fermented by human colonic microflora to produce acetate, butyrate and propionate.
Aloe vera (L.) Burm.f. (Aloe) has anti-inflammatory, antioxidant, detoxification and immune-boosting properties.
When ingested, the bulk of tragacanth stretches the intestinal wall, increasing peristalsis. It increases stool weight and decreases gastrointestinal (GI) transit time.

6. PHARMACEUTICAL PARTICULARS

6.1 List of excipients
Croscarmellose sodium (E468)
Magnesium stearate (E572)
Microcrystalline cellulose (E460)
Silicon dioxide (E551)
Spectrablend™ CC [containing hydroxypropyl methylcellulose (E464), calcium carbonate (E170), medium chain triglyceride (MCT) and xylitol (E967)]
Stearic acid (E570).

6.2 Incompatibilities
Not applicable.

6.3 Shelf life
24 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
HDPE container with a flip-cap containing 90 tablets and a silica gel desiccant pack.

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, Ground Floor, Unit 6
10 Church Street
Durbanville, 7551
South Africa

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
October 2026