



MANNATECH.

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**PATIENT INFORMATION LEAFLET
TRUHEALTH SHAKE powder**

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**PROFESSIONAL INFORMATION FOR
TRUHEALTH SHAKE powder**



PATIENT INFORMATION LEAFLET

TRUHEALTH SHAKE powder

SCHEDULING STATUS

S0

TRUHEALTH SHAKE powder

Multiple substance formulation.

Contains sweetener: 4,8 mg thaumatin per scoop.

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.

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

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

What is in this leaflet

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

1. What TRUHEALTH SHAKE is and what it is used for

TRUHEALTH SHAKE contains protein that:

- helps build and repair body tissues;
- contributes to the maintenance of muscle mass;
- supports development of lean muscle mass when combined with regular resistance or weight training and a healthy, balanced diet;
- can be used as a workout supplement to support training and recovery; and
- provides nutritional support for an active lifestyle.

TRUHEALTH SHAKE also contains digestive enzymes that assist in the digestion of food.

2. What you need to know before you take TRUHEALTH SHAKE

Do not take TRUHEALTH SHAKE:

If you are hypersensitive (allergic) to any of the active ingredients or any of the other ingredients of TRUHEALTH SHAKE (see section 6).

Warnings and precautions

Take special care with TRUHEALTH SHAKE:

- TRUHEALTH SHAKE is not a meal replacement and should not replace normal, well-balanced daily meals which provide sufficient protein.
- Do not exceed the daily dosage level of TRUHEALTH SHAKE without consulting a relevant health care provider.
- TRUHEALTH SHAKE is not suitable for children under the age of 18.
- You should contact a health care provider before use if you have any malabsorption or gastrointestinal (GIT) problems.
- If you experience any abdominal discomfort (pain, cramps, spasms and/or diarrhoea) after taking TRUHEALTH SHAKE, you should stop taking TRUHEALTH SHAKE.
- If you are having any surgical procedure done. You should stop taking TRUHEALTH SHAKE two weeks before an operation.
- If you are allergic to sunflower or other members of the Asteraceae/Compositae family (such as ragweed, chrysanthemums, marigolds, daisies), you might have an allergic reaction to TRUHEALTH SHAKE.

Other medicines and TRUHEALTH SHAKE

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;
- anti-inflammatory medicines (used to treat pain and fever or reduce inflammation);
- antibiotic medicines (used to treat bacterial infections).

TRUHEALTH SHAKE with food

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 TRUHEALTH SHAKE.

The safety of TRUHEALTH SHAKE during pregnancy and breastfeeding has not been established.

Driving and using machines

TRUHEALTH SHAKE is unlikely to have an effect on your ability to drive a vehicle and use machines. Do not drive or operate machinery until you know how TRUHEALTH SHAKE affects you.

3. How to take TRUHEALTH SHAKE

Always take TRUHEALTH SHAKE 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: Add two (2) scoops to 250 mL of cold water or almond milk or other beverage of choice and mix.

You should consult a health care provider for prolonged use (for use beyond 4 weeks).

Do not exceed the recommended dose.

If you take more TRUHEALTH SHAKE than you should

In the event of an overdose, consult your doctor or pharmacist. If neither is available contact the nearest hospital or poison centre. Take this leaflet and the remaining TRUHEALTH SHAKE powder with you so the doctor will know what you have taken.

4. Possible side effects

TRUHEALTH SHAKE can have side effects.

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

If any of the following happens, stop taking TRUHEALTH SHAKE 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 TRUHEALTH SHAKE. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Side effects occurring with an unknown frequency

- stomach discomfort or cramps, bloating, flatulence (wind), diarrhoea, nausea (feeling sick), constipation, vomiting (being sick).

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 TRUHEALTH SHAKE.

5. How to store TRUHEALTH SHAKE

- Store at or below 25 °C, in a dry place.
- Keep in the outer container until required for use.
- Keep the container tightly closed.
- Do not use if inner seal is missing or broken.
- Contents may settle during shipping.
- STORE ALL MEDICINES OUT OF SIGHT AND 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 TRUHEALTH SHAKE contains

Each 18,75 g (1 scoop) contains:

Protein blend	13,6 g
<i>Pisum sativum</i> L. (Pea protein isolate)	12,2 g
providing protein	(9,75 g)
<i>Cucurbita pepo</i> L. (Pumpkin)	833,5 mg
[seed powder]	
providing protein	(0,5 g)
<i>Helianthus annuus</i> L. (Sunflower oil)	568,2 mg
[seed protein]	
providing protein	(0,25 g)
Prebiotic fibre blend	2,5 g
providing <i>Adansonia digitata</i> L. (Baobab)	(1 g)
[fruit pulp powder]	
<i>Acacia senegal</i> (L.) Willd. (Acacia)	(1 g)
[fruit powder]	
<i>Cichorium intybus</i> L. (Inulin)	(500 mg)
[chicory root powder]	
Medium chain triglycerides (MCT) oil powder	850 mg
[from coconut]	
<i>Olea europaea</i> L. (Olive oil)	600 mg
[fruit powder]	
Enzyme blend	10,9 mg
providing Alpha amylase	(6,9 mg/1 320 FCC DU)
[from <i>Aspergillus oryzae</i>]	
Neutral protease	(1,8 mg/330 FCC PC)
[from <i>Bacillus licheniformis</i>]	
Cellulase	(0,3 mg/60,5 FCC CU)
[from <i>Trichoderma longibrachiatum</i>]	
Lactase	(1,8 mg/220 FCC ALU)
[from <i>Aspergillus oryzae</i>]	
Lipase	(0,1 mg/11 FCC FIP)
[from <i>Rhizopus oryzae</i>]	
Glyconutrient blend	2 mg
<i>Larix laricina</i> (Du Roi) K. Koch (Larch	(1,5 mg)
Arabinogalactan)	
Manapol® <i>Aloe vera</i> (L.) Burm.f. (Aloe)	(0,50 mg)
[inner leaf gel, 415:1 extract,	
providing 0,1 g fresh herb equivalent]	
Cyanocobalamin (Vitamin B ₁₂)	0,5 µg

The other ingredients are maltodextrin, sea salt, silicon dioxide, sodium starch octenyl succinate, thaumatin (E957) and vanilla marshmallow flavour.

What TRUHEALTH SHAKE looks like and contents of the pack

Beige powder.

White HDPE container with a scoop, containing 562 g powder.

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

August 2026.

Registration number

To be allocated.

Access to corresponding Professional Information

<https://library.mannatech.com/download/15229>



PASIËNTINLIGTINGSBLAD TRUHEALTH SHAKE poeier

SKEDULERINGSSTATUS

S0

TRUHEALTH SHAKE poeier

Formule met verskeie bestanddele.

Bevat versoeter: 4,8 mg taumatien per maatlepel.

KOMPLEMENTÊRE MEDISYNE:

KOMBINASIEPRODUK (WESTERSE KRUIEMEDISYNE / GESONDHEIDSAANVULLING)

Hierdie ongeregisteerde 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.

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

- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weer lees.
- Moenie TRUHEALTH SHAKE met 'n ander persoon deel nie.
- Vra gerus jou apteker indien jy verdere inligting of advies nodig het.

Wat is in hierdie inligtingsblad

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

1. Wat is TRUHEALTH SHAKE en waarvoor word dit gebruik

TRUHEALTH SHAKE bevat proteïene wat

- help om liggaamswefsel te bou en te herstel;
- bydra tot die instandhouding van spiermassa;
- die ontwikkeling van meer spiermassa ondersteun wanneer dit gekombineer word met gereelde weerstandsoefeninge en 'n gesonde, gebalanseerde dieet;
- as 'n oefenaanvulling gebruik kan word om oefening en herstel te ondersteun; en
- voedingsondersteuning bied vir 'n aktiewe leefstyl.

TRUHEALTH SHAKE bevat ook spysverteringsensieme wat help met die vertering van voedsel.

2. Wat jy moet weet voordat jy TRUHEALTH SHAKE neem

Moenie TRUHEALTH SHAKE neem nie:

Indien jy hipersensitief (allergies) is vir enige van die aktiewe bestanddele of vir enige van die ander bestanddele van TRUHEALTH SHAKE (sien afdeling 6).

Waarskuwings en voorsorgmaatreëls

Wees versigtig met TRUHEALTH SHAKE:

- TRUHEALTH SHAKE is nie 'n maaltydvervanging nie en moenie normale, goed gebalanseerde daaglikse maaltye vervang wat voldoende proteïene verskaf.
- Moenie die aanbevole dosis van TRUHEALTH SHAKE oorskry sonder om 'n relevante gesondheidsorgverskaffer te kontak nie.
- TRUHEALTH SHAKE is nie geskik vir kinders jonger as 18 jaar nie.
- Jy moet 'n gesondheidsorgverskaffer raadpleeg voor jy TRUHEALTH SHAKE neem indien jy enige wanabsorpsie- of gastroïntestinale (GIT) probleme het.
- Indien jy enige chirurgiese prosedure moet ondergaan. Jy moet twee weke voor 'n operasie ophou op TRUHEALTH SHAKE te neem.
- Indien jy buikpyn, -krampe, -spasmas en/of diarree ondervind nadat jy TRUHEALTH SHAKE geneem het, moet jy ophou om TRUHEALTH SHAKE te neem of jou dosis daarvan verlaag.
- Indien jy allergies is vir sonneblom of ander lede van die Asteraceae/Compositae-familie (soos ragwood, krisante, gousblomme, madeliefies), kan jy 'n allergiese reaksie op TRUHEALTH SHAKE hê.

Ander medisyne en TRUHEALTH SHAKE

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 (gebruik om te keer dat klonte in jou bloed vorm) of kruie-aanvullings met bloedverduunnende effekte;
- anti-inflammatoriese medisyne (gebruik om pyn en koors te behandel of inflammasie te verminder);
- antibiotiese medisyne (gebruik om bakteriële infeksies te behandel).

TRUHEALTH SHAKE met kos

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 TRUHEALTH SHAKE neem.

Die veiligheid van TRUHEALTH SHAKE tydens swangerskap en borsvoeding is nie vasgestel nie.

Bestuur en die gebruik van masjiene

Dit is onwaarskynlik dat TRUHEALTH SHAKE jou vermoë om 'n voertuig te bestuur en masjiene te gebruik sal affekteer. Moenie bestuur of masjinerie gebruik totdat jy weet hoe TRUHEALTH SHAKE jou beïnvloed nie.

3. Hoe om TRUHEALTH SHAKE te neem

Neem TRUHEALTH SHAKE 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: Meng twee (2) maatlepels met 250 mL koue water of amandelmelk of 'n ander drankie van jou keuse.

Raadpleeg 'n gesondheidsorgverskaffer vir langdurige gebruik (vir gebruik langer as 4 weke).

Moenie die aanbevole dosis oorskry nie.

Wat om te doen indien jy meer TRUHEALTH SHAKE 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 TRUHEALTH SHAKE poeier saam sodat die dokter kan sien wat jy geneem het.

4. Moontlike neue-effekte

TRUHEALTH SHAKE kan neue-effekte hê.

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

Indien enige van die volgende gebeur, hou op om TRUHEALTH SHAKE 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 reaksie op TRUHEALTH SHAKE gehad het. Jy mag dringende mediese bystand of hospitalisasie benodig.

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

Newe-effekte wat met 'n onbekende frekwensie voorkom

- maagongemak of -krampe, opgeblasenheid, winderigheid, diarree, naarheid (voel siek), hardlywigheid, braking.

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 TRUHEALTH SHAKE te verskaf.

5. Hoe om TRUHEALTH SHAKE te bêre

- Bêre by of onder 25 °C, op 'n droë plek.
- Hou in die buitenste houer tot dit vir gebruik benodig word.
- Hou die houer dig toe.
- Moenie gebruik indien die binneste seël weg of beskadig is nie.
- Inhoud mag afsak tydens vervoer.
- BÊRE ALLE MEDISYNE BUITE SIG EN 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 TRUHEALTH SHAKE bevat

Elke 18,75 g (1 maatlepel) bevat:

Proteïenmengsel	13,6 g
<i>Pisum sativum</i> L. (Ertjieproteïenisolaat)	12,2 g
verskaf proteïen	(9,75 g)
<i>Cucurbita pepo</i> L. (Pampoen)	833,5 mg
[saadpoeier]	
verskaf proteïen	(0,5 g)
<i>Helianthus annuus</i> L. (Sonneblomolie)	568,2 mg
[saadproteïen]	
verskaf proteïen	(0,25 g)
Prebiotiese veselmengsel	2,5 g
verskaf <i>Adansonia digitata</i> L. (Baobab)	(1 g)
[vrugtepulppoeier]	
<i>Acacia senegal</i> (L.) Willd. (Akasia)	(1 g)
[vrugtepoeier]	
<i>Cichorium intybus</i> L. (Inulien)	(500 mg)
[sigoreiwortelpoeier]	
Mediumkettingtriglisieriede (MKT) oliepoer	850 mg
[van klapper]	
<i>Olea europaea</i> L. (Olyfolie)	600 mg
[vrugtepoeier]	
Ensiemmengsel	10,9 mg
verskaf Alpha amylase	(6,9 mg/1 320 VCK DE)
[van <i>Aspergillus oryzae</i>]	
Neutrale protease	(1,8 mg/330 VCK PE)
[van <i>Bacillus licheniformis</i>]	
Sellulase	(0,3 mg/60,5 VCK SE)
[van <i>Trichoderma longibrachiatum</i>]	
Laktase	(1,8 mg/220 VCK LE)
[van <i>Aspergillus oryzae</i>]	
Lipase	(0,1 mg/11 VCK FIP)
[van <i>Rhizopus oryzae</i>]	
Glikonutriëntmengsel	2 mg
<i>Larix laricina</i> (Du Roi) K. Koch (Lariks)	(1,5 mg)
Arabinogalaktaan)	
Manapol® <i>Aloe vera</i> (L.) Burm.f. (Aalwyn)	(0,50 mg)
[jel van binneste blaar, 415:1 ekstrak,	
lewer 0,1 g vars kruie ekwivalent]	
Sianokobalamien (Vitamien B ₁₂)	0,5 µg

Die ander bestanddele is maltodekstrien, seesout, silikondioksied, natriumstysel-oktenielsuksinaat, taumatien (E957) en vanielje-malvalekkergeur.

Hoe TRUHEALTH SHAKE lyk en inhoud van die verpakking

Beige poeier.

Wit HDPE-houer met 'n lepel, wat 562 g poeier 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

Augustus 2026

Registrasienommer

Sal met registrasie deur SAHPRA toegeken word.

Toegang tot die ooreenstemmende Professionele Inligtingsblad

<https://library.mannatech.com/download/15229>



PROFESSIONAL INFORMATION FOR TRUHEALTH SHAKE

®

COMPLEMENTARY 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

TRUHEALTH SHAKE powder

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Each 18,75 g (1 scoop) contains:

Protein blend	13,6 g
<i>Pisum sativum</i> L. (Pea protein isolate)	12,2 g
providing protein	(9,75 g)
<i>Cucurbita pepo</i> L. (Pumpkin)	833,5 mg
[seed powder]	
providing protein	(0,5 g)
<i>Helianthus annuus</i> L. (Sunflower oil)	568,2 mg
[seed protein]	
providing protein	(0,25 g)
Prebiotic fibre blend	2,5 g
providing <i>Adansonia digitata</i> L. (Baobab)	(1 g)
[fruit pulp powder]	
<i>Acacia senegal</i> (L.) Willd. (Acacia)	(1 g)
[fruit powder]	
<i>Cichorium intybus</i> L. (Inulin)	(500 mg)
[chicory root powder]	
Medium chain triglycerides (MCT) oil powder	850 mg
[from coconut]	
<i>Olea europaea</i> L. (Olive oil)	600 mg
[fruit powder]	
Enzyme blend	10,9 mg
providing Alpha amylase	(6,9 mg/1 320 FCC DU)
[from <i>Aspergillus oryzae</i>]	
Neutral protease	(1,8 mg/330 FCC PC)
[from <i>Bacillus licheniformis</i>]	
Cellulase	(0,3 mg/60,5 FCC CU)
[from <i>Trichoderma longibrachiatum</i>]	
Lactase	(1,8 mg/220 FCC ALU)
[from <i>Aspergillus oryzae</i>]	

Lipase	(0,1 mg/11 FCC FIP)
[from <i>Rhizopus oryzae</i>]	
Glyconutrient blend	2 mg
<i>Larix laricina</i> (Du Roi) K. Koch (Larch	(1,5 mg)
Arabinogalactan)	
Manapol® <i>Aloe vera</i> (L.) Burm.f. (Aloe)	(0,50 mg)
[inner leaf gel, 415:1 extract,	
providing 0,1 g fresh herb equivalent]	
Cyanocobalamin (Vitamin B ₁₂)	0,5 µg

Excipients with known effects:

Contains sweetener: 4,8 mg thaumatin per scoop.

For the full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM

Powder.

Beige powder.

4. CLINICAL PARTICULARS

4.1 Therapeutic indications

TRUHEALTH SHAKE contains protein that:

- helps build and repair body tissues;
- contributes to the maintenance of muscle mass;
- supports development of lean muscle mass when combined with regular resistance or weight training and a healthy, balanced diet;
- can be used as a workout supplement to support training and recovery; and provides nutritional support for an active lifestyle.

TRUHEALTH SHAKE also contains digestive enzymes that assist in the digestion of food.

4.2 Posology and method of administration

Adults: Add two (2) scoops to 250 mL of cold water or almond milk or other beverage of choice and mix.

A health care provider should be consulted for prolonged use (for use beyond 4 weeks).

Do not exceed the recommended dosage.

Children:

TRUHEALTH SHAKE is not suitable for children under 18 years of age.

4.3 Contraindications

Hypersensitivity to any of the ingredients listed in section 2 or to any of the excipients listed in section 6.1.

4.4 Special warnings and precautions for use

- TRUHEALTH SHAKE is not a meal replacement and should not replace normal, well-balanced daily meals which provide sufficient protein.
- The daily dosage level of TRUHEALTH SHAKE should not be exceeded without consulting a relevant health care provider.
- TRUHEALTH SHAKE is not suitable for children under the age of 18.
- Patients should consult a health care provider before use if they have malabsorption or other gastrointestinal (GIT) ailments.
- Patients should stop use if gastrointestinal discomfort or disturbances occur.

Surgery:

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

Cross-allergenicity:

Patients allergic to sunflower or other members of the Asteraceae/Compositae family (such as ragweed, chrysanthemums, marigolds, daisies) might have an allergic reaction to TRUHEALTH SHAKE. In such cases, patients should be advised to discontinue TRUHEALTH SHAKE.

4.5 Interaction with other medicines and other forms of interaction

Patients taking blood thinners, anti-inflammatory medicines or antibiotics should consult a health care provider prior to use.

4.6 Fertility, pregnancy and lactation

Safety in pregnancy and lactation has not been established.

4.7 Effects on ability to drive and use machines

TRUHEALTH SHAKE is unlikely to affect the ability to drive and use machines. Caution is advised before driving a vehicle or operating machinery until the effects of TRUHEALTH SHAKE are known.

4.8 Undesirable effects

Immune system disorders:

Frequency unknown:: hypersensitivity/allergic reactions

Gastrointestinal disorders:

Frequency unknown: abdominal bloating/discomfort, flatulence, diarrhoea, nausea, vomiting, constipation, gastrointestinal cramps

Reporting of suspected adverse reactions:

Reporting suspected adverse reactions after authorisation of TRUHEALTH SHAKE is important. It allows continued monitoring of the benefit/risk

balance of TRUHEALTH SHAKE. Health care providers are requested 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:

The applicable part of the aloe is the leaf. Aloe has anti-inflammatory and detoxification properties.

The applicable parts of baobab are the leaf, fruit, seed, root, stem, and bark. Baobab has antioxidant properties.

Acacia gum passes unchanged through the small intestine and is fermented to short-chain fatty acids in the large intestine. Acacia gum is an indigestible, water-soluble dietary fibre with antioxidant properties.

Larch arabinogalactan has immune-boosting properties.

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

Olive oil provides antioxidants.

Medium chain triglycerides (MCTs) helps to lower blood triglyceride levels.

Vitamin B₁₂ is a water-soluble vitamin that helps to metabolise carbohydrates, fats and proteins and is a factor in the maintenance of good health.

Pea protein contains all nine essential amino acids.

The applicable part of pumpkin is the seed, which contains about 38 % protein.

Sunflower oil is rich in linoleic acid, a polyunsaturated fat.

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.

6. PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Maltodextrin

Sea salt

Silicon dioxide

Sodium starch octenyl succinate

Thaumatococcus (E957)
Vanilla marshmallow flavour.

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 in the outer container until required for use.
Keep the container tightly closed.
Do not use if inner seal is missing or broken.
Contents may settle during shipping.

6.5 Nature and contents of container

White HDPE container with a scoop, containing 562 g powder.

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

August 2026.