



SCHEDULING STATUS

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CATALYST HEART AND CARDIOVASCULAR HEALTH WITH COENZYME Q₁₀ AND VITAMK7[®]
capsules
Vitamin K₂ / coenzyme Q₁₀ / vitamin D₃ / magnesium
Sugar free.

COMPLEMENTARY 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. CATALYST HEART AND CARDIOVASCULAR HEALTH is available without a doctor's prescription. Nevertheless, you still need to take CATALYST HEART AND CARDIOVASCULAR HEALTH carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.

What is in this leaflet

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

1. What CATALYST HEART AND CARDIOVASCULAR HEALTH is and what it is used for

CATALYST HEART AND CARDIOVASCULAR HEALTH is a vitamin/mineral supplement with antioxidant properties that assists with the maintenance of good health. It can assist in the development and maintenance of bones and teeth, with the absorption and use of calcium, and it helps support muscle function and cardiovascular health.

2. What you need to know before you take CATALYST HEART AND CARDIOVASCULAR HEALTH

Do not take CATALYST HEART AND CARDIOVASCULAR HEALTH: If you are hypersensitive (allergic) to vitamin K₂, coenzyme Q₁₀, vitamin D₃, magnesium or any of the other ingredients of CATALYST HEART AND CARDIOVASCULAR HEALTH (see **What CATALYST HEART AND CARDIOVASCULAR HEALTH contains**).

Warnings and precautions

Take special care with CATALYST HEART AND CARDIOVASCULAR HEALTH:

- if you have low blood pressure;
- if you are having any surgical procedure done – you should stop taking CATALYST HEART AND CARDIOVASCULAR HEALTH two weeks before an operation;
- if you have an increased risk of developing hypercalcaemia (too much calcium in your blood).

Other medicines and CATALYST HEART AND CARDIOVASCULAR HEALTH

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;
- antihypertensive medicine (used to treat high blood pressure);
- antibiotics (used to treat bacterial infections) – you should take your antibiotic medicine at least 2 hours before or 4 to 6 hours after taking CATALYST HEART AND CARDIOVASCULAR HEALTH.

CATALYST HEART AND CARDIOVASCULAR HEALTH with food, drink and alcohol

See section 3.

Pregnancy, breastfeeding and fertility

Safety and efficacy of CATALYST HEART AND CARDIOVASCULAR HEALTH during pregnancy and lactation have not been established. Do not use CATALYST HEART AND CARDIOVASCULAR HEALTH if you are pregnant or 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 CATALYST HEART AND CARDIOVASCULAR HEALTH.

Driving and using machines

CATALYST HEART AND CARDIOVASCULAR HEALTH is unlikely to have an effect on your ability to drive a vehicle and use machines. Do not drive a vehicle, operate machinery, or do anything else that requires your attention until you know how CATALYST HEART AND CARDIOVASCULAR HEALTH affects you.

3. How to take CATALYST HEART AND CARDIOVASCULAR HEALTH

Do not share medicines with any other person.

Adults: The usual dose is 1 capsule daily.

Do not exceed the recommended dosage. Always take CATALYST HEART AND CARDIOVASCULAR HEALTH 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.

CATALYST HEART AND CARDIOVASCULAR HEALTH can be taken with or without food.

If you have the impression that the effect of CATALYST HEART AND CARDIOVASCULAR HEALTH is too strong or too weak, tell your doctor or pharmacist.

If you take more CATALYST HEART AND CARDIOVASCULAR HEALTH 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 CATALYST HEART AND CARDIOVASCULAR HEALTH with you so the doctor will know what you have taken.

4. Possible side effects

CATALYST HEART AND CARDIOVASCULAR HEALTH can have side effects.

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

If any of the following happens, stop taking CATALYST HEART AND CARDIOVASCULAR HEALTH 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 CATALYST HEART AND CARDIOVASCULAR HEALTH. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Side effects occurring frequently:

- nausea (feeling sick), diarrhoea, stomach problems.

Side effects occurring less frequently:

- skin lesions.

Side effects occurring with unknown frequency:

- vomiting (being sick), decreased appetite, heartburn, upper abdominal pain.

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 **"6.04 Adverse Drug Reactions Reporting Form"**, found online under SAHPRA's publications: <http://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of CATALYST HEART AND CARDIOVASCULAR HEALTH.

5. How to store CATALYST HEART AND CARDIOVASCULAR HEALTH

- Store at or below 25 °C.
- Protect from light and moisture.
- Store all medicines out of reach of children.
- Do not use after the expiry date printed on the label or carton.
- 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 CATALYST HEART AND CARDIOVASCULAR HEALTH contains

Each vegetable capsule contains:	
Magnesium glycinate	200 mg
providing magnesium (elemental)	25 mg
Ubiquinol (coenzyme Q ₁₀)	30 mg
VITAMK7 [®]	30 mg
providing vitamin K ₂	60 µg
Cholecalciferol (vitamin D ₃)	10 mg (1000 IU)

The other ingredients are microcrystalline cellulose [E460(i)], silicon dioxide (E551), vegetable capsule [containing hypromellose (E551) and titanium dioxide (E171)].

What CATALYST HEART AND CARDIOVASCULAR HEALTH looks like and contents of the pack

White capsules containing yellow coloured powder.
175 mL amber PET jars with white flip top lids with a white shrink sleeve.
Pack size: 30 capsules.

Holder of certificate of registration

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Registration number

Will be allocated by SAHPRA upon registration.