



SCHEDULING STATUS



CATALYST JOINT AND MUSCLE PROTECT AND REPAIR WITH UC-II® AND CARNIPURE®
capsules
L-carnitine / boswellia / turmeric / collagen type II
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. CATALYST JOINT AND MUSCLE PROTECT AND REPAIR is available without a doctor's prescription. Nevertheless, you still need to take CATALYST JOINT AND MUSCLE PROTECT AND REPAIR 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.
- You must see a doctor if your symptoms worsen or do not improve.

What is in this leaflet

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

1. What CATALYST JOINT AND MUSCLE PROTECT AND REPAIR is and what it is used for

CATALYST JOINT AND MUSCLE PROTECT AND REPAIR can assist with joint health or inflammation and PROTECT muscle tissue repair.

2. What you need to know before you take CATALYST JOINT AND MUSCLE PROTECT AND REPAIR

Do not take CATALYST JOINT AND MUSCLE PROTECT AND REPAIR:

If you are hypersensitive (allergic) to boswellia, collagen type II, curcumin, L-carnitine or any of the other ingredients of CATALYST JOINT AND MUSCLE PROTECT AND REPAIR (see **What CATALYST JOINT AND MUSCLE PROTECT AND REPAIR contains**).

Warnings and precautions

Take special care with CATALYST JOINT AND MUSCLE PROTECT AND REPAIR:

- 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 CATALYST JOINT AND MUSCLE PROTECT AND REPAIR two weeks before an operation;
- if you have gallbladder problems, including gallstones (upper abdominal pain, fever, chills, nausea, vomiting);
- if you have stomach ulcers or excess stomach acid;
- if you suffer from seizures;
- if you have liver or kidney problems.

Other medicines and CATALYST JOINT AND MUSCLE PROTECT AND REPAIR

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).

CATALYST JOINT AND MUSCLE PROTECT AND REPAIR with food, drink and alcohol

See section 3.

Pregnancy, breastfeeding and fertility

Safety and efficacy of CATALYST JOINT AND MUSCLE PROTECT AND REPAIR during pregnancy and lactation have not been established. Do not use CATALYST JOINT AND MUSCLE PROTECT AND REPAIR 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 JOINT AND MUSCLE PROTECT AND REPAIR.

Driving and using machines

CATALYST JOINT AND MUSCLE PROTECT AND REPAIR can cause side effects, such as headaches or dizziness. Do not drive a vehicle, operate machinery, or do anything else that requires your attention until you know how CATALYST JOINT AND MUSCLE PROTECT AND REPAIR affects you.

3. How to take CATALYST JOINT AND MUSCLE PROTECT AND REPAIR

Do not share medicines with any other person.

The usual dose is:

Adults: Take 2 capsules once daily.

Do not exceed the recommended dosage. Always take CATALYST JOINT AND MUSCLE PROTECT AND REPAIR 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 JOINT AND MUSCLE PROTECT AND REPAIR can be taken with or without food.

If you have the impression that the effect of CATALYST JOINT AND MUSCLE PROTECT AND REPAIR is too strong or too weak, tell your doctor or pharmacist.

If you take more CATALYST JOINT AND MUSCLE PROTECT AND REPAIR 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 JOINT AND MUSCLE PROTECT AND REPAIR with you so the doctor will know what you have taken.

4. Possible side effects

CATALYST JOINT AND MUSCLE PROTECT AND REPAIR can have side effects.

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

If any of the following happens, stop taking CATALYST JOINT AND MUSCLE PROTECT AND REPAIR 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 JOINT AND MUSCLE PROTECT AND REPAIR. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- fits (seizures).

This is a serious side effect. You may need urgent medical attention.

Tell your doctor if you notice any of the following:

Side effects occurring frequently:

- constipation, indigestion, diarrhoea, abdominal pain or bloating, nausea (feeling sick), vomiting (being sick), heartburn.

Side effects occurring less frequently:

- headache or dizziness;
- general weakness.

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 JOINT AND MUSCLE PROTECT AND REPAIR.

5. How to store CATALYST JOINT AND MUSCLE PROTECT AND REPAIR

- 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 JOINT AND MUSCLE PROTECT AND REPAIR contains**

Each vegetable capsule contains:	
Carnipure® (L-Carnitine)	250 mg
Boswellia serrata Roxb. ex Colebr. (Boswellia)	60 mg
[Gum, standardised to 65 % boswellic acid]	
Curcuma longa L. (Turmeric)	60 mg
[Root, standardised to 95 % curcumin]	
UC-II® (collagen type II)	20 mg

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

What CATALYST JOINT AND MUSCLE PROTECT AND REPAIR looks like and contents of the pack

White capsules containing yellow/orange coloured powder.

175 mL amber PET jars with white flip top lids with a white shrink sleeve.

Pack size: 60 capsules.

Holder of certificate of registration

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Registration number

Will be allocated by SAHPRA upon registration.