



SCHEDULING STATUS

S₉CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID tabletsFolic acid.
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 PREGNANCY WITH QUATREFOLIC[®] ACID is available without a doctor's prescription. Nevertheless, you still need to take CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID 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 PREGNANCY WITH QUATREFOLIC[®] ACID is and what it is used for.
2. What you need to know before you take CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID.
3. How to take CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID.
4. Possible side effects.
5. How to store CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID.
6. Contents of the pack and other information.

1. What CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID is and what it is used for

CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID can contribute to maternal tissue growth during pregnancy and help to reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy. Quatrefolic[®] is a 4th generation folate that can assist with homocysteine regulation, cardiovascular and cognitive support.

2. What you need to know before you take CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID

Do not take CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID:
If you are hypersensitive (allergic) to folic acid or any of the other ingredients of CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID (see **What CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID contains**).

Other medicines and CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID

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

CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID with food, drink and alcohol

See section 3.

Pregnancy, breastfeeding and fertility

CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID can be used if you are pregnant or breastfeeding.

If you are a woman planning to have a baby, or if you are already pregnant (especially in the first 12 weeks of pregnancy), taking a supplement containing folic acid, such as CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID, may reduce the risk of neural tube defects in your unborn child.

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 PREGNANCY WITH QUATREFOLIC[®] ACID.

Driving and using machines

CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID 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 PREGNANCY WITH QUATREFOLIC[®] ACID affects you.

3. How to take CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID

Do not share medicines with any other person.

The usual dose is:

Women: Take 1 tablet daily.

Do not exceed the recommended dosage. Always take CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID should be taken with or after a meal.

If you have the impression that the effect of CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID is too strong or too weak, tell your doctor or pharmacist.

If you take more CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID 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 PREGNANCY WITH QUATREFOLIC[®] ACID with you so the doctor will know what you have taken.

4. Possible side effects

CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID can have side effects.

Not all side effects reported for CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID, please consult your health care provider for advice.

If any of the following happens, stop taking CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID 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 PREGNANCY WITH QUATREFOLIC[®] ACID. You may need urgent medical attention or hospitalisation.

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 PREGNANCY WITH QUATREFOLIC[®] ACID.

5. How to store CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID

- 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 PREGNANCY WITH QUATREFOLIC[®] ACID contains

Each tablet contains:

QUATREFOLIC [®] (5-Methyltetrahydrofolic acid)	953 µg
providing 500 µg folate equivalent to folic acid	300 µg

The other ingredients are calcium carbonate and microcrystalline cellulose [E460(i)].

What CATALYST PREGNANCY WITH QUATREFOLIC[®] ACID looks like and contents of the pack

White tablets.

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

Pack size: 30 tablets.

Holder of certificate of registration

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Registration number

Will be allocated by SAHPRA upon registration.