

<b>PROFESSIONAL INFORMATION</b> FLEXOR TABLETS	<b>PROFESIONELE INLIGTING</b> FLEXOR TABLETTE																
<b>SCHEDULING STATUS</b> SO	<b>SKEDULERINGSTATUS</b> SO																
<b>PROPRIETARY NAME AND DOSAGE FORM</b> FLEXOR TABLETS 60's & 120's (tablets)	<b>HANDELSNAAM EN DOSEERVORM</b> FLEXOR TABLETTE 60's & 120's (tablette)																
<b>COMPOSITION</b> Each tablet contains: Glucosamine Sulphate 375 mg Chondroitin Sulphate 125 mg Collagen 75 mg Vitamin D 400 IU MSM (methylsulphonylmethane) 200 mg Papain 63 mg The other ingredients are: Di-calcium phosphate, magnesium stearate, microcrystalline cellulose, pirosil.	<b>SAMESTELLING</b> Elke tablet bevat: Glucosamine sulfaat 375 mg Chondroitin sulfaat 125 mg Kollageen 75 mg Vitamiën D 400 IE MSM (methylsulphonylmethane) 200 mg Papain 63 mg Die ander bestanddele is: Di-calcium phosphate, magnesium stearate, microcrystalline cellulose, pirosil.																
<b>PHARMACOLOGICAL CLASSIFICATION</b> D.3.5 Other	<b>FARMAKOLOGIESE KLASSIFIKASIE</b> D.3.5 Ander																
<b>DISCIPLINE</b> Health Supplement	<b>DISSCIPLINE</b> Gesondheids Aanvulling																
<b>PHARMACOLOGICAL ACTION</b> Flexor Tablets provides nutrients that contribute to the body's natural healing processes in support of joint mobility.	<b>FARMAKOLOGIESE WERKING</b> Flexor Tablette verskaf voedingstowwe wat bydra tot die liggaam se natuurlike genesings prosesse ter ondersteuning van gewrigs mobiliteit.																
<b>INDICATIONS</b> FLEXOR TABLETS contain a combination of nutrients specifically formulated to support healthy joint function.	<b>INDIKASIES</b> FLEXOR TABLETTE bevat 'n kombinasie van voedingstowwe wat spesifiek geformuleer is om gesonde gewrigsfunksie te ondersteun.																
<b>CONTRAINDICATIONS</b> Hypersensitivity to any of the ingredients, including excipients. Fish or shellfish allergy, hypercalcaemia.	<b>KONTRA-INDIKASIES</b> Hipersensitieweit vir enige van die bestanddele, insluitend aanvullings, vis of skulpviss allergie en hiperkalsemie.																
<b>WARNINGS AND SPECIAL PRECAUTIONS</b> • Flexor Tablets may increase the anti-coagulant effect of Warfarin or other anti-coagulants. (See INTERACTIONS).  • The safety of this preparation in pregnancy and lactation has not been established (See PREGNANCY AND LACTATION).	<b>WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS</b> • FLEXOR TABLETTE kan die anti-stollings effek van Warfarin en ander anti-stollings middels verhoog. (SIEN INTERAKSIES)  • Die veiligheid van die preparaat in swangerskap en laktasie is nie vasgestel nie. (SIEN SWANGERSKAP EN LAKTASIE).																
<b>INTERACTIONS</b> FLEXOR TABLETS may increase the anti-coagulant effect of Warfarin or other anti-coagulants. (See WARNINGS AND SPECIAL PRECAUTIONS).	<b>INTERAKSIES</b> FLEXOR TABLETTE mag die anti-stollings effek van middels soos Warfarin en ander anti-stollings middels verhoog. (SIEN WAARSKUWINGS EN SPESIALE VOORSORG)																
<b>PREGNANCY AND LACTATION</b> The safety of FLEXOR TABLETS in pregnancy and lactation has not been established. <b>Women of Childbearing Potential:</b> Should you be planning to fall pregnant, speak to your doctor before using this preparation.	<b>SWANGERSKAP EN LAKTASIE</b> Die veiligheid van FLEXOR TABLETTE in swangerskap en laktasie is nie vasgestel nie. <b>Vroue met die potensiaal om kinders te baar:</b> As jy van plan is om swanger te word, raadpleeg eers jou dokter voordat jy die preparaat gebruik.																
<b>DOSAGE AND DIRECTIONS FOR USE</b> Adults over 18 years: take 2-4 tablets daily. Maximum 4 tablets per day. Dose may be taken as a single dose or divided into two doses.	<b>DOSIS EN GEBRUIKSAANWYSINGS</b> Volwassenes bo 18 jaar: neem 2-4 tablette daagliks. Maksimum 4 tablette per dag. Die dosis mag as 'n enkele dosis geneem, of in twee dosisse verdeel word.																
<b>SIDE EFFECTS</b> <table border="1"> <tr> <td><i>Nervous system disorders:</i> <i>Less frequent</i></td> <td>Headache</td> </tr> <tr> <td><i>Cardiac disorders:</i> <i>Less frequent</i></td> <td>Extrasystoles</td> </tr> <tr> <td><i>Gastrointestinal disorders:</i> <i>Frequent</i></td> <td>Nausea, heartburn, diarrhea, constipation, bloating, dyspepsia and belching.</td> </tr> <tr> <td><i>Skin and subcutaneous tissue disorders:</i> <i>Frequent</i> <i>Less frequent</i></td> <td>Allergic skin reactions, urticaria, rash and pruritus. Eyelid edema.</td> </tr> </table>	<i>Nervous system disorders:</i> <i>Less frequent</i>	Headache	<i>Cardiac disorders:</i> <i>Less frequent</i>	Extrasystoles	<i>Gastrointestinal disorders:</i> <i>Frequent</i>	Nausea, heartburn, diarrhea, constipation, bloating, dyspepsia and belching.	<i>Skin and subcutaneous tissue disorders:</i> <i>Frequent</i> <i>Less frequent</i>	Allergic skin reactions, urticaria, rash and pruritus. Eyelid edema.	<b>NEWE-EFFEKTE</b> <table border="1"> <tr> <td><i>Senusisteamversteurings:</i> <i>Minder gereeld</i></td> <td>Hoofpyn</td> </tr> <tr> <td><i>Kardiale versteurings:</i> <i>Minder gereeld</i></td> <td>Ekstrasistoleë</td> </tr> <tr> <td><i>Gastroïntestinale versteurings:</i> <i>Gereelde</i></td> <td>Naarheid, sooibrand, diarree, hardlywigheid, opgeblaasheid, dispepsie en winde opbreek.</td> </tr> <tr> <td><i>Vel en subkutane weefsel:</i> <i>Gereelde</i> <i>Minder gereeld</i></td> <td>Allergiese vel reaksies, urtikarie, uitslag en jeuk. Ooglid edeem.</td> </tr> </table>	<i>Senusisteamversteurings:</i> <i>Minder gereeld</i>	Hoofpyn	<i>Kardiale versteurings:</i> <i>Minder gereeld</i>	Ekstrasistoleë	<i>Gastroïntestinale versteurings:</i> <i>Gereelde</i>	Naarheid, sooibrand, diarree, hardlywigheid, opgeblaasheid, dispepsie en winde opbreek.	<i>Vel en subkutane weefsel:</i> <i>Gereelde</i> <i>Minder gereeld</i>	Allergiese vel reaksies, urtikarie, uitslag en jeuk. Ooglid edeem.
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<b>KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT</b> Treatment should be symptomatic and supportive. (see side effects).	<b>BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VIR DIE BEHANDELING DAARVAN</b> Behandeling moet simptomaties en ondersteunend wees. (SIEN NEWE EFFEKTE).																
<b>IDENTIFICATION</b> Off-white oval, elongated, biconvex tablet.	<b>IDENTIFIKASIE</b> Afwit ovaal, verlengde, bikonvekse tablet.																
<b>PRESENTATION</b> Packs of 60 tablets or 120 tablets	<b>AANBIEDING</b> Pakke van 60 tablette of 120 tablette																
<b>STORAGE INSTRUCTIONS</b> Store at or below 25°C. Protect from light. Keep in original packaging. Do not use after the expiry date printed on the bottle or box. <b>STORE OUT OF REACH OF CHILDREN.</b>	<b>BERGINGSINSTRUKSIES</b> Hou teen of onder 25°C. Beskerm teen lig. Stoor in oorspronklike verpakking. Moet nie na die vervaldatum op die bottel of karton gebruik nie. <b>STOOR BUITE BEREIK VAN KINDERS.</b>																
<b>REGISTRATION NUMBER</b> Will be allocated by Council upon registration.	<b>REGISTRASIENOMMER</b> Sal toegeken word deur die Raad na afloop van registrasie.																
<b>NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION</b> Keynote Health (Pty) Ltd Unit 2 Penny Lane Park 64 Ebonyfield Ave Springfield Park 4091	<b>NAAM EN BESIGHEIDSAFRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT</b> Keynote Health (Pty) Ltd Unit 2 Penny Lane Park 64 Ebonyfield Ave Springfield Park 4091																
<b>DATE OF PUBLICATION</b> June 2015	<b>DATUM VAN PUBLIKASIE</b> Junie 2015																
This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease.	Hierdie medisyne is nie deur die Medisynebeheerraad geëvalueer nie. Hierdie medisyne beoog nie om enige siektes te diagnoseer, te behandel, te genees of te voorkom nie.																

<b>PATIENT INFORMATION LEAFLET</b> FLEXOR TABLETS	<b>PASIENTINLIGTINGSBLAADJIE</b> FLEXOR TABLETTE
<b>SCHEDULING STATUS</b> SO	<b>SKEDULERINGSTATUS</b> SO
<b>PROPRIETARY NAME AND DOSAGE FORM</b> FLEXOR TABLETS 60's & 120's (tablets)	<b>HANDELSNAAM EN DOSEERVORM</b> FLEXOR 60's & 120's (tablette)
<b>PHARMACOLOGICAL CLASSIFICATION</b> D 3.5 Other	<b>FARMAKOLOGIESE KLASSIFIKASIE</b> D3.5 Ander.
<b>DISCIPLINE</b> Health Supplement	<b>DISSIPLINE</b> Gesondheidsaanvulling.
<b>Read all of this leaflet carefully because it contains important information for you.</b> <ul style="list-style-type: none"> <li>• Keep this leaflet. You may need to read it again.</li> <li>• Do not share FLEXOR TABLETS with any other person.</li> <li>• Ask your pharmacist if you need more information or advice.</li> <li>• You must see a doctor if your symptoms worsen or do not improve.</li> </ul>	<b>Lees die hele voubiljet noukeurig deur, want dit bevat belangrike inligting vir jou.</b> <ul style="list-style-type: none"> <li>• Hou hierdie voubiljet. Jy mag dit dalk weer moet lees.</li> <li>• Moet nie FLEXOR TABLETTE met enige ander persoon deel nie.</li> <li>• Vra jou apteker indien jy meer inligting of advies nodig het.</li> <li>• Raadpleeg jou dokter as jou simptome vererger of nie verbeter nie.</li> </ul>
<b>WHAT FLEXOR TABLETS CONTAIN</b> The active substances are: Glucosamine Sulphate 375 mg Chondroitin Sulphate 125 mg Collagen 75 mg Vitamin D 400 IU MSM (methylsulphonylmethane) 200 mg Papain 63 mg The other ingredients are: Di-calcium phosphate, magnesium stearate, microcrystalline cellulose, piroxil.	<b>WAT FLEXOR TABLETTE BEVAT</b> Die aktiewe bestanddele is: Glucosamine sulfaat 375 mg Chondroitin sulfaat 125 mg Kollageen 75 mg Vitamiën D 400 IE MSM (methylsulphonylmethane) 200 mg Papain 63 mg Die ander bestanddele is: Di-calcium phosphate, magnesium stearate, microcrystalline cellulose, piroxil.
<b>WHAT FLEXOR TABLETS ARE USED FOR:</b> FLEXOR TABLETS contain a combination of nutrients specifically formulated for healthy joint function.	<b>WAARVOOR FLEXOR TABLETTE GEBRUIK WORD</b> FLEXOR TABLETTE bevat 'n kombinasie van voedingsstowwe spesifiek geformuleer vir gesonde gewrigs funksie.
<b>BEFORE YOU TAKE FLEXOR TABLETS</b> <b>Do not take FLEXOR TABLETS:</b> <ul style="list-style-type: none"> <li>• If you are hypersensitive (allergic) to the active substance of any of the ingredients.</li> <li>• If you are allergic to fish or shellfish.</li> <li>• If you have hypercalcaemia (elevated levels of calcium in the blood).</li> <li>• If you are pregnant or breastfeeding.</li> </ul> <b>Take special care with FLEXOR TABLETS</b> <ul style="list-style-type: none"> <li>• If you are on anticoagulant therapy (blood thinning agents) (also see <b>Taking other medicines with Flexor</b>), consult your doctor first.</li> </ul> <b>Pregnancy and Breastfeeding:</b> The safety of this preparation during pregnancy and breastfeeding has not been established. <b>Women of Childbearing Potential:</b> Should you be planning to fall pregnant, speak to your doctor before using this preparation. <b>Driving and using machinery:</b> Effects not known. <b>Taking other medicines with FLEXOR TABLETS</b> Always tell your healthcare professional if you are taking any other medicine. (This includes complementary or traditional medicines.) Tell your doctor if you are taking any other medicine such as Warfarin. Flexor may increase the anticoagulant effect of Warfarin.	<b>VOORDAT JY FLEXOR TABLETTE NEEM</b> <b>Moet nie FLEXOR TABLETTE gebruik:</b> <ul style="list-style-type: none"> <li>• Indien jy hipersensitief (allergies) is vir enige van die bestanddele.</li> <li>• Indien jy allergies is vir vis of skulpvis.</li> <li>• Indien jy hiperkalemie het. (Hoë vlakke van kalsium in die bloed).</li> <li>• Indien jy swanger is of borsvoed.</li> </ul> <b>Neem spesiale voorsorg met FLEXOR TABLETTE</b> Indien jy op antistollings terapie medikasie (bloed verdunnings medikasie.) (sien ook <b>Gebruik van ander medikasie saam met FLEXOR TABLETTE</b> ), raadpleeg eers jou dokter. <b>Swangerskap en Borsvoeding</b> Die veiligheid van die preparaat gedurende swangerskap en borsvoeding is nog nie vasgestel nie. <b>Motor bestuur en gebruik van masjinerie:</b> Effek onbekend. <b>Gebruik van ander medisyne saam met FLEXOR TABLETTE</b> Vertel jou gesondheidsorg professionele as jy enige ander medikasie gebruik. (insluitend aanvullende of tradisionele medisyne) Raadpleeg jou dokter as jy enige ander medikasie soos Warfarin neem. Flexor mag die uitwerking van antistolerapie medikasie soos Warfarin verhoog.
<b>HOW TO TAKE FLEXOR TABLETS</b> Do not share medicines with any other person. Always take FLEXOR TABLETS exactly as indicated or as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure. Adults over 18 years take 2-4 tablets daily. Maximum 4 tablets per day. Dose may be taken as a single daily dose or divided into two doses. <b>If you take more FLEXOR TABLETS than you should</b> In the event of overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre. <b>If you forget to take / missed a dose of FLEXOR TABLETS</b> Take your missed dose when you remember. Do not take a double dose to make up for forgotten individual doses. <b>Effects when treatment with FLEXOR TABLETS is stopped</b> If taking the dose as indicated, then there should be no adverse effects when stopping use of this medication.	<b>HOE OM FLEXOR TABLETTE TE NEEM</b> Moet nie jou medisyne met enige ander persoon deel nie. Neem altyd FLEXOR TABLETTE presies soos aangedui of soos jou dokter voorgeskryf. Raadpleeg jou dokter of apteker indien jy onseker is. Volwasse nes bo 18 jaar: 2-4 tablette daaglik. Maksimum dosis is 4 tablette daaglik. Die daaglikse dosis kan as 'n enkele dosis of in twee dosisse verdeel word. <b>As jy meer FLEXOR TABLETTE neem as wat jy behoort</b> In die geval van oordosering, raadpleeg jou dokter of apteker. Indien hulle nie beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum. <b>As jy vergeet/nagelaat het om 'n dosis van FLEXOR TABLETTE te neem</b> Neem die oorgeslaande dosis sodra jy onthou daarvan. Moet nie 'n dubbele dosis neem om op te maak vir individuele dosisse wat jy oorgeslaan of vergeet het nie. <b>Uitwerking na behandeling met FLEXOR TABLETTE gestaak is</b> Indien die dosis soos aangedui geneem word, sal daar geen nadelige newe-effekte wees wanneer die gebruik van hierdie medikasie gestaak word nie.
<b>POSSIBLE SIDE EFFECTS</b> FLEXOR TABLETS can have side effects. Frequent side effects are nausea, heartburn, diarrhoea, constipation, bloating, burping and indigestion. Less frequent side effects are headache and heart palpitations. If any of the following happens, stop taking Flexor Tablets and tell your doctor immediately or go to the casualty department at your nearest hospital: <ul style="list-style-type: none"> <li>• Swelling of the hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing</li> <li>• Rash or itching</li> <li>• Fainting</li> <li>• Yellowing of the skin or eyes, also called jaundice.</li> </ul> These are all very serious side effects. If you have any of them, you may have had a serious allergic reaction to Flexor Tablets. 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: <ul style="list-style-type: none"> <li>• Spontaneous bleeding</li> <li>• Heart palpitations</li> </ul> These are serious side effects. You may need urgent medical attention. Tell your doctor as soon as possible if you notice any of the following: nausea (feeling sick), heartburn, diarrhoea, constipation, bloating, burping, indigestion. If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.	<b>MOONTLIKE NEWE-EFFEKTE</b> FLEXOR TABLETTE mag newe-effekte hê. Algemene newe effekte soos naarheid, sooi-brand, diarree, hardlywigheid, opgeblaasheid, wind opbreek en spysvertering. Minder algemene newe-effekte is hoofpyn, lomerigheid en hartkloppings. Indien enige van die volgende gebeur staak Flexor Tablette en raadpleeg jou dokter onmiddellik of gaan na die ongevalle afdeling van jou naaste hospitaal: <ul style="list-style-type: none"> <li>• Swelling van die hande, voete, enkels, gesig, lippe, mond of keel wat die vermoë om te sluk of asem te haal bemoeilik.</li> <li>• Uitslag of jeukerigheid.</li> <li>• Floute.</li> <li>• Vergeling van die vel of oë, ook genaamd geelsug.</li> </ul> Hierdie is ernstige newe-effekte. As jy enige van die simptome ervaar, kan jy 'n ernstige allergiese reaksie vir Flexor Tablette hê. Jy mag dan mediese sorg of hospitalisasie benodig. Vertel jou dokter onmiddellik of gaan na die ongevalle-afdeling van jou naaste hospitaal as jy enige van die volgende simptome het: <ul style="list-style-type: none"> <li>• Spontane bloeding</li> <li>• Hartkloppings</li> </ul> Hierdie is ernstige newe-effekte. Jy mag dringende mediese behandeling benodig. Vertel jou dokter onmiddellik as jy enige van die volgende agterkom: Naarheid, sooi-brand, diarree, hardlywigheid, opgeblaasheid, wind opbreek, slegte spysvertering. As jy enige newe-effekte ervaar wat nie in die blaadjie genoem is nie, laat weet asseblief jou dokter of apteker.
<b>STORING AND DISPOSING OF FLEXOR TABLETS</b> Store at or below 25°C. Protect from light and moisture. Store in original packaging. Do not store in a bathroom. Do not use after the expiry date printed on the bottle or box. Return all unused medicine to your pharmacist. Do not dispose of unused medicine in drains or sewage systems (e.g. toilets). <b>STORE ALL MEDICINES OUT OF THE REACH OF CHILDREN.</b>	<b>HOE OM FLEXOR TABLETTE TE STOOR EN DAARVAAN ONTSLAE TE RAAK</b> Stoor onder 25°C. Beskerm teen lig en vog. Stoor / Bewaar in die oorspronklike verpakking. Moet nie in 'n badkamer stoor nie. Moet nie na die vervaldatum op die bottel of karton gebruik nie. Neem alle ongebruikte medikasie na jou apteker. Moet nie ongebruikte medikasie in dryne of rioolstelsels (bv. toilette) weggooi nie. <b>STOOR ALLE MEDIKASIE BUIITE BEREIK VAN KINDERS.</b>
<b>PRESENTATION OF FLEXOR TABLETS</b> Packs of 60 tablets or 120 tablets	<b>AANBIEDING VAN FLEXOR TABLETTE</b> Pakke van 60 tablette of 120 tablette.
<b>IDENTIFICATION OF FLEXOR TABLETS</b> Off-white oval, elongated, biconvex tablet.	<b>IDENTIFIKASIE VAN FLEXOR TABLETTE</b> Afwit ovaal, verlengde, bikonvekse tablet.
<b>REGISTRATION NUMBER</b> Will be allocated by Council upon registration.	<b>REGISTRASIENOMMER</b> Sal toegeken word deur die Raad na afloop van registrasie.
<b>NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION</b> Keynote Health (Pty) Ltd Unit 2 Penny Lane Park 64 Ebonyfield Ave Springfield Park 4091	<b>NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT</b> Keynote Health (Pty) Ltd Unit 2 Penny Lane Park 64 Ebonyfield Ave Springfield Park 4091
<b>DATE OF PUBLICATION</b> June 2015	<b>DATUM VAN PUBLIKASIE</b> Junie 2015
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