PROFESSIONAL INFORMATION
FLEXOR TABLETS

SCHEDULING STATUS
SO

PROPRIETARY NAME AND DOSAGE FORM
FLEXOR TABLETS 60's & 120's (tablets)

COMPOSITION
Each tablet contains:

Glucosamine Sulphate	375 mg
Chondroitin Sulphate	125 mg
Collagen Type 2	75 mg
Vitamin D_3	250 iu
MSM (methylsulphonylmethane)	200 mg
Papain	63 mg

The other ingredients are: Di-calcium phosphate, magnesium stearate, microcrystalline cellulose, pirosil.
Contains no Sugar.

PHARMACOLOGICAL CLASSIFICATION
Complementary medicine. Category D34.12 Multiple Substance formulation.

DISCIPLINE
Health Supplement

PHARMACOLOGICAL ACTION
Flexor Tablets provides nutrients that contribute to the body's natural healing processes in support of joint mobility.

INDICATIONS
FLEXOR TABLETS contain a combination of nutrients specifically formulated to support healthy joint function.

CONTRAINDICATIONS
Hypersensitivity to any of the ingredients, including excipients. Fish or shellfish allergy, hypercalcaemia.

WARNINGS AND SPECIAL PRECAUTIONS
• 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).

INTERACTIONS
FLEXOR TABLETS may increase the anti-coagulant effect of Warfarin or other anti-coagulants. (See WARNINGS AND SPECIAL PRECAUTIONS).

PREGNANCY AND LACTATION
The safety of FLEXOR TABLETS in pregnancy and lactation has not been established.
Women of Childbearing Potential: Should you be planning to fall pregnant, speak to your doctor before using this preparation.

DOSAGE AND DIRECTIONS FOR USE
Adults: take 4 tablets daily for severe joint damage or 2 tablets daily for joint maintenance. Dose may be taken as a single dose or divided into two doses.

SIDE EFFECTS

Nervous system disorders:	
Less frequent	Headache
Cardiac disorders:	
Less frequent	Extrasystoles
Gastrointestinal disorders:	
Frequent	Nausea, heartburn, diarrhea, constipation, bloating, dyspepsia and belching.
Skin and subcutaneous tissue disorders:	
Frequent	Allergic skin reactions, urticaria, rash and pruritus.
Less frequent	Eyelid edema.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT
Treatment should be symptomatic and supportive.(see side effects).

IDENTIFICATION
Off-white oval, elongated, biconvex tablet.

PRESENTATION
Packs of 60 tablets or 120 tablets

STORAGE INSTRUCTIONS
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.
STORE OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER
Will be allocated by Council upon registration.

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION
Keynote Health (Pty) Ltd
Unit 2
Penny Lane Park
64 Ebonyfield Ave
Springfield Park
4091

DATE OF PUBLICATION
August 2022

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

PROFESSIONELE INLIGTING
FLEXOR TABLETTE

SKEDULERINGSTATUS
SO

HANDELSNAAM EN DOSEERVORM
FLEXOR TABLETTE 60's & 120's (tablette)

SAMESTELLING
Elke tablet bevat:

Glucosamine sulfaat	375 mg
Chondroitin sulfaat	125 mg
Kollageen Tipe 2	75 mg
Vitamien D_3	250 ie
MSM (methylsulphonylmethane)	200 mg
Papain	63 mg

Die ander bestanddele is: Di-calcium phosphate, magnesium stearate, microcrystalline cellulose, pirosil.
Bevat geen Suiker.

FARMAKOLOGIESE KLASSIFIKASIE
Komplementere Medisyne. Kategorie D34.12 Meervoudige bestanddeel formulering.

DISSIPLINE
Gesondheidsaanvulling

FARMAKOLOGIESE WERKING
Flexor Tablette verskaf voedingstowwe wat bydra tot die liggaam se natuurlike genesings prosesse ter ondersteunig van gewrigs mobiliteit.

INDIKASIES
FLEXOR TABLETTE bevat 'n kombinasie van voedingstowwe wat spesifiek geformuleer is om gesonde gewrigsfunksie te ondersteun.

KONTRA-INDIKASIES
Hipersensitiwiteit vir enige van die bestanddele, insluitend aanvullings, vis of skulpvis allergie en hiperkalsemie.

WAARSKUWINGS EN SPESIALE VOORSORGMAATREËLS
• **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).

INTERAKSIES
FLEXOR TABLETTE mag die anti-stollings effek van middels soos Warfarin en ander anti-stollings middels verhoog. (SIEN WAARSKUWINGS EN SPESIALE VOORSORG)

SWANGERSKAP EN LAKTASIE
Die veiligheid van **FLEXOR TABLETTE** in swangerskap en laktasie is nie vasgestel nie.
Vroue met die potensiaal om kinders te baar: As jy van plan is om swanger te word, raadpleeg eers jou dokter voordat jy die preparaat gebruik.

DOSIS EN GEBRUIKSAANWYSINGS
Volwassenes neem 4 tablette daagliks vir ernstige gewrigskade of 2 tablette daagliks vir gewrigsonderhoud. Die dosis mag as 'n enkele dosis geneem, of in twee dosisse verdeel word.

NEWE-EFFEKTE

Senusisteemversteurings:	
Minder gereeld	Hoofpyn
Kardiale versteurings:	
Minder gereeld	Ekstrasistolleë
Gastroïntestinale versteurings:	
Gereelde	Naarheid, sooibrand, diarree, hardlywigheid, opgeblaasdheid, dispepsie en winde opbreek.
Vel en subkutane weefsel:	
Gereelde	Allergiese vel reaksies, urtikarie, uitslag en jeuk.
Minder gereeld	Ooglid edeem.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VIR DIE BEHANDELING DAARVAN
Behandeling moet simptomaties en ondersteunend wees. (SIEN NEWE EFFEKTE).

IDENTIFIKASIE
Afwit ovaal, verlengde, bikonvekse tablet.

AANBIEDING
Pakke van 60 tablette of 120 tablette

BERGINGSINSTRUKSIES
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.
STOOR BUITE BEREIK VAN KINDERS.

REGISTRASIENOMMER
Sal toegeken word deur die Raad na afloop van registrasie.

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT
Keynote Health (Pty) Ltd
Unit 2
Penny Lane Park
64 Ebonyfield Ave
Springfield Park
4091

DATUM VAN PUBLIKASIE
Augustus 2022

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F28

PATIENT INFORMATION LEAFLET
FLEXOR TABLETS

SCHEDULING STATUS
SO

PROPRIETARY NAME AND DOSAGE FORM
FLEXOR TABLETS 60's & 120's (tablets)

PHARMACOLOGICAL CLASSIFICATION
Complementary medicine. Category D34.12 Multiple Substance formulation.

DISCIPLINE
Health Supplement

Read all of this leaflet carefully because it contains important information for you.

- Keep this leaflet. You may need to read it again.
- Do not share FLEXOR TABLETS with any other person.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

WHAT FLEXOR TABLETS CONTAIN
The active substances are:

Glucosamine Sulphate	375 mg
Chondroitin Sulphate	125 mg
Collagen Type 2	75 mg
Vitamin D_3	250 iu
MSM (methylsulphonylmethane)	200 mg
Papain	63 mg

The other ingredients are: Di-calcium phosphate, magnesium stearate, microcrystalline cellulose, pirosil. Contains no Sugar.

WHAT FLEXOR TABLETS ARE USED FOR:
FLEXOR TABLETS contain a combination of nutrients specifically formulated for healthy joint function.

BEFORE YOU TAKE FLEXOR TABLETS
Do not take FLEXOR TABLETS:
- If you are hypersensitive (allergic) to the active substance of any of the ingredients.
- If you are allergic to fish or shellfish.
- If you have hypercalcaemia (elevated levels of calcium in the blood).
- If you are pregnant or breastfeeding.

Take special care with FLEXOR TABLETS
- If you are on anticoagulant therapy (blood thinning agents) (also see **Taking other medicines with Flexor**), consult your doctor first.

Pregnancy and Breastfeeding:
The safety of this preparation during pregnancy and breastfeeding has not been established.
Women of Childbearing Potential: Should you be planning to fall pregnant, speak to your doctor before using this preparation.
Driving and using machinery: Effects not known.
Taking other medicines with FLEXOR TABLETS
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.

HOW TO TAKE FLEXOR TABLETS
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: take 4 tablets daily for severe joint damage or 2 tablets daily for joint maintenance.Dose may be taken as a single daily dose or divided into two doses
If you take more FLEXOR TABLETS than you should
In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.
If you forget to take / missed a dose of FLEXOR TABLETS
Take your missed dose when you remember. Do not take a double dose to make up for forgotten individual doses.
Effects when treatment with FLEXOR TABLETS is stopped
If taking the dose as indicated, then there should be no adverse effects when stopping use of this medication.

POSSIBLE SIDE EFFECTS
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:
- Swelling of the hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing
- Rash or itching
- Fainting
- Yellowing of the skin or eyes, also called jaundice.

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:
- Spontaneous bleeding
- Heart palpitations

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.

STORING AND DISPOSING OF FLEXOR TABLETS
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).
STORE ALL MEDICINES OUT OF THE REACH OF CHILDREN.

PRESENTATION OF FLEXOR TABLETS
Packs of 60 tablets or 120 tablets

IDENTIFICATION OF FLEXOR TABLETS
Off-white oval, elongated, biconvex tablet.

REGISTRATION NUMBER
Will be allocated by Council upon registration.

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION
Keynote Health (Pty) Ltd
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DATE OF PUBLICATION
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PASIËNTINLIGTINGSBLAADJIE
FLEXOR TABLETTE

SKEDULERINGSTATUS
SO

HANDELSNAAM EN DOSEERVORM
FLEXOR 60's & 120's (tablette)

FARMAKOLOGIESE KLASSIFIKASIE
Komplementêre Medisyne. Kategorie D34.12 Meervoudige bestanddeel formulering

DISSIPLINE
Gesondheidsaanvulling.

Lees die hele voubiljet noukeurig deur, want dit bevat belangrike inligting vir jou.

- Hou hierdie voubiljet. Jy mag dit dalk weer moet lees.
- Moet nie FLEXOR TABLETTE met enige ander persoon deel nie.
- Vra jou apteker indien jy meer inligting of advies nodig het.
- Raadpleeg jou dokter as jou simptome vererger of nie verbeter nie.

WAT FLEXOR TABLETTE BEVAT
Die aktiewe bestanddele is:

Glucosamine sulfaat	375 mg
Chondroitin sulfaat	125 mg
Kollageen Tipe 2	75 mg
Vitamien D_3	250 ie
MSM (methylsulphonylmethane)	200 mg
Papain	63 mg

Die ander bestanddele is: Di-calcium phosphate, magnesium stearate, microcrystalline cellulose, pirosil. Bevat geen Suiker.

WAARVOOR FLEXOR TABLETTE GEBRUIK WORD
FLEXOR TABLETTE bevat 'n kombinasie van voedingstowwe spesifiek geformuleer vir gesonde gewrigs funksie.

VOORDAT JY FLEXOR TABLETTE NEEM
Moet nie FLEXOR TABLETTE gebruik:
- Indien jy hipersensitief (allergies) is vir enige van die bestanddele.
- Indien jy allergies is vir vis of skulpvis.
- Indien jy hiperkalemie het. (Hoë vlakke van kalsium in die bloed).
- Indien jy swanger is of borsvoed.

Neem spesiale voorsorg met FLEXOR TABLETTE
Indien jy op antistollings terapie medikasie (bloed verdunnings medikasie.)
(sien ook **Gebruik van ander medikasie saam met FLEXOR TABLETTE**), raadpleeg eers jou dokter.

Swangerskap en Borsvoeding
Die veiligheid van die preparaat gedurende swangerskap en borsvoeding is nog nie vasgestel nie.

Motor bestuur en gebruik van masjinerie: Effek onbekend.
Gebruik van ander medisyne saam met FLEXOR TABLETTE
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 antistolterapie medikasie soos Warfarin verhoog.

HOE OM FLEXOR TABLETTE TE NEEM
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.
Volwassenes: neem 4 tablette daagliks vir ernstige gewrigskade of 2 tablette daagliks vir gewrigsonderhoud.Die dosis mag as 'n enkele dosis geneem, of in twee dosisse verdeel word.

As jy meer FLEXOR TABLETTE neem as wat jy behoort
In die geval van oordosering, raadpleeg jou dokter of apteker. Indien hulle nie beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.
As jy vergeet/nagelaat het om 'n dosis van FLEXOR TABLETTE te neem
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.
Uitwerking na behandeling met FLEXOR TABLETTE gestaak is
Indien die dosis soos aangedui geneem word, sal daar geen nadelige newe-effekte wees wanneer die gebruik van hierdie medikasie gestaak word nie.

MOONTLIKE NEWE-EFFEKTE
FLEXOR TABLETTE mag newe-effekte hê. Algemene newe effekte soos naarheid, sooibrand, diarree, hardlywigheid, opgeblaasdheid, winde 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 onmiddelik of gaan na die ongevalle afdeling van jou naaste hospitaal:
- Swelling van die hande, voete, enkels, gesig, lippe, mond of keel wat die vermoë om te sluk of asem te haal bemoeilik.
- Uitslag of jeukerigheid.
- Floute.
- Vergeling van die vel of oë, ook genaamd geelsug.

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 onmiddelik of gaan na die ongevalle-afdeling van jou naaste hospitaal as jy enige van die volgende simptome het:
- Spontane bloeding
- Hartkloppings

Hierdie is ernstige newe-effekte. Jy mag dringende mediese behandeling benodig.
Vertel jou dokter onmiddelik as jy enige van die volgende agterkom:
Naarheid, sooibrand, diarree, hardlywigheid, opgeblaasdheid, winde opbreek, slegte spysvertering. As jy enige newe-effekte ervaar wat nie in die blaadjie genoem is nie, laat weet asseblief jou dokter of apteker.

HOE OM FLEXOR TABLETTE TE STOOR EN DAARVAAN ONTSLAE TE RAAK
Stoor onder 25 ºC.
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.
STOOR ALLE MEDIKASIE BUITE BEREIK VAN KINDERS.

AANBIEDING VAN FLEXOR TABLETTE
Pakke van 60 tablette of 120 tablette.

IDENTIFIKASIE VAN FLEXOR TABLETTE
Afwit ovaal, verlengde, bikonvekse tablet.

REGISTRASIENOMMER
Sal toegeken word deur die Raad na afloop van registrasie.

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT
Keynote Health (Pty) Ltd
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F28