

PHARMACOLOGICAL CLASSIFICATION

Category D: Complementary medicine

PHARMACOLOGICAL ACTION

Coconut oil also appears to promote the immune system response. Feeding coconut oil completely abolishes the expected immune factor responses to endotoxin and diminishes the production of pro-inflammatory cytokines in vivo. It has been found that lauric acid is an effective compound in VCO. Lauric acid is the precursor of monolaurin (Pereira et al., 2004), which has been shown to modulate immune cell proliferation (Witcher et al., 1996) and possess antimicrobial activity (Bergsson et al., 2002). Inflammation involves many other processes of the immune system; for example, during both acute and chronic inflammatory response, the immunological component cells are activated in response to foreign organisms or antigenic substances. In addition to its antimicrobial, anti-fungal, and anti-viral properties, clove possesses anti-inflammatory, cytotoxic, and anesthetic properties (Chaieb et al., 2007). It has been reported that constituents of clove impart anti-oxidant activities and inhibit lipid peroxidation (Ko et al., 1995). The major ingredients of clove have been shown to be eugenol (50–87%), eugenyl acetate, tanene, thymol, and -cariophyllene (El-Ghorab & El-Masry, 2003). These components have been shown to modulate many of the aforementioned effects as well as some immune responses. Oregano oil is high in phenols, which are natural phytochemical compounds with beneficial antioxidant effects. Thymus vulgaris essential oil (TEO) is a mixture of monoterpenes. The main compounds of this oil are the natural terpenoid thymol and its phenol isomer carvacrol (CVL), which have antioxidative, antimicrobial, antitussive, expectorant, antispasmodic, and antibacterial effects. Terpenoids, flavonoid aglycones, flavonoids glycosides, and phenolic acids were also found in Thymus spp. Eucalyptus leaf contains chemicals that might help control blood sugar. It also contains chemicals that might have activity against bacteria and fungi. Eucalyptus oil contains chemicals that might help pain and inflammation. Studies have found that cinnamon has antibacterial and antifungal properties. In test tube research, cinnamon is active against both Candida albicans, the fungus that causes yeast infections and thrush, and Helicobacter pylori.

INDICATIONS

Inner Defense supports the body's natural defenses and healthy immune function through antioxidant support and promotes a healthy lifestyle regimen. Inner Defense is formulated with Eucalyptus radiata, which may help support healthy respiratory function, and infused with Oregano, Thyme, Rosemary, and Cinnamon bark essential oils for antioxidant support.

CONTRAINDICATIONS

Do not use this product if you are taking blood thinning medication (e.g Warfrin)

WARNINGS AND SPECIAL PRECAUTIONS

Contains fish (tilapia, carp) and tree nuts (coconut). Do not use this product if you are hypersensitive (allergic) to any of the ingredients. If you are on any medication or suffering from any medical condition, it is advisable to seek medical advice before starting any new medicine, supplement or remedy. Do not exceed recommended dosage(s) unless on the advice of a healthcare practitioner. This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

INTERACTIONS

Use with caution in individuals taking blood thinning medication (i.e. Warfrin).

HUMAN REPRODUCTION

Safety during pregnancy and lactation has not been established.

DOSAGE AND DIRECTIONS FOR USE

Take 1 softgel daily (a.m) or take 1 softgel 3-5 times daily when needed.

SIDE EFFECTS

Side effects may include nausea, diarrhoea, vomiting.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

Treatment should be symptomatic and supportive. In the case of accidental overdose of the product, contact the nearest hospital or poison control centre.

IDENTIFICATION

Clear, size 16 oblong softgel with yellow to amber liquid.

PRESENTATION

Amber glass bottle with a plastic screw top lid. 30 softgels.

STORAGE INSTRUCTIONS

Store in a cool, dark place.

KEEP OUT OF THE REACH OF CHILDREN

REGISTRATION NUMBER

TBA

DATE OF REGISTRATION

TBA

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF

REGISTRATION

Young Living South Africa (Pty) Ltd
Clearwater Office Park, Building 6
Millennium Boulevard
Strubensvalley
Roodepoort, Johannesburg
1735

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

September 2020

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

Inner Defense softgels

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

- Inner Defense is available without a doctor's prescription, for you to treat a mild illness. Nevertheless you still need to use Inner Defense softgels carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share Inner Defense softgels with any other person.
- Ask your pharmacist or health care practitioner if you need more information or advice.

WHAT INNER DEFENSE SOFTGELS CONTAINS:

Inner Defense Blend 1035mg

Consisting of:

Virgin coconut (Cocos nucifera) fruit oil
Oregano (Origanum vulgare) leaf/stem oil
Thyme (Thymus vulgaris) leaf oil
Lemongrass (Cymbopogon flexuosus) leaf oil
Clove (Syzygium aromaticum) bud oil
Lemon (Citrus Limon) peel oil
Eucalyptus radiate (Eucalyptus radiata) leaf oil
Rosemary (Rosmarinus officinalis) leaf oil
Cinnamon (Cinnamomum verum) bark oil

The other ingredients are:

Fish gelatin
Glycerin
Water

WHAT INNER DEFENSE SOFTGELS IS USED FOR

Category D: Complementary medicine

Inner Defense supports the body's natural defenses and healthy immune function through antioxidant support and promotes a healthy lifestyle regimen.

Inner Defense is formulated with Eucalyptus radiata, which may help support healthy respiratory function, and infused with Oregano, Thyme, Rosemary, and Cinnamon bark essential oils for antioxidant support.

BEFORE YOU TAKE INNER DEFENSE SOFTGELS

Contains fish (tilapia, carp) and tree nuts (coconut). Do not take Inner Defense if you are hypersensitive (allergic) to any of the ingredients. Do not take Inner Defense softgels if you are taking blood thinning medication (i.e Warfrin). This medicine has not been evaluated by the SAHPRA. This medicine is not intended to diagnose, treat, cure or prevent any disease.

PREGNANCY AND BREASTFEEDING

Do not use this product if pregnant or lactating (breastfeeding).

TAKING OTHER MEDICINES WITH INNER DEFENSE SOFTGELS

Always tell your healthcare provider if you are taking any other medicine.

HOW TO TAKE INNER DEFENSE SOFTGELS

Do not share medicines prescribed for you with any other person. Always take Inner Defense softgels exactly as your doctor or healthcare provider has instructed you. You should check with your doctor, pharmacist or healthcare provider if you are unsure. Keep out of the reach of children.

The usual dosage is:

Take 1 softgel daily (a.m) or take 1 softgel 3-5 times daily when needed.

IF YOU TAKE MORE INNER DEFENSE SOFTGELS 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.

POSSIBLE SIDE EFFECTS

Contains fish (talapia, carp) and tree nuts (coconut). Inner Defense softgels may have side effects. Not all side effects reported for Inner Defense softgels are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist or healthcare professional.

STORAGE AND DISPOSING OF INNER DEFENSE SOFTGELS

Store all medicines out of the reach of children.

Store in a cool, dark place.

Store in the original package / container.

Keep the container tightly closed.

Protect from light and moisture.

Do not store in the bathroom.

Do not use after the expiry date stated on the bottle.

Do not use Inner Defense softgels if you notice visible signs of deterioration.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF INNER DEFENSE SOFTGELS

Amber glass bottle with a plastic screw top lid. 30 softgels.

IDENTIFICATION OF INNER DEFENSE SOFTGELS

Clear, size 16 oblong softgel with yellow to amber liquid.

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**INNER DEFENSE™****PROFESSIONAL INFORMATION****SCHEDULING STATUS**

Unscheduled

PROPRIETARY NAME, STRENGTH AND**PHARMACEUTICAL FORM**

Inner Defense softgels

COMPOSITION:

Inner Defe Blendnse 1035mg

INGREDIENTS	WT. PER CAPSULE (MG)
Virgin Coconut Oil (Cocos nucifera)	230.500000
Clove EO (Syzygium aromaticum)	159.400000
Oregano EO (Origanum vulgare)	71.300000
Thyme EO (Thymus vulgaris)	67.100000
Lemongrass EO (Cymbopogon flexuosus)	36.500000
Lemon EO (Citrus Limon)	29.400000
Eucalyptus EO (Eucalyptus radiata)	21.000000
Rosemary EO (Rosmarinus officinalis)	21.000000
Cinnamon EO (Cinnamomum verum)	13.800000

Inactive ingredients:

INGREDIENTS
Fish Gelatin
Glycerin
Water