

PHARMACOLOGICAL CLASSIFICATION

Category D: Complementary medicine

PHARMACOLOGICAL ACTION

A broad range of therapeutic properties have been established for bee pollen, such as: antimicrobial, antioxidant, hepatoprotective, chemopreventive and anticarcinogenic, antiatherosclerotic, anti-inflammatory, antiallergenic, and immunomodulatory activities. Barley Grass Juice powder has been shown to strengthen the immune system, alkalize the body, increase energy, aid digestion, relieve constipation, and improve health of skin, hair and nails. It is essential for removing toxins and heavy metals out of the thyroid. Spirulina function as a therapeutic plant with various kinds of sicknesses for instance, against irritation, hostile to oxidation and immunological improvement. Alfalfa has been shown to help lower cholesterol, and may also have benefits for blood sugar control and relieving symptoms of menopause. People also take it for its high content of antioxidants, vitamins C and K, copper, folate and magnesium. Alfalfa is also extremely low in calories. Melissa officinalis may assist for the treatment of central nervous system related problems. Recent studies examining L-arginine and NO, have demonstrated anti-ageing effects by improving blood flow, maintaining endothelial health and stimulating mitochondrial activity and biogenesis. Regarding the use of L-Cystein as part of nutritional supplements, the following benefits have been reported: antioxidant power, regulation of the mucolytic function, strengthening of the hair, improvement of the functions of the immune system, protection and detoxification of the liver. Supplementing with tyrosine is thought to increase levels of the neurotransmitters dopamine, adrenaline and norepinephrine. By increasing these neurotransmitters, it may help improve memory and performance in stressful situations

INDICATIONS

MultiGreens delivers a combination of invigorating greens to support overall health and well-being. It features a purifying essential oil blend that includes Melissa essential oil.

CONTRAINDICATIONS

Known hypersensitivity to any of the ingredients mentioned above.

WARNINGS AND SPECIAL PRECAUTIONS

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

Products containing herbal ingredients may interact with some medication. If you are taking any chronic medication, do not use this product without consulting your health care practitioner.

HUMAN REPRODUCTION

Safety during pregnancy and lactation has not been established.

DOSAGE AND DIRECTIONS FOR USE

Adults: Take 3 capsules 2 times daily.

SIDE EFFECTS

If you experience any side effects or sensitivity towards any of the ingredients, discontinue use. If symptoms persist, or if any adverse reactions occur, consult your health care practitioner.

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 0 capsule shell containing a green to light green powder with dark specs.

PRESENTATION

A white plastic container with white plastic screw cap and seal for protection, containing 120 capsules.

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
Cleanwater Office Park, Building 6, Millennium Boulevard, Strubensvalley
Roodepoort, Johannesburg, 1735

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

MultiGreens capsules

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

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

WHAT MULTIGREENS CAPSULES CONTAINS:

Proprietary MultiGreens Blend 607.9mg

Consisting of:

Bee pollen
Barley grass juice concentrate
Spirulina (Spirulina plantensis)
Choline (Choline bitartrate)
Eluthero (Eluetherococcus senticosus) root
Alfalfa leaf powder extract 5:1
Pacific kelp (Laminara digitata)
Rosemary EO (Rosmarinus officinalis)
Lemon EO (Citrus limon)
L-Arginine
L-Cystein
L-Tyrosine
Lemongrass EO (Cymbopogen flexuosus)
Melissa EO (Melissa officinalis)
The other ingredients are:
Gelatin
Silicon Dioxide

WHAT MULTIGREENS CAPSULES IS USED FOR

Category D: Complementary medicine
MultiGreens delivers a combination of invigorating greens to support overall health and well-being. It features a purifying essential oil blend that includes Melissa essential oil.

BEFORE YOU TAKE MULTIGREENS CAPSULES

Do not take MultiGreens if you are hypersensitive (allergic) to any of the ingredients. 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

If you are pregnant or breastfeeding your baby, please consult your healthcare provider for advice before taking this medicine.

TAKING OTHER MEDICINES WITH MULTIGREENS CAPSULES

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

HOW TO TAKE MULTIGREENS CAPSULES

Do not share medicines prescribed for you with any other person. Always take MultiGreens capsules 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 3 capsules 2 times daily.

IF YOU TAKE MORE MULTIGREENS CAPSULES THAN YOU SHOULD

In the event of overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

POSSIBLE SIDE EFFECTS

MultiGreens capsules may have side effects. Not all side effects reported for MultiGreens capsules 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 MULTIGREENS CAPSULES

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 MultiGreens capsules if you notice visible signs of deterioration.

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

PRESENTATION OF MULTIGREENS CAPSULES

A white plastic container with white plastic screw cap and seal for protection, containing 120 capsules.

IDENTIFICATION OF MULTIGREENS CAPSULES

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NAME AND ADDRESS OF REGISTRATION HOLDER

Young Living South Africa
Cleanwater Office Park, Building 6
Millennium Boulevard
Strubensvalley Roodepoort, Johannesburg
1735

DATE OF PUBLICATION

September 2020

#324838 v.1



MULTIGREENS

PROFESSIONAL INFORMATION

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

MultiGreens capsules

COMPOSITION:

Proprietary MultiGreens Blend 607.9mg

INGREDIENTS	WT. PER CAPSULE (MG)
Bee pollen	101.8420
Barley grass juice concentrate	97.4900
Spirulina (Spirulina plantensis)	81.4130
Choline (Choline bitartrate)	81.4130
Eluthero (Eluetherococcus senticosus) root	45.7260
Alfalfa leaf powder extract 5:1	44.9580
Pacific kelp (Laminara digitata)	43.1660
Rosemary EO (Rosmarinus officinalis)	3.0000
Lemon EO (Citrus limon)	3.0000
L-Arginine	2.0000
L-Cysteine	2.0000
L-Tyrosine	1.6500
Lemongrass EO (Cymbopogon flexuosus)	1.6000
Melissa EO (Melissa officinalis)	1.0000

Inactive ingredients:

INGREDIENTS	WT. PER CAPSULE (MG)
Silicon Dioxide	1.7410
Gelatin Capsule (Bovine) Size 0 standard	96.0000