

PATIENT INFORMATION LEAFLET
SCHEDULING STATUS: Unscheduled.
Category D: Complementary medicine. Discipline: Discipline specific D33.7 Combination product
PROPRIETARY NAME, STRENGTH, AND PHARMACEUTICAL FORM
 MultiGreens™, 120 capsules

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU
 • **MULTIGREENS™** is available without a doctor's prescription. • Nevertheless, you still need to use **MULTIGREENS™** carefully to get the best results from it. • **Keep this leaflet.** You may need to read it again. • Do not share **MULTIGREENS™** with any other person. • Ask your pharmacist or healthcare practitioner if you need more information or advice.

WHAT IS IN THIS LEAFLET
 • What **MULTIGREENS™** is and what it is used for. • What you need to know before you take **MULTIGREENS™**. • How to take **MULTIGREENS™**. • Possible side effects. • How to store **MULTIGREENS™**. • Contents of the pack and other information.

WHAT MULTIGREENS™ CONTAINS
 Each **MULTIGREENS™** capsule contains the following actives:

Beet pollen	101.84 mg
Boley grass juice concentrate	97.49 mg
Spirulina (Spirulina plantensis)	81.41 mg
Choline (Choline bitartrate)	81.41 mg
L-Tyrosine	65 mg
Eluthero (Eluetherooccus senficoccus) root	45.72 mg
Alfalfa leaf powder extract 5:1	44.9 mg
Pacific kelp (Laminaria digitata)	43.16 mg
Rosemary EO	3 mg
Lemon EO	3 mg
L-Alanine	2 mg
L-Cysteine	2 mg
Lemongrass EO	6 mg
Melissa EO	1 mg

Other ingredients:
 Silicon Dioxide
 Gelatin Capsule

WHAT MULTIGREENS™ IS USED FOR
MULTIGREENS™ delivers a combination of integrating yeasts to support overall health and well-being. It features a purifying essential oil blend that includes Melisse essential oil.

BEFORE YOU TAKE MULTIGREENS™
 Do not take **MULTIGREENS™** if you are hypersensitive (allergic) to any of the ingredients. Should you have an allergy to beet pollen or spirulina do not take this product.
 This medicine has not been evaluated by SAHPRA for quality, safety, or intended use. This medicine is not intended to diagnose, treat, cure or prevent any disease.

PREGNANCY AND BREASTFEEDING
 Safety during pregnancy and breastfeeding has not been established. If you are pregnant or breastfeeding, think you may be pregnant, or are planning to have a baby, do not use this product.

DRIVING AND USING MACHINES
 It is not always possible to predict to what extent **MULTIGREENS™** may interfere with the daily activities of a patient. Patients should ensure that they do not engage in activities relating to requiring mental alertness, judgment and/or sound coordination and vision e.g. driving, riding, flying, sailing, operating machines/equipment, until they are aware of the measure to which **MULTIGREENS™** affects you.

TAKING OTHER MEDICINES WITH MULTIGREENS™
 Always tell your healthcare provider if you are taking any other medicine.

HOW TO TAKE MULTIGREENS™
 Do not share medicines prescribed for you with any other person. Always take **MULTIGREENS™** exactly as described in this leaflet, or as your doctor, healthcare provider has instructed you. You should check with your doctor, pharmacist or healthcare provider if you are unsure.
 Directions for use: Dosage for ages 12 and up: take 3 capsules 2 times daily. Do not exceed recommended dosage.

IF YOU TAKE MORE MULTIGREENS™ THAN YOU SHOULD
 In the event of overdose, consult your doctor, pharmacist. Should none of these be available, contact the nearest hospital or poison control centre.

IF YOU FORGET TO TAKE MULTIGREENS™
 Do not take a double dose to make up for a missed dose.

POSSIBLE SIDE EFFECTS
MULTIGREENS™ may have side effects.
 If you have been diagnosed with autoimmune disorders, multiple sclerosis, lupus, rheumatoid arthritis, heart conditions, diabetes, high blood pressure, mental health conditions, seizure disorders, bleeding disorders consult your healthcare professional for advice before use. Should you be taking any of the following medication, do not take before consulting your healthcare practitioner before use: anticoagulants, antiplatelet medications, diuretics, blood pressure medication, blood sugar medication, lithium, aspirin or ibuprofen. If any of the following happens, stop using **MULTIGREENS™** and tell your doctor or go to the casualty department at your nearest hospital:
 • Nausea, vomiting • Diarrhea
 These are all very serious effects. If you have them, you may have had a serious reaction to **MULTIGREENS™**. You may need urgent medical attention or hospitalisation. Not all side effects reported for **MULTIGREENS™** are included in this leaflet. Should your general health worsen or if you experience any unwanted 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, pharmacist or healthcare professional.

REPORTING OF SIDE EFFECTS
 If you get side effects, talk to your doctor, pharmacist or other healthcare professional. You can also report side effects to SAHPRA via "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of **MULTIGREENS™**.

STORAGE AND DISPOSING OF MULTIGREENS™
 Galatienkapsule

WAARVOOR MULTIGREENS™ GEBRUIK WORD
MULTIGREENS™ lewer 'n kombinasie van verkwikende setpoeke om algemene gesondheid te ondersteun en versterk. Dit beskik oor 'n suawerende essensie olemengsel wat Melisse-essensieë olie insluit.

VOORDAT JY MULTIGREENS™ NEEM
 Moenie **MULTIGREENS™** neem as u hipersensitief (allergies) is vir enige van die bestanddele nie. As u 'n allergie vir bye stuifmeel of spirulina het, moet u nie hierdie produk gebruik nie.

Hierdie medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie. Hierdie medisyne is nie bedoel om 'n ysiekte te diagnoseer, behandel, genees of voorkom nie.

SWANGERSKAP EN BOISVOEDING
 Veiligheid tydens swangerskap en borsvoeding is nie vasgestel nie. As u swanger is of borsvoed, dink dat u swanger is of van plan is om 'n babo te hê, moet u nie hierdie produk gebruik nie.

RESTUUR EN GEBRUIK MASJENE
 Dit is nie altyd moontlik om te voorspel in watter mate **MULTIGREENS™** die daaglikse aktiwiteite wat 'n pasiënt kan inring nie. Pasiënte moet seker maak dat hulle nie betrokke raak by aktiwiteite wat verband hou met geestelike waaksaamheid, oordadig en/of gevaarlike koördinasie en visie nie, byvoorbeeld bestuur, ry, vlieg, ski, masjien / toerusting bedryf, totdat hulle bewus is van die mate wat waartoe **MULTIGREENS™** jou raak.

NEEM ANDER MEDISYNE MET MULTIGREENS™
 Vertel altyd u gesondheidsorgverskaffer van u enige ander medisyne gebruik.

HOE OM MULTIGREENS™ TE NEEM
 Moenie medisyne wat u u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **MULTIGREENS™** presies soos beskryf in hierdie voulijet, of soos u dokter, gesondheidsorgverskaffer u opdrag gegee het. Jy moet met jou dokter, apteek, of ander gesondheidsorgverskaffer gaan kyk as jy onseker is. Aanwysings vir gebruik: Dosis vir ouerdomme 12 en ouer: Neem 3 kapsules 2 keer per dag. Moenie die aanbevole dosis oorskry nie.

AS JY MEER MULTIGREENS™ NEEM AS WAT JY MOET
 In die geval van oordosis, raadpleeg u dokter, apteek. Indien nie een hiervan beskikbaar is nie, kontak die naaste hospitaal of giftbeheersentrum.

AS JY VERGEET OM MULTIGREENS™ TE NEEM
 Moenie 'n dubbele dosis neem om 'n gemiste dosis op te maak nie.

MOONTLIKE NIEWE-EFFEKTE
MULTIGREENS™ kan newe-effekte hê.
 As u met outo-immuunvervalking, veelvuldige sclerose, lupus, reumatoïde artritis, hartaandoen, diabetes, hoë bloeddruk, geslagsgevoelensprobleme, aanvulsiekte, bloedingstoornisse, bloedingstoornisse gedragsoes is, raadpleeg u gesondheidsorgverskaffer vir advies voor gebruik. Indien jy enige van die volgende medikasie neem, moet jy nie neem voordat jy jou gesondheidsorgverskaffer raadpleeg voor gebruik nie: antikoëlasties, antiplateletmedikasie, diuretika, bloeddrukmedikasie, bloedsuikermiddel, lithium, aspirien of ibuprofen. As een van die volgende gebeur, hou op om **MULTIGREENS™** te gebruik en vertel jou dokter of gaan na die ergvervalding by jou naaste hospitaal:
 • Nausea, braken • Diarree
 Dit is alles baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op **MULTIGREENS™** gehad. Miskien het u dringende mediese hulp of hospitalisasie nodig. Nie alle newe-effekte wat vir **MULTIGREENS™** geseopreer word, is by hierdie voulijet ingesluit nie. Indien jou algemene gesondheid versleg of as jy enige ongewone gevolge ervaar tydens die gebruik van hierdie medisyne, raadpleeg onmiddellik jou dokter, apteek of ander gesondheidsorgverskaffer vir raad. As jy enige newe-effekte opmerk wat nie in hierdie leaflet genoem word nie, stel onmiddellik jou dokter, apteek of gesondheidsorgverskaffer in kennis.

VERSLAGDOENING VAN NIEWE-EFFEKTE
 As jy newe-effekte kry, praat met jou dokter, apteek of ander gesondheidsorgverskaffer. U kan ook newe-effekte aan SAHPRA rapporteer via "6.04 Adverse Drug Reaction Reporting Form", wat online gevind word onder SAHPRA se publikasies: <https://www.sahpra.org.za/Publications/Index/8>. Deur newe-effekte aan te meld, kan u help om meer inligting oor die veiligheid van **MULTIGREENS™** te verskaf.

BERGING EN WEGDOEN VAN MULTIGREENS™
 Hou alle medisyne buite bereik van kinders. Berg in 'n koel, donker plek, onder 25 °C. Beskerm teen direkte sonlig en hitte. Stoor in die oorspronklike verpakking. Hou die baltel styf toe. Vervang die beskermende per se alle gebruik. Moenie in die badkamer lê nie. Meet nie gebruik word na die vervaldatum wat op die baltel / verpakking aangedui word nie. Moenie **MULTIGREENS™** gebruik as u sigbare tekens van otergang opmerk nie. Moenie ongebruikte medisyne in draine of rioolstelsels (bv. toilette) weggooi nie. Moenie gebruik as die veiligheidsseël gebreek is nie.

AANBIEDING VAN MULTIGREENS™
 'n Wit plastiekhouer met wit plastiekroedtop en seël vir beskerming en 'n handelsmerk etiket.

IDENTIFISERING VAN MULTIGREENS™
 Duidelike, groen D kapsule dop wat 'n groen tot ligroen poeier bevat met donker spesifikasies.

REGISTRASIONUMBER/REGISTRASIONUMMER: TBA.

NAME AND ADDRESS OF REGISTRASION HOLDER/NAAM EN ADRES VAN REGISTRASIEHOUDER
 Applicant/Aansoeker:
 Young Living South Africa (Pty) Ltd
 Clearwater Office Park, Building 6
 Millennium Boulevard, Strubensvalley
 Roodpoort, Johannesburg, 1753
www.youngliving.com/en_ZA


ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION/TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING
 See information on the website above. /Sien inligting op die webwerf hierbo.

THIS LEAFLET WAS LAST REVISED ON/HERDIE VOULIJET IS LAAS HERSEEN OP
 06 February 2023
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