

# OmegaChoice™ Odourless 1500 mg - Soft Gel Capsules.



Group  
sanofi aventis

PHARMA CHOICE  
HEALTH CARE

## PROPRIETARY NAME (AND DOSAGE FORM)

OmegaChoice™ Odourless 1500 mg Soft Gel Capsules.

## COMPOSITION

Each capsule contains:  
Natural Fish oil: 1500,0 mg  
Containing Omega-3 marine triglycerides (450 mg)  
as  
DHA (Docosahexaenoic Acid - 180 mg)  
EPA (Eicosapentaenoic Acid - 270 mg)  
Contains orange juice and orange oil.

## PHARMACOLOGICAL CLASSIFICATION

A 32.2 Other. Complementary medicine

## INDICATIONS

OmegaChoice™ Odourless 1500 mg contains a natural source of Omega-3. OmegaChoice™ Odourless 1500 mg capsules contain high quality omega-3 fatty acids in an odourless formula. This odourless formula is easily absorbed and does not leave a fishy aftertaste. OmegaChoice™ Odourless 1500 mg is sourced naturally from ocean fresh wild fish. Omega-3 fatty acids perform various functions in cell membranes throughout the body, including:

- the maintenance of cells.
- omega-3 fatty acids are required to maintain general health and wellbeing.
- may reduce inflammation and joint swelling associated with arthritis.
- helps reduce the duration of morning stiffness associated with rheumatoid arthritis.
- medical research shows that consumption of omega 3 essential fatty acids, comprising of DHA and EPA, can help maintain healthy cholesterol levels in healthy people and supports healthy blood pressure.
- omega-3 also supports heart and cardiovascular health.
- omega-3 fatty acids are required for normal growth and cell function.
- DHA contributes to the development and function of the visual system during early fetal development and maintains normal brain function in healthy infants when taken during pregnancy.
- the fatty acids from fish are important structural components of the phospholipid membranes of cells throughout the body.
- known to assist in the maintenance of normal brain function.

## CONTRA-INDICATIONS

Hypersensitivity to any of the ingredients.

## WARNINGS

Nutritional supplementation should not replace a balanced diet.  
Taking multiple supplements and multivitamins may cause a cumulative intake of certain nutrients and or substances.

## INTERACTIONS

Supplemental intake of certain ingredients may interfere with certain medication, other supplements and herbal products, diseases, conditions, laboratory tests and foods.

## PREGNANCY AND LACTATION

Safety of use in amounts greater than found in foods during pregnancy and lactation has not been established.

## DOSAGE AND DIRECTIONS FOR USE

For general wellbeing: take 2 capsules daily with food  
For heart & brain health: take 2 capsules two times daily with food  
For joint health: take 3 capsules two times daily with food

Or as recommended by your healthcare professional. If symptoms persist consult your healthcare professional.

## SIDE-EFFECTS AND SPECIAL PRECAUTIONS

Do not exceed the recommended dosage without consulting your medical practitioner. Use cautiously during peri-operative period (particularly 3 grams per day or greater of omega-3 fatty acids), due to the increased risk of bleeding. Fish oil has a slight antiplatelet effect.<sup>1</sup>

## KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

There are no known cases of overdosage. Treatment should be supportive and symptomatic.

## IDENTIFICATION

Clear oval shaped soft gel capsule.

## PRESENTATION

60 (120) Soft gel capsules in a securitainer.

## STORAGE INSTRUCTIONS

Store below 25 °C in cool, dry place.  
KEEP OUT OF REACH OF CHILDREN

## REGISTRATION NUMBER

To be allocated.

## NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE REGISTRATION CERTIFICATE

Winthrop Pharmaceuticals (Pty) Ltd.  
2 Bond Street,  
Midrand,  
Gauteng. 1685

## DATE OF PUBLICATION OF THIS PACKAGE INSERT

Aug 2009.

## References:

1. Natural Medicine Comprehensive data base. (5th edition )

# OmegaChoice™ Odourless 1500 mg - Sagte Jel Kapsules



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## EIENDOMSNAAM (EN DOSEERVORM)

OmegaChoice™ Odourless 1500 mg - Sagte Jel Kapsules.

### SAMESTELLING

Elke kapsule bevat:

Natuurlike Visolie:

1500,0 mg

Bevattende: Omega-3 mariene trigliseriede (450 mg)  
as

DHA (Dokosaheksaenoïese Suur - 180 mg)

EPA (Eikosapentaenoïese Suur - 270 mg)

Bevat lemoensap en lemoenolie.

### FARMAKOLOGIESE KLASSIFIKASIE

A 32.2 Ander. Komplementêre medisyne.

### INDIKASIES

OmegaChoice™ Odourless 1500 mg bevat 'n natuurlike bron van Omega-3. OmegaChoice™ Odourless 1500 mg kapsules bevat hoë kwaliteit omega-3 vetsure in 'n reuklose formule. Hierdie reuklose formule word maklik geabsorbeer en veroorsaak geen nasmaak van vis nie.

OmegaChoice™ Odourless 1500 mg word natuurlik verkry van oseaan-vars wilde vis.

Omega-3 vetsure oefen verskeie funksies in selmembrane dwarsdeur die liggaam uit, insluitend:

- die onderhoud van selle.
- omega-3 vetsure word benodig om algemene gesondheid en welsyn te onderhou.
- mag inflammasie en swelling van gewigte geassosieer met artritis verminder.
- help om die duur van oggendstyfheid gekoppel aan rumatoïede artritis te verkort.
- mediese navorsing dui aan dat die inname van omega-3 essensiële vetsure, wat bestaan uit DHA en EPA kan help om gesonde cholesterolvlakke by gesonde persone te onderhou en gesonde bloeddruk te ondersteun.
- omega-3 ondersteun ook hart- en kardiovaskulêre gesondheid.
- omega-3 vetsure word benodig vir normale groei en selfunksie.
- DHA dra by tot die ontwikkeling en funksie van die visuele sisteem tydens vroeë fetale ontwikkeling en onderhou normale breinfunksie in gesonde sugelinge as dit tydens swangerskap geneem word.
- die vetsure wat van vis afkomstig is, is belangrike strukturele komponente van die fosfolipiedmembrane van selle dwarsdeur die liggaam.
- dit is bekend dat dit help om normale breinfunksie te onderhou.

### KONTRA-INDIKASIES

Hipersensitiwiteit teenoor enige van die bestanddele.

### WAARSKUWINGS

Voedingsaanvulling behoort nie 'n gebalanseerde dieet te vervang nie.

Die inname van veelvuldige aanvullings en multivitiemene mag 'n kumulatiewe inname van sekere voedingsstowwe en/of verbindings veroorsaak.

### INTERAKSIES

Aanvullende gebruik van sekere bestanddele mag met sekere medikasies, ander aanvullings en kruiemiddels, siektes, toestande, laboratoriumtoetse en voedsel, inmeng.

### SWANGERSKAP EN LAKTASIE

Veiligheid van gebruik in groter hoeveelhede as dié wat in voedsel aangetref word tydens swangerskap en laktasie is nie vasgestel nie.

### DOSIS EN GEBRUIKSAANWYSINGS

Vir algemene welsyn: neem 2 kapsules daaglik saam met voedsel.

Vir hart- en breingesondheid: neem 2 kapsules twee keer daaglik saam met voedsel.

Vir gewrigsgesondheid: neem 3 kapsules twee keer daaglik saam met voedsel.

Of soos deur jou gesondheidsorgpraktisyn aanbeveel. Indien simptome aanhou, raadpleeg jou gesondheidsorgpraktisyn.

### NEWE-EFFEKTE EN SPESIALE VOORSORGMATREËLS

Moenie die aanbevole dosis oorskry, sonder om jou mediese praktisyn te raadpleeg nie. Gebruik versigtig in die tydperk voor 'n operasie (veral 3 gram per dag of meer omega-3 vetsure), as gevolg van die verhoogde risiko van bloeding. Visolie het 'n effense anti-plaatjie effek. <sup>1</sup>

### BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN

Geen gevalle van oordosering is bekend nie. Behandeling behoort ondersteunend en simptome te wees.

### IDENTIFIKASIE

Helder ovaalvormige sagte jel kapsule.

### AANBIEDING

60 (120) Sagte jel kapsules in 'n securitainer.

### BERGINGSANWYSINGS

Bewaar benede 25 °C, op 'n koel, droë plek.

HOU BUITE BEREIK VAN KINDERS.

### REGISTRASIENOMMER

Sal toegeken word.

### NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

Winthrop Pharmaceuticals (Edms) Bpk

Bondstraat 2,

Midrand,

Gauteng.

1685

### DATUM VAN PUBLIKASIE VAN HIERDIE VOUBILJET

Aug 2009.