Product Information Leaflet

OmegaChoice™ UltraHeart Soft Gel Capsules

Winthrop | Group sanofi aventis | PharmaChoice HEALTHCARE

COMPOSITION:
Each capsule contains:

EPAX 4020 TG/N EPAX concentrated Omega-3 triglycerides -fish	1000,0 mg
Equivalent to:	
Omega -3 Marine Triglycerides:	(700,0 mg)
Eicosapentaenoic Acid (EPA)	402,0 mg
Docosahexaenoic Acid (DHA)	201,0 mg

PHARMACOLOGICAL CLASSIFICATION
A.32.2. Other. Combination Complementary Medicines

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

Heart Health
- 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.

Other benefits
- the maintenance of cells.
- Omega-3 fatty acids are required to maintain general health and well-being.
- may reduce inflammation and joint swelling associated with arthritis.
- helps reduce the duration of morning stiffness associated with rheumatoid arthritis.
- 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 foetal 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.
High doses of fish oil may increase risk of bleeding.

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 not established.

DOSAGE AND DIRECTIONS FOR USE .
For Heart Health: Take 1 capsule daily with food.
For Cholesterol & Cardiovascular Health: Take 2 capsules daily with food.
Or as recommended by your healthcare professional.

SIDE-EFFECTS AND SPECIAL PRECAUTIONS
Do not exceed the recommended dosage without consulting your medical practitioner. [1]

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
30, 60 Soft Gel capsules inside a securitainer.

STORAGE INSTRUCTIONS
Store below 25 °C in cool, dry place.
Keep container sealed to, keep out moisture.
KEEP OUT OF REACH OF CHILDREN

REGISTRATION NUMBER
To be allocated.

All products in the Choice range are manufactured to the highest standards and are available in leading pharmacies throughout South Africa. Quality products in the Choice range:–

CHOICE PRODUCTS	
OMEGA PORTFOLIO	
OmegaChoice™ General	High quality omega-3 supplement to help maintain general health and well-being.
OmegaChoice Odourless™ 1500 mg	High quality omega-3 supplement for heart, brain and joint health.
SLEEP HEALTH	
SleepChoice™	Natural sleep aid which helps in falling asleep, staying asleep and waking up refreshed.
IMMUNE HEALTH	
ImmunoChoice®	Powerful antioxidants and immune boosting nutrients combined to provide protection for optimal health.
ViralChoice® Effervescent	Long-term immune support for cold and flu management in an effervescent dosage form.
ViralChoice® Capsules	Cold and flu immune system supplement.
ViralChoice® Vegetabs	Cold and flu immune supplement for vegetarians.
ViralChoice® Junior	Cold and flu immune supplement syrup for children.
ViralChoice® Junior Multivitamin	A comprehensive, balanced fruity flavoured vitamin and mineral supplement chewtab for growing children.
MultiVitChoice™	An affordable, comprehensive multivitamin and mineral supplement with Lycopene.
HEART HEALTH	
Stat10Choice™	Nutritional supplement to replenish depleted Co-enzyme Q10 levels.
HeartChoice™ Optimal	Helps to improve heart health and circulation.
HeartChoice™ Energiser	Helps to improve heart health and overall energy.
INTESTINAL HEALTH	
GastroChoice™ IBS	Helps in relieving symptoms of Irritable Bowel Syndrome (IBS).
GastroChoice™	Helps in restoring the balance of natural flora in conditions such as diarrhoea, traveller's diarrhoea and antibiotic associated diarrhoea
HydraChoice™	Aids in restoring intestinal flora and in fluid and electrolyte replacement.
WOMAN'S HEALTH	
WomansChoice™ Cranberry Max	An extra strength cranberry juice concentrate supplement, to help maintain urinary tract health.
WomansChoice™ Intimacy	Helps improve sexual, mental and physical energy.
MEN'S HEALTH	
PerformaChoice®	Helps improve sexual, mental and physical energy.
BONE AND JOINT HEALTH	
ArthroChoice™	Helps to preserve and nourish joint cartilage, as well as helping to provide relief from pain, inflammation and joint stiffness.
ArthroChoice™ Advanced	Helps to preserve and nourish joint cartilage. Provides the optimal dose of glucosamine to assist in the management of joint pain, inflammation and stiffness.
OsteoChoice®	The ultimate calcium supplement containing vitamin D, minerals and other unique bone building nutrients.
ENERGY PORTFOLIO	
MultiVitChoice™	An affordable, comprehensive multivitamin and mineral supplement with Lycopene.
VitaChoice®	Multi-nutritional supplement for people with busy, stressful lifestyles.

Join the PharmaChoice Loyalty Programme. BUY 3 PharmaChoice Products* and get 1 FREE.
*** Terms and conditions apply. Go to www.pharmachoice.co.za for claim procedures and more information.**

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE REGISTRATION CERTIFICATE
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2 Bond Street,
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DATE OF PUBLICATION OF THIS PACKAGE INSERT
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Reference:
1. Natural Medicine Comprehensive data base. (5th Edition).

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OmegaChoice™ UltraHeart Sagte Jel Kapsules

SAMESTELLING

Elke kapsule bevat:

EPAX 4020 TG/N EPAX gekonsentreerde omega-3-trigliseriede-vis	1000,0 mg
Ekwivalent aan:	
Omega-3 Mariene Trigliseriede:	(700,0 mg)
Eikosapentaenoïese Suur (EPA)	402,0 mg
Dokosaheksaenoïese Suur (DHA)	201,0 mg

FARMAKOLOGIESE KLASSIFIKASIE

A 32.2. Ander. Kombinasie Komplementêre medisyne.

INDIKASIES

OmegaChoice UltraHeart bevat 'n natuurlike bron van hoë kwaliteit omega-3 vetsure in 'n reuklose formule. Hierdie reuklose formule word maklik geabsorbeer en veroorsaak geen nasmaak van vis nie. OmegaChoice UltraHeart word natuurlik verkry van oseaan-vars wilde vis. Omega-3 vetsure oefen verskeie funksies in selmembrane dwarsdeur die liggaam uit, insluitend:

Hartgesondheid

- 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

Ander voordele

- die onderhoud van selle.
- Omega-3 vetsure word benodig om algemene gesondheid en welsyn te onderhou.
- mag inflammasie en swelling van gewrigte geassosieer met artritis verminder.
- help om die duur van oggendstyfheid gekoppel aan rumatoïede artritis te verkort.
- 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 hou normale breinfunksie in stand by gesonde suigelinge 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 in stand te hou.

KONTRA-INDIKASIES

Hipersensitiwiteit teenoor enige van die bestanddele.

WAARSKUWINGS

Voedingsaanvulling behoort nie 'n gebalanseerde dieet te vervang nie.
Die inname van veelvuldige aanvullings en multivitamiene mag 'n kumulatiewe inname van sekere voedingstowwe en/of verbindings veroorsaak. Hoë dosisse visolie kan die bloedingsrisiko verhoog.

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 Hartgesondheid: Neem 1 kapsule daagliks saam met voedsel.
Vir Cholesterol en kardiovaskulêre gesondheid: Neem 2 kapsules daagliks saam met voedsel.
Of soos deur jou gesondheidsorgpraktisyn aanbeveel.

NEWE-EFFEKTE EN SPESIALE VOORSORGMAATREËLS

Moenie die aanbevole dosis oorskry, sonder om jou mediese praktisyn te raadpleeg nie.[1]

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN

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

IDENTIFIKASIE

Helder ovaalvormige sagte jel kapsule.

AANBIEDING

30, 60 Sagte Jel kapsules in 'n securitainer.

BERGINGSAANWYSINGS

Bewaar benede 25 °C, op 'n koel, droë plek.
Hou houer diggesluit om vog uit te hou.
HOU BUITE BEREIK VAN KINDERS.

REGISTRASIENOMMER

Sal toegeken word.

Al die produkte in die Choice reeks word volgens die hoogste standaarde vervaardig en is beskikbaar in toonaangewende apteke regdeur Suid-Afrika. Kwaliteit produkte in die Choice reeks:–

CHOICE PRODUKTE	
OMEGA-PORTEFEULJE	
OmegaChoice™ General	Hoë kwaliteit omega-3-aanvulling om algemene gesondheid en welsyn te help onderhou.
OmegaChoice Odourless™ 1500 mg	Hoë kwaliteit omega-3-aanvulling vir hart-, brein- en gewrigsgesondheid.
SLAAPGESONDHEID	
SleepChoice™	Natuurlike slaapmiddel wat persone help om aan die slaap te raak, aan die slaap te bly en verfris wakker te word.
IMMUNITEITSGESONDHEID	
ImmunoChoice®	Kragtige anti-oksidante en voedingstowwe wat immuniteit versterk, gekombineer om beskerming vir optimale gesondheid, te verskaf.
ViralChoice® Effervescent	Langtermyn ondersteuning van immuniteit vir die hantering van verkoues en griep in 'n bruis-doseringsvorm.
ViralChoice® Capsules	Immuunsisteemaanvulling teen verkoue en griep.
ViralChoice® Vegetabs	Immuniteitsaanvulling teen verkoue en griep vir vegetariërs.
ViralChoice® Junior	Immuniteitsaanvullingstroop teen verkoue en griep vir kinders.
ViralChoice® Junior Multivitamin	'n Omvattende, gebalanseerde vrugtegeur vitamien- en mineraalaanvulling koutablet vir groeiende kinders.
MultiVitChoice™	'n Bekostigbare, omvattende vitamien- en mineraalaanvulling met Likopeen.
HARTGESONDHEID	
Stat10Choice™	Voedingsaanvulling om uitgeputte Koënsiem Q10-vlakke aan te vul.
HeartChoice™ Optimal	Help om hartgesondheid en sirkulasie te verbeter.
HeartChoice™ Energiser	Help om hartgesondheid en algehele energie te verbeter.
INTESTINALE GESONDHEID	
GastroChoice™ IBS	Help om die simptome van Prikkelbare Dermsindroom (PDS) te verlig.
GastroChoice™	Help om die balans van die natuurlike flora in toestande soos diarree, reisigersdiarree en antibiotikum-geassosieerde diarree, te herstel.
HydraChoice™	Help om intestinale flora te herstel en om vloeistof en elektroliete te vervang.
VROULIKE GESONDHEID	
WomansChoice™ Cranberry Max	'n Ekstra sterkte aanvulling van bosbessiesap-konsentraat, om die gesondheid van die urinêre stelsel te onderhou.
WomansChoice™ Intimacy	Help om seksuele, verstandelike en fisiese energie te verbeter.
MANLIKE GESONDHEID	
PerformaChoice®	Help om seksuele, verstandelike en fisiese energie te verbeter.
BEEN- EN GEWRIGSGESONDHEID	
ArthroChoice™	Help om die kraakbeen van die gewrigte te preserveer en te voed, en help ook om verligting van pyn, inflammasie en gewrigstyfheid te verskaf.
ArthroChoice™ Advanced	Help om die kraakbeen van die gewrigte te preserveer en te voed. Verskaf die optimale dosis glukosamien om die behandeling van gewrigpyn, -inflammasie en -styfheid te ondersteun.
OsteoChoice®	Die vernaamste kalsiumaanvulling wat vitamien D, minerale en ander unieke beenbou-voedingstowwe bevat.
ENERGIE-PORTEFEULJE	
MultiVitChoice™	'n Bekostigbare, omvattende multivitamien- en mineraalaanvulling met Likopeen.
VitaChoice®	Veelvuldige voedingsaanvulling vir persone met besige, stresvolle lewenstyle.

Sluit aan by die PharmaChoice lojaliteitsprogram. Koop 3 PharmaChoice Produkte* en kry 1 verniet.
*** Terme en voorwaardes geld. Gaan na www.pharmachoice.co.za vir eis prosedures en meer inligting.**

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

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