

SCHEDULING STATUS

SO

PROPRIETARY NAME AND DOSAGE FORM

Eterna Soft Gels

COMPOSITION

Per 125mg soft gel

Tocotrienols 125mg

Delta-tocotrienol (90%) 112.5mg

Gamma-tocotrienol (10%) 12.5mg

Inactive ingredients: bone gelatine, glycerine, purified water.

THE APPROVED INDICATIONS AND USE

Vitamin E is an essential nutrient that contains both tocotrienols and tocopherols. Eterna 125mg soft gels is a natural tocotrienol product derived from annatto food ingredients which is currently used as an important food additive. Eterna is an antioxidant that contributes to the protection of cells from cell damage.

The Tocotrienols found in Eterna assist in the maintenance of good health. A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.

BEFORE TAKING ETERNA

Contraindications: Do not use Eterna if you have any allergies or are allergic to Vitamin E (tocotrienols) or any of the other ingredients found in Eterna.

Paediatric Population: The safety of Eterna in children under the age of 10 years is not yet established. In general, health supplements should not be intended for supply to any children under the age of seven (7) months old unless where supplementation is medically warranted.

PRECAUTIONS AND WARNINGS

Pregnancy and breast-feeding: Safety of use in pregnancy and breast-feeding has not yet been established. Pregnant or breast-feeding mothers should consult a health care provider for advice before taking this medicine.

Diabetes: If you are diabetic, you should monitor your blood sugar levels closely when using Eterna as tocotrienols may cause your blood sugar levels to drop.

Surgery: As Eterna may affect your blood sugar levels, there is a concern that it might interfere with blood sugar control during and after surgery. Therefore, Eterna should be stopped at least 2 weeks before scheduled surgery.

INTERACTIONS

Drug Interactions: There are no known interactions with other medications.

Herb Interactions: Eterna might lower your blood sugar levels. It should therefore be used carefully in combination with other herbs and supplements that might lower blood sugar levels. These herbs and supplements include (but are not limited to) devil's claw, fenugreek, guar gum, Panax ginseng and Siberian ginseng. Using Eterna along with other herbs and supplements that have the same effect may result in very low blood sugar levels.

Food Interactions: There are no known interactions with foods. Always tell your health care provider if you are taking any other medicine.

HOW TO TAKE ETERNA

Adults and children over the age of 10 years: Take one 125mg Eterna soft gel daily with food. Do not share pre-scribed medicines. In the event of overdose, consult your doctor, pharmacist, nearest hospital, or poison control centre.

SIDE EFFECTS

There are no known side effects of Eterna. Not all side effects reported for this supplement are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your health care provider for advice.

STORAGE & DISPOSAL INFORMATION

Store between 15°C and 30°C in a dry place away from direct sunlight. Store in original packaging. STORE ALL MEDICINES OUT OF REACH OF CHILDREN.

IDENTIFICATION AND DESCRIPTION OF THE MEDICINE

An oval 4 clear red, amber coloured soft gel.

PRESENTATION

A white PET bottle with a grey child-resistant closure and a silica gel desiccant in a pack-size of 30 soft gels.

REGISTRATION NUMBER

Complementary Medicine: Health Supplement.

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

APPLICANT DETAILS

MC Pharma (Pty) Ltd
62 Constantia Avenue,
Mnandi,
Centurion 0152,
South Africa
Tel: 012 668 3019

DATE OF PUBLICATION

ACCESS TO PROFESSIONAL INFORMATION

www.endocare.co.za