

## PATIENT INFORMATION LEAFLET

### SCHEDULING STATUS:

Unscheduled

### PROPRIETARY NAME AND DOSAGE FORM:

#### TURBO ENERGY X-TREME liquid sachet

Read all of this leaflet carefully because it contains important information for you. TURBO ENERGY X-TREME is available without a doctor's prescription, for you as a health supplement. Nevertheless, you still need to use TURBO ENERGY X-TREME carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share TURBO ENERGY X-TREME with any other person.
- Ask your pharmacist or health care provider if you need more information or advice.

### WHAT TURBO ENERGY X-TREME CONTAINS:

Each TURBO ENERGY X-TREME liquid sachet contains:

Caffeine anhydrous	100 mg
Sodium chloride	121 mg
Potassium chloride	310 mg
Sodium bicarbonate	305 mg
Riboflavin (Vitamin B2)	1.5 mg

Contains sugar as fructose 7.6 g and sodium saccharin 22 mg.

### Complementary Medicine: Health Supplement.

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

#### 1. What TURBO ENERGY X-TREME is and what it is used for

TURBO ENERGY X-TREME is a health supplement that may be used to aid with the constraints of daily tasks. TURBO ENERGY X-TREME can be used to stay awake and feel energised, to aid with cramps and energy during sports events, it also contains electrolytes which limits dehydration.

#### 2. What you need to know before you take TURBO ENERGY X-TREME

##### Do not take TURBO ENERGY X-TREME

- If you are hypersensitive (allergic) to caffeine, sodium, potassium or any of the ingredients of TURBO ENERGY X-TREME
- If you have undiagnosed high blood pressure (hypertension) or heart rhythm disorders
- If you are pregnant or breastfeeding your baby
- If you have hyperkalemia (blood potassium levels higher than normal)
- If you have severe renal impairment or chronic renal failure
- If you have systemic acidosis

### Warnings and precautions

**If you have a medical condition, seek advice from your health care provider.**

Take special care with TURBO ENERGY X-TREME:

- In patients being treated for high blood pressure or heart rhythm disorders
- If you are on a diet consisting of high levels of potassium and sodium
- In patients using potassium sparing diuretics
- Acute dehydration
- Heat cramps
- Heart failure
- Peripheral and pulmonary oedema
- Pre-eclampsia (high blood pressure during pregnancy)
- Extensive tissue destruction which occurs with severe burns

### Other medicines and TURBO ENERGY X-TREME:

Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

### Drug interactions

#### *Ginkgo Biloba:*

- **Potassium sparing diuretics** – this may lead to increased levels of potassium in the body
- **Angiotensin converting enzyme (ACE) inhibitors** – causes potassium retention and will likely lead to increased levels of potassium when used with TURBO ENERGY X-TREME
- **Corticosteroids** – Can cause sodium retention which in turn may lead to hypernatremia (excess levels of sodium in the body)
- **Idrocilamide** – has anti-inflammatory effects and muscle relaxant properties. This drug is a potent inhibitor of caffeine metabolism and may lead to increased levels of caffeine in the bloodstream
- **Phenylpropanolamine** – Simultaneous use of phenylpropanolamine and caffeine results in increased plasma caffeine concentrations, greater increase in blood pressure and physical side effects may also occur

### TURBO ENERGY X-TREME with food, drink and alcohol

TURBO ENERGY X-TREME should be taken in close proximity to meals. Avoid taking it with foods that contain high levels of potassium and sodium. Avoid taking it with alcohol or other energy drinks containing similar ingredients.

### Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before taking this medicine.

Safety during pregnancy and breastfeeding has not been established.

### Driving and using machines

TURBO ENERGY X-TREME is unlikely to affect your ability to drive or operate machinery/equipment. It is not always possible to predict to what extent TURBO ENERGY X-TREME may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which TURBO ENERGY X-TREME affects them.

TURBO ENERGY X-TREME contains sugar in the form of fructose and sodium saccharin.

### 3. How to take TURBO ENERGY X-TREME:

Do not share medicines prescribed for you with any other person. Always take TURBO ENERGY X-TREME exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Take one sachet up to three times per day.

It is advised not to take more than three sachets per day. Do not use TURBO ENERGY X-TREME for extended periods of time if unnecessary. It should not be

taken late during the day. TURBO ENERGY X-TREME should not be used by children.

### If you take more TURBO ENERGY X-TREME than you should:

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

### If you forget to take TURBO ENERGY X-TREME:

Take your missed dose as soon as you remember, if within a few hours after missing a dose. If you only remember about the missed dose the following day, do not take a double dose to make up for the forgotten individual doses. In this case just continue taking one sachet up to three times per day.

### If you stop taking TURBO ENERGY X-TREME:

If you have stopped taking TURBO ENERGY X-TREME for any reason, particularly because you think you are having side effects or for other illness, it is important that you contact your doctor before restarting.

### 4. Possible side effects

TURBO ENERGY X-TREME can have side effects.

Not all side effects reported for TURBO ENERGY X-TREME are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking TURBO ENERGY X-TREME, please consult your health care provider for advice.

TURBO ENERGY X-TREME may cause the following side effects:

#### Excessive amounts of potassium may lead to hyperkalemia which exhibits symptoms like:

Frequent: nausea, vomiting, diarrhoea, abdominal cramps  
Less Frequent: paraesthesia of extremities, muscle weakness, paralysis, hypotension, cardiac arrhythmias, heart block, cardiac arrest

#### Excess amounts of sodium in the body may lead to:

Frequent: nausea, vomiting, diarrhoea, abdominal cramps, thirst, reduced salivation and lacrimation, sweating, fever, tachycardia, hypertension, headache, dizziness, restlessness, irritability, weakness  
Less Frequent: renal failure, peripheral and pulmonary oedema, respiratory arrest, muscular twitching and rigidity, convulsions, coma

#### Caffeine may cause the following side effects:

Nausea, vomiting, diarrhoea, abdominal cramps, gastro-intestinal bleeding, insomnia, headache, anxiety, restlessness, hypertension, tremors and palpitations.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

### Reporting of side effects

If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via the "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications: <http://www.sahpra.org.za/Publications/In-dex/8>. By reporting side effects, you can help provide more information on the safety of TURBO ENERGY X-TREME.

### 5. How to store TURBO ENERGY X-TREME:

- Store at or below 25 °C
- Protect from direct sunlight and moisture
- STORE ALL MEDICINES OUT OF REACH OF CHILDREN
- Do not use after the expiry date stated on the outer packaging
- Return all unused or expired medicine to your pharmacist
- Do not dispose of unused or expired medicine in drains or sewerage systems (e.g. toilets).

### 6. Contents of the pack and other information

#### What TURBO ENERGY X-TREME contains

The active substances are caffeine anhydrous, sodium chloride, potassium chloride, sodium bicarbonate and riboflavin (vitamin B2). The other ingredients are citric acid anhydrous, potassium sorbate, apple / berry / orange flavour, pea green and berry red colourants. Contains sugar as fructose and sodium saccharin.

#### What TURBO ENERGY X-TREME looks like and contents of the pack

TURBO ENERGY X-TREME is available in apple, berry and citrus fusion in cartons of 48 sachets. Each sachet contains 15 ml of liquid.

TURBO ENERGY X-TREME apple fusion has a green colour and an apple flavour.  
TURBO ENERGY X-TREME berry fusion has a red-orange colour and a berry flavour.  
TURBO ENERGY X-TREME citrus fusion has a yellow colour and a citrus flavour.

#### Registration number:

To be allocated by Council upon registration.

#### Holder of Certificate of registration

Manufactured by Hersol Manufacturing Laboratories (Pty) Ltd on behalf of Lookc Pharmaceuticals (Pty) Ltd.



**LOOKC PHARMACEUTICALS**  
REG.ND:2001/002217/07 (PTY) LTD

Lookc Pharmaceuticals (Pty) Ltd  
PO Box 902  
Waterfall Mall  
Rustenburg  
0323  
+27 (0)11-480-4916

### Complementary Medicine: Health Supplement. Category D.

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

**This leaflet was last revised in 13 January 2020**

## PASIËNTINLIGTINGSVOUBILJET

### SKEDULERINGSSTATUS:

Ongeskeduleerd

### HANDELSNAAM EN DOSERINGSVORM

#### TURBO ENERGY X-TREME sakkies

Lees al die inligting in die voubiljet noukeurig deur, want dit bevat belangrike inligting vir jou. TURBO ENERGY X-TREME is beskikbaar vir jou as 'n gesondheidsaanvulling sonder 'n voorskrif van die dokter. Nogtans moet jy TURBO ENERGY X-TREME noukeurig gebruik om die beste resultate daaruit te kry.

- Hou hierdie voubiljet. Jy mag dit later weer wil lees.
- Moet nie TURBO ENERGY X-TREME met enige ander persoon deel nie.
- Vra jou apteker of gesondheidsorgverskaffer as jy meer inligting of advies benodig.

#### WAT BEVAT TURBO ENERGY X-TREME:

Elke TURBO ENERGY X-TREME sakkie bevat:

Kafeïen anhidries	100 mg
Natriumchloried	121 mg
Kaliumchloried	310 mg
Natriumbikarbonaat	305 mg
Riboflaviën (Vitamiën B2)	1.5 mg

Bevat suiker as fruktose 7.6 g en natriumsakkarien 22 mg.

#### Aanvullende Medisyne: Gesondheidsaanvulling.

Hierdie ongeregisteerde medisyne is nie deur die SAHPRA geëvalueer vir die kwaliteit, veiligheid of beoogde gebruik daarvan nie.

#### 1. Wat is TURBO ENERGY X-TREME en waarvoor word dit gebruik

TURBO ENERGY X-TREME is 'n gesondheidsaanvulling wat gebruik kan word om te help met die beperkinge van daaglikse take. TURBO ENERGY X-TREME kan gebruik word om wakker te bly en energiek te voel, om krampe te verlig of voorkom asook om energie te verskaf tydens sportaktiwiteite, dit bevat ook elektroliete wat dehidrasie kan beperk.

#### 2. Wat jy moet weet voordat jy TURBO ENERGY X-TREME gebruik

##### Moet nie TURBO ENERGY X-TREME gebruik

- As jy hipersensitief (allergies) is vir kafeïene, natrium, kalium of enige van die bestanddele van TURBO ENERGY X-TREME
- As jy ongediagnoseerde hoë bloeddruk (hipertensie) of hartritmeversteurings het
- As jy swanger is of jou baba borsvoed
- As jy hiperkalemie het (hoër as normale vlakke van kalium in die liggaam)
- As jy ernstige renale inkorting of kroniese nierversaking het
- As jy sistemiese asidose het

##### Waarskuwings en voorsorgmaatreëls

#### As jy 'n mediese toestand het, raadpleeg jou gesondheidsorgverskaffer

Wees veral versigtig met TURBO ENERGY X-TREME

- As jy op 'n dieet is wat bestaan uit hoë kalium- en natriumvlakke
- In pasiënte wat kaliumsparende diuretikums gebruik
- Akute dehidrasie
- Hartkrampe
- Hartversaking
- Perifere en pulmonale edeem
- Pre-eklampsie (hoë bloeddruk tydens swangerskap)
- Ernstige brandwonde met gepaardgaande weefselskade

#### Ander medisyne en TURBO ENERGY X-TREME:

Stel altyd jou gesondheidsorgverskaffer in kennis indien jy enige ander medikasie gebruik. (Dit sluit alle aanvullende of tradisionele medisyne in.)

#### Geneesmiddelinteraksies

- **Kaliumsparende diuretikums** – dit kan lei tot verhoogde kaliumvlakke in die liggaam
- **Angiotensien-omskakelingsensiem (AOE) inhibeerders** – veroorsaak kaliumretensie en sal waarskynlik lei tot verhoogde kaliumvlakke wanneer dit saam met TURBO ENERGY X-TREME gebruik word
- **Kortikosteroïede** – kan natriumretensie veroorsaak wat op sy beurt kan lei tot hipernatremie (oormatige natriumvlakke in die liggaam)
- **Idrosilamied** – het anti-inflammatoriese en spierverslappende effekte. Hierdie middel is 'n sterk inhibeerder van kafeïenmetabolisme en kan lei tot verhoogde kafeïenvlakke in die bloedstroom
- **Fenielpromanolamien** – gelyktydige gebruik van fenielpromanolamien en kafeïen kan lei tot verhoogde konsentrasies van kafeïen in plasma, 'n groter toename in bloeddruk en fisiese nuwe-effekte kan ook voorkom

#### TURBO ENERGY X-TREME met kos, drank en alkohol

TURBO ENERGY X-TREME moet naby etes geneem word. Vermoed dit saam met kosse wat 'n hoë hoeveelheid kalium en natrium bevat. Vermoed dit saam met alkohol of ander energiedrankies wat soortgelyke bestanddele bevat.

#### Swangerskap, borsvoeding en vrugbaarheid

As jy swanger is of borsvoed, dink dat jy swanger is of van plan is om 'n baba te hê, raadpleeg jou dokter, apteker of ander gesondheidsorgverskaffer voordat jy hierdie medisyne gebruik.

Veiligheid tydens swangerskap en borsvoeding is nog nie vasgestel nie.

#### Bestuur en gebruik van masjiene

Dit is onwaarskynlik dat TURBO ENERGY X-TREME jou vermoë om te bestuur of masjinerie/toerusting te gebruik sal beïnvloed.

Dit is nie altyd moontlik om te voorspel tot in watter mate TURBO ENERGY X-TREME in die daaglikse aktiwiteite van 'n pasiënt kan inmeng nie. Pasiënte moet seker maak dat hulle nie aan die bogenoemde aktiwiteite deelneem nie, totdat hulle bewus is van die mate waarop TURBO ENERGY X-TREME hulle beïnvloed.

TURBO ENERGY X-TREME bevat suiker in die vorm van fruktose en natriumsakkarien.

#### 3. Hoe om TURBO ENERGY X-TREME te gebruik

Moet nie medisyne wat vir jou voorgeskryf is, met enige ander persoon deel nie. Gebruik TURBO ENERGY X-TREME altyd presies soos beskryf in hierdie voubiljet, of soos deur jou dokter of apteker voorgesê is. Raadpleeg jou dokter of apteker indien jy nie seker is nie.

Neem een sakkie tot drie keer per dag.

Dit word aanbeveel om nie meer as drie sakkies per dag te neem nie. Moet nie TURBO ENERGY X-TREME vir lang tydperke gebruik as dit onnodig is nie. Dit moet nie laat gedurende die dag geneem word nie. TURBO ENERGY X-TREME moet nie deur kinders gebruik word nie.

#### As jy meer TURBO ENERGY X-TREME neem as wat jy behoort:

In die geval van 'n oordosis, raadpleeg jou dokter of apteker. As nie een beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

#### As jy vergeet om TURBO ENERGY X-TREME te gebruik:

Neem jou gemiste dosis sodra jy dit onthou, binne 'n paar uur nadat jy 'n dosis gemis het. As jy slegs die volgende dag van die gemiste dosis onthou, moet nie 'n dubbele dosis neem om die vergete dosis aan te vul nie. In hierdie geval moet jy net voortgaan met die gebruik van een sakkie tot drie keer per dag.

#### As jy ophou om TURBO ENERGY X-TREME te gebruik:

As jy om een of ander rede opgehou het om TURBO ENERGY X-TREME te gebruik, veral omdat jy dink dat jy nuwe-effekte ervaar of weens ander siektes, is dit belangrik dat jy jou dokter kontak voordat jy weer begin.

#### 4. Moontlike nuwe-effekte

TURBO ENERGY X-TREME kan nuwe-effekte hê.

Nie alle nuwe-effekte wat vir TURBO ENERGY X-TREME aangemeld is, word in die voubiljet genoem nie. Raadpleeg jou gesondheidsorgverskaffer vir advies indien jou algemene gesondheid versleg of as jy enige ander nuwe-effekte ervaar met die gebruik van TURBO ENERGY X-TREME.

TURBO ENERGY X-TREME kan die volgende nuwe-effekte veroorsaak:

#### Oormatige hoeveelhede kalium kan lei tot hiperkalemie wat simptome toon soos:

Gereeld: naarheid, braking, diarree, abdominale krampe  
Minder gereeld: parestesie van die ledemate, spierswakheid, verlamming, hipotensie, aritmieë, hartblok en hartstilstand

#### Oormatige hoeveelhede van natrium in die liggaam kan aanleiding gee tot:

Gereeld: naarheid, braking, diarree, maagkrampe, dors, verminderde speeksel en lakrimasie, sweet, koors, tagikardie, hipertensie, hoofpyn, duiseligheid, rusteloosheid, irriteerbaarheid en swakheid  
Minder gereeld: nierversaking, perifere en pulmonale edeem, respiratoriese onderdrukking, spierrigiditeit, stuiprekkings, koma

#### Kafeïen kan die volgende nuwe-effekte veroorsaak:

Naarheid, braking, diarree, abdominale krampe, gastro-intestinale bloeding, slapeloosheid, hoofpyn, angstigheid, rusteloosheid, hipertensie, tremore en palpitasies.

Indien jy enige nuwe-effekte opmerk wat nie in die voubiljet genoem word nie, stel jou dokter of apteker in kennis daarvan.

#### Rapportering van nuwe-effekte

Praat met jou dokter of apteker indien jy enige nuwe-effekte ervaar. Jy kan ook nuwe-effekte by SAHPRA aanmeld via die "6.04 Adverse Drug Reaction Reporting Form", wat aanlyn gevind kan word onder SAHPRA se publiskies: <http://www.sahpra.org.za/Publications/Index/8>. Deur nuwe-effekte te rapporteer, kan jy help om meer inligting oor die veiligheid van TURBO ENERGY X-TREME te gee.

#### 5. Hoe om TURBO ENERGY X-TREME te berg:

- Berg teen of onder 25 °C
- Beskerm teen direkte sonlig en vog
- BERG ALLE MEDISYNE BUITE BEREIK VAN KINDERS
- Moet nie gebruik na die vervaldatum wat op die buitenste verpakking aangedui is nie
- Vat alle ongebruikte of vervalde medisyne na jou apteker toe
- Moet nie ongebruikte of vervalde medisyne in dreine of rioelstelsels (bv. toilette) weggooi nie

#### 6. Inhoud van die verpakking en ander inligting

##### Wat TURBO ENERGY X-TREME bevat

Die aktiewe bestanddele is kafeïen anhidries, natriumchloried, kaliumchloried, natrimbikarbonaat en riboflaviën (vitamiën B2). Die ander bestanddele is anhririese sitroensuur, kaliumsorbaat, appel/bessie/sitrus geur, ertjie groen en bessie rooi kleursel.

Bevat suiker as fruktose en natriumsakkarien.

##### Hoe TURBO ENERGY X-TREME lyk en die inhoud van die verpakking

TURBO ENERGY X-TREME is beskikbaar in appel, bessie en sitrus geur in kartonne van 48 sakkies. Elke sakkie bevat 15 ml vloeistof.

TURBO ENERGY X-TREME appel het 'n groen kleur met 'n appel geur. TURBO ENERGY X-TREME bessie het 'n rooi-oranje kleur met 'n bessie geur. TURBO ENERGY X-TREME sitrus het 'n geel kleur met 'n sitrus geur.

##### Registrasienuommer:

Word deur die Raad toegeken by registrasie.

##### Houer van registrasiesertifikaat

Vervaardig deur Hersol Manufacturing Laboratories (Edms) Bpk namens Look Pharmaceuticals (Edms) Bpk.



Look Pharmaceuticals (Edms) Bpk.  
Posbus 902  
Waterfall Mall  
Rustenburg  
0323  
+27 (0)11-480-4916

##### Aanvullende Medisyne: Gesondheidsaanvulling. Kategorie D.

Hierdie ongeregisteerde medisyne is nie deur die SAHPRA geëvalueer vir die kwaliteit, veiligheid of beoogde gebruik daarvan nie.

Hierdie voubiljet is laas hersien op 13 Januarie 2020