



CHAYA LEAF CAPSULES PATIENT INFORMATION LEAFLET / PASIËNT INLIGTING PAMFLET

SCHEDULING STATUS

50

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

Chaya 500 mg Capsules

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

- Chaya is available without a doctor's prescription. Nevertheless, you still need to use Chaya carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share Chaya with any other person.
- Ask your pharmacist if you need more information or advice.

WHAT CHAYA CONTAINS

Chaya contains the dried powdered leaves of the "Cnidoscopus Pohl" plant. It is rich in Vitamins A, C, D, E, B2 and B9 (Folic Acid).

	per serving (Capsule)	Per 9 servings (max daily value)
Carbohydrates (g)	<1g	1.89
Crude Fibre (g)	<1g	1.4
Calories	1.5	13.4
Crude Fat (g)	<1g	<1g
Protein (g)	0.15	1.35
Vitamin A (µg)	0.63	5.68
Vitamin C (mg)	1.67	15.07
Vitamin D (iu)	11	100
Vitamin E (mg)	0.3	2.67
Vitamin B2 (mg)	0.03	0.26
Vitamin B3 (mg)	0.87	7.80
Vitamin B9 (µg) (Folic acid)	47.12	424
Calcium (mg)	7.1	63.9

Excipients:

None

Sugar Free

D33.6 Complementary Medicines: Western Herbal Medicine- Discipline Specific

WHAT CHAYA IS USED FOR

Vitamin E and B, make Chaya an antioxidant that helps with the maintenance of good health. It helps to metabolize carbohydrates, fats, and protein, providing the body with needed energy. Vitamin D helps with the absorption and use of calcium and phosphorus. Chaya contributes to the development and maintenance of bones, cartilage, teeth, and gums. The content of Vitamin C found in Chaya, helps in connective tissue formation, which is important to support and give structure to other tissues and organs in the body and helps with wound healing. Folic Acid in Chaya help to form red blood cells and reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy.

BEFORE YOU TAKE CHAYA

Consult a relevant health care provider:

- If you are pregnant and breastfeeding
- If you have any chronic conditions or are taking any chronic medication

Patients taking warfarin or any other anticoagulant medication should consult their healthcare provider before taking Chaya.

Taking with food and drink

Chaya can be taken with or without food.

Pregnancy and breastfeeding

Safety in pregnancy and lactation has not been established. If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist, or other healthcare professional for advice before taking this medicine.

HOW TO TAKE CHAYA

Adults: 6-9 Capsules daily (2-3 Capsules, 3 times per day)

If you take more Chaya 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 your Chaya:

Do not take double the dose to make up for missed doses.

POSSIBLE SIDE EFFECTS

The antioxidants present in Chaya can have detoxification effects.

There are no known side-effects of Chaya. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist, or other healthcare professional for advice.

STORING AND DISPOSING OF CHAYA

Store in a cool, dry place at 25°C

Keep out of reach of children.

PRESENTATION OF CHAYA

250ml HDPE Plastic Jar with 38mm White lid

IDENTIFICATION OF CHAYA

Free flowing green fine powder in veggie capsules

REGISTRATION NUMBER

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

NAME AND ADDRESS OF REGISTRATION HOLDER

To be allocated

DATE OF PUBLICATION OF THIS PACKAGE INSERT

1 May 2021

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

For information on the Proposed Professional Information please visit our website: www.chayasa.co.za or contact our offices 012 665 3117

SKEDULERING STATUS

50

HANDELSNAAM EN DOSERINGSFORMAAT

Chaya 500 mg Capsules

LEES hierdie pamflet noukeurig omdat dit vir u belangrike inligting bevat

- Chaya is sonder doktersvoorskrif beskikbaar. Desondanks moet u Chaya noukeurig gebruik om die beste resultate daaruit te behaal.
- Bewaar hierdie pamflet indien u dit weer moet lees.
- Moenie Chaya met enige ander persoon deel nie.
- Vra u apteker indien u meer inligting of advies benodig.

WAT CHAYA BEVAT

Chaya bevat die gedroogde poeierblare van die plant "Cnidoscopus Pohl". Dit is ryk aan vitamiene A, C, D, E, B2 en B9 (foliensuur).

	Per dosering (Kapsule)	Per 9 doserings (maks. daaglikse waarde)
Koolhidrate (g)	<1g	1.89
Kru vesel (g)	<1g	1.4
Kalorieë	1.5	13.4
Kru Vet (g)	<1g	<1g
Proteïene (g)	0.15	1.35
Vitamiën A (µg)	0.63	5.68
Vitamiën C (mg)	1.67	15.07
Vitamiën D (iu)	11	100
Vitamiën E (mg)	0.3	2.67
Vitamiën B2 (mg)	0.03	0.26
Vitamiën B3 (mg)	0.87	7.80
Vitamiën B9 (µg) (Foliensuur)	47.12	424
Calcium (mg)	7.1	63.9

Hulpstowwe:

Geen

Suikervry

D33.6 Aanvullende medisyne: Westerse kruie-medisyne - spesifiek dissipline

WAARVOOR WORD CHAYA GEBRUIK

Vitamiën E en B, maak Chaya 'n antioksidant wat help om goeie gesondheid te handhaaf. Dit help om koolhidrate, vette en proteïene te metaboliseer en sodende die liggaam die nodige energie te gee. Vitamiën D help met die oprame en gebruik van kalsium en fosfor. Chaya dra by tot die ontwikkeling en instandhouding van bene, kraakbeen, tande en tandvleis. Die inhoud van vitamien C wat in Chaya voorkom, help met die vorming van bindweefsel, wat belangrik is om ander weefsels en organe in die liggaam te ondersteun en struktuur te gee, en dit help met die genesing van die wond. Foliensuur in Chaya help om rooibloedselle te vorm en verminder die risiko van neurale buisdefekte wanneer dit daaglikse geneem word voordat u swanger word en tydens vroeë swangerskap.

VOORDAT U CHAYA NEEEM

Raadpleeg 'n betrokke verskaffer van gesondheidsorg:

- As u swanger is en borsvoed
- As u 'n chroniese toestand het of chroniese medikasie gebruik

Pasiënte wat warfarin of ander antistolmiddels gebruik, moet hul gesondheidsorgverskaffer raadpleeg voordat hulle Chaya inneem.

Neem saam met eet- en drinkgoed

Chaya kan met of sonder kos geneem word.

Swangerskap en borsvoeding

Veiligheid tydens swangerskap en laktasie is nie vasgestel nie. As u swanger is of u baba borsvoed, raadpleeg u dokter, apteker of ander gesondheidswerker vir advies voordat u hierdie medisyne gebruik.

HOE OM CHAYA TE NEEEM

Volwassenes: 6-9 Kapsules daaglik (2-3 Kapsules, 3 keer per dag)

In geval van oordosering, raadpleeg u dokter of apteker.

Indien nie een beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

As u vergeet om u Chaya te neem:

Moenie die dubbele dosis neem om die dosis wat u gemis het te vergoed nie.

MOONTLIKE NEWE-EFFEKTE

Die antioksidante wat in Chaya voorkom, kan ontgiftingseffekte hê. Daar is geen newe-effekte van Chaya bekend nie. Raadpleeg u dokter, apteker of ander gesondheidswerker vir advies indien u algemene gesondheid vererger of as u enige ongewenste effekte ervaar.

STOOR EN BERGING VAN CHAYA

Bêre op 'n koel, droë plek by 25 ° C

Hou buite bereik van kinders.

AANBIEDING VAN CHAYA

250 ml HDPE-plastiekpot met 38 mm wit deksel

IDENTIFIKASIE VAN CHAYA

Vryvloeiende groen fyn poeier in groente kapsules

REGISTRASIE NOMMER

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

NAAM EN ADRES VAN REGISTRASIEHOUER

Om toegeken te word

DATUM VAN PUBLIKASIE VAN DIE PAKKET

1 May 2021

TOEGANG TOT DIE VERGELYKENDE PROFESSIONELE INLIGTING

Vir inligting oor die voorgestelde professionele inligting, besoek ons webwerf: www.chayasa.co.za of kontak ons kantore 012 665 3117