

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

[s0]

NUTRIVIVA GRIT FUEL™ – hard capsule

Active Ingredient	Quantity per capsule	Quantity per serving
Sensoril® <i>Withania somnifera</i> (L.) Dunal (Ashwagandha)	250mg	500mg
[roots and leaves], standardised to Withanolide glycosides ≥10%, Oligosaccharides ≥32%, Withanolide aglycone (as Withaferin A) ≤0.5%		
PrimaVie® Shilajit	125mg	250mg
standardized to ≥10% Dibenzo- α -pyrones and ≥50% Fulvic acids		
<i>Camellia sinensis</i> (L.) Kuntze (Green Tea)	100mg	200mg
[leaf extract, standardized to 50% polyphenol]	50mg	100mg
Nicotinamide (Vitamin B3)	25mg	50mg

Sugar free

CONTAINS CAFFEINE

COMPLEMENTARY MEDICINE: Health Supplement – Combination Product

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

Read all of this leaflet carefully because it contains important information for you.

NUTRIVIVA GRIT FUEL is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use NUTRIVIVA GRIT FUEL carefully to get the best results from it.

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

What is in this leaflet

1. What NUTRIVIVA GRIT FUEL is and what it is used for.
2. What you need to know before you take NUTRIVIVA GRIT FUEL.
3. How to take NUTRIVIVA GRIT FUEL.
4. Possible side effects.
5. How to store NUTRIVIVA GRIT FUEL.
6. Contents of the pack and other information.

1. **What is NUTRIVIVA GRIT FUEL used for**

NUTRIVIVA GRIT FUEL may support the metabolism and overall well-being during physical activities.

What you need to know before you take NUTRIVIVA GRIT FUEL

Do not take NUTRIVIVA GRIT FUEL

- If you are hypersensitive (allergic) to *Withania somnifera* (L.) Dunal (Ashwagandha); *Shilajit*, *Camellia sinensis* L. (*Kuntze*)); Nicotinamide (Vitamin B3), Thiamine hydrochloride (Vitamin B1), Riboflavin 5'-phosphate sodium (Vitamin B2), Pantothenic acid (Vitamin B5); or any of the other ingredients of NUTRIVIVA GRIT FUEL (listed in section 6).

Warnings and precautions

Take special care with NUTRIVIVA GRIT FUEL:

- If you are having any surgical procedure done. You should stop taking NUTRIVIVA GRIT FUEL at least two weeks before an operation.
- If you have an autoimmune disease (a condition in which your body's immune system attacks healthy cells)
- If you have a thyroid disorder.
- If you suffer with low blood pressure.
- Avoid taking with alcohol or products that cause drowsiness
- If you have a liver disease.
- If you develop symptoms of liver trouble, such as abdominal pain, dark urine, or jaundice (yellowing of the skin or eyes).
- If you suffer with anaemia.
- If you suffer from anxiety disorders.
- If you have a bleeding disorder.
- If you have a heart condition. When taken in large amounts, the caffeine in green tea might cause irregular heartbeat.
- If you have diabetes
- If you suffer with seizures, green tea extract contains caffeine. High doses of caffeine might cause seizures or decrease the effects of drugs used to prevent seizures.

- If you suffer with Glaucoma.
- If you suffer with irritable bowel syndrome and overactive bladder syndrome.
- If you suffer with osteoporosis (weak bones).
- If you suffer with ulcers
- If you have kidney failure or are on dialysis
- If you suffer with hypertension (increased blood pressure).
- If you suffer with detrusor instability (overactive bladder syndrome).
- If you take antiseizure medications such as lithium
- CONTAINS CAFFEINE. Contains 1 mg caffeine per capsule. Use of caffeine may result in sleep deprivation.
- Consumption with other medicines (e.g., bitter orange extract, synephrine, octopamine, ephedra, ephedrine) which increase blood pressure is not recommended.
- Consumption with other caffeine-containing products or foods (e.g. medications, coffee, tea, colas, cocoa, guarana, maté) is not recommended.
- If you are of childbearing age, pregnant or breastfeeding and have concerns that your daily intake of caffeine from all sources may exceed 200 mg per day, please consult a relevant health care provider prior to use
- Use of caffeine may result in sleep deprivation

Children

Not intended for children younger than 18 years.

Other medicines and NUTRIVIVA GRIT FUEL

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

Tell your doctor or pharmacist if you are currently taking:

- **Atorvastatin** (*used to lower cholesterol*): NUTRIVIVA GRIT FUEL contains green tea extract which may reduce the levels and clinical effects of atorvastatin. Use is contraindicated and strongly discouraged.
- **Rosuvastatin (Crestor)** (*used to lower cholesterol*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, green tea might alter absorption and distribution of rosuvastatin.
- **Ephedrine** (*used as a bronchodilator for asthma, nasal decongestant, and to treat low blood pressure during anaesthesia*): NUTRIVIVA GRIT FUEL contains green tea extract which theoretically, concomitant use might increase the risk for stimulant adverse effects. There is evidence that using ephedrine with

caffeine might increase the risk of serious life-threatening or debilitating adverse effects such as hypertension, myocardial infarction, stroke, seizures, and death. Use is contraindicated and strongly discouraged.

- **Nadolol** (*used for cardiovascular conditions such as hypertension and arrhythmias*): NUTRIVIVA GRIT FUEL contains green tea which may reduce the levels and clinical effects of nadolol. Use is contraindicated and strongly discouraged.
- **Medicines broken down by the liver:** NUTRIVIVA GRIT FUEL contains green tea extract and nicotinamide, which may affect how your liver breaks down some medicines. This could change their effects or increase side effects.
- **Stimulant medicines or supplements:** Green tea extract contains caffeine, which may increase the effects and side effects of stimulant medicines.
- **Atorvastatin** (*used to lower cholesterol*): NUTRIVIVA GRIT FUEL contains green tea extract which may reduce the levels and clinical effects of atorvastatin.
- **Anticoagulants/antiplatelet medicines** (*blood thinners used to prevent blood clots*): Green tea extract may affect blood clotting and could reduce the effectiveness of these medicines, thus theoretically leading to an increase in the risk of bleeding.
- **Iron supplements** (*used to treat or prevent iron deficiency anaemia*): Green tea extract may reduce the absorption of iron from the diet or supplements.
- **Carbamazepine** (*used to treat epilepsy and neuropathic pain*): NUTRIVIVA GRIT FUEL contains green tea and nicotinamide, which may increase the risk of convulsions.
- **Primidone** (*used to control seizures*): Nicotinamide may increase the levels and side effects of primidone.
- **All sources of vitamins and minerals:** Consider all sources of vitamin B1, B2, B3, and B5 when taking NUTRIVIVA GRIT FUEL to avoid excessive intake.
- **Gallbladder disease:** Nicotinamide may worsen this condition; use with caution.
- **Antidiabetic drugs** (*used to control blood sugar levels in diabetes*): NUTRIVIVA GRIT FUEL contains Ashwagandha and Shilajit which may increase the risk of hypoglycaemia.
- **Antihypertensive drugs** (*used to lower blood pressure*): NUTRIVIVA GRIT FUEL contains Ashwagandha and nicotinamide riboside; theoretically, taking Ashwagandha with antihypertensive drugs might increase the risk of hypotension. Nicotinamide riboside may have additive effects with antihypertensive drugs, potentially increasing the risk for hypotension.
- **Benzodiazepines** (*used for managing anxiety, relaxing muscles, managing alcohol withdrawals*): NUTRIVIVA GRIT FUEL contains Ashwagandha;

theoretically, taking Ashwagandha might increase the sedative effects of benzodiazepines.

- **CNS Depressants** (e.g., barbiturates, sedatives, anxiolytics, used to depress nervous system activity): NUTRIVIVA GRIT FUEL contains Ashwagandha; theoretically, taking Ashwagandha might increase the sedative effects of CNS depressants.
- **Hepatotoxic Drugs** (drugs that may cause liver damage, e.g., acetaminophen, methotrexate): NUTRIVIVA GRIT FUEL contains Ashwagandha and green tea; theoretically, taking Ashwagandha or green tea with hepatotoxic drugs might increase the risk of liver damage. Additive hepatotoxic effects may occur.
- **Immunosuppressants** (drugs that reduce immune function, e.g., cyclosporine):
NUTRIVIVA GRIT FUEL contains Ashwagandha; theoretically, taking Ashwagandha might decrease the effects of immunosuppressants.
- **Thyroid Hormone** (e.g., levothyroxine, used to treat hypothyroidism):
NUTRIVIVA GRIT FUEL contains Ashwagandha; theoretically, taking Ashwagandha with thyroid hormones might increase their effects and adverse effects.
- **Adenosine-** use with green tea theoretically might decrease the vasodilatory effects of adenosine and interfere with its use before stress testing.
- **Cimetidine (Tagamet)** (used to reduce stomach acid): NUTRIVIVA GRIT FUEL contains green tea; theoretically, concomitant use might increase the effects and adverse effects of caffeine in green tea.
- **Clozapine (Clozaril)** (used to treat schizophrenia): NUTRIVIVA GRIT FUEL contains green tea; theoretically, green tea might increase levels and adverse effects of clozapine and acutely exacerbate psychotic symptoms.
- **Contraceptive Drugs** (used to prevent pregnancy): NUTRIVIVA GRIT FUEL contains green tea; theoretically, concomitant use might increase effects and adverse effects of caffeine found in green tea.
- **CYP1A2 Inhibitors** (medications that inhibit the CYP1A2 enzyme, affecting metabolism of drugs like caffeine): NUTRIVIVA GRIT FUEL contains green tea; theoretically, concomitant use might increase levels and adverse effects of caffeine.
- **Dipyridamole (Persantine)** (used as a blood thinner and vasodilator):
NUTRIVIVA GRIT FUEL contains green tea; theoretically, green tea might decrease vasodilatory effects of dipyridamole and interfere with its use prior to stress testing.
- **Disulfiram (Antabuse)** (used to support alcohol abstinence): NUTRIVIVA GRIT FUEL contains green tea; theoretically, disulfiram might increase risk of adverse effects from caffeine.

- **Diuretic Drugs** (*used to increase urine output and lower blood pressure*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, using green tea with diuretics might increase the risk of hypokalaemia.
- **Estrogens** (*used in hormone replacement therapy and contraceptives*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, Estrogens might increase levels and adverse effects of caffeine.
- **Ethosuximide (Zarontin)** (*used to treat absence seizures*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, green tea might reduce effects of ethosuximide and increase risk for convulsions.
- **Felbamate (Felbatol)** (*used for epilepsy*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, green tea might reduce effects of felbamate and increase risk for convulsions.
- **Fexofenadine (Allegra)** (*used for allergies*): NUTRIVIVA GRIT FUEL contains green tea; clinically shown to decrease blood levels of fexofenadine.
- **Flutamide (Eulexin)** (*used for prostate cancer*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, green tea might increase levels and adverse effects of flutamide.
- **Fluvoxamine (Luvox)** (*used for obsessive-compulsive disorder*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, fluvoxamine might increase levels and adverse effects of caffeine.
- **Imatinib (Gleevec)** (*used for certain cancers*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, green tea might reduce levels and clinical effects of imatinib.
- **Lisinopril** (*used to treat hypertension and heart failure*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, green tea might reduce levels and clinical effects of lisinopril.
- **Lithium** (*used for bipolar disorder*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, abrupt green tea withdrawal might increase levels and adverse effects of lithium.
- **MAO Inhibitors (MAOIs)** (*used for depression*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, concomitant use might increase risk of hypertensive crisis.
- **Nicotine** (*used in smoking cessation products*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, concomitant use might increase risk of hypertension.
- **Nintedanib** (*used for idiopathic pulmonary fibrosis*): NUTRIVIVA GRIT FUEL contains green tea; clinically shown to reduce the blood levels of nintedanib.
- **OATP Substrates** (*medicines absorbed by organic anion transporting polypeptides*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, green tea might reduce absorption of OATP substrates.

- **P-glycoprotein Substrates** (*medications affected by P-glycoprotein transporter, e.g., digoxin*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, green tea might increase levels and adverse effects of P-gp substrates.
- **Pentobarbital** (*used as a sedative and anticonvulsant*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, green tea might decrease the effects of pentobarbital.
- **Phenobarbital** (*used for epilepsy*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, green tea might reduce the effects of phenobarbital and increase risk for convulsions.
- **Phenylpropanolamine** (*used as a decongestant and appetite suppressant*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, it might increase the risk of hypertension and caffeine adverse effects.
- **Phenytoin (Dilantin)** (*used for epilepsy*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, green tea might reduce effects of phenytoin and increase risk for convulsions.
- **Pioglitazone (Actos)** (*used for type 2 diabetes*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, green tea might increase levels and clinical effects of pioglitazone.
- **Quinolone Antibiotics** (*e.g., ciprofloxacin, used to treat bacterial infections*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, quinolones might increase levels and adverse effects of caffeine.
- **Riluzole (Rilutek)** (*used for ALS*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, concomitant use might increase levels and adverse effects of caffeine and Riluzole.
- **Stimulant Drugs** (*e.g., amphetamines, used for ADHD and narcolepsy*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, concomitant use might increase stimulant adverse effects due to caffeine.
- **Theophylline** (*used for asthma and COPD*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, green tea might increase levels and adverse effects of theophylline.
- **Valproate** (*used for epilepsy and bipolar disorder*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, green tea might reduce effects of valproate and increase risk for convulsions.
- **Verapamil (Calan)** (*used for hypertension and arrhythmias*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, concomitant use might increase levels and adverse effects of both verapamil and caffeine.
- **Warfarin (Coumadin)** (*used as an anticoagulant*): NUTRIVIVA GRIT FUEL contains green tea and niacinamide; theoretically, green tea may increase the risk of bleeding with warfarin, but effects are unlikely at moderate consumption.

- **Tetracycline Antibiotics** (*used for bacterial infections*): NUTRIVIVA GRIT FUEL contains riboflavin; theoretically, taking riboflavin with tetracycline antibiotics may decrease their potency.
- **Cytochrome P450 1A2 (CYP1A2) substrates**: NUTRIVIVA GRIT FUEL contains Ashwagandha; theoretically, Ashwagandha might decrease the levels and clinical effects of CYP1A2 substrates.
- **Cytochrome P450 3A4 (CYP3A4) substrates**: NUTRIVIVA GRIT FUEL contains Ashwagandha; theoretically, Ashwagandha might decrease the levels and clinical effects of CYP3A4 substrates. NUTRIVIVA GRIT FUEL contains green tea; clinically unlikely to cause significant changes in CYP3A4 substrate levels.
- **Alcohol (Ethanol)**: NUTRIVIVA GRIT FUEL contains green tea; theoretically, alcohol might increase the levels and adverse effects of caffeine.
- **Fluconazole (Diflucan)** (*antifungal medication*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, fluconazole might increase caffeine levels and adverse effects.
- **Metformin (Glucophage)** (*used for type 2 diabetes*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, metformin might increase caffeine levels and adverse effects.
- **Methoxsalen (Oxsoralen)** (*used for skin conditions like psoriasis*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, Methoxsalen might increase caffeine levels and adverse effects.
- **Mexiletine (Mexitil)** (*used for heart arrhythmias*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, mexiletine might increase caffeine levels and adverse effects.
- **Midazolam (Versed)** (*used as a sedative*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, green tea might increase midazolam levels and adverse effects (unlikely to be clinically significant as the current research is based on animal studies).
- **Nicardipine (Cardene)** (*used for hypertension and angina*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, green tea might increase nicardipine levels and adverse effects.
- **Phenothiazines** (*used as antipsychotics and antiemetics*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, phenothiazines might increase caffeine levels and adverse effects.
- **Terbinafine (Lamisil)** (*antifungal medication*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, terbinafine might increase caffeine levels and adverse effects.
- **Tiagabine (Gabitril)** (*used for epilepsy*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, green tea might increase tiagabine levels and adverse effects.
- **Ticlopidine (Ticlid)** (*antiplatelet agent*): NUTRIVIVA GRIT FUEL contains green tea; theoretically, ticlopidine might increase caffeine levels and adverse effects.

- **Trimethoprim (Proloprim)** (*antibiotic*): NUTRIVIVA GRIT FUEL contains thiamine; theoretically, trimethoprim might increase blood levels of thiamine by inhibiting thiamine transporters.

Pregnancy, breastfeeding and fertility

Safety in fertility, pregnancy and lactation has not been established.

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.

Driving and using machines

NUTRIVIVA GRIT FUEL may cause drowsiness and/or dizziness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness as it is strongly discouraged.

3. How to take NUTRIVIVA GRIT FUEL

Do not share your medicines with any other person.

Always take NUTRIVIVA GRIT FUEL 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.

Adults: The usual dose is 3 capsules daily.

Children: Not intended for children younger than 18 years.

A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.

If you take more NUTRIVIVA GRIT FUEL than you should

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

If you forget to take NUTRIVIVA GRIT FUEL

Do not take a double dose to make up for forgotten individual doses.

4. Possible side effects

NUTRIVIVA GRIT FUEL can have side effects.

Not all side effects reported for NUTRIVIVA GRIT FUEL are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking NUTRIVIVA GRIT FUEL, please consult your health care provider for advice.

If any of the following happens, stop taking NUTRIVIVA GRIT FUEL and tell your doctor immediately or go to the casualty department at your nearest hospital.

- swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in swallowing or breathing.
- rash or itching
- fainting

These are all very serious side effects. If you have them, you may have had a serious reaction to NUTRIVIVA GRIT FUEL. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequent side effects:

- dizziness,
- dry mouth,
- excessive production of saliva.
- stomach pain,
- nausea (feeling sick),
- vomiting (being sick).
- drowsiness,
- headache.
- diarrhoea (watery stools),
- bloating,
- constipation,
- flatulence (gas),
- dyspepsia
- itching,
- gastrointestinal disturbances
- rash

Side effect with unknown frequency:

- gastrointestinal irritation,
- hepatotoxicity
- hypersensitivity reactions,
- skin reactions (erythema, itching
- decreased blood pressure.

- headache
- hypokalaemia,
- thrombotic thrombocytopenic purpura,
- increased heart rate,
- increased blood pressure,
- muscle pain,
- anxiety,
- insomnia,
- fatigue,
- tremors and restlessness,
- dizziness and confusion,
- flushing

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 or nurse. You can also report side effects to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who umc.org) found on SAHPRA website. By reporting side effects, you can help provide more information on the safety of NUTRIVIVA GRIT FUEL.

5. How to store NUTRIVIVA GRIT FUEL.

Store all medicines out of reach of children.

Store at or below 25 °C in a dry place.

Protect from moisture and light.

6. Contents of the pack and other information.

What is found in NUTRIVIVA GRIT FUEL

Active Ingredient	Quantity per capsule	Quantity per serving	% NRV per (serving si maximum
Sensoril® <i>Withania somnifera</i> (L.) Dunal (Ashwagandha)	250mg	500mg	*
[roots and leaves], standardised to Withanolide glycosides ≥10%, Oligosaccharides ≥32%, Withanolide aglycone (as Withaferin A) ≤0.5%			*

PrimaVie® Shilajit	125mg	250mg	*
standardized to ≥10% Dibenzo- α -pyrones and ≥50% Fulvic acids			*
<i>Camellia sinensis</i> (L.) Kuntze (Green Tea)	100mg	200mg	*
[leaf extract, standardized to 50% polyphenol]	50mg	100mg	*
Nicotinamide (Vitamin B3)	25mg	50mg	333%

There other ingredients are the hypromellose capsules and microcrystalline cellulose.

What NUTRIVIVA GRIT FUEL looks like and contents of the pack

Clear capsules containing a dark brown powder.

90 capsules, packed in an appropriately labelled amber glass bottle with a metal lid.

Holder of Certificate of Registration

Nutriviva (Pty) Ltd

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Waterfall

3610

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This leaflet was revised in

October 2025.

Registration

To be allocated by SAHPRA.