PATIENT INFORMATION LEAFLET

SCHEDULING STATUS
[S0]

NUTRIVIVA TESTO-600™– hard capsule

Active Ingredient	Quantity per capsule	Quantity per serving
Testofen® *Trigonella foenum-graecum* (L.) (Fenugreek)	300mg	600mg
[seed extract, 33:1, standardised to ≥50% Fenuside™ saponin	150mg	300mg

Sugar free

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 TESTO-600 is available without a doctor's prescription for you to maintain your health. Nevertheless, you still need to use NUTRIVIVA TESTO-600 carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share NUTRIVIVA TESTO-600 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 TESTO-600 is and what it is used for.
2. What you need to know before you take NUTRIVIVA TESTO-600.
3. How to take NUTRIVIVA TESTO-600.
4. Possible side effects.
5. How to store NUTRIVIVA TESTO-600.
6. Contents of the pack and other information.

1. What is NUTRIVIVA TESTO-600 used for

NUTRIVIVA TESTO-600 contributes to the maintenance of normal testosterone levels and supports overall male health and well-being.

What you need to know before you take NUTRIVIVA TESTO-600

Do not take NUTRIVIVA TESTO-600

- If you are hypersensitive (allergic) to Fenugreek or any of the other ingredients of NUTRIVIVA TESTO-600 (listed in section 6).

Warnings and precautions

Take special care with NUTRIVIVA TESTO-600:

- If you are having any surgical procedure done. You should stop taking NUTRIVIVA TESTO-600 at least two weeks before an operation.
- If you are allergic to other plants in the Fabaceae family, including soybeans, peanuts, green peas, and other legumes, you might also be allergic to fenugreek.
- If you have diabetes
- If you have a bleeding disorder

Children

Not intended for children younger than 18 years.

Other medicines and NUTRIVIVA TESTO-600

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:

- **Anticoagulants/antiplatelet medicines** *(blood thinners used to prevent blood clots, such as warfarin and clopidogrel):* The ingredients in NUTRIVIVA TESTO-600, theoretically, fenugreek might have additive effects with warfarin and increase the international normalized ratio (INR).
- **Antidiabetic medicines (used to treat high blood sugar levels).** Theoretically, fenugreek seed might have additive hypoglycaemic effects when used with antidiabetic drugs.
- **Antihypertensive medicines (used to treat high blood pressure, such as beta-blockers)**: Theoretically, fenugreek seed might have additive hypotensive effects when used with metoprolol.

- **Phenytoin (used to treat seizures**): Theoretically, fenugreek might decrease plasma levels of phenytoin.
- **Sildenafil (Viagra):** Fenugreek might reduce levels of sildenafil in the body. Taking fenugreek with **sildenafil might reduce the effects of sildenafil.**
- **Theophylline (used to treat asthma, bronchitis, emphysema, and other lung diseases).** Fenugreek theoretically may reduce the levels and clinical effects of theophylline.

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 TESTO-600 should not affect the ability of individuals to drive or operate machinery. If you experience side effects that may affect these abilities, do not drive or operate machinery until the effects have completely disappeared.

3. How to take NUTRIVIVA TESTO-600

Do not share your medicines with any other person.

Always take NUTRIVIVA TESTO-600 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 2 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 TESTO-600 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 TESTO-600

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

4. **Possible side effects**

NUTRIVIVA TESTO-600 can have side effects.
Not all side effects reported for NUTRIVIVA TESTO-600 are included in this leaflet.
Should your general health worsen or if you experience any untoward effects while taking NUTRIVIVA TESTO-600, please consult your health care provider for advice.
If any of the following happen, stop taking NUTRIVIVA TESTO-600 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 TESTO-600. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:
<u>Frequent side effects</u>:

- Gastrointestinal upset (stomach pain, bloating, gas)
- Diarrhoea or loose stools
- Nausea
- Mild maple syrup-like body or urine odour
- Mild sweating

<u>Side effects with unknown frequency</u>:

- Allergic reactions: rash, itching, swelling, difficulty breathing (anaphylaxis)
- Hypoglycaemia (low blood sugar), especially in people on antidiabetic medication
- Potential interaction with anticoagulants (blood-thinning effect)
- Rare bleeding issues
- Very rare: liver or kidney dysfunction in susceptible individuals

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 the SAHPRA website. By reporting side effects, you can help provide more information on the safety of NUTRIVIVA TESTO-600.

5. **How to store NUTRIVIVA TESTO-600**.

Store all medicines out of reach of children.

Store at or below 25 ºC in a dry place.

Protect from moisture and light.

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

What is found in NUTRIVIVA TESTO-600

Active Ingredient	**Quantity per capsule**	**Quantity per serving**	**% NRV per 2 capsules (serving size and maximum daily dose)**
Testofen® *Trigonella foenum-graecum* (L.) (Fenugreek)	300mg	600mg	*
[seed extract, 33:1, standardised to ≥50% Fenuside™ saponin	150mg	300mg	*

The other ingredients are the hypromellose capsules and microcrystalline cellulose.

What NUTRIVIVA TESTO-600 looks like and the contents of the pack

Clear capsules containing a brown powder.

60 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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This leaflet was revised in

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Registration

To be allocated by SAHPRA.