

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

[s0]

NUTRIVIVA THINK TANK™ – hard capsule

Active Ingredient	Quantity per capsule	Quantity per serving
Phosphatidyl Serine	100mg	300mg
Rhodiola rosea (L.)	66,67mg	200mg
[root, 4:1 extract standardised to Rosavins 3.0% and Salidroside 1.0% DHE]	266,67mg	800mg
Cognique® Bacopa monnieri (L.) Wettst. [whole herb],	66,67mg	200mg
Rosmarinus officinalis L. [leaf], Zingiber officinale Roscoe [rhizome], standardised to Bacosides ≥10%, Carnosic Acid ≥6%, Rosmarinic Acid ≥0.5%, Gingerols ≥0.5%		
AlphaSize® 50 WSP (Alpha GPC)	66,67mg	200mg

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

- Keep this leaflet. You may need to read it again.
- Do not share NUTRIVIVA THINK TANK 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 THINK TANK is and what it is used for.
2. What you need to know before you take NUTRIVIVA THINK TANK.
3. How to take NUTRIVIVA THINK TANK.

4. Possible side effects.
5. How to store NUTRIVIVA THINK TANK.
6. Contents of the pack and other information.

1. What is NUTRIVIVA THINK TANK used for

NUTRIVIVA THINK TANK supports healthy brain function, memory, and concentration. It serves as an antioxidant, which neutralises free radicals in the body and works as an adaptogen to assist with temporary relief of symptoms associated with stress.

2. What you need to know before you take NUTRIVIVA THINK TANK

Do not take NUTRIVIVA THINK TANK

- If you are hypersensitive (allergic) to Alpha GPC, Rhodiola rosea L. root; *Bacopa Monnieri* (L.) Wettst; pyrroloquinoline quinone disodium salt (PQQ), Phosphatidyl Serine or any of the other ingredients of NUTRIVIVA THINK TANK (listed in section 6).

Warnings and precautions

Take special care with NUTRIVIVA THINK TANK:

- If you have an autoimmune disease (a condition in which your body's immune system attacks healthy cells)
- If you have bradycardia (slow heart rate).
- If you have a gastrointestinal tract obstruction.
- If you have peptic ulcer disease.
- If you have pulmonary conditions.
- If you have thyroid disorders.
- If you have a urogenital tract obstruction.
- If you suffer with low blood sugar
- Avoid taking with alcohol or products that cause drowsiness
- Do not use for more than 6 months without seeing a health care provider.

Children

Not intended for children younger than 18 years.

Other medicines and NUTRIVIVA THINK TANK

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:

- **Antihypertensive medicines** (used to treat high blood pressure) or supplements with blood pressure-lowering effects. Taking NUTRIVIVA THINK TANK, which contains Rhodiola Rosea, along with these medicines might cause your blood pressure to become too low. Monitor your blood pressure closely.
- **Antidiabetic medicines** (used to treat high blood sugar) or supplements that influence blood sugar levels. Taking NUTRIVIVA THINK TANK along with diabetes medicines might cause your blood sugar to drop too low due to Rhodiola Rosea. Monitor your blood sugar closely.
- **Medicines that are broken down by the liver.** NUTRIVIVA THINK TANK might change how quickly your liver breaks down these medicines, which could affect their effects and side effects.
- **Immunosuppressant medicines** (which decrease the activity of the immune system). Some medicines used after organ transplants fall into this group. Taking NUTRIVIVA THINK TANK, which contains Rhodiola Rosea, along with these medicines might interfere with their effects.
- **Losartan** (used for high blood pressure): Taking NUTRIVIVA THINK TANK with Rhodiola Rosea along with losartan might increase the effects and side effects of losartan.
- **Anticholinergic medicines** (which block the activity of the neurotransmitter acetylcholine). Taking NUTRIVIVA THINK TANK along with these medicines might reduce their effects because of the bacopa monnieri and phosphatidylserine in the product.
- **Cholinergic medicines** like Cevimeline (used to increase saliva production), which act on the neurotransmitter acetylcholine. Taking NUTRIVIVA THINK TANK, which contains bacopa monnieri, with Cevimeline might increase side effects. Cholinergic medicines may have increased effects when combined with phosphatidylserine.
- **Thyroid hormone medicines** (used to treat thyroid conditions). Taking NUTRIVIVA THINK TANK along with thyroid hormones may affect how these medicines work. Please consult your doctor before use.
- **Scopolamine** (used for motion sickness): NUTRIVIVA THINK TANK contains l- α -Glycerophosphoryl Choline, which increases acetylcholine in the brain. Since scopolamine blocks acetylcholine, this product might reduce the effects of scopolamine.
- **Medicines processed by the CYP1A2 liver enzyme.** Bacopa in NUTRIVIVA THINK TANK may affect how your liver breaks down these medicines, increasing their levels in your blood and the risk of side effects. Examples include caffeine, theophylline, clozapine, olanzapine, tizanidine, duloxetine, and similar medicines.
- **Medicines processed by other liver enzymes** such as CYP2C19, CYP2C9, and CYP3A4. Bacopa might increase the effects and side effects of these medicines. Examples include warfarin, omeprazole, and some antidepressants.
- **Medicines moved by a protein called P-glycoprotein**, which helps remove medicines from your body. Taking NUTRIVIVA THINK TANK with Rhodiola Rosea

along with these medicines might change how they work and increase the chance of side effects.

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

Rhodiola Rosea may cause dizziness. Avoid driving, operating heavy machinery, or performing tasks that require mental alertness until you know how this medicine affects you.

3. How to take NUTRIVIVA THINK TANK

Do not share your medicines with any other person.

Always take NUTRIVIVA THINK TANK 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 THINK TANK 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 THINK TANK

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

4. Possible side effects

NUTRIVIVA THINK TANK can have side effects.

Not all side effects reported for NUTRIVIVA THINK TANK are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking NUTRIVIVA THINK TANK, please consult your health care provider for advice.

If any of the following happens, stop taking NUTRIVIVA THINK TANK 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 THINK TANK. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequent side effects:

- dizziness
- diarrhoea (loose, watery stools),
- nausea
- vomiting ~~abdominal cramps or stomach pains,~~
- heartburn.
- gastrointestinal discomfort
- dry mouth,
- excessive production of saliva.

Side effect with unknown frequency:

- dizziness,
- excitation,
- headache,
- insomnia,
- skin rash,
- stroke.

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 THINK TANK.

5. How to store NUTRIVIVA THINK TANK.

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 THINK TANK

Active Ingredient	Quantity per capsule	Quantity per serving	% NRV per 3 capsules (serving size and maximum daily dose)
Phosphatidyl Serine	100mg	300mg	*
Rhodiola rosea (L.)	66,67mg	200mg	*
[root, 4:1 extract standardised to Rosavins 3.0% and Salidroside 1.0% DHE]	266,67mg	800mg	*
Cognique® Bacopa monnieri (L.) Wettst. [whole herb],	66,67mg	200mg	*
Rosmarinus officinalis L. [leaf], Zingiber officinale Roscoe [rhizome], standardised to Bacosides ≥10%, Carnosic Acid ≥6%, Rosmarinic Acid ≥0.5%, Gingerols ≥0.5%			*
AlphaSize® 50 WSP (Alpha GPC)	66,67mg	200mg	*

The other ingredients are the hypromellose capsules and microcrystalline cellulose.

What NUTRIVIVA THINK TANK looks like and contents of the pack

Clear capsules containing a brown and white powder.

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

Holder of Certificate of Registration

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This leaflet was revised in

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Registration

To be allocated by SAHPRA.