PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

[S0]

NUTRIVIVA VACULOX™– hard capsule

Active Ingredient	Quantity per capsule	Quantity per serving
Astragalus lineatus Lam. (Astragalus)	100mg	300mg
[root, 5:1 extract standardised to Astragaloside IV 0.50% DHE]	500mg	1500mg
Alpha Lipoic Acid (ALA)	66,67mg	200mg
ApplePhenol® Malus pumila Mil. (Apple Cider Vinegar Acids)	50mg	150mg
[fruit, 3:1 extract standardised to total acid 5% DHE]	150mg	450mg
Nicotinamide (Vitamin B3)	50mg	150mg
Rebersa® *Berberis aristata* DC	50mg	150mg

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

- Keep this leaflet. You may need to read it again.
- Do not share NUTRIVIVA VACULOX 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 VACULOX is and what it is used for.

2. What you need to know before you take NUTRIVIVA VACULOX.
3. How to take NUTRIVIVA VACULOX.
4. Possible side effects.
5. How to store NUTRIVIVA VACULOX.
6. Contents of the pack and other information.

1. What is NUTRIVIVA VACULOX used for

NUTRIVIVA VACULOX may support cardiovascular health and help maintain overall well-being.

What you need to know before you take NUTRIVIVA VACULOX

Do not take NUTRIVIVA VACULOX

- If you are hypersensitive (allergic) to *Astragalus lineatus Lam*; *Alpha Lipoic Acid*; Malus pumila Mill (apple cider vinegar); Nicotinamide (Vitamin B3); *Berberis aristata*; Ubiquinone-10 (Co-enzyme Q10); Pterostilbene or any of the other ingredients of NUTRIVIVA VACULOX (listed in section 6).
- If you are suffering from hyperbilirubinemia (a condition in which there is too much bilirubin in your blood).
- If you are taking cyclosporine.

Warnings and precautions

Take special care with NUTRIVIVA VACULOX:

- If you are having any surgical procedure done. You should stop taking NUTRIVIVA VACULOX 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 thiamine deficiency
- If you excessively consume alcohol
- If you are suffering with hypokalaemia (low potassium levels in the blood), Apple Cider Vinegar, as found in NUTRIVIVA VACULOX , might lower potassium levels in the blood. If your potassium is already low, Apple Cider Vinegar might make it too low.
- Vitamins and minerals obtained from other sources should be taken into account when taking NUTRIVIVA VACULOX
- Nicotinamide might increase blood sugar. People with diabetes who take Nicotinamide should check their blood sugar regularly

- People with gallbladder disease should use nicotinamide with caution as it may make the disease worse
- Taking Nicotinamide seems to increase the risk of low platelet levels in people with kidney failure who are on dialysis
- Nicotinamide might make ulcers worse. Don't use it if you have ulcers
- If you are suffering from hypotension or hypertension

Children

Not intended for children younger than 18 years.

Other medicines and NUTRIVIVA VACULOX

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:

- **Cyclosporin (immunosuppressant):** NUTRIVIVA VACULOX contains berberine which can increase serum levels of cyclosporine. Combination to be avoided.
- **Antihypertensive medicines** (used to treat high blood pressure) or supplements with a blood pressure-lowering effect. Coenzyme Q10 may have additive blood pressure-lowering effects when taken with antihypertensive medicines. Nicotinamide Riboside may have mild blood pressure-lowering effects and, when taken with antihypertensive medicines, could increase the risk of hypotension.
- **Astragalus** in NUTRIVIVA VACULOX, Astragalus might interfere with cyclophosphamide therapy. Taking them together could reduce the effectiveness of the medication. Astragalus may stimulate the immune system and potentially decrease the effects of immunosuppressive medications. Astragalus may increase lithium levels and adverse effects due to its mild diuretic effect. Astragalus may lower blood sugar and, when taken with antidiabetic medicines, could increase the risk of hypoglycaemia.
- **Anticoagulant/ Anti-platelets (medicines that slow blood clotting).** Alpha Lipoic Acid, found in NUTRIVIVA VACULOX, might slow blood clotting. Taking NUTRIVIVA VACULOX along with medications that also slow blood clotting might increase the risk of bruising and bleeding. Coenzyme Q10 may have vitamin K-like effects, potentially reducing the anticoagulant effects of warfarin.
- **Antidiabetic medicines** (used to treat high blood sugar levels), or supplements which can influence blood sugar levels. NUTRIVIVA VACULOX might lower blood sugar. Taking it with other supplements with similar effects might lower blood sugar too much.

- **Anti-cancer agents /alkylating agents/ antitumor anti-biotics** (medicines used to treat cancer); NUTRIVIVA VACULOX is an antioxidant. There is some concern that antioxidants might decrease the effects of some medications used for cancer. If you are taking medications for cancer, check with your healthcare provider before taking NUTRIVIVA VACULOX. Coenzyme Q10 is an antioxidant and might reduce the effectiveness of chemotherapy drugs that rely on oxidative stress, such as alkylating agents.
- **Thyroid hormone;** Alpha Lipoic Acid, found in NUTRIVIVA VACULOX, seems to decrease how well thyroid hormone works in the body. Taking NUTRIVIVA VACULOX with thyroid hormone might decrease the effects of the thyroid hormone.
- **Digoxin.** Large amounts of Apple Cider Vinegar, as in NUTRIVIVA VACULOX may decrease potassium levels in the body. Low potassium levels can increase the side effects of digoxin.
- **Diuretic drugs (Water pills);** Apple Cider Vinegar can decrease potassium levels. "water pills" can also decrease potassium levels. Taking Apple Cider Vinegar along with "water pills" might make potassium levels drop too low.
- **Carbamazepine:** Nicotinamide might increase the levels and adverse effects of carbamazepine.
- **Primidone:** Nicotinamide might increase the levels and adverse effects of primidone
- **Medication that is changed by the liver.** Berberine, found in NUTRIVIVA VACULOX might change how quickly the liver breaks down these medications. This could change the effects and side effects of these medications.
- **Sedative medications (CNS depressants)** or supplements that also have a sedative effect; Berberine might cause sleepiness and slowed breathing. Some medications, called sedatives, can also cause sleepiness and slowed breathing. Taking Berberine, found in NUTRIVIVA VACULOX, with sedative medications might cause breathing problems and or/ too much sleepiness.
- **Tacrolimus;** tacrolimus is removed from the body by the liver. Berberine, found in NUTRIVIVA VACULOX, might slow down the body's ability to remove tacrolimus. This might increase the effects and side effects of tacrolimus.
- **Probiotics;** Berberine, found in NUTRIVIVA VACULOX, might kill certain probiotics. If taken together, NUTRIVIVA VACULOX, might reduce how well probiotic supplements work.

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 VACULOX may cause drowsiness. Exercise caution if operating heavy machinery, driving a motor vehicle or involved in activities requiring mental alertness.

3. **How to take NUTRIVIVA VACULOX**

Do not share your medicines with any other person.
Always take NUTRIVIVA VACULOX 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 VACULOX than you should
In the event of an overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you forget to take NUTRIVIVA VACULOX
Do not take a double dose to make up for forgotten individual doses.

4. **Possible side effects**

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

Tell your doctor if you notice any of the following:

Frequent side effects:

- nausea (feeling sick),
- vomiting (being sick).
- headache
- heartburn
- dizziness,
- drowsiness,
- gastrointestinal disturbances,
- flushing
- stomach pain,
- diarrhoea (loose, watery stools),
- abdominal distension or bloating

Side effect with unknown frequency:

- hypotension,
- skin rash and itching,
- change in urine odour,
- insulin autoimmune syndrome (IAS).
- hypokalaemia,
- hyperreninemia,
- osteoporosis.
- increase in liver enzyme transaminase,
- muscle fatigue or muscle pain.

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 VACULOX.

5. **How to store NUTRIVIVA VACULOX**.

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 VACULOX

Active Ingredient	**Quantity per capsule**	**Quantity per serving**	**% NRV per 3 capsules (serving size and maximum daily dose)**
Astragalus lineatus Lam. (Astragalus)	100mg	300mg	*
[root, 5:1 extract standardised to Astragaloside IV 0.50% DHE]	500mg	1500mg	*
Alpha Lipoic Acid (ALA)	66,67mg	200mg	*
ApplePhenol® Malus pumila Mil. (Apple Cider Vinegar Acids)	50mg	150mg	*
[fruit, 3:1 extract standardised to total acid 5% DHE]	150mg	450mg	*
Nicotinamide (Vitamin B3)	50mg	150mg	1000%
Rebersa® *Berberis aristata* DC	50mg	150mg	*

The other ingredients are the hypromellose capsules and microcrystalline cellulose.

What NUTRIVIVA VACULOX looks like and contents of the pack

Clear capsules containing a dark yellow 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

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This leaflet was revised in

October 2025.

Registration

To be allocated by SAHPRA.