PATIENT INFORMATION LEAFLET

English

SCHEDULING STATUS

[S0]

NUTRIVIVA REVERSAGE™ – hard capsule

Active Ingredient	Quantity per capsule	Quantity per serving
Beta-Nicotinamide Mononucleotide (NMN)	125 mg	500 mg
Betaine Anhydrous (Trimethylglycine)	125 mg	500 mg
Polygonum cuspidatum		
[root extract, fermentation process to a standardisation of 98% Resveratrol]	125 mg	500 mg
Cotinus coggygria		
[branch extract, standardised to 98% Fisetin]	62.5 mg	250 mg
Sophora japonica		
[buds extract, standardised to Quercetin dihydrate 95%]	62.5 mg	250 mg

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

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

1. What is NUTRIVIVA REVERSAGE™ used for

NUTRIVIVA REVERSAGE™ supports normal cellular function and contributes to the protection of cells from oxidative stress, helping maintain general health and well-being.

2. What you need to know before you take NUTRIVIVA REVERSAGE™

Do not take NUTRIVIVA REVERSAGE™

- If you are hypersensitive (allergic) to nicotinamide mononucleotide (vitamin B3); betaine anhydrous (trimethylglycine); trans-resveratrol; Cotinus coggygria Scop. (fisetin), quercetin or any of the other ingredients of NUTRIVIVA REVERSAGE™ (listed in section 6).

Warnings and precautions

Take special care with NUTRIVIVA REVERSAGE™:

- If you are having any surgical procedure done. You should stop taking NUTRIVIVA REVERSAGE™ at least two weeks before an operation.
- Vitamins and minerals obtained from other sources should be taken into account.
- If you have a bleeding disorder. Resveratrol might slow blood clotting and increase the risk of bleeding in people with bleeding disorders.
- If you suffer from hormone-sensitive conditions such as breast cancer, uterine cancer, ovarian cancer, endometriosis, or uterine fibroids: Resveratrol might act like estrogen. If you have any condition that might be made worse by exposure to estrogen, don't use resveratrol.
- If you undergo peritoneal dialysis.
- If you have impaired renal function.
- If you have low blood pressure.
- If you suffer with low blood sugar.
- If you have high cholesterol. Betaine anhydrous can increase levels of total and low-density lipoprotein (LDL) cholesterol in some people. People with high cholesterol should use betaine anhydrous cautiously.

Children

Not intended for children younger than 18 years.

Other medicines and NUTRIVIVA REVERSAGE™

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:

- Anticoagulant/Antiplatelet medicines: NUTRIVIVA REVERSAGE™ contains resveratrol, which theoretically may increase the risk of bleeding if used with anticoagulant or antiplatelet medicines. Examples include warfarin, aspirin and clopidogrel. Preliminary evidence suggests that resveratrol has antiplatelet effects and may increase serum levels of these medicines.
- Quinolone antibiotics: NUTRIVIVA REVERSAGE™ contains quercetin, which theoretically might inhibit the effects of quinolone antibiotics. Examples include ciprofloxacin, levofloxacin and moxifloxacin. In vitro, quercetin binds to bacterial DNA gyrase and may interfere with the activity of these antibiotics.
- Ciclosporin (Neoral, Sandimmune): NUTRIVIVA REVERSAGE™ contains quercetin, which theoretically might increase the levels and adverse effects of ciclosporin. This may occur via inhibition of P-glycoprotein or CYP3A4. Small studies show increased plasma levels and prolonged half-life of ciclosporin when taken with quercetin.
- CYP2C8 Substrates: NUTRIVIVA REVERSAGE™ contains quercetin, which theoretically might increase the levels and adverse effects of CYP2C8 substrates. Examples include paclitaxel (Taxol). In vitro studies show inhibition of CYP2C8 by quercetin, though clinical evidence is limited.
- CYP2C9 Substrates: NUTRIVIVA REVERSAGE™ contains quercetin, which theoretically might increase the levels and adverse effects of CYP2C9 substrates. Examples include diclofenac and losartan. Clinical studies show increased plasma levels and prolonged half-life.
- CYP2D6 Substrates: NUTRIVIVA REVERSAGE™ contains quercetin, which theoretically might increase the levels and adverse effects of CYP2D6 substrates. Evidence is from in vitro studies; human data is not reported.

- CYP3A4 Substrates: NUTRIVIVA REVERSAGE™ contains quercetin, which theoretically might alter the effects of CYP3A4 substrates. Examples include ciclosporin, midazolam, quetiapine and losartan. Quercetin may inhibit or, in some cases, induce CYP3A4.
- P-glycoprotein Substrates: NUTRIVIVA REVERSAGE™ contains quercetin, which theoretically might alter the effects of P-glycoprotein substrates. Examples include ciclosporin, talinolol and saquinavir. Evidence shows potential inhibition of intestinal P-glycoprotein, affecting medicine absorption.
- Warfarin (Coumadin): NUTRIVIVA REVERSAGE™ contains quercetin, which theoretically may increase the risk of bleeding if used with warfarin, due to displacement from serum albumin and possible CYP3A4 inhibition.
- Antihypertensive medicines: NUTRIVIVA REVERSAGE™ contains quercetin and nicotinamide mononucleotide, which theoretically may have additive blood pressure-lowering effects. Examples include prazosin, losartan, amlodipine and enalapril. Small studies show modest reductions in blood pressure; caution is advised.
- Midazolam (Versed): NUTRIVIVA REVERSAGE™ contains quercetin, which theoretically might decrease midazolam levels due to increased metabolism.
- OATP Substrates: NUTRIVIVA REVERSAGE™ contains quercetin, which theoretically might increase the effects of pravastatin and other OATP substrates.
- Antidiabetic medicines: NUTRIVIVA REVERSAGE™ contains quercetin, which theoretically might increase the risk of hypoglycaemia when used with antidiabetic medicines. Examples include metformin and sulfonylureas.
- Diclofenac (Voltaren): NUTRIVIVA REVERSAGE™ contains quercetin, which theoretically might increase plasma levels and adverse effects due to CYP2C9 inhibition.
- Quetiapine (Seroquel): NUTRIVIVA REVERSAGE™ contains quercetin, which theoretically might increase plasma levels and effects via CYP3A4 and P-glycoprotein inhibition.
- OAT1 and OAT3 Substrates: NUTRIVIVA REVERSAGE™ contains quercetin, which theoretically might increase the effects of OAT1/OAT3 substrates. Evidence is in vitro; human data not reported.
- Mitoxantrone: NUTRIVIVA REVERSAGE™ contains quercetin, which theoretically might increase effects via inhibition of BCRP.
- Prazosin (Minipress): NUTRIVIVA REVERSAGE™ contains quercetin, which theoretically might increase effects via BCRP inhibition.
- Sulfasalazine (Azulfidine): NUTRIVIVA REVERSAGE™ contains quercetin, which theoretically might increase effects via BCRP inhibition.
- Rosuvastatin (Crestor): NUTRIVIVA REVERSAGE™ contains quercetin, which theoretically might increase plasma levels via OATP1B1 inhibition.
- Tucatinib (Tukysa): NUTRIVIVA REVERSAGE™ contains quercetin, which theoretically might increase plasma levels via CYP2C8 inhibition.

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 REVERSAGE™ should not affect the ability of individuals to drive or operate machinery. If you experience side effects which may affect these abilities, do not drive or operate machinery until the effects have completely disappeared.

3. How to take NUTRIVIVA REVERSAGE™

Do not share your medicines with any other person.

Always take NUTRIVIVA REVERSAGE™ 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 4 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 REVERSAGE™ 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 REVERSAGE™

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

4. Possible side effects

NUTRIVIVA REVERSAGE™ can have side effects.

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

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

Tell your doctor if you notice any of the following:

Frequent side effects:

- abdominal cramps or stomach pains,
- diarrhoea (loose, watery stools),
- nausea (feeling sick),
- vomiting (being sick)
- headache,
- dizziness,
- tiredness,
- light-headedness.

Side effects with unknown frequency:

- flushing,
- leukopenia (low white blood cells),
- thrombocytopenia (low platelets),
- dry cough,
- muscle cramps,
- flatulence or wind,
- loss of appetite.

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, 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 REVERSAGE™.

5. How to store NUTRIVIVA REVERSAGE™

Store all medicines out of reach of children.

Store at or below 25 °C.
Protect from moisture and light.

6. Contents of the pack and other information

What is found in NUTRIVIVA REVERSAGE™

Active Ingredient	Quantity per capsule	Quantity per serving	% NRV per 4 capsules (serving size and maximum daily dose)
Beta-Nicotinamide Mononucleotide (NMN)	125 mg	500 mg	*
Betaine Anhydrous (Trimethylglycine)	125 mg	500 mg	*
Polygonum cuspidatum			
[root extract, fermentation process to a standardisation of 98% Resveratrol]	125 mg	500 mg	*
Cotinus coggygria			
[branch extract, standardised to 98% Fisetin]	62.5 mg	250 mg	*
Sophora japonica			
[buds extract, standardised to Quercetin dihydrate 95%]	62.5 mg	250 mg	*

The other ingredients are the hypromellose capsules and microcrystalline cellulose.

What NUTRIVIVA REVERSAGE™ looks like and contents of the pack

White capsules containing a white powder.

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

Holder of Certificate of Registration

Nutriviva (Pty) Ltd
Unit 2 Nguni Business Park
1 Nguni Way
Waterfall
3610
Email: info@nutriviva.co.za
Tel: +087 094 0594

This leaflet was revised in

October 2025.

Registration

To be allocated by SAHPRA.

PASIËNTINLIGTINGSBLAD

Afrikaans

SKEDULERINGSTATUS

[S0]

NUTRIVIVA REVERSAGE™ – harde kapsule

Aktiewe bestanddeel	Hoeveelheid per kapsule	Hoeveelheid per dosis
Beta-nikotienamiedmononukleotied (NMN)	125 mg	500 mg
Betaïen, watervry (Trimetielglisien)	125 mg	500 mg
Polygonum cuspidatum		
[wortelekstrak, fermentasieproses tot ’n standaardisering van 98% Resveratrol]	125 mg	500 mg
Cotinus coggygria		
[takekstrak, gestandaardiseer tot 98% Fisetien]	62.5 mg	250 mg
Sophora japonica		
[knoppe-ekstrak, gestandaardiseer tot Kwersetien-dihidraat 95%]	62.5 mg	250 mg

Suikervry

KOMPLEMENTÊRE MEDISYNE: Gesondheidsaanvulling – Kombinasieproduk

Hierdie ongeregistreerde medisyne is nie vir gehalte, veiligheid of beoogde gebruik deur SAHPRA geëvalueer nie.

Lees hierdie inligtingsblad noukeurig deur want dit bevat inligting wat belangrik is vir jou.

NUTRIVIVA REVERSAGE™ is sonder ’n dokter se voorskrif beskikbaar, sodat jy jou gesondheid kan onderhou. Jy moet NUTRIVIVA REVERSAGE™ nogtans versigtig gebruik om die beste resultate daarmee te verkry.

- Hou hierdie inligtingsblad. Dit mag nodig wees om dit weer te lees.
- Moenie NUTRIVIVA REVERSAGE™ met enigiemand anders deel nie.
- Indien jy enige verdere inligting of raad nodig het, vra asseblief jou gesondheidsorgverskaffer of apteker.

Wat is in hierdie inligtingsblad

1. Wat is NUTRIVIVA REVERSAGE™ en waarvoor word dit gebruik.
2. Wat jy moet weet voordat jy NUTRIVIVA REVERSAGE™ neem.
3. Hoe om NUTRIVIVA REVERSAGE™ te neem.
4. Moontlike newe-effekte.
5. Hoe om NUTRIVIVA REVERSAGE™ te bewaar.
6. Inhoud van die verpakking en ander inligting.

1. Waarvoor word NUTRIVIVA REVERSAGE™ gebruik

NUTRIVIVA REVERSAGE™ ondersteun normale selfunksie en dra by om selle teen oksidatiewe stres te beskerm, en help so om algemene gesondheid en welstand in stand te hou.

2. Wat jy moet weet voordat jy NUTRIVIVA REVERSAGE™ neem

Moenie NUTRIVIVA REVERSAGE™ neem nie

- Indien jy hipersensitief (allergies) vir nikotienamiedmononukleotied (vitamien B3); watervrye betaïen (trimetielglisien); trans-resveratrol; Cotinus coggygria Scop. (fisetien), kwersetien of vir enige van die ander bestanddele van NUTRIVIVA REVERSAGE™ is (gelys by afdeling 6).

Waarskuwings en voorsorgmaatreëls

Neem spesiale sorg met NUTRIVIVA REVERSAGE™:

- Indien jy enige chirurgiese prosedure moet ondergaan. Jy moet ten minste twee weke voor ’n operasie ophou om NUTRIVIVA REVERSAGE™ te neem.
- Vitamiene en minerale wat uit ander bronne verkry word, moet ook in berekening gebring word.
- Indien jy ’n bloedingsteuring het. Resveratrol kan bloedstolling vertraag en die risiko van bloeding verhoog by mense met bloedingsteurings.
- Indien jy aan ’n hormoonsensitiewe toestand, soos borskanker, baarmoederkanker, eierstokkanker, endometriose, of baarmoederfibroïde ly: Resveratrol kan soos estrogeen werk. Indien jy enige toestand het wat deur blootstelling aan estrogeen vererger kan word, moenie resveratrol gebruik nie.
- Indien jy peritoneale dialise ondergaan.
- Indien jou nierfunksie belemmer is.
- Indien jou bloeddruk laag is.
- Indien jy sukkel met lae bloedsuiker.
- Indien jou cholesterolvlakke hoog is. Betaïen kan die vlakke van totale en laedigtheid-lipoproteïen-(LDL-)cholesterol by party mense verhoog. Mense met hoë cholesterol moet betaïen met omsigtigheid gebruik.

Kinders

Nie bedoel vir kinders jonger as 18 jaar nie.

Ander medisynes en NUTRIVIVA REVERSAGE™

Sê altyd vir jou gesondheidsorgverskaffer indien jy enige ander medisyne neem. (Dit sluit alle komplementêre en tradisionele medisynes in.)

Sê vir jou dokter of apteker indien jy tans enige van die volgende neem:

- Antikoagulante/antiplaatjiemedisynes: NUTRIVIVA REVERSAGE™ bevat resveratrol, wat teoreties die risiko van bloeding kan verhoog indien dit saam met antikoagulante of antiplaatjiemedisynes geneem word. Voorbeelde sluit in warfarien, aspirien en klopidogrel. Voorlopige bewyse dui daarop dat resveratrol antiplaatjie-effekte het en die serumvlakke van hierdie medisynes kan verhoog.
- Kinoloonantibiotika: NUTRIVIVA REVERSAGE™ bevat kwersetien, wat teoreties die effekte van kinoloonantibiotika kan onderdruk. Voorbeelde sluit in siprofloksasien, levofloksasien en moksifloksasien. Kwersetien bind in vitro aan bakteriële DNS-girase en kan met die aktiwiteit van hierdie antibiotika inmeng.
- Siklosporien (Neoral, Sandimmune): NUTRIVIVA REVERSAGE™ bevat kwersetien, wat teoreties die vlakke en nadelige effekte van siklosporien kan verhoog. Dit kan via onderdrukking van P-glikoproteïen of CYP3A4 plaasvind. Klein studies toon verhoogde plasmavlakke en verlengde halfleeftyd van siklosporien wanneer dit saam met kwersetien geneem word.
- CYP2C8-substrate: NUTRIVIVA REVERSAGE™ bevat kwersetien, wat teoreties die vlakke en nadelige effekte van CYP2C8-substrate kan verhoog. Paklitaksel (Taxol) is ’n voorbeeld. In vitro-studies toon dat CYP2C8 deur kwersetien onderdruk word, maar kliniese bewyse hiervan is beperk.
- CYP2C9-substrate: NUTRIVIVA REVERSAGE™ bevat kwersetien, wat teoreties die vlakke en nadelige effekte van CYP2C9-substrate kan verhoog. Voorbeelde sluit in diklofenak en losartaan. Kliniese studies toon verhoogde plasmavlakke en verlengde halfleeftyd.

- CYP2D6-substrate: NUTRIVIVA REVERSAGE™ bevat kwersetien, wat teoreties die vlakke en nadelige effekte of CYP2D6-substrate kan verhoog. Bewyse kom van in vitro-studies; menslike data is nie gerapporteer nie.
- CYP3A4-substrate: NUTRIVIVA REVERSAGE™ bevat kwersetien, wat teoreties die effekte van CYP3A4-substrate kan wysig. Voorbeelde sluit in siklosporien, midasolaam, kwetiapien en losartaan. Kwersetien kan CYP3A4 onderdruk, of in sommige gevalle, induseer.
- P-glikoproteïensubstrate: NUTRIVIVA REVERSAGE™ bevat kwersetien, wat teoreties die effekte van P-glikoproteïensubstrate kan wysig. Voorbeelde sluit in siklosporien, talinolol en sakinavir. Bewyse dui op moontlike onderdrukking van intestinale P-glikoproteïen, wat die opname van medisyne affekteer.
- Warfarien (Coumadin): NUTRIVIVA REVERSAGE™ bevat kwersetien, wat teoreties die risiko van bloeding kan verhoog as dit gepaardgaande met warfarien gebruik word, weens die verplasing van serumalbumien en moontlike onderdrukking van CYP3A4.
- Antihipertensiewe medisynes: NUTRIVIVA REVERSAGE™ bevat kwersetien en nikotienamiedmononukleotied, wat teoreties additiewe bloeddrukverlagende effekte kan hê. Voorbeelde sluit in prasosien, losartaan, amlodipien en enalapriel. Klein studies toon effense verlagings in bloeddruk; versigtigheid is raadsaam.
- Midasolaam (Versed): NUTRIVIVA REVERSAGE™ bevat kwersetien, wat teoreties vlakke van midasolaam kan verlaag weens versnelde metabolisme daarvan.
- OATP-substrate: NUTRIVIVA REVERSAGE™ bevat kwersetien, wat teoreties die effekte van pravastatien en ander OATP-substrate kan versterk.
- Antidiabetiese medisynes: NUTRIVIVA REVERSAGE™ bevat kwersetien, wat teoreties die risiko van hipoglukemie kan verhoog wanneer dit terselfdertyd as antidiabetiese medisynes geneem word. Voorbeelde sluit in metformien en sulfonielureums.
- Diklofenak (Voltaren): NUTRIVIVA REVERSAGE™ bevat kwersetien, wat teoreties plasmavlakke kan verhoog en nadelige effekte versterk weens CYP2C9-onderdrukking.
- Kwetiapien (Seroquel): NUTRIVIVA REVERSAGE™ bevat kwersetien, wat teoreties plasmavlakke kan verhoog en effekte versterk via onderdrukking van CYP3A4 en P-glikoproteïen.
- OAT1- en OAT3-substrate: NUTRIVIVA REVERSAGE™ bevat kwersetien, wat teoreties die effekte van OAT1/OAT3-substrate kan versterk. Bewyse kom uit in vitro-studies; menslike data is nie gerapporteer nie.
- Mitokssantroon: NUTRIVIVA REVERSAGE™ bevat kwersetien, wat teoreties effekte daarvan kan versterk via onderdrukking van borskankerweerstandproteïen (BCRP).
- Prasosien (Minipress): NUTRIVIVA REVERSAGE™ bevat kwersetien, wat teoreties effekte daarvan via BCRP-onderdrukking kan versterk.
- Sulfasalasien (Azulfidine): NUTRIVIVA REVERSAGE™ bevat kwersetien, wat teoreties effekte daarvan via BCRP-onderdrukking kan versterk.
- Rosuvastatien (Crestor): NUTRIVIVA REVERSAGE™ bevat kwersetien, wat teoreties plasmavlakke via OATP1B1-onderdrukking kan verhoog.
- Tukatinib (Tukysa): NUTRIVIVA REVERSAGE™ bevat kwersetien, wat teoreties plasmavlakke via CYP2C8-onderdrukking kan verhoog.

Swangerskap, borsvoeding en vrugbaarheid

Veiligheid van gebruik ten opsigte van vrugbaarheid, swangerskap en borsvoeding is nie bepaal nie.

Indien jy swanger is of jou baba borsvoed, vermoed dat jy swanger mag wees of beplan om swanger te raak, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer voordat jy hierdie medisyne neem.

Bestuur en gebruik van masjiene

NUTRIVIVA REVERSAGE™ behoort nie die vermoë van individue om te bestuur of masjinerie te hanteer, te affekteer nie. Indien jy newe-effekte ervaar wat hierdie vermoëns kan affekteer, moenie bestuur of masjinerie hanteer totdat die effekte heeltemal opgeklaar het nie.

3. Hoe om NUTRIVIVA REVERSAGE™ te neem

Moenie jou medisynes met enigiemand anders deel nie.

Neem NUTRIVIVA REVERSAGE™ altyd presies soos wat in hierdie inligtingsblad aangedui word, of soos wat jou dokter of apteker vir jou gesê het. Vra gerus jou dokter of apteker indien jy onseker is.

Volwassenes: Die gebruiklike dosis is 4 kapsules daagliks.

Kinders: Nie bedoel vir kinders jonger as 18 jaar nie.

'n Gevarieerde dieet is die doeltreffendste en veiligste manier om goeie voeding, gesondheid, liggaamsamestelling sowel as verstandelike en fisieke prestasie, te behaal.

Indien jy meer NUTRIVIVA REVERSAGE™ neem as wat jy moet

In geval van oordosering, raadpleeg jou dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifhulplyn.

Indien jy vergeet om NUTRIVIVA REVERSAGE™ te neem

Moenie 'n dubbele dosis neem om te vergoed vir die individuele dosisse wat oorgeslaan is nie.

4. Moontlike newe-effekte

NUTRIVIVA REVERSAGE™ kan newe-effekte hê.

Nie alle newe-effekte wat vir NUTRIVIVA REVERSAGE™ gerapporteer is, word in hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid sou verswak of indien jy enige ongunstige effekte ondervind terwyl jy NUTRIVIVA REVERSAGE™ neem, moet jy asseblief jou gesondheidsorgverskaffer raadpleeg.

Indien enige van die volgende voorkom, hou op om NUTRIVIVA REVERSAGE™ te neem en sê onmiddellik vir jou dokter of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- swelling van jou hande, voete, enkels, gesig, lippe en mond of keel, wat probleme met sluk of asemhaling kan veroorsaak,
- uitslag of gejeuk,
- floute.

Al hierdie newe-effekte is baie ernstig. Indien jy enige daarvan ondervind, mag jy 'n ernstige reaksie op NUTRIVIVA REVERSAGE™ gehad het. Jy mag dringend mediese bystand of hospitalisasie benodig.

Sê vir jou dokter indien jy enige van die volgende opmerk:

Newe-effekte wat dikwels voorkom:

- buikkrampe of maagpyn,
- diarree (los, waterige ontlasting),
- naarheid (voel mislik),
- braking (gooi op),
- hoofpyn,
- duiseligheid,
- moegheid,
- lighoofdigheid.

Newe-effekte waarvan die frekwensie onbekend is:

- blosing,
- leukopenie (lae witbloedseltelling),
- trombositopenie (lae plaatjietelling),
- droë hoes,
- spierkrampe,
- flatulensie of winderigheid,
- verlies aan eetlus.

Indien jy enige newe-effekte opmerk wat nie in hierdie inligtingsblad genoem word nie, lig asseblief jou dokter of apteker daaroor in.

Rapportering van newe-effekte

Indien jy newe-effekte ondervind, bespreek dit met jou dokter, apteker of verpleegkundige. Jy kan ook newe-effekte aan SAHPRA rapporteer via die Med Safety-toepassing (Medsafety X SAHPRA) en e-rapporteringsplatform (who-umc.org), wat op SAHPRA se webwerf beskikbaar is. Deur newe-effekte te rapporteer, kan jy help om meer inligting rakende die veiligheid van NUTRIVIVA REVERSAGE™ te verskaf.

5. Hoe om NUTRIVIVA REVERSAGE™ te bewaar

Bewaar alle medisynes buite bereik van kinders.

Bêre by of onder 25 °C.

Beskerm teen vog en lig.

6. Inhoud van die verpakking en ander inligting

Wat kom in NUTRIVIVA REVERSAGE™ voor

Aktiewe bestanddeel	Hoeveelheid per kapsule	Hoeveelheid per dosis	% VVW per 4 kapsules (dosis en maksimum daaglikse dosis)
Beta-nikotienamiedmononukleotied (NMN)	125 mg	500 mg	*
Betaïen, watervry (Trimetielglisien)	125 mg	500 mg	*
Polygonum cuspidatum			
[wortelekstrak, fermentasieproses tot ’n standaardisering van 98% Resveratrol]	125 mg	500 mg	*
Cotinus coggygria			
[takekstrak, gestandaardiseer tot 98% Fisetien]	62.5 mg	250 mg	*
Sophora japonica			
[knoppe-ekstrak, gestandaardiseer tot Kwersetien-dihidraat 95%]	62.5 mg	250 mg	*

Die ander bestanddele is die hipromellose-kapsules en mikrokristallyne sellulose.

Hoe NUTRIVIVA REVERSAGE™ lyk en inhoud van die verpakking

Wit kapsules wat ’n wit poeier bevat.

120 kapsules, verpak in ’n amberkleurige glasbottel met ’n metaaldeksel, met ’n toepaslike etiket.

Houer van Registrasiesertifikaat

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Hierdie inligtingsblad is hersien in

Oktober 2025.

Registrasie

Gaan deur SAHPRA toegeken word.