PATIENT INFORMATION LEAFLET

English

SCHEDULING STATUS

[S0]

NUTRIVIVA THINK TANK™ – hard capsule

Active Ingredient	Quantity per capsule	Quantity per serving
Phosphatidyl Serine	100.00 mg	300 mg
Rhodiola Rosea DHE	266.67 mg	800 mg
[root, as a 4:1 extract standardised to rosavins 3.0% and salidroside 1.0%]	66.67 mg	200 mg
Bacopa Monnieri DHE	666.67 mg	2000 mg
[whole herb, as a 10:1 extract standardised to bacosides ≥50%]	66.67 mg	200 mg
L-Alpha-Glycerylphosphorylcholine (Alpha GPC)	66.67 mg	200 mg
Pyrroloquinoline Quinone Disodium Salt (PQQ)	6.67 mg	20 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 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 from 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-alpha-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 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 THINK TANK™ 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 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,
- heartburn,
- gastrointestinal discomfort,
- dry mouth,
- excessive production of saliva.

Side effects with unknown frequency:

- 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, 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.

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	100.00 mg	300 mg	*
Rhodiola Rosea DHE	266.67 mg	800 mg	*
[root, as a 4:1 extract standardised to rosavins 3.0% and salidroside 1.0%]	66.67 mg	200 mg	*
Bacopa Monnieri DHE	666.67 mg	2000 mg	*
[whole herb, as a 10:1 extract standardised to bacosides ≥50%]	66.67 mg	200 mg	*
L-Alpha-Glycerylphosphorylcholine (Alpha GPC)	66.67 mg	200 mg	*
Pyrroloquinoline Quinone Disodium Salt (PQQ)	6.67 mg	20 mg	*

The other ingredients are the hypromellose capsules and microcrystalline cellulose.

What NUTRIVIVA THINK TANK™ looks like and contents of the pack

White capsules containing a white powder.

90 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 THINK TANK™ – harde kapsule

Aktiewe bestanddeel	Hoeveelheid per kapsule	Hoeveelheid per dosis
Fosfatidielserien	100.00 mg	300 mg
Rhodiola Rosea DKE	266.67 mg	800 mg
[wortel, as ’n 4:1 ekstrak gestandaardiseer tot rosaviene 3.0% en salidrosied 1.0%]	66.67 mg	200 mg
Bacopa Monnieri DKE	666.67 mg	2000 mg
[hele kruid, as ’n 10:1 ekstrak gestandaardiseer tot bakosiede ≥50%]	66.67 mg	200 mg
L-alfa-gliserofosforielcholien (Alpha GPC)	66.67 mg	200 mg
Pirrolokinolien-kinoon-dinatriumsout (PQQ)	6.67 mg	20 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 THINK TANK™ is sonder ’n dokter se voorskrif beskikbaar, sodat jy jou gesondheid kan onderhou. Jy moet NUTRIVIVA THINK TANK™ nogtans versigtig gebruik om die beste resultate daarmee te verkry.

- Hou hierdie inligtingsblad. Dit mag nodig wees om dit weer te lees.
- Moenie NUTRIVIVA THINK TANK™ 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 THINK TANK™ en waarvoor word dit gebruik.

2. Wat jy moet weet voordat jy NUTRIVIVA THINK TANK™ neem.

3. Hoe om NUTRIVIVA THINK TANK™ te neem.

4. Moontlike newe-effekte.

5. Hoe om NUTRIVIVA THINK TANK™ te bewaar.

6. Inhoud van die verpakking en ander inligting.

1. Waarvoor word NUTRIVIVA THINK TANK™ gebruik

NUTRIVIVA THINK TANK™ ondersteun gesonde breinfunksie, geheue en konsentrasie. Dit tree op as antioksidant, wat vry radikale in die liggaam neutraliseer, en as ’n adaptogeen om te help met tydelike verligting van simptome wat met stres gepaard gaan.

2. Wat jy moet weet voordat jy NUTRIVIVA THINK TANK™ neem

Moenie NUTRIVIVA THINK TANK™ neem nie

- Indien jy hipersensitief (allergies) vir Alpha GPC, Rhodiola rosea L. wortel; Bacopa monnieri (L.) Wettst; pirrolokinolien-kinoon-dinatriumsout (PQQ), fosfatidielserien of vir enige van die ander bestanddele van NUTRIVIVA THINK TANK™ is (gelys by afdeling 6).

Waarskuwings en voorsorgmaatreëls

Neem spesiale sorg met NUTRIVIVA THINK TANK™:

- Indien jy ’n outoïmmuunsiekte het (’n toestand waar jou liggaam se immuunstelsel gesonde selle aanval)
- Indien jy bradikardie het (stadige hartspoed).
- Indien jy ’n blokkasie in jou spysverteringskanaal het.
- Indien jy ’n maagseer het.
- Indien jy pulmonêre toestande het.
- Indien jy ’n skildkliersteuring het.
- Indien jy ’n blokkasie in jou urienweg het.
- Indien jy aan lae bloedsuiker ly.
- Vermy inname saam met alkohol of produkte wat lomerigheid veroorsaak.
- Moenie vir langer as 6 maande gebruik sonder om ’n gesondheidsorgverskaffer te raadpleeg nie.

Kinders

Nie bedoel vir kinders jonger as 18 jaar nie.

Ander medisynes en NUTRIVIVA THINK TANK™

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:

- Antihipertensiewe medisynes (gebruik om hoë bloeddruk te behandel) of aanvullings met bloeddrukverlagende effekte. Indien NUTRIVIVA THINK TANK™, wat Rhodiola rosea bevat, saam met hierdie medisynes geneem word, kan dit veroorsaak dat jou bloeddruk te laag val. Monitor jou bloeddruk noukeurig.
- Antidiabetiese medisynes (gebruik om hoë bloedsuiker te behandel) of aanvullings wat bloedsuikervlakke beïnvloed. Wanneer NUTRIVIVA THINK TANK™ saam met diabetesmedisynes geneem word, kan die Rhodiola rosea daarin veroorsaak dat jou bloedsuiker te laag val. Monitor jou bloedsuiker noukeurig.
- Medisynes wat deur die lewer afgebreek word. NUTRIVIVA THINK TANK™ kan verander hoe vinnig jou lewer hierdie medisynes afbreek, wat hul effekte en newe-effekte kan beïnvloed.
- Immuunonderdrukkende medisynes (wat die aktiwiteit van die immuunstelsel verminder). Sommige medisynes wat ná orgaanoorplantings gebruik word, val in hierdie groep. Wanneer NUTRIVIVA THINK TANK™, wat Rhodiola rosea bevat, saam met hierdie medisynes geneem word, kan dit met die effekte daarvan inmeng.
- Losartaan (gebruik vir hoë bloeddruk): Indien NUTRIVIVA THINK TANK™, wat Rhodiola rosea bevat, saam met losartaan geneem word, kan dit die effekte en newe-effekte van losartaan versterk.
- Anticholinergiese medisynes (wat die aktiwiteit van die neuro-oordragstof asetielcholien blokkeer). Die neem van NUTRIVIVA THINK TANK™ saam met hierdie medisynes kan hul effekte verswak, weens die Bacopa monnieri en fosfatidielserien in die produk.
- Cholinergiese medisynes soos sevimelien (gebruik om speekselproduksie te verhoog), wat op die neuro-oordragstof asetielcholien werk. Wanneer NUTRIVIVA THINK TANK™, wat Bacopa monnieri bevat, saam met sevimelien geneem word, kan dit die newe-effekte laat toeneem. Cholinergiese medisynes kan ook versterkte effekte hê wanneer dit met fosfatidielserien gekombineer word.

- Skildklierhormoonmedisynes (gebruik om skildkliertoestande te behandel). Die neem van NUTRIVIVA THINK TANK™ saam met skildklierhormone kan hierdie medisynes se werking affekteer. Konsulteer asseblief jou dokter voor gebruik.
- Skopolamien (gebruik vir bewegingsiekte): NUTRIVIVA THINK TANK™ bevat l-alfa-gliserofosforielcholien, wat asetielcholien in die brein verhoog. Aangesien asetielcholien deur skopolamien geblokkeer word, kan hierdie produk die effekte van skopolamien verminder.
- Medisynes wat deur die CYP1A2-lewerensiem geprosesseer word. Bacopa in NUTRIVIVA THINK TANK™ kan affekteer hoe jou lewer hierdie medisynes afbreek, wat die vlakke daarvan in jou bloed verhoog en die risiko van newe-effekte vergroot. Voorbeelde sluit in kaffeïen, teofillien, klosapien, olansapien, tisanidien, duloksetien, en soortgelyke medisynes.
- Medisynes wat deur ander lewerensieme geprosesseer word, soos CYP2C19, CYP2C9 en CYP3A4. Bacopa kan die effekte en newe-effekte van hierdie medisynes versterk. Voorbeelde sluit in warfarien, omeprasool, en party antidepressante.
- Medisynes wat deur ’n proteïen genaamd P-glikoproteïen vervoer word, wat help om medisynes uit jou liggaam te verwyder. Indien NUTRIVIVA THINK TANK™ met Rhodiola rosea saam met hierdie medisynes geneem word, kan dit hul werkingswyse verander en die kans vir newe-effekte vergroot.

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

Rhodiola Rosea kan duiseligheid veroorsaak. Moenie ’n voertuig bestuur, swaar masjinerie hanteer of ander take uitvoer wat verstandelike wakkerheid vereis nie, totdat jy weet hoe hierdie medisyne jou affekteer.

3. Hoe om NUTRIVIVA THINK TANK™ te neem

Moenie jou medisynes met enigiemand anders deel nie.

Neem NUTRIVIVA THINK TANK™ 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 3 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 THINK TANK™ 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 THINK TANK™ te neem

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

4. Moontlike newe-effekte

NUTRIVIVA THINK TANK™ kan newe-effekte hê.

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

Indien enige van die volgende voorkom, hou op om NUTRIVIVA THINK TANK™ te neem en sê onmiddellik vir jou dokter of gaan na die ongevalleafdeling 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 THINK TANK™ 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:

- duiseligheid,
- diarree (los, waterige ontlasting),
- naarheid,
- braking,
- sooibrand,
- maagdermongemak,
- droë mond,
- oormatige speekselvorming.

Newe-effekte waarvan die frekwensie onbekend is:

- prikkelbaarheid,
- hoofpyn,
- slaaploosheid,
- veluitslag,
- beroerte.

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 THINK TANK™ te verskaf.

5. Hoe om NUTRIVIVA THINK TANK™ 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 THINK TANK™ voor:

Aktiewe bestanddeel	Hoeveelheid per kapsule	Hoeveelheid per dosis	% VVW per 3 kapsules (dosis en maksimum daaglikse dosis)
Fosfatidielserien	100.00 mg	300 mg	*
Rhodiola Rosea DKE	266.67 mg	800 mg	*
[wortel, as ’n 4:1 ekstrak gestandaardiseer tot rosaviene 3.0% en salidrosied 1.0%]	66.67 mg	200 mg	*
Bacopa Monnieri DKE	666.67 mg	2000 mg	*
[hele kruid, as ’n 10:1 ekstrak gestandaardiseer tot bakosiede ≥50%]	66.67 mg	200 mg	*
L-alfa-gliserofosforielcholien (Alpha GPC)	66.67 mg	200 mg	*
Pirrolokinolien-kinoon-dinatriumsout (PQQ)	6.67 mg	20 mg	*

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

Hoe NUTRIVIVA THINK TANK™ lyk en inhoud van die verpakking

Wit kapsules wat ’n wit poeier bevat.

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

Houer van Registrasiesertifikaat

Nutriviva (Edms.) Bpk.
Eenheid 2 Nguni Besigheidspark
Nguniweg 1
Waterfall
3610
E-pos: info@nutriviva.co.za
Tel: +087 094 0594

Hierdie inligtingsblad is hersien in

Oktober 2025.

Registrasie

Gaan deur SAHPRA toegeken word.