

PATIENT INFORMATION LEAFLET

GO!® MAN

SCHEDULING STATUS

[50]

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

GO!® MAN (coated tablet)

Read all of this leaflet carefully because it contains important information for you.

GO!® MAN is available without a doctor’s prescription, as a supplement. Nevertheless, you still need to use GO!® MAN carefully to get the best results from it.

- Keep this leaflet. You may need to read it again
- Do not share GO!® MAN with any other person
- Ask your pharmacist if you need more information or advice
- If you experience any side effects consult your doctor.

The GO!® MAN professional information may be obtained from the Nativa website (www.nativa.co.za).

1. WHAT GO!® MAN CONTAINS

Active Ingredients	per tablet	% NRV # per maximum daily dosage
Vitamin A (Retinol acetate)	1080 µg (3600 IU)	120
Vitamin B1 (Thiamine mononitrate)	1,44 mg	120
Vitamin B2 (Riboflavin)	1,56 mg	120
Vitamin B3 (Nicotinamide)	19,2 mg	120
Vitamin B5 (Calcium D-Pantothenate)	6 mg	120
Vitamin B6 (Pyridoxine hydrochloride)	2,04 mg	120
Vitamin B9 (Folic acid)	480 µg	120
Vitamin B12 (Cyanocobalamin)	2,88 µg	120
Biotin (D-biotin)	360 µg	120
Vitamin C (Ascorbic acid)	120 mg	120
Vitamin D3 (Cholecalciferol)	18 µg (720 IU)	120
Vitamin E (dl-alpha-tocopherol acetate)	18 mg (27 IU)	120
Chromium (Chromium chloride)	35 µg	100
Copper (Copper sulphate)	900 µg	100
Iodine (Potassium iodate)	120 µg	80
Iron (Iron pyrophosphate)	14 mg	78
Manganese (Manganese gluconate)	1,80 mg	78
Molybdenum (Sodium molybdenum)	36 µg	80
Selenium (Sodium selenate)	55 µg	100
AZL antioxidant complex	23,50 mg	-
Providing:		
Astaxanthin	6 mg	-
Zinc (Zinc oxide)	11 mg	100
Lycopene	6,50 mg	-

Nutrient Reference Values.

The other ingredients are: calcium carbonate, cellulose, Flexicoat blue - PHA9052-0025, magnesium stearate, microcrystalline cellulose, Protect EN, sodium carboxymethyl starch.

Important information about some of the ingredients of GO!® MAN:

GO!® MAN contains sugar (lactose 376,5 mg/tablet).

Patients with the rare hereditary conditions of lactose/fructose or galactose intolerance should not take GO!® MAN.

2. WHAT GO!® MAN IS USED FOR

GO!® MAN is a multi-vitamin and mineral health supplement indicated for the maintenance of healthy energy levels of men.

3. BEFORE YOU TAKE GO!® MAN

Do not take GO!® MAN:

- If you are hypersensitive (allergic) to any of the ingredients of GO!® MAN (see **WHAT GO!® MAN CONTAINS**)
- If you suffer from liver disease or have peptic ulcer disease as GO!® MAN contains nicotinamide
- If you have cobalamin or cobalt hypersensitivity as GO!® MAN contains vitamin B12.

Tell your doctor if you are not sure about any of the above.

Take special care with GO!® MAN:

- If you are taking other medication (see **Taking other medicines with GO!® MAN** and **HOW TO TAKE GO!® MAN**)
- If you have vitamin B12 deficiency (see **Taking other medicines with GO!® MAN**)
- Porphyria: safety has not been established.

Taking GO!® MAN with food and drink:

You should take GO!® MAN after a meal.

Driving and using machinery:

GO!® MAN should not affect your ability to drive or operate machinery.

However, if you think you are affected you should not drive or operate machinery until you feel better.

Taking other medicines with GO!® MAN:

- Always tell your healthcare professional if you are taking any other medicine (This includes complementary or traditional medicines)
- Always take GO!® MAN 2 hours before or after other medications as the zinc in GO!® MAN may interact with other medications.
- You should use GO!® MAN with caution if you have vitamin B12 deficiency, as vitamin B9 (Folic acid) can mask the deficiency.

You should check with your doctor or pharmacist if you are unsure.

4. HOW TO TAKE GO!® MAN

Do not share medicines with any other person. Do not exceed the recommended daily dosage. Always take GO!® MAN exactly as indicated or as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure.

The usual dose is:

Adults and children 12 years and older:

Take one (1) tablet daily, after a meal, with a glass of water.

Take a few hours before or after taking other medications (see **Taking other medicines with GO!® MAN**).

If you take more GO!® MAN than you should:

Possible symptoms of GO!® MAN overdosage may include but are not limited to; excessive urination, or unusual urine colour, dizziness, sleepiness, headache inability to sleep, and flushing of the skin. GO!® MAN contains zinc, which may cause copper deficiency. If you are unsure whether you are taking enough copper, consult a medical practitioner prior to use. In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

If you forget to take / missed a dose of GO!® MAN:

Take your missed dose after a meal, when you remember. Do not take a double dose to make up for forgotten individual doses.

Effects when treatment with GO!® MAN is stopped:

When taking the dose as indicated it is unlikely that there should be withdrawal effects when stopping use of this medication.

5. POSSIBLE SIDE EFFECTS

GO!® MAN can have side effects such as:

- abdominal discomfort
- diarrhoea
- difficulty swallowing
- heartburn
- nausea
- skin inflammation or rash
- vomiting

Not all side effects reported for GO!® MAN are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking this supplement, please consult your doctor, pharmacist or other healthcare professional for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

6. STORING AND DISPOSING OF GO!® MAN

Store at or below 25 °C.

Protect from light and moisture.

Store in original packaging until required for use.

Do not store in a bathroom.

Do not use after the expiry date stated on the label and carton.

Return all unused medicine to your pharmacist.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

STORE ALL MEDICINES OUT OF REACH OF CHILDREN.

7. PRESENTATION OF GO!® MAN

White plastic bottle with blue flip-top cap, containing 30 oval, flattened coated tablets, with a leaflet, in a unit carton.

8. IDENTIFICATION OF GO!® MAN

Blue coloured oval, flattened coated tablets.

9. REGISTRATION NUMBER

To be allocated

10. NAME AND ADDRESS OF THE REGISTRATION HOLDER

Nativa (Pty) Ltd

260 Cradock Avenue, Lyttelton, Centurion, 0157, Gauteng, South Africa

Tel: +27 (0) 12 664 7110

Customer care line: 0860 628 482

Email: health@nativa.co.za

Website: www.nativa.co.za

11. DATE OF PUBLICATION

To be allocated

12. DATE OF REGISTRATION

To be allocated

COMPLEMENTARY MEDICINE

D.34.13 Complementary Medicines: Health Supplements – Other.

Health Supplements are intended only to complement health or supplement the diet.

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.