

**PATIENT INFORMATION LEAFLET**  
**NATIVA COMPLEX® LIVER SUPPORT**

**SCHEDULING STATUS**

**S0**

**PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM**

**NATIVA COMPLEX® LIVER SUPPORT** (capsules)

The active substances are:

- Silybum marianum* (Milk Thistle)
- L-Methionine
- Selenium (selenium amino acid chelate)
- Vitis vinifera* (Grape seed)
- Curcuma longa* (Turmeric)

This product is sugar free

- Complementary Medicines: Discipline-Specific Traditional Claims – Combination Product.
- This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

**Read all of this leaflet carefully before you start taking Nativa Complex® Liver Support because it contains important information for you.**

Nativa Complex® Liver Support is available without a doctor's prescription. Nevertheless, you still need to use Nativa Complex® Liver Support carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Nativa Complex® Liver Support with any other person.
- Ask your healthcare practitioner or pharmacist if you need more information or advice.

**WHAT IS IN THIS LEAFLET**

- What Nativa Complex® Liver Support is and what it is used for
- What you need to know before you take Nativa Complex® Liver Support
- How to take Nativa Complex® Liver Support
- Possible side effects
- How to store Nativa Complex® Liver Support
- Contents of the pack and other information

**1. What Nativa Complex® Liver Support is and what it is used for**

Nativa Complex® Liver Support is indicated for the support of liver health and function, the relief of indigestion and digestive complaints originating from the liver and for antioxidant protection of the liver.

Nativa Complex® Liver Support contains:

- Milk thistle, for its liver protective effects due to its antioxidant and free radical-scavenging actions. Milk thistle is used for the relief of indigestion and digestive complaints originating from the liver;
- L-Methionine to help support liver function;
- Selenium, turmeric and grape seed as antioxidants for antioxidant support.

**2. What you need to know before you take Nativa Complex® Liver Support**

**Do not take Nativa Complex® Liver Support:**

- If you are hypersensitive (allergic) to the Asteraceae (Daisy) family or any of the ingredients of Nativa Complex® Liver Support (see **6. Contents of the pack and other information**);
- If you suffer from increased acidity in the blood (acidosis), hyperuricemia or hyperuricosuria (excessive amounts of uric acid in the blood or urine), kidney stones or metabolic disorders like oxalosis, homocystinuria or hypermethioninaemia as Nativa Complex® Liver Support contains L-methionine;
- If you have Porphyria - safety has not been established.

**Warnings and precautions**

**Tell your doctor, pharmacist or health-care practitioner if you have (1) or more of the following:**

- If symptoms persist or worsen;
- If you have pre-existing liver damage or liver diseases;
- If you have a build-up of fats, cholesterol and other substances in and on your artery walls (atherosclerosis) or high levels of homocysteine in the blood as Nativa Complex® Liver Support contains L-methionine;
- If you suffer from bile duct obstruction, inflammation of the bile duct (cholangitis), gallstones, stomach ulcers, excess stomach acid or any other biliary or liver diseases as Nativa Complex® Liver Support contains turmeric;
- If you have a history of non-melanoma skin cancer as Nativa Complex® Liver Support contains selenium;
- If you are taking other medication (see **Taking other medicines with Nativa Complex® Liver Support** and **HOW TO TAKE NATIVA COMPLEX® LIVER SUPPORT**).

**Taking other medicines with Nativa Complex® Liver Support:**

- Always tell your healthcare professional if you are taking any other medicine (This includes complementary or traditional medicines);
- If you are taking blood thinners consult your doctor, pharmacist or other healthcare professional before use;
- If you are taking antidiabetics consult your doctor, pharmacist or other healthcare professional before use;
- Please check with your doctor or pharmacist if you are unsure.

**Taking Nativa Complex® Liver Support with food and drink**

You should take Nativa Complex® Liver Support after a meal, with a glass of water.

**Pregnancy and Breastfeeding**

It is not advisable to take Nativa Complex® Liver Support while you are pregnant or breastfeeding. If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking this medicine.

**Driving and using machinery**

No research studies have been conducted on the effect on the ability to drive or handle machinery. Nativa Complex® Liver Support is unlikely to affect the ability to drive or use machinery. However, be careful until you are sure your ability to perform these activities are not affected.

**3. HOW TO TAKE NATIVA COMPLEX® LIVER SUPPORT**

Do not share medicines with any other person.

Do not exceed the recommended daily dosage. Always take Nativa Complex® Liver Support exactly as described in this leaflet or as your health-care provider has instructed you. Check with your health care provider if you are unsure.

The usual dose is:

*Adults 18 years and older:*

Take one (1) capsule once or twice daily, with a glass of water, after a meal.

**If you take more Nativa Complex® Liver Support than you should**

In the event of overdose, symptomatic and supportive treatment is suggested.

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 Nativa Complex® Liver Support**

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 Nativa Complex® Liver Support is stopped**

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

**4. POSSIBLE SIDE EFFECTS**

Nativa Complex® Liver Support can have side effects. Not all side effects reported for Nativa Complex® Liver Support are included in this leaflet. Should your general health worsen while taking this medicine, or if you experience any untoward effects while taking Nativa Complex® Liver Support, please consult your healthcare practitioner for advice.

Like all medicines, this medicine can cause side effects although not everybody gets them.

**If any of the following or other side effects occur, stop taking this product and consult your doctor or pharmacist or go to the casualty department at your nearest hospital:**

Allergic reactions such as: skin rashes, hives (skin bumps), itchiness, swelling of the face, lips, mouth or throat, which may cause difficulty in swallowing or breathing

**Tell your doctor or pharmacist if you notice any of the following:**

*Frequency unknown:*

- abdominal discomfort, constipation, diarrhoea, indigestion (dyspepsia), nausea or vomiting;
- dizziness, drowsiness, headache or irritability.

Not all side effects reported for Nativa Complex® Liver Support are included in this leaflet.

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, nurse or other healthcare practitioner for advice. You can also report side effects to SAHPRA via the "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications:

<https://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of Nativa Complex® Liver Support.

**5. HOW TO STORE NATIVA COMPLEX® LIVER SUPPORT**

- Store in a cool, dry place at or below 25 °C
- Protect from light and moisture.
- Store in original packaging until required for use.
- Do not store in 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.

**6. CONTENTS OF THE PACK AND OTHER INFORMATION**

**WHAT NATIVA COMPLEX® LIVER SUPPORT (CAPSULES) CONTAINS**

| Active Ingredients                                                                           | per capsule | Per 2 capsules (maximum daily dose) |
|----------------------------------------------------------------------------------------------|-------------|-------------------------------------|
| <i>Silybum marianum</i> (Milk Thistle)<br>[seed, extract standardized to 80 % silymarin]     | 210 mg      | 420 mg                              |
| L-Methionine                                                                                 | 110,28 mg   | 220,56 mg                           |
| Selenium (selenium amino acid chelate)                                                       | 51 µg       | 102 µg                              |
| <i>Vitis vinifera</i> (Grape seed)<br>[seed, extract standardized to 95 % proanthocyanidins] | 10 mg       | 20 mg                               |
| <i>Curcuma longa</i> (Turmeric)<br>[rhizome, extract standardized to 95 % curcumin]          | 10 mg       | 20 mg                               |

The other ingredients are: silicon dioxide, magnesium stearate, microcrystalline cellulose.

Nativa Complex® Liver Support is sugar free.

**WHAT NATIVA COMPLEX® LIVER SUPPORT LOOKS LIKE AND CONTENTS OF THE PACK**

Description of capsule: Size 0 green-white gelatine capsule.

Blister pack with 1 strip of 10 capsules each, with a package insert in a unit carton.

White plastic bottle with green flip-top cap, containing 30 capsules, with a package insert in a unit carton.

White plastic bottle with green flip-top cap, containing 60 capsules, with a package insert in a unit carton.

**Holder of Certificate of Registration**

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**This leaflet was last revised in:**

To be allocated

**Date of registration**

To be allocated

**Registration number**

To be allocated

**Professional Information**

The Nativa Complex® Liver Support Professional Information may be obtained from the Nativa website ([www.nativa.co.za](http://www.nativa.co.za)).