

PROFESSIONAL INFORMATION
TURBOVITE® BLAST SYRUP

- Complementary Medicine
- Discipline: 34.13 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.

SCHEDULING STATUS
[S0](#)

1. NAME OF THE MEDICINE
TURBOVITE® BLAST

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Ingredient	Per 10 ml	Per max daily dose (20 ml)	% NRV per max daily dose (20 ml)
Caffeine	100 mg	200 mg	*
Vitamin B1 (Thiamine hydrochloride)	4,74 mg	9,48 mg	790%
Vitamin B2 (Riboflavin)	2 mg	4 mg	307%
Vitamin B3 (Nicotinamide)	14 mg	28 mg	175%
Vitamin B5 (Calcium D-Pantothenate)	3 mg	6 mg	120%
Vitamin B6 (Pyridoxine hydrochloride)	2,5 mg	5 mg	294%
Vitamin B9 (Folic acid)	0,250 µg	500 µg	125%
Vitamin B12 (Cyanocobalamin)	8 µg	16 µg	666%
Biotin (D-biotin)	50 µg	100 µg	333%

Nutrient Reference Values for adults and children older than 4 years. *NRV not established.

Turbovite® Blast syrup contains sugar.
CONTAINS CAFFEINE.
For full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM
Syrup
Clear, yellow liquid

4. CLINICAL PARTICULARS
4.1 Therapeutic indications

Turbovite® Blast syrup is a health supplement indicated for the support of cognitive performance during times of stress and for the maintenance of healthy energy levels.

4.2 Posology and method of administration
Do not exceed the recommended daily dosage.

Adults 18 years and older :
Take 1-2 medicine measures (5-10 ml) in the morning and early afternoon, after meals.
Take a few hours before or after taking other medications (see **4.5 Interaction with other medicinal products and other forms of interaction**).

4.3 Contraindications
Hypersensitivity to any of the ingredients of Turbovite® Blast syrup (see **6. PHARMACEUTICAL PARTICULARS**)
• Turbovite® Blast syrup contains nicotinamide, which is contraindicated in patients with liver disease or in patients with active peptic ulcer disease.
• Turbovite® Blast syrup contains vitamin B12, which is contraindicated in patients with cobalamin or cobalt hypersensitivity.

4.4 Special warnings and precautions for use
• Do not use if known hypersensitivity or allergy exists to any of the ingredients. If in doubt, consult your medical practitioner.
• Consult a healthcare practitioner prior to use if you have diabetes, high blood pressure, glaucoma, or detrusor instability (overactive bladder syndrome).
• Contains 200 mg caffeine per 20 ml. A cup of instant coffee contains approximately 80 mg of caffeine.
• Use of caffeine may result in sleep deprivation.
• Not suitable for children under the age of 18 years.
• Discontinue use two weeks prior to surgery.
• If you are of childbearing age, pregnant or breastfeeding (see **4.6 Fertility, pregnancy and lactation**).

4.5 Interaction with other medicinal products and other forms of interaction
• You should consult a healthcare practitioner prior to use if you are taking lithium.
• Avoid taking Turbovite® Blast syrup with health supplements or foods that contain caffeine or increase blood pressure (e.g. medications, coffee, tea, colas, cocoa, guarana, maté, bitter orange extract, synephrine, otopamine, ephedra, ephedrine) .
• Folic acid can mask a vitamin B12 deficiency. If in doubt, consult your medical practitioner.

4.6 Fertility, pregnancy and lactation
Pregnancy

It is not advisable to take Turbovite® Blast syrup while you are pregnant as it contains caffeine. If you are pregnant and have concerns that your daily intake of caffeine from all sources may exceed 200 mg per day, please consult a relevant healthcare provider prior to use.

Breastfeeding
It is not advisable to take Turbovite® Blast syrup while you are breastfeeding as it contains caffeine. If you are breastfeeding and have concerns that your daily intake of caffeine from all sources may exceed 200 mg per day, please consult a relevant healthcare provider prior to use.

Fertility
There are no known effects of Turbovite® Blast syrup on fertility. If you are of childbearing age and have concerns that your daily intake of caffeine from all sources may exceed 200 mg per day, please consult a relevant healthcare provider prior to use.

Porphyria
Safety has not been established.

4.7 Effects on the ability to drive and use machines.
Turbovite® Blast syrup 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.

4.8 Undesirable effects
If you experience any side effects or sensitivity to any of the ingredients, discontinue use. Side effects may include but are not limited to the following:

Adverse events table		
System organ class	Frequency	Adverse Events
Nervous system Disorders	Frequency unknown	Anxiety, headaches or insomnia
Gastrointestinal Disorders	Frequency unknown	Dyspepsia (including upper abdominal (epigastric) discomfort and nausea), vomiting, dysphagia, heartburn or diarrhoea
Skin and subcutaneous tissue disorders	frequency unknown	Hypersensitivity reaction (dermatitis, erythema or urticaria)

If symptoms persist, or if any adverse reactions occur, consult a healthcare practitioner.
Reporting of suspected adverse reactions
Reporting of suspected adverse reactions after authorization of the medicinal product is important. It allows continued monitoring of the benefit/risk balance of the medicine. Health care providers are asked to report any suspected adverse reactions to SAHPRA via the **“6.04 Adverse Drug Reactions Reporting Form,”** found online under SAHPRA’s publications: <http://www.sahpra.org.za/Publications/-Index/8>

4.9 Overdose
Symptoms
See **4.8 Undesirable effects**
At doses of more than 600 mg per day, caffeine may cause anxiety, tachycardia (rapid heart rate), palpitations, insomnia, restlessness, nervousness, tremor and headache.
Treatment
If an accidental overdose occurs, consult a medical practitioner.
Treatment is symptomatic and supportive.

5. PHARMACOLOGICAL PROPERTIES
5.1 Pharmacodynamic properties
Caffeine
Caffeine acts as a psychostimulant as it increases alertness, vigilance, and feelings of well-being. Caffeine also stimulates the central nervous system, heart and muscles.
Vitamins and minerals
A sufficient intake of vitamins and minerals is necessary to maintain normal energy metabolism, and physical and physiological function. Unbalanced diet and insufficient dietary intake of vitamins and minerals can result in subnormal health

5.2 Pharmacokinetic properties
Caffeine
Caffeine is metabolised by liver cytochrome P450 enzymes. It is able to cross the blood-brain barrier and placenta. Caffeine is mostly excreted through the urine.
Vitamins and minerals
The combination of vitamins and minerals is typical of the normal diet. Therefore, the pharmacological metabolism and fate of Turbovite® Blast syrup is anticipated to be similar.

6. PHARMACEUTICAL PARTICULARS
6.1 List of excipients
Citric acid
Flavour
RO Water
Xanthan gum

Turbovite® Blast syrup contains sugar: sucrose (2,4 g per 10 ml).
Turbovite® Blast syrup contains artificial sweetener: (sucralose 26 mg per 10 ml).
Turbovite® Blast syrup contains preservatives: sodium benzoate (0.10% m/v) and potassium sorbate (0,08% m/v).

6.2 Incompatibilities
None known

6.3 Shelf life
24 months

6.4 Special precautions for storage
• STORE ALL MEDICINES OUT OF REACH OF CHILDREN
• Store in a cool, dry place at or below 25 °C.
• Keep container tightly closed.
• Replace cap firmly after use.
• Protect from light and moisture.
• Keep in original packaging until required for use.
• Do not use after the expiry date printed on the carton and bottle.

6.5 Nature and contents of container
Turbovite® Blast syrup is a yellow liquid with an orange and mango flavour.
Turbovite® Blast syrup is available in a round amber glass bottle. It contains 200 ml and 500 ml of syrup and includes a patient information leaflet in a printed unit carton.
Turbovite® Blast syrup is available in 10 ml sachets and includes a patient information leaflet in a printed unit carton.

6.6 Special precautions for disposal and other handling
No special requirements.

7. HOLDER OF CERTIFICATE OF REGISTRATION
Nativa (Pty) Ltd
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Tel: +27 (0) 12 664 7110
Customer care line: 0860 628 482
Email: health@nativa.co.za
Website: www.nativa.co.za

8. REGISTRATION NUMBER(S)
To be allocated

9. DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION
To be allocated

10. DATE OF REVISION OF THE TEXT
Not applicable.