

PROFESSIONAL INFORMATION

NATIVA COMPLEX® DIGESTIVE SUPPORT capsules

- Complementary Medicine.
- D.33.7 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.

SCHEDULING STATUS

[S0]

1. NAME OF THE MEDICINE

NATIVA COMPLEX® DIGESTIVE SUPPORT (capsules)

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Each capsule contains

Active ingredients	Per capsule	Per 2 capsules (maximum daily dose)
<i>Rhamnus purshiana</i> DC. (Cascara sagrada) [bark powder]	50 mg	100 mg
<i>Zingiber officinale</i> Rosc. (Ginger) [root powder]	50 mg	100 mg
<i>Allium sativum</i> L. (Garlic) [lub, 4:1 extract providing 100 mg of dried herb equivalent]	25 mg	50 mg
<i>Foeniculum vulgare</i> Mill. (Fennel) [seed powder]	20 mg	40 mg
Papain providing:	50 mg 300000 FCC PU**	100 mg 600000 FCC PU**
Bromelain providing:	50 mg 60000 FCC PU**	100 mg 120000 FCC PU**
Inulin (prebiotic)	50 mg	100 mg
Pectin	20 mg	40 mg
Probiotic blend providing:	1 billion CFU*	2 billion CFU*
<i>Lactobacillus acidophilus</i>	500 million CFU*	1 billion CFU*
<i>Bifidobacterium longum</i>	167 million CFU*	334 million CFU*
<i>Bifidobacterium bifidum</i>	167 million CFU*	334 million CFU*
<i>Bifidobacterium lactis</i>	166 million CFU*	332 million CFU*

*Colony Forming Unit (CFU)

**Food Chemical Codex Papain Unit.

Nativa Complex® Digestive Support is sugar and preservative free.

For full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM

Capsule, hard gelatine.

Nativa Complex® Digestive Support are light green gelatine capsules.

4. CLINICAL PARTICULARS

4.1 Therapeutic indications

Nativa Complex® Digestive Support is intended to promote a healthy gut. The ingredients can assist the body with support and functioning of the digestive system, promoting the growth of good intestinal flora, supporting regular bowel movement and assisting in the countering of constipation.

4.2 Posology and method of administration

The recommended daily dosage is

Adults 18 years and older:

One (1) or two (2) capsules per day, after a meal, with a glass of water.

Advise the patient to not take dosage at the same time as other medications (see 4.5).

4.3 Contraindications

- Advise patients to consult a relevant healthcare provider prior to use if they have an allergy to latex or fruits (e.g., avocado, banana, chestnut, passion fruit, fig, melon, mango, kiwi, pineapple, peach, and tomato) as Nativa Complex® Digestive Support contains papain.
- Hypersensitivity (e.g. allergy) towards bromelain has been known to occur. In such cases, advise the patient to discontinue use and consult a relevant healthcare provider.
- Must not be given to patients with known hypersensitivity to fennel or plants of the Apiaceae (Umbelliferae) family or to bromelain-latex or to plants of the Bromelaceae (pineapple) family.
- Hypersensitivity to any of the other ingredients of Nativa Complex® Digestive Support (see section 6.1 List of excipients). Patients should be advised to consult their medical practitioner if in doubt.
- Must not be given to patients with abnormal constrictions of the gastrointestinal tract, potential or existing intestinal blockage, atonic bowel or appendicitis.
- Must not be given to patients with inflammatory colon disease such as Crohn's disease or ulcerative colitis, abdominal pain of unknown origin, undiagnosed rectal bleeding.
- Must not be given to patients with severe dehydration and/or electrolyte imbalance or diarrhoea.
- Must not be given to patients who are pregnant or breastfeeding (see 4.6).
- Patients taking any chronic medication should not use this product without consulting their medical practitioner.
- Not suitable for children under 18 years of age as Nativa Complex® Digestive Support contains papain and bromelain.

4.4 Special warnings and precautions for use

- Patients with bleeding disorders or taking anticoagulants/blood thinners or antiplatelet medication should use this product with caution (see 4.5).
- Patients who have gallstones, bile duct obstructions, stomach lesions/ulcers or excess stomach acid should use the product with caution as it contains bromelain.
- Patients who have malabsorption or other gastrointestinal tract ailments or are having surgery should use the product with caution as it contains bromelain and papain.
- Use with caution in patients with diabetes and hypotension as Nativa Complex® Digestive Support contains ginger and garlic.
- Advise the patient to consult a healthcare provider before use if they have a kidney disorder, faecal impaction or symptoms such as abdominal pain, nausea, vomiting or fever as Nativa Complex® Digestive Support contains cascara sagrada and inulin.
- Advise patients to discontinue use 2 weeks before elective surgical procedures due to the antiplatelet and blood glucose effects of Nativa Complex® Digestive Support.
- Advise the patient to consult a healthcare provider if symptoms persist or worsen.
- Do not exceed the daily recommended dose.
- Do not use after the date of expiry.
- Products containing herbal ingredients may interact with some medication.

Porphyria

Safety has not been established.

4.5 Interaction with other medicinal products and other forms of interactions

No interaction studies have been performed on Nativa Complex® Digestive Support capsules, see below interactions with individual ingredients.

Active ingredient	Medicine	Description
Probiotics	Antibiotics	Concomitant use may decrease the effectiveness of probiotics. Advise patients to take two (2) hours before or two (2) hours after antibiotics.
Papain, bromelain, cascara sagrada, ginger, garlic and fennel	Blood thinners (anticoagulant- or anti-platelet medication) e.g. warfarin	Concomitant use may increase the risk of bleeding.
Garlic, ginger and inulin	Antidiabetic medication	Concomitant use may increase the risk of hypoglycaemia.
Garlic and ginger	Antihypertensive medication	Concomitant use may increase the risk of hypotension.
Bromelain	Amoxicillin	Concomitant use may increase levels of amoxicillin.
Fennel	Ciprofloxacin	Concomitant use may reduce the effectiveness of ciprofloxacin.
Cascara sagrada	Corticosteroids, potassium -depleting diuretics	Concomitant use may increase the risk of hypokalaemia.
Cascara sagrada	Digoxin	Potassium depletion associated with cascara sagrada can increase the risk of digoxin toxicity.
Pectin	Digoxin	Concomitant use may interfere with the intestinal absorption of digoxin.
Garlic and probiotics	Immuno-suppressants	Concomitant use may cause infection in patients taking medications that suppress the immune system.
Inulin and pectin	Other oral medications/health products	Absorption of other medications/products may be delayed, increased or decreased. Advise patients to take two (2) hours before or two (2) hours after other medications.
Bromelain and pectin	Tetracycline antibiotics	Concomitant use may interfere with the intestinal absorption of tetracyclines.

4.6 Fertility, pregnancy and lactation

Pregnancy

Must not be used during pregnancy as Nativa Complex® Digestive Support contains cascara sagrada which is contraindicated during pregnancy (see 4.3).

Breastfeeding

Safety of some of the ingredients for use during lactation (breastfeeding) has not been established (see 4.3), therefore this product should not be used if patients are lactating (breastfeeding).

Fertility

There are no known effects of Nativa Complex® Digestive Support on fertility.

4.7 Effects on the ability to drive and use machines.

Based on the side effect profile, Nativa Complex® Digestive Support should not affect the ability to drive or operate machinery.

It is not always possible to predict to what extent Nativa Complex® Digestive Support may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which Nativa Complex® Digestive Support affects them.

4.8 Undesirable effects

Nativa Complex® Digestive Support capsules are generally well tolerated with the occurrence of adverse events unknown. Patients experiencing any side effects or sensitivity to any of the ingredients, should discontinue use.

Adverse reactions reported in the literature are listed below, by system organ class and frequency. Frequencies are defined as:

- very common (≥1/10)
- common (≥1/100 to <1/10)
- uncommon (≥1/1,000 to <1/100)
- rare (≥1/10,000 to 1-<1/1,000)
- very rare (<1/10,000)
- not known (cannot be estimated from the available data)

Adverse events table		
System Organ Class	Frequency	Adverse Event
Immune system disorders	Frequency unknown	Hypersensitivity (allergic) reactions.
Gastrointestinal disorders	Frequency unknown	Abdominal discomfort, belching, constipation, diarrhoea, dyspepsia, heartburn, flatulence, nausea, vomiting.
Skin and subcutaneous tissue disorders	Frequency unknown	Hypersensitivity reaction (dermatitis, urticaria).

If symptoms persist, or if any adverse reactions occur, advise the patient to consult a healthcare provider.

Reporting of suspected adverse reactions

Reporting of suspected adverse reactions after authorisation 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: <https://www.sahpra.org.za/Publications/Index/8>.

4.9 Overdose Symptoms

See 4.8 Undesirable effects

In overdose, side effects can be precipitated and/or be of increased severity.

There is no evidence that this product can lead to an overdose when used as recommended.

Treatment

If an accidental overdose occurs, treatment is symptomatic and supportive.

5. PHARMACOLOGICAL PROPERTIES

5.1 Pharmacodynamic properties

Category and class: D.33.7 Complementary Medicines: Discipline - Specific Traditional Claims - Combination Product

Pharmacotherapeutic classification: Medicines acting on the gastro- intestinal tract

Cascara sagrada

The cascara sagrada constituents, cascariosides A and B, stimulate peristalsis and evacuation, thereby causing a laxative effect.

Ginger

The gastroprotective effects of ginger may be due to an increase in the levels of protective prostaglandins in the gut wall.

Garlic

The gastroprotective effects of garlic can be attributed to its constituents like allicin.

Fennel

Fennel may aid digestion by increasing gastric acid secretion and digestive enzyme activity.

Papain

Papain is a cysteine protease found in papaya fruit latex. It cleaves the peptide bonds of basic amino acids such as leucine and glycine and also hydrolyses esters and amides.

Bromelain

Bromelain is a proteolytic enzyme that may exert anti-inflammatory effects by altering leukocyte activation as well as by inhibiting prostaglandin and bradykinin synthesis.

Inulin

Inulin acts as a prebiotic by promoting the growth of specific types of bacteria, like bifidobacteria and lactobacillus, in the large intestine.

Pectin

Pectin may slow gut motility, increase gastrointestinal transit times, as well as relieve diarrhoea by increasing the absorption of salt and water.

Probiotics

Probiotics are live micro-organisms used to restore or maintain a healthy microbial flora. Probiotics are resistant to digestive enzymes in the human gut and are fermented by the colonic microflora and have bifidogenic and pH-lowering effects

Specifically, lactobacilli are thought to increase epithelial mucus production and compete with pathogens for mucosal binding sites.

5.2 Pharmacokinetic properties

Cascara sagrada

There is insufficient information on the pharmacokinetics of cascara sagrada.

Ginger

Absorption: Following consumption of ginger, glucuronides of 6 gingerol, 8-gingerol, 10-gingerol and 6-shogaol were detected.

Distribution: After multiple daily doses of ginger, no evidence of accumulation of 6-gingerol, 8-gingerol, 10-gingerol and 6-shogaol and their metabolites were found in plasma or colon tissues.

Metabolism: Conjugates of the gingerols and 6-shogaol are usually glucuronide or sulphate conjugates.

Elimination: In human plasma, the half-life of 6-gingerol, 8 gingerol, 10-gingerol and 6-shogaol have been estimated to be between 1 and 3 hours.

Garlic

Absorption: Allicin and other garlic constituents, including S-allyl cysteine and gamma-glutamyl-cysteine, are well absorbed.

Metabolism: The garlic constituent S-allyl cysteine is metabolized in the liver and kidneys.

Excretion: Garlic is excreted primarily in urine and faeces, and lesser amounts possibly via bile or intestinal mucosa.

Fennel

Metabolism: In humans, following the ingestion of fennel tea, 1' hydroxylation of estragole occurred rapidly forming conjugated 1' hydroxyestragole and p-allylphenol.

Excretion: 1' hydroxyestragole was present in urine, with peak levels after 1.5 hours and no detection after 10 hours.

Papain

There is insufficient reliable information on the pharmacokinetics of papain.

Bromelain

Absorption: Bromelain is absorbed from the gastrointestinal tract in a functionally intact form. Bromelain may increase the epithelial permeability of the intestinal mucosal and aid its own absorption by self-enhanced paracellular diffusion.

Distribution: Bromelain is distributed in plasma and blood.

Excretion: In clinical research, the elimination half-life of bromelain was determined to be between 6 and 9 hours.

Inulin

Metabolism: Inulin is not absorbed or digested but rather promotes the growth of specific types of bacteria in the large intestine. These bacteria produce short chain fatty acids that are absorbed and metabolized.

Pectin

Metabolism: Pectin is metabolized by intestinal bacteria to short-chain fatty acids in the colon. This potentially increases the pH and protects against pathogens.

Probiotics

Absorption: Bifidobacteria are not commonly absorbed in the gastrointestinal tract and are absent from the faeces within 2 weeks of discontinuation. Lactobacillus: Distribution: When taken orally, lactobacilli pass through the gut and attach to the intestinal mucosa where they can persist for at least 1 week.

6. PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Calcium carbonate
Gelatine capsule (capsule constituents: bovine gelatine, colorants, titanium dioxide)
Magnesium stearate
Silicon dioxide
Talc powder

6.2 Incompatibilities

None known

6.3 Shelf life

24 months

6.4 Special precautions for storage

- Store in a cool, dry place at or below 25 °C.
- Protect from light and moisture.
- Do not use after the expiry date printed on the carton.

6.5 Nature and contents of container

Nativa Complex® Digestive Support are light green capsules.

Nativa Complex® Digestive Support are available in a white high density polyethylene plastic container with a green flip-top cap. It contains 60 capsules 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
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

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

December 2022