PATIENT INFORMATION LEAFLET

Scheduling status:
S0

NATIVA COMPLEX® THYROID SUPPORT capsules
Ascophyllum nodusum (knotted wrack/ Norwegian kelp) [herb powder]; L-tyrosine; nicotinamide (vitamin B3); pyridoxine hydrochloride (vitamin B6); riboflavin (vitamin B2); thiamine hydrochloride (vitamin B1); selenium amino acid chelate (selenium); cyanocobalamin (vitamin B12).
Sugar free
- Complementary Medicine: D.33.7 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 because it contains important information for you.
Nativa Complex® Thyroid Support is available without a doctor's prescription. Nevertheless, you still need to use Nativa Complex® Thyroid Support carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share Nativa Complex® Thyroid Support with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

WHAT IS IN THIS LEAFLET
1. What Nativa Complex® Thyroid Support is and what it is used for
2. What you need to know before you take Nativa Complex® Thyroid Support
3. How to take Nativa Complex® Thyroid Support
4. Possible side effects
5. How to store Nativa Complex® Thyroid Support
6. Contents of the pack and other information

1. What Nativa Complex® Thyroid Support is and what it is used for
Nativa Complex® Thyroid Support capsules is a supplement with ingredients that can assist the body to support the function of the thyroid. It can support the body to counter symptoms of fatigue and an underactive thyroid. Consult a medical practitioner for a diagnosis or if symptoms persist. Efficacy of support may vary between users.

2. What you need to know before you take Nativa Complex® Thyroid Support
Do not take Nativa Complex® Thyroid Support:
- If you are hypersensitive (allergic) to iodine or any of the ingredients of Nativa Complex® Thyroid Support (listed in section 6 **Contents of pack and other information**).
- If you have hyperthyroidism, as L-tyrosine supplementation can aggravate the condition.
- If you are suffering from liver disease or have peptic ulcer disease as Nativa Complex® Thyroid Support contains nicotinamide.
- If you have cobalamin or cobalt hypersensitivity as Nativa Complex® Thyroid Support contains vitamin B12.
- If you are taking any chronic medication, do not use this product without consulting your medical practitioner.

Warnings and precautions
- Consult a healthcare provider prior to use if you have a history of non-melanoma skin cancer as Nativa Complex® Thyroid Support contains selenium.
- Consult a healthcare provider prior to use if you have bleeding disorders or are taking anticoagulants/blood thinners as it contains kelp (see **Other medicines with Nativa Complex® Thyroid Support**).
- Consult a healthcare provider prior to use if you are following a low protein diet as the product contains L-tyrosine.
- Do not exceed the daily recommended dose.
- Do not use after the date of expiry.
- Products containing herbal ingredients may interact with some medication.
- After 3 months of continuous use, take a break for two to four weeks before restarting use as Nativa Complex® Thyroid Support contains L-tyrosine.

Porphyria: Safety has not been established.
Tell your doctor if you are not sure about any of the above.

Other medicines and Nativa Complex® Thyroid Support
Always tell your healthcare provider if you are taking any other medicine, including complementary or traditional medicines.
Consult your doctor, pharmacist or healthcare provider before use if you are taking:
- Blood thinners (anticoagulant or antiplatelet medication) e.g. warfarin, as some of the ingredients may have a blood thinning effect increasing the risk of bleeding; or
- thyroid hormones as L-tyrosine is a precursor to thyroxine and may increase levels of thyroid hormones; or
- levodopa as L-tyrosine may decrease the effectiveness of levodopa;or
- monoamine oxidase inhibitors (MAOIs) as MAOIs can potentiate sympathomimetic substances and related compounds to induce a hypertensive crisis with potential risk of heart attack or stroke.

Taking Nativa Complex® Thyroid Support with food and drink
You should take Nativa Complex® Thyroid Support after a meal with a glass of water. There is no known interaction between contents of Nativa Complex® Thyroid Support and food and drink.

Pregnancy and Breastfeeding
Do not use Nativa Complex® Thyroid Support if you are pregnant or breastfeeding as safety has not been established.

Driving and using machinery
Nativa Complex® Thyroid Support should not affect your ability to drive or use machinery. However, if you think you are affected you should not drive or operate machinery until you feel better.

3. How to take Nativa Complex® Thyroid Support
Do not share medicines with any other person.
Always take Nativa Complex® Thyroid Support exactly as described in this leaflet or as your healthcare provider has instructed you. You should check with your doctor or pharmacist if you are unsure.

The usual dose for adults 18 years and older is:
One (1) capsule in the morning and one (1) capsule in the evening, with a glass of water, after a meal.

If you take more Nativa Complex® Thyroid Support than you should
In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison center.

If you forget to take Nativa Complex® Thyroid Support
Take your missed dose when you remember. Do not take a double dose to make up for forgotten individual doses.

If you stop taking Nativa Complex® Thyroid Support
If you are taking the dose as indicated, it is unlikely that there should be withdrawal effects when you stop using this medication.

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

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:
- Hypersensitivity reactions or anaphylaxis, symptoms include: difficulty breathing or swallowing, angioedema, itchy throat, urticaria (hives), skin rash and itching.
- Abdominal discomfort, diarrhea, heartburn, nausea and vomiting.
- Joint pain.

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 "**6.04 Adverse Drug Reaction Reporting Form**", found online under SAHPRA's publications:https://sahpra.org.za/wp-content/uploads/2020/01/6.04_ARF1_v5.1_27Jan2020.pdf.
By reporting side effects, you can help provide more information on the safety of Nativa Complex® Thyroid Support.

5. How to store Nativa Complex® Thyroid Support
- STORE ALL MEDICINES OUT OF REACH OF CHILDREN.
- Store in a dry place at or below 25 °C.
- Protect from light.
- Do not refrigerate.
- 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).

6. Contents of pack and other information
What Nativa Complex® Thyroid Support contains

Active Ingredients	Per capsule	Per maximum daily dose (2 capsules)	% NRV# per maximum daily dose (2 capsules)
Ascophyllum nodosum (knotted wrack/ Norwegian kelp) [herb powder]	100 mg	200 mg	*
L-tyrosine	250 mg	500 mg	*
Nicotinamide (Vitamin B3)	9 mg	18 mg	113 %
Calcium-D pantothenate (Vitamin B5)	6 mg	12 mg	240 %
Pyridoxine hydrochloride (Vitamin B6)	2 mg	4 mg	235 %
Riboflavin (Vitamin B2)	1,6 mg	3,2 mg	246 %
Thiamine hydrochloride (Vitamin B1)	1,4 mg	2,8 mg	233 %
Selenium AAC** providing Selenium (elemental)	2 mg 40 µg	4 mg 80 µg	146 %
Cyanocobalamin (Vitamin B12)	1 µg	2 µg	83 %

Nutrient reference values for adults and children older than 4 years.
* NRV not established.
** Amino Acid Chelate.
The other ingredients or excipients are: Gelatine capsule (capsule constituents: bovine gelatine, colourants, titanium dioxide), magnesium stearate, colloidal silicon dioxide and tapioca starch.
Nativa Complex® Thyroid Support is sugar free.

What Nativa Complex® Thyroid Support looks like and contents of the pack
Nativa Complex® Thyroid Support are light pink capsules, available in a white plastic container with a pink flip-top cap. It contains 60 capsules and includes a patient information leaflet in a printed unit carton.

Holder of Certificate of Registration
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Date of registration
To be allocated

Registration number
To be allocated

Professional Information
The Nativa Complex® Thyroid Support Professional Information may be obtained from the Nativa website (www.nativa.co.za).

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