

**PATIENT INFORMATION LEAFLET  
ENERBOOST**

**COMPLEMENTARY MEDICINE – HEALTH SUPPLEMENT**

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

**SCHEDULING STATUS:**

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**ENERBOOST effervescent tablets**

Active ingredient	Amount per tablet	% NRV
Ascorbic acid (vitamin C)	600 mg	600
Calcium carbonate providing calcium (elemental)	500,9 mg 200 mg	15
Magnesium sulphate Magnesium carbonate providing magnesium (elemental)	399,4 mg 173,4 mg 100 mg	24
Niacinamide (vitamin B3)	25 mg	156
Calcium-D-pantothenate providing pantothenic acid (elemental - vitamin B5)	25 mg 23 mg	460
Thiamine hydrochloride providing thiamine (elemental - vitamin B1)	19,4 mg 15 mg	1250
Riboflavin-5-phosphate sodium providing riboflavin (elemental - vitamin B2)	20,5 mg 15 mg	1154
Pyridoxine hydrochloride providing pyridoxine (elemental - vitamin B6)	12,3 mg 10 mg	588
Zinc citrate trihydrate providing zinc (elemental)	16,1 mg 5 mg	45
Folic Acid	400 µg	100
Biotin (vitamin H)	150 µg	500
Vitamin B12 - 0,1 % providing cyanocobalamin (elemental - vitamin B12)	10 mg 10 µg	417
Guarana seed extract - caffeine content	40 mg 8,57 mg	--

Each effervescent tablet contains sugar alcohol, mannitol (340 mg) and sweetener, sucralose (15 mg)

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

ENERBOOST is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use ENERBOOST carefully to get the best results from it.

- Keep this leaflet. You may need to read it again
- Do not share ENERBOOST with any other person
- Ask your healthcare provider or pharmacist if you need more information or advice.

### **What is in this leaflet**

1. What ENERBOOST is and what it is used for
2. What you need to know before you take ENERBOOST
3. How to take ENERBOOST
4. Possible side effects
5. How to store ENERBOOST
6. Contents of the pack and other information

#### **1. What ENERBOOST is and what it is used for**

ENERBOOST is a multivitamin and mineral supplement intended to

- boost mental performance and physical energy

#### **2. What you need to know before you take ENERBOOST**

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**Do not take ENERBOOST**

- if you are hypersensitive (allergic) to caffeine or any of the other ingredients of ENERBOOST (listed in section 6)
- If you are pregnant
- if you have eye diseases called Leber's disease or tobacco amblyopia
- if you have severe liver disease
- if you are under the age of 14 years.

**Warnings and precautions****CONTAINS CAFFEINE**

- This product is not intended as a substitute for sleep.
- Consumption with other caffeine-containing products (e.g. medications, coffee, tea, colas, guarana) is not recommended.

**Take special care**

- if you are taking medicines containing lithium (used to treat depression), please consult your healthcare provider
- if you have high blood pressure, an eye problem called glaucoma, or an overactive bladder
- if you have a heart condition
- if you have diabetes, as your blood sugar levels may increase
- if you have problems with your kidneys or liver

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- If you have been diagnosed with a type of anaemia (megaloblastic anaemia) as you may experience untoward nervous system symptoms
- if you are prone to develop gout and if you drink large amounts of alcohol
- if you are undergoing blood, faeces and urine tests, as ENERBOOST can interfere with the results
- if you have constant diarrhoea and irritation in your stomach, a stomach ulcer or heartburn
- if you develop weakness, numbness and pain, usually in hands and feet (peripheral neuropathy)
- if you are taking another multivitamin and mineral supplement. Do not take more than the recommended dosage.

### **Children and adolescents**

ENERBOOST is not suitable for children under the age of 14.

### **Other medicines and ENERBOOST**

Always tell your healthcare provider if you are taking any other medicine (this includes complementary or traditional medicines).

Taking ENERBOOST with the following medicine is not recommended:

- medicines which increase blood pressure including bitter orange extract, synephrine, octopamine, ephedra, ephedrine, tetracyclines (antibiotic used to treat infections) as the effect of the antibiotic may be lowered.

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- An interval of at least 2-3 hours should be allowed between taking ENERBOOST and tetracyclines, bisphosphonates e.g. risodronate, alendronate (medicine which prevents the loss of bone density and used to treat osteoporosis and similar bone diseases)
- desferrioxamine (used to treat iron overload) as it can worsen iron toxicity, particularly to the heart
- medicines used to treat high cholesterol levels called statins (e.g. simvastatin, rosuvastatin) as muscle breakdown may occur, which may lead to kidney problems and pain or weakness in the muscles

The absorption and/or effect of certain vitamins, minerals or caffeine may be lowered when ENERBOOST is taken together with certain medicine. These include:

- cholestyramine, colestipol (treatment for bile conditions)
- omeprazole (treats heartburn and stomach ulcers)
- aminosalicylic acid (antibiotic used to treat tuberculosis)
- colchicine (treats gout attacks)
- penicillamine (medicine used to treat Wilson's disease)
- medicine which contains phosphorous
- aspirin (to treat pain, fever and inflammation)
- phenytoin (used to treat epilepsy).

The effect of ENERBOOST may be increased when taken with the following medicine:

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- mexelitine (to treat heart conditions)
- neomycin, ciprofloxacin, enoxacin, pipemidic acid (antibiotics used to treat infections)
- fluvoxamine (treatment for depression)
- terbinafine (treatment for fungal infections)
- H<sub>2</sub>-antagonists e.g. cimetidine, ranitidine (treatment for acid reflux and stomach ulcers)
- methoxsalen (used to treat the skin diseases psoriasis and eczema)
- the “pill” (oral contraceptives) and hormone replacement therapy
- phenytoin (treats epilepsy)
- phenylpropanolamine (used to lower your appetite) may increase your blood pressure and heart rate
- ephedrine (used to treat a blocked nose, tight chest) may increase your blood pressure, heart rate, glucose and insulin levels. Adverse effects may include dizziness, shakiness, headaches, irregular heartbeats, seizures/fits, nervous breakdown, heart attacks and strokes.

The effect of certain medicine or substances may be reduced when taken together with ENERBOOST. These include:

- levodopa (treatment for Parkinson’s disease)
- altretamine (cancer treatment)
- warfarin (treatment for blood clots)
- insulin or oral hypoglycaemics (diabetes medication)
- fluphenazine (treatment for bipolar disorder)

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- phenobarbitone and phenytoin (treats epilepsy)
- fluoroquinolones (antibiotics used to treat infections e.g. ciprofloxacin, moxifloxacin)
- iron and copper supplements
- theophylline (used to treat lung diseases i.e. asthma).

### **Taking ENERBOOST with food and drink**

Take one effervescent tablet dissolved in a half to full glass of cold water, with or directly after meals. Do not take on an empty stomach.

### **Pregnancy and breastfeeding**

If you are pregnant or breastfeeding your baby, think you may be pregnant or planning to have a baby, please consult your doctor, pharmacist or other healthcare provider for advice, before taking ENERBOOST.

### **Driving and using machinery**

It is unlikely that ENERBOOST may interfere with your daily activities, but it is not always possible to predict to what extent. Thus, ensure that you do not engage in the above activities until you are aware of the measure to which ENERBOOST affects you.

**ENERBOOST contains sugar alcohol (340 mg mannitol/effervescent tablet) and sweetener (15 mg sucralose/effervescent tablet)**

ENERBOOST may have a mild laxative effect.

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**3. How to take ENERBOOST**

Always take ENERBOOST exactly as instructed in this leaflet. You should check with your doctor, pharmacist or healthcare provider if you are unsure.

The usual dose is 1 effervescent tablet daily. Dissolve the effervescent tablet in a half to full glass of cold water. Then drink the contents of the whole glass. Do not take more than the recommended dosage. Take ENERBOOST with or directly after meals.

**If you take more ENERBOOST than you should**

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre. In the event of overdose the following symptoms may occur: nausea, vomiting, abdominal pain, diarrhoea and other stomach and intestinal disturbances, sleeplessness, headache, anxiety, irritability, restlessness, shakiness, heart palpitations.

**If you forget to take a dose of ENERBOOST**

Do not take a double dose to make up for forgotten individual doses.

**If you stop taking ENERBOOST**

You may experience the symptoms associated with caffeine withdrawal. These include irritability, restlessness, feeling sleepy and headaches.

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**4. Possible side effects**

ENERBOOST can have side effects.

Not all side effects reported for ENERBOOST are included in this leaflet. Should your general health worsen, or if you experience any untoward effects while taking ENERBOOST, please consult your healthcare provider for advice.

If any of the following happens, stop taking ENERBOOST and tell your doctor immediately, or go to the casualty department at your nearest hospital:

- swelling of the hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing
- rash or itching
- fainting.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction or hypersensitivity to ENERBOOST. You may need urgent medical attention or hospitalisation. Discontinue use.

Tell your doctor immediately, or go to the casualty department at your nearest hospital if you notice any of the following:

- experiencing symptoms of a heart attack (symptoms include crushing chest pain, feeling clammy and sweaty, arms may feel heavy, dizziness), abnormal heartbeat
- difficulty breathing, shortness of breath
- kidney stones (painful when urinating), urinating less than normal,

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swelling in your legs, ankles and feet

- liver toxicity, jaundice (yellowish or greenish pigmentation of the skin and eyes, paler faeces and dark urine)

These are all serious side effects. You may need urgent medical attention.

Tell your doctor if you notice any of the following:

Frequent side effects:

- stomach and intestine disturbances including stomach pain, indigestion, nausea, vomiting, stomach irritation, stomach inflammation, watery diarrhoea (if medicine is taken on an empty stomach).

Less frequent side effects:

- constipation, farting
- heartburn
- vomiting, fatigue and a water-electrolyte imbalance, which is due to a condition called milk-alkali syndrome
- muscle weakness, cramps or pain due to a condition called alkalosis
- hardening of tissue due to accumulation of calcium (as diagnosed by your doctor)

Side effects of unknown frequency:

- laboratory test results showing abnormal blood counts (including low white- and red blood cell count, low platelet count, high levels of calcium, low phosphate levels), also abnormal urine, faeces and liver function test results

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- flushing, which can be accompanied by tingling, itching, headache, dizziness, rapid heartbeat, shortness of breath, sweating, chills or swelling
- a sensation of heat, faintness, pounding in the head, low blood pressure, dizziness, chills dryness of skin, itchy skin, pigmentation of the skin, rash, cramps, cough, loss of appetite, development of stomach ulcer, eye disorders, glucose intolerance, high glucose levels in the blood and excess amount of uric acid in the blood, which may cause pain in the joints
- longer bleeding time after an injury
- sleeplessness
- dry eyes, blurred vision, swollen eyelids
- bright yellow urine
- weakness, numbness and pain from nerve damage, muscle pain
- blister-like eruptions, shakiness.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

**Reporting of side effects**

If you develop any side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via the online complaints portal, found under: <https://sahpracm.org.za/catd/complaints/>. By reporting side effects, you can help provide more information on the safety of ENERBOOST.

Additionally, please send a mail to [pharmacovigilance@pharmadynamics.co.za](mailto:pharmacovigilance@pharmadynamics.co.za)

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**5. How to store ENERBOOST**

**Store all medicines out of reach of children.**

Store at or below 25 °C.

Store in the original package/container.

Keep the tube tightly closed.

Do not use after the expiry date stated on the packaging.

Return all unused medicine to your pharmacist.

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

**6. Contents of the pack and other information**

**What ENERBOOST contains**

*Active ingredients:*

biotin, calcium, caffeine, folic acid, magnesium, vitamin B1, B2, B3, B5, B6, B12 and C, zinc.

*Other ingredients:*

citric acid, mannitol, orange flavour, PEG 6000, red raspberry colourant, sodium bicarbonate, sodium carbonate, sucralose, tutti frutti flavour.