PATIENT INFORMATION LEAFLET

Multiforce®
Alkaline Powder

SCHEDULING STATUS
S0

A.VOGEL MULTIFORCE® ALKALINE POWDER, Powder for oral use
Calcium citrate, calcium phosphate, dimagnesium phosphate, magnesium citrate, potassium bicarbonate, potassium citrate, ISCH22™, *Malpighia glabra*

A.VOGEL MULTIFORCE® ALKALINE POWDER original flavour
Contains sugar as Lactose: not more than 980 mg/7,5 g
Contains sugar as sugar-alcohol Mannitol: 3 069 mg/7,5 g

A.VOGEL MULTIFORCE® ALKALINE POWDER aniseed, lemon, mango and peppermint flavour
Contains sugar as Lactose: not more than 980 mg/7,5 g
Contains sugar as sugar-alcohol Mannitol: 2 722 mg/7,5 g
Contains sweetener as Stevia: 35,25 mg/7,5 g

COMPLEMENTARY MEDICINE
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
A.VOGEL MULTIFORCE® ALKALINE POWDER is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use A.VOGEL MULTIFORCE® ALKALINE POWDER carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share A.VOGEL MULTIFORCE® ALKALINE POWDER with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.
- A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.

What is in this leaflet

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

1. What A.VOGEL MULTIFORCE® ALKALINE POWDER is and what it is used for

A.VOGEL MULTIFORCE® ALKALINE POWDER is a source of calcium, magnesium, phosphorus and potassium, as well as citrate and bicarbonate salts (alkalising minerals) and has a systemic alkalising effect.

A.VOGEL MULTIFORCE® ALKALINE POWDER is a multimineral combination product, containing health supplements (minerals) and ISCH22™, that supports the body's acid buffering mechanism by providing essential alkaline minerals required to combat a typical acidogenic diet (high in animal protein and low/deficient in fruit, vegetables and minerals) and lifestyle, thereby assisting in addressing the negative consequences thereof.

ISCH22™ is an exclusive homeopathic blend for the absorption of minerals and regulation of acidity.

Used daily, A.VOGEL MULTIFORCE® ALKALINE POWDER may help to:
- Support bone health and protect against bone demineralisation. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis.
- Assist with digestive tract discomfort.
- Assist in the relief of joint pain, lower back pain and reduced mobility/flexibility, which are common consequences of an acidogenic diet.
- Helps improve symptoms of age-related joint discomfort and degeneration, such as pain and stiffness.
- Support healthy uric acid levels through regulating acid/alkaline balance. Used in conjunction with conventional therapy may help relieve the symptoms associated with uric acid.
- Maintain and support urinary tract function and health by increasing urine pH (alkalising), thereby assisting to prevent associated complications such as urinary discomfort, crystal formation and sediment.
- Support healthy athletic performance and recovery by helping maintain normal muscle function and contributing to healthy tissue growth and repair.

2. What you need to know before you take A.VOGEL MULTIFORCE® ALKALINE POWDER

Do not take A.VOGEL MULTIFORCE® ALKALINE POWDER
- If you are hypersensitive (allergic) to the active substances or any of the other ingredients of A.VOGEL MULTIFORCE® ALKALINE POWDER (listed in section 6).

Warnings and precautions
Take special care with A.VOGEL MULTIFORCE® ALKALINE POWDER
- You should speak with a healthcare provider and / or use under medical supervision:
  - If you are following a calcium and / or potassium restricted diet.
  - If you have problems with your kidneys.

Children and adolescents
A.VOGEL MULTIFORCE® ALKALINE POWDER is not indicated for patients younger than 18 years.

Other medicines and A.VOGEL MULTIFORCE® ALKALINE POWDER
Always tell your healthcare provider if you are taking any other medicine (this includes all complementary or traditional medicines).

Pregnancy and breastfeeding
If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare provider for advice before taking A.VOGEL MULTIFORCE® ALKALINE POWDER.

Driving and using machines
A.VOGEL MULTIFORCE® ALKALINE POWDER has no known influence on mental and / or physical ability to perform or execute tasks or activities requiring mental alertness, judgment and / or sound coordination and vision e.g. driving, riding, flying, sailing, operating machines / equipment.

A.VOGEL MULTIFORCE® ALKALINE POWDER contains lactose
If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

Sugar content: The total sugar content in 7,5 g A.VOGEL MULTIFORCE® ALKALINE POWDER is more or less 4 g carbohydrates (CHO), which is 9 kcal (37,6 kJ) and has a glycaemic load (GL) of 0,5 – 0,6. Therefore, a very small glycaemic response can be expected when taking a dose of A.VOGEL MULTIFORCE® ALKALINE POWDER, and it is therefore suitable for diabetics.

3. How to take A.VOGEL MULTIFORCE® ALKALINE POWDER

Do not share medicines prescribed for you with any other person.

Always take A.VOGEL MULTIFORCE® ALKALINE POWDER exactly as described in this leaflet or as your doctor, pharmacist or other healthcare provider have told you. Check with your doctor, pharmacist or other healthcare provider if you are not sure.

The usual dose is:
Adults (18 years and over)
Take 1 sachet or 1 heaped teaspoon (approx. 7,5 g) once daily.

Method of administration
For oral use only.
Mix in a large glass of water and stir well before drinking.
Take on an empty stomach.

If you take more A.VOGEL MULTIFORCE® ALKALINE POWDER than you should
In the event of overdosage, consult your doctor or pharmacist without delay. If neither is available, contact the nearest hospital or poison centre.

If you forget to take a dose of A.VOGEL MULTIFORCE® ALKALINE POWDER
If you forget a dose, take it as soon as you remember. However, if it is nearly time for the next dose, skip the missed dose. Do not take a double dose to make up for a forgotten dose.

4. Possible side effects

A.VOGEL MULTIFORCE® ALKALINE POWDER can have side effects. Not all side effects reported for A.VOGEL MULTIFORCE® ALKALINE POWDER are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking A.VOGEL MULTIFORCE® ALKALINE POWDER, please consult your healthcare provider for advice.

If any of the following happens, stop taking A.VOGEL MULTIFORCE® ALKALINE POWDER and tell your doctor immediately or go to the casualty department at your nearest hospital
- An allergic reaction, e.g. swelling of the hands, feet, ankles, face, lips and 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 reaction to A.VOGEL MULTIFORCE® ALKALINE POWDER. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following
Frequency is not known
- Flatulence
- Diarrhoea

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 other healthcare provider. You can also report side effects to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website. By reporting side effects, you can help provide more information on the safety of A.VOGEL MULTIFORCE® ALKALINE POWDER.
In addition, side-effects can also be reported to info@pharmacorp.co.za.

5. How to store A.VOGEL MULTIFORCE® ALKALINE POWDER

Store all medicines out of reach of children.
- Store at or below 25 °C.
- Store in the original package.
- Protect from light and moisture.
- Do not store in a bathroom.
- Do not use after the expiry date stated on the label / sachet / carton / bottle.

6. Contents of the pack and other information

What A.VOGEL MULTIFORCE® ALKALINE POWDER contains
The active substances are

Each 7,5 g A.VOGEL MULTIFORCE® ALKALINE POWDER contains	
Calcium citrate	145 mg
Calcium phosphate	974 mg
providing calcium (elemental)	254 mg
Dimagnesium phosphate	244 mg
Magnesium citrate	315 mg
providing magnesium (elemental)	59 mg
Calcium and dimagnesium phosphate	
providing phosphorus (elemental)	219 mg
Potassium bicarbonate	783 mg
Potassium citrate	870 mg
providing potassium (elemental)	619 mg
ISCH22™ (Proprietary blend)	1 000 mg
providing *Urtica dioica* L. (*Urtica dioica*) and / or *Urtica urens* L. (*Urtica urens*), Silicon dioxide (Silicea), Calcium hydrogen phosphate dihydrate (*Calcarea phosphorica*), Disodium phosphate dodecahydrate (*Natrum phosphoricum*) and *Ostrea edulis* L. (*Calcarea carbonica*)	
Malpighia glabra (Acerola) [Fruit]	100 mg
providing vitamin C botanical extract	5 mg

The other ingredients in A.VOGEL MULTIFORCE® ALKALINE POWDER original flavour is lactose and mannitol.

The other ingredients in A.VOGEL MULTIFORCE® ALKALINE POWDER aniseed, lemon, mango and peppermint flavours respectively are aniseed, lemon, mango and peppermint flavouring (natural), lactose, mannitol, silicon dioxide and stevia.

What A.VOGEL MULTIFORCE® ALKALINE POWDER looks like and contents of the pack
White to off-white, pinkish, fine, free-flowing powder containing fine black particles (organic material from ISCH22™) with a sweetish characteristic odour and a slightly acidic or bitter taste.

Contents of the pack
HDPE plastic container with a tamper evident seal and a plastic screw cap.
Each sachet contains 7,5 g A.VOGEL MULTIFORCE® ALKALINE POWDER.

Pack sizes
HDPE plastic container: 105 g, 225 g and 450 g.
Sachets: 8, 10, 16, 25 or 30 sachets per carton.
Not all pack sizes may be marketed.

Holder of Certificate of Registration
PHARMAFORCE (PTY) LTD
130 16th Road
Midrand, 1685, RSA

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Registration/reference number
To be allocated.

Access to the corresponding Professional Information:
(and the translated Patient Information Leaflet)
www.avogel.co.za