

VIRIYA

Everyday WOMAN

PROPRIETARY NAME AND DOSAGE FORM:

VIRIYA EVERYDAY WOMAN capsules

COMPOSITION:

Each capsule provides:

American ginseng	25.0mg
Goji berries	20.0mg
Astragalus	12.5mg
Horny goat weed	20.0mg
Ginkgo biloba	20.0mg
Liquorice	12.5mg
Chinese thorowax root	25.0mg
Dong quai	75.0mg
Maca root	100.0mg
Turmeric	20.0mg
Broomrape	12.5mg

Sugar free.

PHARMACOLOGICAL CLASSIFICATION:

A: 32.16 Others

INDICATIONS:

Mental and physical vitality booster.

CONTRA-INDICATIONS:

Do not use American ginseng with prediagnosed high blood pressure, or if calcium deficient, except under practitioner supervision. (Ref 1)

WARNINGS:

Seek professional advice before using long term. (Ref 2)

INTERACTIONS:

Do not use ginkgo with warfarin or any other coagulant except under practitioner supervision. (Ref 3)

PREGNANCY AND LACTATION:

Do not use American ginseng or Dong quai when pregnant except under practitioner supervision. (Ref 4)

DOSAGE AND DIRECTIONS FOR USE:

Take two capsules with water daily.

Unless otherwise prescribed, do not exceed the stated dose. (Ref 5)



SIDE EFFECTS AND SPECIAL PRECAUTIONS:

Ginseng in large doses may cause diarrhoea, skin eruptions, sleeplessness, nervousness, hypertension, euphoria, oedema, oestrogenic effects, and rarely Stevens-Johnson syndrome. (Ref 6)

Ginkgo in large doses may cause headaches, dizziness, palpitations, gastro-intestinal disturbances, bleeding disorders and skin hypersensitivity reactions. (Ref 7)

Liquorice (Gan cao) may cause sodium and water retention, and hypokalaemia. (Ref 8)

Cjinese thorowax root (Radix bupleuri) may cause nausea and vomiting. (Ref 9)

Caution with Dong quai (Radix angelicae) or Turmeric (Rhizome curcumaе): may cause increased photo-sensitivity especially if fair skinned. (Ref 10)

Caution with Turmeric (Rhizome curcumaе): In the case of a compromised liver, please consult your practitioner as chaparral may cause liver damage. (Ref 11)

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT:

None known.

IDENTIFICATION:

Clear capsules containing beige powder.

PRESENTATION:

60 capsules in a white plastic bottle with a white screw-on cap, packed in a carton.

STORAGE INSTRUCTIONS:

Store below 30°C in a cool dry place, out of direct sunlight.

Keep out of reach of children.

NAME AND BUSINESS ADDRESS OF THE APPLICANT:

EXPECTRA 451 cc T/A INDIGO TRADING

PO Box 785100, Sandton 2146

DATE OF PUBLICATION OF THIS PACKAGE INSERT:

April 2008

REFERENCES:

1. HPA's list of caution codes, version 1.4, caution code R5
2. HPA's list of caution codes, version 1.4, caution code U5
3. HPA's list of caution codes, version 1.4, caution code X9
4. HPA's list of caution codes, version 1.4, caution code E5
5. HPA's list of caution codes, version 1.4, caution code A
6. Martindale, 33rd edition, page 1615.3 & 1616.1
7. Martindale, 33rd edition, page 1615.2
8. Martindale, 33rd edition, page 1231.2
9. HPA's list of western herbals, version 1.7
10. HPA's list of caution codes, version 1.4, caution code V4
11. HPA's list of caution codes, version 1.4, caution code X1