

PROFESSIONAL INFORMATION

COMPLEMENTARY MEDICINE - HEALTH SUPPLEMENT

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

Nutri Zinc Xtreme Tablets

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

The active substances per tablet are:

Zinc (as Zinc picolinate) 25 mg
Selenium AAC 2 % 0.06 mg

Sugar free

For a full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM

10 mm uncoated round biconvex white tablet

4. CLINICAL PARTICULARS

4.1 Therapeutic indications:

Nutri Zinc Xtreme tablets is used as an immune booster and to maintain good health. It serves as an antioxidant and promotes healthy skin.

4.2 Posology and method of administration:

Posology

Adults: Take one tablet daily

Take with a glass of water.

Take with food.

Take a few hours before or after taking other medicines.

It is recommended to take a supplement at the same time every day for best results.

Do not exceed the recommended dosage.

Method of administration

For oral use

4.3 Contraindications:

Known hypersensitivity to zinc, selenium, or any of the other ingredients.

Not suitable for children.

4.4 Special warnings and precautions for use:

Do not take Nutri Zinc Xtreme tablets on an empty stomach. Do not exceed the stated dose. Keep out of the reach of children.

4.5 Interaction with other medicines and other forms of interaction:

Taking Nutri Zinc Xtreme tablets along with some antibiotics such as penicillin or tetracycline may lessen the effectiveness of those antibiotics. To avoid this interaction, do not take simultaneously. Taking selenium along with medications that also slow clotting might increase the chances of bruising and bleeding.

4.6 Fertility, pregnancy and lactation:

Do not use this product if you are pregnant or breastfeeding.

4.7 Effects on the ability to drive and use machines:

Nutri Zinc Xtreme tablets does not affect your driving ability or the ability to use or operate machinery.

4.8 Undesirable effects:

Neurological disorders: Less frequent: Headache, fatigue.

Gastrointestinal disorders: Frequent: Gastrointestinal or abdominal discomfort, diarrhoea and nausea.

Skin and subcutaneous tissue disorders: Less frequent: Skin irritation or rash and metallic taste.

Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicine is important. It allows continued monitoring of the benefit/risk balance of the medicine.

Healthcare professionals are asked to report any suspected adverse reactions to the SAHPRA via the "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications:

<https://www.sahpra.org.za/Publications/Index/8>

4.9 Overdose:

Symptoms

Undesirable symptoms that may be caused by zinc, especially when taken in larger quantities than instructed, are stomach pain, uneasy feeling in the stomach with the need to throw up, throwing up, loose stools and stomach lining irritation.

Hair loss, nail changes, diarrhea, skin irritation, skin sensitivity and redness as well as pins and needles effect of fingertips and toes may be caused by selenium when taken in doses larger than the prescribed dose.

Management

Treatment is symptomatic and supportive. There is no specific antidote.

5. PHARMACOLOGICAL PROPERTIES

5.1 Pharmacodynamics:

Category D Complementary Medicine: Health Supplement 34.7 Minerals

5.2 Pharmacokinetic properties:

Zinc is absorbed from the gastrointestinal tract and distributed throughout the body. It is excreted in the faeces with traces appearing in the urine. Selenium compounds are generally very efficiently absorbed by humans.

5.3 Preclinical safety data:

Not known

6. PHARMACEUTICAL PARTICULARS

6.1 List of excipients:

The other ingredients are: talc, micro crystalline cellulose PH102, magnesium stearate

6.2 Incompatibilities:

Not known

6.3 Shelf life:

24 months

6.4 Special precautions for storage:

Store at or below 25 °C, in a dry, cool place.

Keep in the original package to protect from light and moisture.

KEEP OUT OF REACH OF CHILDREN

6.5 Nature and contents of container:

30 tablets per white PET container with a white lid.

6.6 Special precautions for disposal:

No special requirements for disposal. Any unused product should be disposed of in accordance with local requirements.

7. HOLDER OF THE CERTIFICATE OF REGISTRATION

Astral Pharma (Pty) Ltd

125 Meade Street,

George,

6529,

South Africa

8. REGISTRATION NUMBER

To be allocated

9. DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION

To be determined

10. DATE OF REVISION OF TEXT

July 2022

XCP PI V1:2022

PATIENT INFORMATION LEAFLET

COMPLEMENTARY MEDICINE: HEALTH SUPPLEMENT

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

SCHEDULING STATUS: S0

PRODUCT NAME, strength, pharmaceutical form

Nutri Zinc Xtreme Tablets

Active substance

The active substances per tablet are:

Zinc (as Zinc picolinate) 25 mg
Selenium AAC 2 % 0.06 mg

Sugar free

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

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

• Keep this leaflet. You may need to read it again.

• Do not share Nutri Zinc Xtreme tablets with any other person.

• Ask your health care provider or pharmacist if you need more information or advice.

• You must see a doctor if your symptoms worsen or do not improve after 3 months.

What is in this leaflet

1. What Nutri Zinc Xtreme tablets is and what it is used for.

2. What you need to know before you take Nutri Zinc Xtreme tablets.

3. How to take Nutri Zinc Xtreme tablets.

4. Possible side effects.

5. How to store Nutri Zinc Xtreme tablets.

6. Contents of the pack and other information.

1. What Nutri Zinc Xtreme tablets is and what it is used for

Nutri Zinc Xtreme tablets can assist with maintaining good health.

Zinc is an essential element of nutrition that assists in connective tissue formation, the maintenance of a healthy skin, together with immune function and good health.

Selenium is a trace element that acts as an antioxidant assisting with the maintenance of good health.

2. What you need to know before you take Nutri Zinc Xtreme tablets

Do not take Nutri Zinc Xtreme tablets

If you are hypersensitive (allergic) to zinc, selenium, or any of the other ingredients. (listed in section 6)

Warnings and precautions

A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.

Pregnancy, breastfeeding and fertility

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

Driving and using machinery

Nutri Zinc Xtreme tablets does not affect your driving ability or the ability to use or operate machinery.

Taking other medicines with Nutri Zinc Xtreme tablets

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

The response of zinc may be lessened by taking calcium (milk and milk containing products), iron containing supplements and phosphorous containing preparations at the same time. Taking zinc supplements with antibiotics such as penicillin or tetracycline may lessen the effectiveness of those antibiotics. Selenium may interfere with medicines taken to slow down blood clotting.

3. How to take Nutri Zinc Xtreme tablets

Always take Nutri Zinc Xtreme tablets exactly as described in this leaflet or as your doctor or pharmacist have told you. Check with your doctor or pharmacist if you are not sure.

Adults: Take one tablet daily

Take with food.

Take a few hours before or after taking other medicines.

Take with a glass of water.

It is recommended to take a supplement at the same time every day for best results.

If you take more than you should

In the event of overdose, talk to your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

Undesirable symptoms that may be caused by zinc, especially when taken in larger quantities than instructed, are stomach pain, uneasy feeling in the stomach with the need to throw up, throwing up, loose stools and stomach lining irritation.

The overdose of selenium may cause hair loss, nail changes, diarrhea, skin irritation, skin sensitivity and redness, garlic odour of breath, fatigue, as well as pins and needles effect of finger tips and toes when taken in doses larger than the prescribed dose.

If you forget to take a dose of Nutri Zinc Xtreme tablets

Do not take a double dose to make up for forgotten individual doses but continue to take the usual dose at the usual time.

4. Possible side effects

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

Reporting of side effects

If you get side effects, talk to your doctor or pharmacist or healthcare provider. This includes any possible side effects to the SAHPRA via the "6.04 Adverse Drug Reaction Reporting Form", found online under the SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of Nutri Zinc Xtreme tablets.

5. How to store Nutri Zinc Xtreme tablets

Store all medicines out of reach of children.

Store in a cool dry place at or below 25 °C.

Keep in original package to protect from light and moisture.

Do not store in a bathroom.

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

Return all unused medicine to your pharmacist for safe disposal.

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

6. Contents of the pack and other information

What Nutri Zinc Xtreme tablets contain

The active substances per tablet are:

Zinc (as Zinc picolinate) 25 mg
Selenium AAC 2% 0.06 mg

The other ingredients are talc, micro crystalline cellulose PH102, magnesium stearate

Sugar free

What Nutri Zinc Xtreme tablets look like and contents of the pack

10 mm uncoated round biconvex white tablet.

30 tablets per white PET container with white lid.

Not all pack sizes may be marketed.

Holder of Certificate of Registration

Astral Pharma (Pty) Ltd

125 Meade Street,

George,

6529,

South Africa

The leaflet was last revised in

July 2022

Registration number

To be allocated

Access to the corresponding Professional Information

www.astralpharma.co.za

XCP PIL V1:2022

PROFESSIONELE INLIGTING

KOMPLEMENTÊRE MEDISYNE - GESONDHEIDSAANVULLING

Hierdie ongeregisteerde medisyne is nie geëvalueer deur die SAHPRA vir die kwaliteit, veiligheid of aangeduide gebruik nie.

SKEDULERINGSSTATUS: **S0**

1. NAAM VAN DIE MEDISYNE

Nutri Zinc Xtreme tablette

2. KWALITATIEWE EN KWANTITATIEWE SAMESTELLING

Die aktiewe bestanddele per tablet is:
Sink (as Sink pikolinaat) 25 mg
Selenium AAC 2 % 0.06 mg

Suikervry

Vir 'n volledige lys van bymiddels, sien afdeling 6.1.

3. FARMASEUTIESE VORM

10 mm onbedekte ronde bikonveks wit tablet.

4. KLINIESE INLIGTING

4.1 Terapeutiese indikasies:

Nutri Zinc Xtreme tablette help om die immuunstelsel te versterk en goeie gesondheid te handhaaf. Dit dien as 'n antioksidant en dra by tot 'n gesonde vel.

4.2 Posologie en metode van administrasie:

Posologie

Volwassenes: Neem een tablet daaglik

Neem saam met kos.

Neem 'n paar uur voor of na die gebruik van ander medisyne.

Neem met 'n glas water.

Daar word aanbeveel om die aanvulling elke dag op dieselfde tyd te neem vir beste resultate.

Moenie die aanbevole dosis oorskry nie.

Metode van administrasie

Vir mondelikse gebruik

4.3 Kontraindikasies:

Hipersensitiwiteit vir sink, selenium of enige van die ander bestanddele.

Nie geskik vir kinders.

4.4 Spesiale waarskuwings en voorsorgmaatreëls vir gebruik:

Moenie Nutri Zinc Xtreme tablette op 'n leë maag neem nie. Moenie aangeduide dosis oorskry nie. Hou buite die bereik van kinders.

4.5 Interaksie met ander medisyne en ander vorme van interaksie:

Wanneer Sink saam met sekere antibiotika soos penisillien of tertrasiklien geneem word kan die effektiwiteit van die antibiotika verlaag word. Om hierdie interaksie te vermy, moenie dit saam op dieselfde tyd neem nie.

Wanneer selenium saam met ander medikasie geneem word wat bloedstolling vertraag kan dit die voorkoms van kneusplekke en bloeding verhoog.

4.6 Vrugbaarheid, swangerskap en borsvoeding:

Moenie hierdie produk gebruik tydens swangerskap of borsvoeding nie.

4.7 Effekte op die vermoë om te bestuur en gebruik van masjiene:

Nutri Zinc Xtreme tablette beïnvloed nie jou bestuursvermoë of die vermoë om masjiene te gebruik of daarmee te werk nie.

4.8 Ongewenste effekte:

Senuweestelsel: Minder dikwels: Hoofpyn, moegheid.

Gastrointestinaal: Dikwels: Gastrointestinale of abdominale ongemak, diarree en naarheid.

Vel- en subkutane weefsel: Minder dikwels: Vel irritasie of uitslag en metaal smaak in mond.

Rapportering van vermoedelijke ongewenste effekte

Rapportering van vermoedelijke ongewenste effekte na die magtiging van die medisyne is belangrik. Dit help met die monitoring van die voorrede/risiko van die medisyne. Gesondheidsorgkundiges word gevra om enige vermoedelijke ongewenste effekte aan SAHPRA te rapporteer via die "6.04 Adverse Drug Reaction Reporting Form", wat aanlyn gevind word, onder SAHPRA se publikasies:

<https://www.sahpra.org.za/Publications/Index/88>

4.9 Oordosering:

Simptome

Ongewenste simptome wat deur sink veroorsaak kan word, veral wanneer in groter hoeveelhede geneem word as wat voorgeskryf is, is maagpyn, ongemaklike gevoel op maag met die behoefte om te braak, braking, los stoelgange en irritasie van die maagwand.

Selenium kan haarverlies, nael veranderinge, diarree, velirritasie, sensitiviteit van die vel en rooiheid, sowel as spelde en naalde gevoel van die vingerpunte en tone veroorsaak wanneer dit in groter dosisse as die voorgeskryfde dosis geneem word.

Hantering van oordosering

Die behandeling is simptome en ondersteunend. Daar is geen spesifieke teenmiddel nie.

5. FARMAKOLOGIESE EIENSKAPPE

5.1 Farmakodinamika:

Kategorie D Komplementêre Medisyne: Gesondheidsaanvulling 34.7 Minerale

5.2 Farmakokinetiese eienskappe:

Sink word geabsorbeer in die gastrointestinale kanaal en word versprei in die liggaam. Dit word uitgeskei in die feses en spore daarvan word gevind in die uriene. Selenium verbindings word gewoonlik goed geabsorbeer in mense.

5.3 Prekliniese veiligheidsdata:

Nie bekend nie

6. FARMASEUTIESE BESONDERHEDE

6.1 Lys van bymiddels:

Die ander bestanddele is: talk, mikrokrystallyne sellulose PH102, magnesium stearaat.

6.2 Onverenigbaarheid:

Nie bekend nie

6.3 Rakleefyd:

24 maande

6.4 Spesiale voorsorgmaatreëls vir berging:

Berg by of benede 25 °C, in 'n droë, koel plek

Bewaar in die oorspronklike verpakking om te beskerm teen lig en vog.

HOU BUIE BEREIK VAN KINDERS

6.5 Aard en inhoud van die houer:

30 tablette in 'n wit PET houer met 'n wit dop.

6.6 Spesiale voorsorgmaatreëls vir vernietiging:

Geen spesiale vereistes nie. Enige ongebruikte produk moet vernietig word in ooreenstemming met plaaslike vereistes.

7. HOUER VAN DIE REGISTRASIESERTIFIKAAT

Astral Pharma (Pty) Ltd

125 Meadestraat,

George,

6529,

Suid-Afrika

8. REGISTRASIONOMMER

Moet bepaal word

9. DATUM VAN EERSTE MAGTIGING/HERNUWING VAN DIE MAGTIGING

Moet toegeken word

10. DATUM VAN HERSIENING VAN TEKS

Julie 2022

XCP PI V1:2022

PASIËNTINLIGTINGSPAMFLET

KOMPLEMENTÊRE MEDISYNE: GESONDHEIDSAANVULLING

Hierdie ongeregisteerde medisyne is nie geëvalueer deur die SAHPRA vir die kwaliteit, veiligheid of aangeduide gebruik nie.

SKEDULERINGSSTATUS: **S0**

PRODUK NAAM, sterkte, farmaseutiese doseringsvorm

Nutri Zinc Xtreme tablette

Aktiewe bestanddele

Die aktiewe bestanddele per tablet is:
Sink (as Sink pikolinaat) 25 mg
Selenium AAC 2% 0.06 mg

Suikervry

Lees hierdie pamflet sorgvuldig deur voordat jy begin om hierdie medisyne te gebruik, want dit bevat belangrike inligting vir jou

Nutri Zinc Xtreme tablette is beskikbaar sonder 'n dokters voorskrif, om u algehele gesondheid te verbeter en is 'n gesondheidsaanvulling. U moet egter steeds Nutri Zinc Xtreme tablette versigtig gebruik om die beste resultate daarvan te kry.

• Hou hierdie inligtingspamflet. Dit mag nodig wees om weer te lees.

• Moenie Nutri Zinc Xtreme tablette met enige ander persoon deel nie.

• Vra jou gesondheidsorgkundige of apteker indien u meer inligting of advies benodig.

• Jy moet 'n dokter sien indien jou simptome vererger of nie verbeter binne 3 maande nie.

Wat is in hierdie pamflet

1. Wat is Nutri Zinc Xtreme tablette en waarvoor dit gebruik word.

2. Wat jy moet weet voordat jy Nutri Zinc Xtreme tablette gebruik.

3. Hoe om Nutri Zinc Xtreme tablette te neem.

4. Moontlike nuwe-effekte.

5. Hoe om Nutri Zinc Xtreme tablette te berg.

6. Inhoud van die houer en ander inligting.

1. Wat Nutri Zinc Xtreme tablette is en waarvoor dit gebruik word

Nutri Zinc Xtreme tablette help om goeie gesondheid te handhaaf.

Sink is 'n essensiële element wat help met die vorming van bindweefsel en die instandhouding van 'n gesonde vel, dit help met immuunfunksie en die handhawing van goeie gesondheid.

Selenium is 'n spoorelement wat optree as 'n antioksidant en wat help met handhawing van goeie gesondheid.

2. Wat jy moet weet voordat jy Nutri Zinc Xtreme tablette gebruik

Moenie Nutri Zinc Xtreme tablette neem

Indien jy hipersensitief (allergies) vir sink, selenium, of enige van die ander bestanddele is nie. (gelys in afdeling 6)

Waarskuwings en voorsorgmaatreëls

'n Geballanseerde dieët is die mees effektief en veiligste manier om goeie voeding, liggaam samestelling asook geestes- en fisiese gesondheid te bereik.

Swangerskap, borsvoeding en vrugbaarheid

Indien jy swanger is of borsvoed, dink jy kan swanger wees of van plan is om 'n baba te hê, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat hierdie medisyne gebruik word.

Vermoë om te bestuur en die gebruik van masjiene

Nutri Zinc Xtreme tablette affekteer nie bestuursvermoë of die vermoë om masjiene te gebruik of daarmee te werk nie.

Neem van ander medikasie saam met Nutri Zinc Xtreme tablette

Vertel jou gesondheidsorgverskaffer indien jy enige ander medisyne gebruik. (Dit sluit komplementêre of tradisionele medisyne in). Die effek van sink kan verminder word deur kalsium (melk en melkbevattende produkte), yster bevattende aanvullings en fosfor bevattende middels gelyktydig te neem. Deur sink aanvullings saam met antibiotika soos penisilliene of tetrasikliene te neem, kan dit die effektiwiteit van daardie antibiotika verlaag.

Selenium kan die effek van medisyne wat bloedstolling vertraag beïnvloed.

3. Hoe om Nutri Zinc Xtreme tablette te neem

Neem altyd Nutri Zinc Xtreme tablette soos voorgeskryf is, hierdie pamflet of soos deur jou dokter of apteker aanbeveel. Indien jy onseker is, praat met jou dokter of apteker.

Volwassenes: Neem een tablet daaglik

Neem saam met kos.

Neem 'n paar uur voor of na die gebruik van ander medisyne.

Neem saam met 'n glas water.

Vir die beste resultate, neem tablette elke dag op omtrent dieselfde tyd.

Indien jy meer as een keer per dag moet

In die geval van oordosering, raadpleeg jou dokter of apteker. Indien hul nie beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

Wanneer sink in groter hoeveelhede geneem word as wat voorgeskryf is, kan ongewenste simptome soos maagpyn, ongemaklike gevoel op die maag met die behoefte om te braak, braking, los stoelgange en irritasie van die maagwand voorkom.

Oordosering met selenium kan haarverlies, veranderinge in naels, diarree, vel irritasie, vel sensitiviteit en rooiheid, asem wat na knoffel ruik en moegheid veroorsaak.

Wanneer selenium geneem word as wat voorgeskryf is kan spelde en naalde gevoel in die vingerpunte en tone voorkom.

Indien jy vergeet het om 'n dosis van Nutri Zinc Xtreme tablette te neem

Moenie 'n dubbel dosering neem indien jy vergeet het om jou tablette te drink nie. Gaan net voort met die daaglikse dosis op die gewone tyd.

4. Moontlike nuwe-effekte

Nie alle nuwe-effekte wat aangemeld is vir Nutri Zinc Xtreme tablette is in hierdie inligtingspamflet ingesluit nie. Indien jou algemene gesondheid agteruitgaan of jy enige ongunstige effekte ervaar terwyl jy hierdie medisyne gebruik, raadpleeg asseblief jou gesondheidsorgkundige vir advies.

Rapportering van nuwe-effekte

Indien jy nuwe-effekte ervaar, praat met jou dokter, apteker of gesondheidsorgkenner. Dit sluit enige moontlike nuwe-effekte in wat nie in hierdie pamflet gelys is nie.

Jy kan ook nuwe-effekte aan die SAHPRA rapporteer via die "6.04 Adverse Drug Reaction Reporting Form", wat aanlyn onder die SAHPRA se publikasies verskyn:

<http://www.sahpra.org.za/Publications/Index/88>. Deur nuwe-effekte te rapporteer, kan jy meer inligting verskat oor die veiligheid van Nutri Zinc Xtreme tablette

5. Hoe om Nutri Zinc Xtreme tablette te berg

Berg goeie medisyne buite die bereik van kinders.

Berg by of benede 25 °C, in 'n droë, koel plek.

Bewaar in die oorspronklike verpakking om te beskerm teen lig en vog.

Moenie in 'n badkamer berg nie.

Moenie ná die vervaldatum wat op die etiket aangedui is gebruik nie.

Neem alle ongebruikte medisyne terug na jou apteker vir veilige vernietiging.

Moenie ongebruikte medisyne in afvoerpype of rioolsisteme (bv. toilette) gooi nie.

6. Inhoud van die houer en ander inligting

Wat Nutri Zinc Xtreme tablette bevat

Die aktiewe bestanddele per tablet is:
Sink (as Sink pikolinaat) 25 mg
Selenium AAC 2 % 0.06 mg

Die ander bestanddele is: talk, mikrokrystallyne sellulose PH102, magnesium stearaat.

Suikervry

Hoe Nutri Zinc Xtreme tablette lyk en inhoud van die houer

10 mm onbedekte ronde bikonveks wit tablet.

30 tablette in 'n wit PET houer met 'n wit dop.

Nie alle pakgroottes mag dalk bemark wees nie.

Houer van Sertifikaat van Registrasie

Astral Pharma (Pty) Ltd

125 Meadestraat,

George,

6529,

Suid-Afrika

Hierdie pamflet is voorheen hersien in

Julie 2022

Registrasienommer

Moet aangewys word

Toegang tot Professionele Inligting

www.astralpharma.co.za

XCP PIL V1:2022

Pro-Print



PRO-PRINT (PTY) LTD
THE PROFESSIONALS IN PRINT

REPRO

Date: 01 August 2022
Operator: Jacky Pistorius
Customer: Astral Pharma
Product Name: Nutri Zinc Xtreme Tablets COMBO
Product Code: XCP PI V1:2022
XCP PIL V1:2022
Dimensions: 100mm x 650mm
Fold Size: 100mm x 40mm
Font Size: 6 point

Colours: (1) Black

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Pharmacode: (Ref. 10) 100

Stock: 40 gsm

Proof Status: 1st (First)

Proof read by: _____

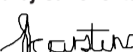
Reset: **Alterations:** **Disk/Possie:**

No alterations – proceed as soon as possible

Note alterations – Further proof is required

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Although we endeavour to proof accurately, we cannot accept responsibility for errors once proofs are signed and accepted by our clients.

Signature:  **Date:** 02/08/2022

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