

VIRIYA

Everyday MAN

PROPRIETARY NAME AND DOSAGE FORM:

VIRIYA EVERYDAY MAN capsules

COMPOSITION:

Each capsule provides:

Tongkat ali	20.0mg
Asian ginseng	12.5mg
Gojii berries	20.0mg
Astragalus	12.5mg
Horny goat weed	50.0mg
Ginkgo biloba	20.0mg
Morinda root	40.0mg
Chinese dodder seed	25.0mg
Liquorice	12.5mg
Broomrape	12.5mg

Sugar free.

PHARMACOLOGICAL CLASSIFICATION:

A: 32.16 Others

INDICATIONS:

Mental and physical vitality booster.

CONTRA-INDICATIONS:

Do not use panax 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:

Not applicable as the product is indicated for men only.

DOSAGE AND DIRECTIONS FOR USE:

Take one to two capsules with water daily.

Unless otherwise prescribed, do not exceed the stated dose. (Ref 4)



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 5)

Ginkgo in large doses may cause headaches, dizziness, palpitations, gastro-intestinal disturbances, bleeding disorders and skin hypersensitivity reactions. (Ref 6)

Liquorice (Gan cao) in large doses may cause sodium and water retention, and hypokalaemia. (Ref 7)

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT:

None known.

IDENTIFICATION:

White 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 A
5. Martindale, 33rd edition, page 1615.3 & 1616.1
6. Martindale, 33rd edition, page 1615.2
7. Martindale, 33rd edition, page 1231.2

