

## What you should know about: **VITILIGO.CLINIC® PSC 100 :**

### What is in this leaflet?:

The aim of this leaflet is to inform users of the benefits and risks of taking Vitiligo.Clinic® PSC 100.

Keep this leaflet with the VITILIGO.CLINIC® PSC 100 as you may need to refer to it.

- Always read the instructions carefully and take note of any warnings for use.
- Use VITILIGO.CLINIC® PSC 100 within the lifespan indicated by the Period After Opening symbol or best before date.
- DO NOT TAKE VITILIGO.CLINIC® PSC 100 with other medications unless directed by your Practitioner.
- Avoid sharing your VITILIGO.CLINIC® PSC 100 with another person.

### Standard Indications:

- Helps relieve nervous tension, stress and mild anxiety.
- For the relief of irritability.
- Helps relieve nervous unrest.
- Help reduce effects of mild anxiety and nervous tension.
- Beneficial during times of stress.
- Aids, assists or helps in the maintenance of general well-being

### Specific Indications:

- Supports the health of the skin.
- Helps to maintain healthy skin.
- Supports healthy skin regenerative processes.
- Supports skin renewal and wound healing.
- Helps to maintain healthy skin function and repair.
- Supports the body's natural anti-inflammatory processes.
- Contains antioxidant nutrients and therefore may assist in protecting the cells in the body from oxidative damage.
- Contains nutrients that play a role in the body's antioxidant systems.
- Assists in protecting cells and tissues from free radical damage.
- Selenium is an important part of the enzyme glutathione peroxidase, and therefore is involved in the body's antioxidant systems.
- Selenium is a necessary component of the enzyme glutathione peroxidase, which neutralises free radicals.
- Maintains healthy immune function.
- Selenium supports the health and function of the immune system.
- Supports healthy immune function.
- Supports the health of the liver and assists in protecting the liver from potential oxidative damage.
- Maintains/supports the health of the liver.

**If symptoms persist consult your healthcare Practitioner.**

**This product contains selenium which is toxic in high doses.**

**A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded.**

### BEFORE you start to take VITILIGO.CLINIC® PSC 100:

ALWAYS follow the dosage instructions or the instructions from your Practitioner.

If you have a reaction of any kind please also notify the Practitioner and the Distributor immediately.

If there has not been a reaction, take VITILIGO.CLINIC® PSC 100 as directed.

### IMPORTANT TO NOTE:

Taking doses higher than indicated in the instructions or by your Practitioner for prolonged periods may cause adverse reactions.

If you take more than the recommended dose, contact your Practitioner, take this leaflet with you.

### DO NOT TAKE this product if: -

You are pregnant or breastfeeding.  
You are allergic to any of the ingredients  
You are under 18 years of Age  
You have Diabetes, Kidney disease, Liver disease, Hypertension  
If you are uncertain speak to your Practitioner.

### Appearance

VITILIGO.CLINIC® PSC 100 is in caplet form with a centre break bar. The outer coating is clear and the inner ingredients are mottled beige.

### WARNING:

If you are to be hospitalized for an operation or you are having any surgical or dental procedure, **cease taking this product at LEAST three (3) weeks prior to surgery.**

### Safety and storage:

- Keep out of sight and reach of children.
- If more than the recommended dose is swallowed attend the emergency centre of your nearest hospital. DO NOT INDUCE vomiting. Take this leaflet with you.
- Store in the original container and keep lid tightly on.
- Do not take this product after the expiry date which is stated at the bottom of the label.
- Avoid storing product in direct sunlight or near sources of heat.
- Store below 25°C.

### How to take this Product:

#### FOR ORAL USE ONLY

Adults and the elderly:

Take one caplet daily with a meal. Swallow the tablet whole with a glass of water. Or as Directed by Your Practitioner.

DO NOT EXCEED the stated dose.

DO NOT TAKE OTHER MULTIVITAMINS OR SUPPLEMENTS WITHOUT DISCUSSING THESE WITH YOUR PRACTITIONER.

### How to take this Product: Continued

If your symptoms persist consult your Doctor or Practitioner.

If you forget to take your dose, DO NOT take a double dose to make up for a forgotten dose. Take the next dose when it becomes due.

### Side Effects and/or Contraindications:

- Allow at least two (2) hours between taking prescription drugs, non-prescription drugs or dietary supplements and taking this table.
- This product contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded.
- A flushing reaction can occur with doses of niacin as low as 30 mg/day, but occurs more commonly with larger doses.
- Gallbladder Disease: use with caution.
- Kidney Disease: use with caution.
- Liver Disease: Avoid large doses in patients with a history of liver disease.
- Severe Hypotension: Contraindicated
- Phenylalanine should be avoided in people with inherited disorders of phenylalanine metabolism.
- Magnesium inhibits calcium entry into smooth muscle cells and may have additive effects with calcium channel blockers.
- Individuals with iron-deficiency anaemia may have enhanced manganese absorption.
- Inositol may cause nausea, tiredness, headache, and dizziness.
- In high doses, inositol may **theoretically** cause uterine contractions and is therefore contraindicated in late pregnancy.

**If a female Patient is considering pregnancy, the use of this product is not recommended. If a female Patient after taking this product finds herself pregnant, she should cease the use of this product and see her Practitioner immediately.**

- Glucosamine may increase the anti-inflammatory activity of NSAIDs such as ibuprofen e.g. Advil. This interaction may result in the need for lower doses of these medications.
- Use chondroitin cautiously in patients with asthma.
- Preliminary clinical research suggests that chondroitin may cause the spread or recurrence of prostate cancer. The chondroitin sulfate proteoglycan, versican, seems to facilitate invasion of cancer cells into the prostate stroma. This effect has not been shown with supplemental chondroitin sulfate. But until more is known, advise men with prostate cancer or those at increased risk for prostate cancer to avoid chondroitin.
- Magnesium supplements can interact with a number of prescription medications including: digitalis-based heart medications, potassium-sparing diuretics, and blood pressure lowering drugs of the angiotensin-converting enzyme inhibitor type.

### Side Effects and/or Contraindications:

- Sarsaparilla may possibly increase the absorption of the heart drug, digoxin by the body.
- When sarsaparilla is taken at the same time that prescription drugs for insomnia are taken, it may cause the drug to leave the body more quickly than it would ordinarily. As a result, the drug may not be as effective.
- Ginger may cause an allergic reaction in individuals sensitive to ginger or other members of the Zingiberaceae family.
- Boswellia may be contraindicated in those with pre-existing gastritis or gastro-esophageal reflux disease (GERD)
- Boswellia moderates 5-lipoxygenase and therefore may interact with leukotriene inhibitors.
- Boswellia may be a dopamine agonist.

| INGREDIENTS  |         |
|--|---------|
| d-Alpha Tocopheryl Acid Succinate (Vitamin E)  | 10.35mg |
| Calcium Ascorbate Dihydrate  | 12.5mg  |
| Equiv. Ascorbic Acid (Vitamin C)   | 10.3mg  |
| Nicotinamide (Vitamin B3)  | 50mg    |
| Phenylalanine  | 75mg    |
| Inositol   | 25mg    |
| Glutamine  | 25mg    |
| Taurine  | 25mg    |
| Glucosamine Hydrochloride  | 150mg   |
| Chondroitin Sulfate – Bovine   | 80mg    |
| Dimethyl Sulfone (MSM)   | 300mg   |
| Magnesium Oxide – Heavy  | 22.3mg  |
| Equiv. Magnesium   | 13.5mg  |
| Manganese Amino Acid Chelate   | 750ug   |
| Equiv. Manganese   | 75ug    |
| Zinc Oxide   | 8.9mg   |
| Equiv. Zinc  | 7.2mg   |
| Selenomethionine   | 375ug   |
| Equiv. Selenium  | 150ug   |
| Concentrated extract equiv. to dry. Smilax Officinalis (sarsaparilla) Root & Rhizome | 200mg   |
| Curcuma Longa (Turmeric) Rhizome   | 250mg   |
| Zingiber Officinale (Ginger) Rhizome   | 100mg   |
| Boswellia Serrata Gum Dieoresin  | 200mg   |

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# TIRSEL PTY. LTD.

ABN: 35 055 751 418

## Certificate of Allergen VITILIGO.CLINIC PSC 100

For each ingredient category listed below, mark either

**YES** - if present in the aforementioned product;

**NO** - if not present in the aforementioned product, or has not been in contact with it;

**CAUTION** - if it might have come in contact with the aforementioned product.

|   | Yes | No | Caution | Explanation/ppm  |
|---|-----|----|---------|--|
| Cereals containing, Gluten eg. Wheat, Spelt, Kamut, Rye, Barley, Oats, Triticale, etc., and their hybridized strains. |     | √  |         |  |
| Animal fat  |     | √  |         |  |
| Bovine milk products and derivatives (lactose included)   |     | √  |         |  |
| Bovine or porcine or other animal derived products (eg gelatin), please specify                                       | √   |    |         | 100% Bovine Cartilage in SM10139   |
| Eggs and egg products   |     | √  |         |  |
| Soybeans and soy products   | √   |    |         | Present in SM00585   |
| Peanuts and peanut products   |     | √  |         |  |
| Tree nuts and sesame seeds and their products (specify)   |     | √  |         |  |
| Fish and fish products  |     | √  |         |  |
| Shellfish, Crustaceans and their products (specify)   |     | √  |         |  |
| Corn and corn products  | √   |    |         | Present in SM00193; 20% Corn derived maltodextrin in SM51323T; 5% maltodextrin (corn source) in SM50220C |
| Sulfites (specify level) or other preservatives (specify)   | √   |    |         | SM00347 contains NMT 0.5% Sulphate   |
| Artificial colors/flavors (specify)   |     | √  |         |  |

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