

## PATIENT INFORMATION LEAFLET

### Complementary Medicine

Health supplements

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

### SCHEDULING STATUS S0

#### ELECTROEEZ powder

Sodium chloride, potassium chloride, magnesium biglycinate, calcium carbonate

Contains sugar:

Sucralose 20 mg

This medicine contains 100,0 mg sodium chloride in each 4 g sachet.

This is equivalent to 39,33 mg sodium per sachet.

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

Electroeez is available without a doctor's prescription, for you to treat a mild illness and to maintain your health. Nevertheless, you still need to use Electroeez carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Electroeez with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

#### What is in this leaflet

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

#### 1. What Electroeez is and what it is used for

Electroeez contains minerals to contribute to electrolyte levels in the body. It therefore supports hydration, reduces fatigue and muscle cramps often associated with fluid loss.

#### 2. What you need to know before you take Electroeez

##### Do not take Electroeez:

- If you are hypersensitive (allergic) to sodium chloride, potassium chloride, magnesium biglycinate, calcium carbonate or to any of the other ingredients of Electroeez (listed in section 6).
- If you have high blood pressure.
- If you have imbalances of your blood (levels of potassium, chlorine, calcium or sodium are too high).
- If you have kidney impairment or kidney stones.
- If you are using certain medicines, such as:
  - Water tablets (diuretics), whether taken alone or in combination with other medicines.
  - Medicines used for high blood pressure, called angiotensin converting enzyme inhibitors (ACE), angiotensin II receptor antagonists.
  - Medicines used to treat pain and soft tissue damage, called non-steroidal anti-inflammatory drugs (NSAIDs).
  - Medicines called immune suppressants that are often used in cancer treatment, such as ciclosporin, tacrolimus.
  - Medicine used in anaesthesia.
  - Blood products.

Antibiotics, called penicillin potassium salts.

#### Warnings and precautions

Take special care with Electroeez:

- If you have high blood pressure.
- If you have heart failure.
- If you suffer from lung disease and fluid in the lungs.
- If your adrenal glands secrete too much or too little of a hormone called aldosterone.
- If you have water retention or water dehydration.
- If your kidney function is lower than normal.
- If you suffer from a blood disease called sickle cell anaemia.
- If you have heart problems.

#### Other medicines and Electroeez

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

Tell your doctor if you are taking any of the following medicines:

- Medicines used to treat malaria, called quinidine.
- Cortisone.
- Heart medicine, called digoxin.
- Medicines used to treat high blood pressure or water retention, called diuretics.
- Antibiotics called tetracycline and quinolones. Tetracycline preparations should be taken at least two hours before, or four to six hours after Electroeez.
- Medicines used for thyroid problems, called levothyroxine.
- The absorption of other minerals can be decreased while you are using Electroeez. Mineral supplements containing iron, zinc and strontium ranelate should be taken two hours before or after Electroeez.

#### 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 healthcare provider for advice before taking Electroeez.

#### Driving and using machines

It is not always possible to predict to what extent Electroeez may interfere with the daily activities of a patient. Patients should ensure that they do not engage in the above activities until they are aware of the measure to which Electroeez affects them.

It is not expected that Electroeez will affect mental and / or physical abilities 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.

#### Electroeez contains sugar (sucralose) and sodium

- Electroeez contains sucralose which may have an effect on the control of your blood sugar if you have diabetes mellitus.
- If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking Electroeez.
- This medicine contains 39,33 mg sodium per sachet, equivalent to 2 % of the WHO recommended daily intake of 2 g sodium for an adult.

#### 3. How to take Electroeez

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

Always take Electroeez exactly as described in this leaflet or as your healthcare professional has told you. Check with your healthcare professional if you are not sure.

The usual dose is one sachet Electroeez in the morning dissolved in a large glass of water. Then drink the contents of the whole glass.

#### If you take more Electroeez than you should

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

#### If you forget to take Electroeez

Do not take a double dose to make up for forgotten individual doses.

#### 4. Possible side effects

Electroeez can have side effects.

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

If any of the following happens, stop taking Electroeez and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Swelling of the hands, feet, ankles, face, lips, 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 Electroeez. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- frequent urge to urinate;
- continuing headache;
- continuing loss of appetite;
- nausea or vomiting;
- unusual tiredness or weakness;
- high levels of calcium in the blood;
- impairment of kidney function.

These are all symptoms of a rare disease called Milk-alkali syndrome.

These are all serious side effects. You may need urgent medical attention.

Tell your doctor if you notice any of the following:

##### Less frequent

- Abnormal or high levels of calcium in the blood. This will be confirmed with blood tests.
- Constipation.
- Indigestion.
- Flatulence.
- Nausea.
- Stomach pain.
- Diarrhoea.
- itching.
- Rash.
- Hives.

##### Frequency unknown:

- Abnormal levels of sodium, calcium and acid in your blood. This will be confirmed with blood tests.
- Thrombosis in a vein.

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 nurse. You can also report side effects to SAHPRA via the "6.04 Adverse Drug Reactions Reporting Form", found online under 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 Electroeez.

#### 5. How to store Electroeez

Store all medicines out of reach of children.

- Store at or below 25 °C.
- Store in the original package / container.
- Keep the container tightly closed.
- Protect from light / moisture.
- Do not store in a bathroom.
- Do not use after the expiry date stated on the label / carton / bottle.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

#### 6. Contents of the pack and other information

##### What Electroeez contains

- The active substances are:
  - Each 4 g granules contain:
  - Sodium chloride..... 100,0 mg
  - Potassium chloride..... 200,0 mg
  - Magnesium bisglycinate..... 100,0 mg
  - Calcium carbonate..... 100,0 mg
- The other ingredients are:
  - Citric acid anhydrous
  - Sodium bicarbonate
  - Strawberry flavour
  - Sucralose.

##### What Electroeez looks like and contents of the pack

White slightly effervescent powder packed in a foil sachet. 30 x sachets are packed in a unit carton.

##### Holder of Certificate of Registration

MDI HealthCare CC  
374 Anderson Road  
Menlo Park  
Pretoria  
0081  
Marketed by:  
Talo Consumer Solutions (Pty) Ltd  
30 Bell Crescent  
Hennopspark ext 7  
Pretoria  
Tel: 0120100815

##### This leaflet was last revised in

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##### Registration number

To be allocated.

##### Access to the corresponding Professional Information

Can be obtained from the SAHPRA website: [www.sahpra.org.za](http://www.sahpra.org.za)



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**Operator:** Jacky Pistorius  
**Customer:** Wrapsa  
**Product Name:** Electroeez Powder PIL  
**Product Code:** --  
**Dimensions:** 180 x 280 mm  
**Fold Size:** 90 x 70  
**Font Size:** 6 point Helvetica  
**Colours: (1)** Black  
--  
**Barcode:** --  
**Pharmacode:** --  
**Stock:** 50 gsm  
**Proof Status:** 1st (First)  
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