

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS ☐**50**

ELECTROEEZ™ POWDER (STRAWBERRY), POWDER
Magnesium, Potassium, Sodium, Calcium

Sugar Free
Contains sweetener: Sucralose 10,00 mg per sachet (4 g).

Complementary Medicine
D34.7 Health supplements, Minerals
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

Read all of this leaflet carefully because it contains important information for you
ELECTROEEZ POWDER (STRAWBERRY) is available without a doctor's prescription for you to support your health. Nevertheless, you still need to use ELECTROEEZ POWDER (STRAWBERRY) carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share ELECTROEEZ POWDER (STRAWBERRY) with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.
- A varied diet is the most effective and safe way to achieve good nutrition, health, body composition, as well as mental and physical performance.

What is in this leaflet

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

1. What ELECTROEEZ POWDER (STRAWBERRY) is and what it is used for
ELECTROEEZ POWDER (STRAWBERRY) may only be used by adults (18 years and older).

ELECTROEEZ POWDER (STRAWBERRY) contributes to the maintenance of normal electrolyte levels and supports hydration before, during, and after exercise. It reduces fatigue and supports normal muscle and nervous system function.

2. What you need to know before you take ELECTROEEZ POWDER (STRAWBERRY)

Do not take ELECTROEEZ POWDER (STRAWBERRY):

- if you are hypersensitive (allergic) to any of the ingredients in ELECTROEEZ POWDER (STRAWBERRY) (listed in section 6).
- if you are dehydrated / in cases of acute dehydration.
- if you suffer from ventricular arrhythmia (when your heart's lower chambers are beating in an abnormal or irregular way).
- if you have kidney failure and are producing less urine than normal.
- if you have severe chronic kidney disease (kidney impairment), where your kidneys are filtering waste from your blood at a very low rate.
- if your body doesn't produce enough of the hormone aldosterone due to low levels of the hormone renin.
- if you have untreated Addison's disease (a rare condition where your adrenal glands don't produce enough of certain hormones, mainly cortisol and aldosterone).
- if you have metabolic acidosis (too much acid in your body fluids).
- if you have ulcerations in your bowel (sores or open wounds on the lining of the intestines).
- if you have any condition that slows down or blocks the normal movement of food and waste through your intestines.
- if you have any condition that involves extensive cell destruction, where cells are dying off or breaking down at a faster rate than the body can replace them (e.g. severe burns, crush syndrome).
- if you have hyperkalaemia or a condition frequently associated with hyperkalaemia (too much potassium in your blood).
- if you have hypercalcaemia (too much calcium in your blood).
- if you have hypercalciuria (too much calcium in your urine).
- if you have hyperparathyroidism (too much parathyroid hormone, which in turn leads to high calcium levels in the blood).
- if you have hypophosphatemia (low levels of phosphate in your blood).
- if you have hypernatremia (too much sodium in your blood).
- if you have hyperchloremia (too much chloride in your blood).
- if you have kidney stones.
- if you have Zollinger-Ellison Syndrome (a rare condition where tumours, called gastrinomas, cause the stomach to produce too much acid).
- if you are using potassium-sparing diuretics (e.g., triamterene, amiloride).
- if you are using angiotensin-converting enzyme (ACE) inhibitors (e.g., enalapril, perindopril).
- if you are using angiotensin receptor blockers (e.g., losartan, valsartan).
- if you are using aldosterone antagonists (e.g., spironolactone, eplerenone).
- if you are using non-steroidal anti-inflammatory medications for pain and inflammation (e.g., indomethacin, aspirin).
- if you are using beta blockers (e.g., propranolol, bisoprolol).
- if you are using an antibiotic called nitrofurantoin.
- if you are using lithium.
- if you are using ciclosporin.
- if you are using receiving tacrolimus
- if you are receiving suxamethonium, systemic heparin or glucose infusions.
- if you are using any other potassium-containing medicines or potassium-containing supplements.
- if you are using any potassium-containing salt substitutes.
- if you are using thiazide diuretics (e.g., hydrochlorothiazide).
- if you are using cardiac glycosides (e.g., digoxin).
- if you are following a low-phosphate diet.

Do not give ELECTROEEZ POWDER (STRAWBERRY):

- to children or adolescents under the age of 18 years.

Warnings and special precautions

ELECTROEEZ POWDER (STRAWBERRY) should not be used as a substitute for an oral rehydration solution in cases of dehydration.

This product contains 327 mg sodium per sachet, equivalent to 16,35 % of the WHO recommended daily intake of 2 g sodium for an adult. The maximum daily dose of this product is equivalent to 32,7 % of the WHO recommended daily intake of 2 g sodium for an adult. Talk to your pharmacist or doctor if you need ELECTROEEZ POWDER (STRAWBERRY) on a daily basis for a prolonged period of time, especially if you have been advised to have a low salt diet.

Special care should be taken with ELECTROEEZ POWDER (STRAWBERRY). Consult your healthcare provider before use:

- if you have impaired kidney function (kidneys aren't working as well as they should).
- if you have impaired liver function (liver isn't working as well as it should).
- if you have diabetes mellitus.
- if you have *Myasthenia gravis* (chronic autoimmune disease that causes muscle weakness and fatigue).
- if you have a disease/condition that affects the nerves and muscles, impacting how they communicate and work together.
- if you have a cardiac disease (a condition that affects the heart and blood vessels) or heart failure.
- if you have pulmonary or peripheral oedema (fluid buildup/ excess fluid in the lungs and/or arms, legs, hands, or feet, which causes swelling).
- if you have adrenal insufficiency/ Addison's disease (a condition where the adrenal glands don't produce enough of certain hormones, primarily cortisol and aldosterone).
- if you have a condition that reduces the amount of potassium excreted by the body.
- if you have a reduced blood supply to the intestines caused by hardening and narrowing of the arteries from plaque buildup.
- when you experience heat cramps.
- if you are pregnant. Use of this product during pregnancy is not recommended.
- if you are breastfeeding your baby. Use of this product while breastfeeding is not recommended.
- when used by elderly patients.
- if you have high blood pressure.
- if you have hyperaldosteronism (too much of the hormone aldosterone, a hormone which regulates salt and water balance in the body).
- if you have a condition or if you are taking/receiving any medication that causes sodium retention.

Children and adolescents

ELECTROEEZ POWDER (STRAWBERRY) should not be used by children or adolescents under the age of 18 years.

Other medicine and ELECTROEEZ POWDER (STRAWBERRY)

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, and do not take these medicines for at least two (2) hours before or four to six (4-6) hours after taking ELECTROEEZ POWDER (STRAWBERRY).

- Bisphosphonate (e.g., alendronate). Medicine used to treat conditions where bone density is compromised.
- Tetracycline (e.g., doxycycline). A class of antibiotics that treat several kinds of bacterial infections.
- Quinolone antibiotics (e.g., ciprofloxacin, levofloxacin).
- Levothyroxine sodium; Liothyronine sodium. Medicine used to treat low thyroid levels in your body (hypothyroidism).
- Gabapentin. Medicine used to treat epilepsy. Also used to treat nerve pain.
- Dolutegravir. Antiretroviral medicine.
- Atazanavir. Antiretroviral medicine.
- Ketoconazole. Medicine used to treat infections caused by fungi.

Do not take ELECTROEEZ POWDER (STRAWBERRY) if you are taking any of the following medicines:

- Potassium-sparing diuretics (e.g., amiloride). Medications primarily used to manage conditions where there's an excess of fluid in the body, e.g., heart failure and high blood pressure.
- Angiotensin-converting enzyme (ACE) inhibitors (e.g., perindopril, enalapril, captopril). Medications primarily used to lower blood pressure and treat heart failure.
- Angiotensin receptor blockers (e.g., losartan, valsartan, telmisartan). Medications primarily used to treat high blood pressure and heart failure.
- Aldosterone antagonists (e.g., spironolactone). Medications primarily used to treat high blood pressure, heart failure, and certain kidney conditions.
- Other potassium-containing medicines. Medication used to treat and prevent low potassium levels.
- Other potassium-containing supplements.
- Nonsteroidal anti-inflammatory drugs / NSAIDs (e.g., indomethacin, ibuprofen, diclofenac, aspirin). Medications that reduce pain, fever, and inflammation.
- Beta-blockers (e.g., propranolol, bisoprolol). Medications primarily used to treat cardiovascular conditions like high blood pressure, heart failure, and irregular heartbeats.
- Nitrofurantoin. Antibiotic used to treat urinary tract infections.
- Lithium. Medication used in the treatment of bipolar disorder.
- Ciclosporin. Medication that suppresses the immune system. It is primarily used to prevent organ rejection after transplantation and to treat certain autoimmune and inflammatory conditions.
- Tacrolimus. Medication used along with other medications to prevent organ rejection in people who have received a kidney transplant.
- Suxamethonium. Medication sometimes used as part of general

- anaesthesia.
- Heparin, systemic. Medication that acts as a blood thinner.
- Glucose infusions.
- Cardiac glycosides (e.g., digoxin). Medications used to treat heart conditions like heart failure and atrial fibrillation.
- Thiazine diuretics (e.g., hydrochlorothiazide). Medication primarily used to treat high blood pressure and fluid retention.

ELECTROEEZ POWDER (STRAWBERRY) with food and drink and alcohol

- Use of ELECTROEEZ POWDER (STRAWBERRY) with potassium-containing salt substitutes can increase potassium levels in the body.
- Use of ELECTROEEZ POWDER (STRAWBERRY) with salt/foods high in salt can increase sodium and chloride levels in the body.
- Use of ELECTROEEZ POWDER (STRAWBERRY) with calcium-containing products can increase calcium levels in the body.

Pregnancy and breastfeeding and fertility

The use of ELECTROEEZ POWDER (STRAWBERRY) during pregnancy or while breastfeeding is not recommended.

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 POWDER (STRAWBERRY).

Driving and use of machinery

It is not always possible to predict to what extent ELECTROEEZ POWDER (STRAWBERRY) 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 extent to which ELECTROEEZ POWDER (STRAWBERRY) affects them.

ELECTROEEZ POWDER (STRAWBERRY) contains citric acid anhydrous, sodium bicarbonate, sucralose (sweetener), and strawberry flavouring.

3. How to take ELECTROEEZ POWDER (STRAWBERRY)

Do not share medicines prescribed for you with any other person. Always use ELECTROEEZ POWDER (STRAWBERRY) exactly as described in this leaflet or as your doctor, pharmacist, or nurse has told you. Check with your doctor, pharmacist or nurse if you are not sure.

The usual dose for adults (18 years and older) is:

Take one sachet, dissolved in a glass of water, once or twice a day, as needed. Dissolve the contents of one sachet in a large glass of water, stir well and add water to taste if necessary. Drink the entire contents of the glass.

Do not take other medication for at least two (2) hours before or four to six (4-6) hours after taking ELECTROEEZ POWDER (STRAWBERRY).

Do not use ELECTROEEZ POWDER (STRAWBERRY) as a substitute for an oral rehydration solution in cases of dehydration.

Do not exceed the recommended daily dose. If a dose is missed, a double dose should not be taken. The usual dose should be taken at the usual time.

If you take more ELECTROEEZ POWDER (STRAWBERRY) than you should

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

If you forget to take ELECTROEEZ POWDER (STRAWBERRY)

If you forget to take a dose of ELECTROEEZ POWDER (STRAWBERRY), take it as soon as you remember. However, if it is almost time for your next dose, skip the dose you have missed.

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

4. Possible side effects

ELECTROEEZ POWDER (STRAWBERRY) can have side effects. Not all side effects reported for ELECTROEEZ POWDER (STRAWBERRY) are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking ELECTROEEZ POWDER (STRAWBERRY), please consult your healthcare provider for advice.

If any of the following happen, immediately take the affected person to the casualty department at the nearest hospital:

- if the person is unresponsive.
- if the person is not breathing, or if they are gasping for air.
- if they do not have a pulse.

These are all very serious side effects. They need urgent medical attention or hospitalisation.

If any of the following happens, stop taking ELECTROEEZ POWDER (STRAWBERRY) and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling, face, lips and mouth or throat, which may cause difficulty in swallowing or breathing,
- swelling of the hands, feet and ankles,
- shortness of breath (also shortness of breath that worsens when lying down or exerting oneself),
- fever,
- changes in the way your heart beats, for example, if you notice it beating too fast, too slow, or irregularly,
- chest pain and discomfort,
- dizziness or light-headedness,
- fainting or near-fainting,
- convulsions,
- rash or itching

These are all very serious side effects. If you have them, you may have had a serious reaction to ELECTROEEZ POWDER (STRAWBERRY). You may need urgent medical attention or hospitalisation.

If any of the following happens, stop taking ELECTROEEZ POWDER (STRAWBERRY) and tell your doctor immediately or go to the casualty department at your nearest hospital:

- if you are coughing up blood,
- if you have blood in your vomit,
- if you have blood in your urine,
- if you experience high blood pressure,
- if you experience low blood pressure,
- if you experience confusion,
- if you experience muscle weakness or fatigue,
- if you experience muscle twitching or cramps,
- if you experience paralysis,
- if you experience "pins and needles" in the hands or feet (tingling, pricking or numb sensation),
- if you have a frequent urge to urinate, experience continuing headaches, continuing loss of appetite, nausea or vomiting, and/or unusual tiredness or weakness.

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

Tell your doctor if you notice any of the following:

Frequency unknown:

- nausea and vomiting
- diarrhoea (loose stool)
- black stools
- constipation
- bloating
- flatulence
- stomach cramps
- stomach pain
- gastrointestinal ulcers
- chest or throat pain when swallowing
- temporary increase in stomach acid production, which can lead to, e.g., heartburn and indigestion
- sweating
- dry mouth
- excessive thirst
- headaches
- joint swelling or stiffness

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 Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who umc.org) found on SAHPRA website.

By reporting side effects, you can help provide more information on the safety of ELECTROEEZ POWDER (STRAWBERRY).

5. How to store ELECTROEEZ POWDER (STRAWBERRY)

- Store all medicines out of reach of children.
- Store in a cool, dry place at or below 25 °C.
- Store in the original package/ container.
- Keep the container tightly closed.
- Protect from light and moisture.
- Do not use after the expiry date stated on the sachet/ carton.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g., toilets).

6. Contents of this pack and other information

What ELECTROEEZ POWDER (STRAWBERRY) contains

The active substances per sachet (4 g) are:

Magnesium bisglycinate	709,00 mg
Providing Magnesium (elemental)	100,00 mg
Potassium chloride	381,35 mg
providing Potassium (elemental)	200,00 mg
Sodium chloride	254,21 mg
providing Sodium (elemental)	100,00 mg
Calcium carbonate	250,00 mg
providing Calcium (elemental)	100,00 mg

The other ingredients are:

Citric acid anhydrous, sodium bicarbonate, sucralose (sweetener), strawberry flavouring

What ELECTROEEZ POWDER (STRAWBERRY) looks like and contents of the pack

Plastic-lined foil sachets, filled with a white, slightly effervescent powder and packed in a unit carton. Pack size 30 x 4 g sachets

Prospective Holder of Certificate of Registration

Talo Consumer Solutions (Pty) Ltd. 30 Bell Crescent
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Tel: 012 010 0815

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Registration number
To be allocated

Access to the corresponding Professional Information

Can be obtained by scanning the QR code below.
Email: info@tcsbrands.co.za
Telephone: 012 010 0815





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Product Code: EPS_PIL(E)_REV02_2025
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Dimensions: 140 x 440 mm
Fold Size: 140 x 28 mm
Font Size: 6 point Helvetica
Colours: (1) Black
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