PATIENT INFORMATION LEAFLET

SCHEDULING STATUS S0

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.
- Thiazide 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 of the 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, prickling 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 the SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who umc.org) found on the 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

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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

PASIËNT INLIGTINGSVOUBILJET

SKEDULERING STATUS **S0**

ELECTROEEZ™ POWDER (STRAWBERRY), POEIER
Magnesium, Kalium, Natrium, Kalsium

Suikervry
Bevat versoeter: Sukralose 10,00 mg per sakkie (4 g).

Komplementêre Medisyne
D34.7 Gesondheidsaanvullings, Minerale
Hierdie ongeregistreerde medisyne is nie deur die SAHPRA vir sy kwaliteit, veiligheid of beoogde gebruik geëvalueer nie.

Lees die hele voubiljet noukeurig deur, want dit bevat belangrike inligting vir jou.
ELECTROEEZ POWDER (STRAWBERRY) is beskikbaar sonder ‘n dokter se voorskrif vir jou om jou gesondheid te ondersteun. Nietemin moet jy ELECTROEEZ POWDER (STRAWBERRY) steeds versigtig gebruik om die beste resultate daaruit te kry.
- Bewaar hierdie pamflet. Jy sal dit dalk weer moet lees.
- Moenie ELECTROEEZ POWDER (STRAWBERRY) met enige ander persoon deel nie.
- Vra jou gesondheidsorgverskaffer of apteker as jy meer inligting of advies benodig.
- ‘n Gevarieerde dieet is die mees doeltreffende en veiligste manier om goeie voeding, gesondheid, liggaamsamestelling sowel as geestelike en fisiese prestasie te bereik.

Wat is in hierdie voubiljet
1. Wat ELECTROEEZ POWDER (STRAWBERRY) is en waarvoor dit gebruik word
2. Wat jy moet weet voordat jy ELECTROEEZ POWDER (STRAWBERRY) neem
3. Hoe om ELECTROEEZ POWDER (STRAWBERRY) te neem
4. Moontlike newe-effekte
5. Hoe om ELECTROEEZ POWDER (STRAWBERRY) te stoor
6. Inhoud van die pakkie en ander inligting

1. Wat ELECTROEEZ POWDER (STRAWBERRY) is en waarvoor dit gebruik word.
ELECTROEEZ POWDER (STRAWBERRY) mag slegs deur volwassenes (18 jaar en ouer) gebruik word.
ELECTROEEZ POWDER (STRAWBERRY) dra by tot die handhawing van normale elektrolietvlakke en ondersteun hidrasie voor, tydens en na oefening. Dit verminder moegheid en ondersteun normale spier- en senuweestelselfunksie.

2. Wat jy moet weet voordat jy ELECTROEEZ POWDER (STRAWBERRY) neem
Moenie ELECTROEEZ POWDER (STRAWBERRY) neem:
- as jy hipersensitief (allergies) is vir enige van die bestanddele van ELECTROEEZ POWDER (STRAWBERRY) nie (gelys in afdeling 6).
- as jy gedehidreer is / in gevalle van akute dehidrasie nie.
- as jy aan ventrikulêre aritmie (wanneer jou hart se onderste kamers op ‘n abnormale of onreëlmatige manier klop) ly nie.
- as jy nierversaking het en minder urine as normaal produseer nie.
- as jy ernstige kroniese niersiekte (ingekorte nierfunksie) het, waar jou niere afvalstowwe teen ‘n baie lae tempo uit jou bloed filtreer nie.
- as jou liggaam nie genoeg van die hormoon aldosteroon produseer as gevolg van lae vlakke van die hormoon renien nie.
- as jy onbehandelde Addison-siekte (‘n seldsame toestand waar jou byniere nie genoeg van sekere hormone produseer nie, hoofsaaklik kortisol en aldosteroon) het nie.
- as jy metaboliese asidose (te veel suur in jou liggaamsvloeistowwe) het nie .
- as jy ulserasies in jou derm (sere of oop wonde op die voering van die ingewande) het nie.
- as jy enige toestand het wat die normale beweging van voedsel en afval deur jou ingewande vertraag of blokkeer nie.
- as jy enige toestand het wat grootskaalse selvernietiging behels, waar selle vinniger afsterf of afbreek as wat die liggaam dit kan vervang nie (bv. ernstige brandwonde, vergruisingsindroom).
- as jy hiperkalemie, of ‘n toestand wat gereeld met hiperkalemie (te veel kalium in jou bloed) geassosieer word het nie.
- as jy hiperkalsemie (te veel kalsium in jou bloed) het nie.
- as jy hiperkalsiurie (te veel kalsium in jou urine) het nie.
- as jy hiperparatiroïedisme (te veel paratiroïedhormoon, wat weer lei tot hoë kalsiumvlakke in die bloed) het nie.
- as jy hipofosfatemie (lae vlakke van fosfaat in jou bloed) het nie.
- as jy hipernatremie (te veel natrium in jou bloed) het nie.
- as jy hiperchloremie (te veel chloried in jou bloed) het nie.
- as jy nierstene het nie.
- as jy Zollinger-Ellison-sindroom (‘n seldsame toestand waar gewasse, genaamd gastrinome, veroorsaak dat die maag te veel suur produseer) het nie.
- as jy kaliumsparende diuretika gebruik nie (bv. triamtereen, amiloried).
- as jy angiotensien-omskakelende ensiem (ACE)-inhibeerders gebruik nie (bv. enalapril, perindopril).
- as jy angiotensienreseptorblokkeerders gebruik nie (bv. losartan, valsartan).
- as jy aldosteroonantagoniste gebruik nie (bv. spironolaktoon, eplerenoon).
- as jy nie-steroïdale anti-inflammatoriese medikasie vir pyn en inflammasie gebruik nie (bv. indometasien, aspirien).
- as jy beta-blokkeerders gebruik nie (bv. propranolol, bisoprolol).
- as jy ‘n antibiotika genaamd nitrofurantoïen gebruik nie.
- as jy litium gebruik nie.
- as jy siklosporien gebruik nie.
- as jy takrolimus gebruik/ontvang nie.
- as jy suksametonium, sistemiese heparien of glukose-infusies ontvang nie.
- as jy enige ander kaliumbevattende medisyne of kaliumbevattende aanvullings gebruik nie.
- as jy enige kaliumbevattende soutvervangers gebruik nie.
- as jy tiasieddiuretika gebruik nie (bv. hidrochloortiasied).
- as jy hartglikosiede gebruik nie (bv. digoksien).
- as jy ‘n lae-fosfaat dieet volg nie.

Moenie ELECTROEEZ POWDER (STRAWBERRY) gee:
- vir kinders of adolessente onder die ouderdom van 18 jaar nie.

Waarskuwings en spesiale voorsorgmaatreëls
ELECTROEEZ POWDER (STRAWBERRY) moet nie as plaasvervanger vir ‘n orale rehidrasie-oplossing in gevalle van dehidrasie gebruik word nie.

Hierdie produk bevat 327 mg natrium per sakkie, gelykstaande aan 16,35 % van die WGO se aanbevole daaglikse inname van 2 g natrium vir ‘n volwassene. Die maksimum daaglikse dosis van hierdie produk is gelykstaande aan 32,7 % van die WGO se aanbevole daaglikse inname van 2 g natrium vir ‘n volwassene. Praat met jou apteker of dokter as jy ELECTROEEZ-POWDER (STRAWBERRY) daagliks vir ‘n lang tydperk benodig, veral as jy aangeraai is om ‘n lae-sout dieet te volg.

Spesiale sorg moet geneem word met ELECTROEEZ POWDER (STRAWBERRY). Raadpleeg jou gesondheidsorgverskaffer voor gebruik:
- as jy verswakte nierfunksie het (niere werk nie so goed soos hulle moet nie).
- as jy verswakte lewerfunksie het (lewer werk nie so goed soos dit moet nie).
- as jy diabetes mellitus het.
- as jy Myasthenia gravis het (kroniese outo-immuunsiekte wat spierswakheid en moegheid veroorsaak).
- as jy ‘n siekte/toestand het wat die senuwees en spiere aantas, wat ‘n impak het op hoe hulle kommunikeer en saamwerk.
- as jy ‘n hartsiekte (‘n toestand wat die hart en bloedvate aantas) of hartversaking het.
- as jy pulmonale of perifere edeem het (opgeboude vloeistof/oortollige vloeistof in die longe en/of arms, bene, hande of voete het, wat swelling veroorsaak).
- as jy adrenale ontoereikendheid /Addison-siekte het (‘n toestand waar die byniere nie genoeg van sekere hormone produseer nie, hoofsaaklik kortisol en aldosteroon).
- as jy ‘n toestand het wat die hoeveelheid kalium wat deur die liggaam uitgeskei word, verminder.
- as jy ‘n verminderde bloedtoevoer na die ingewande het wat veroorsaak word deur verharding en vernouing van die arteries as gevolg van die opbou van plaak.
- wanneer jy hittekrampe ervaar.
- as jy swanger is. Gebruik van hierdie produk tydens swangerskap word nie aanbeveel nie.
- as jy jou baba borsvoed. Gebruik van hierdie produk tydens borsvoeding word nie aanbeveel nie.
- wanneer dit deur bejaarde pasiënte gebruik word.
- as jy hoë bloeddruk het.
- as jy hiperaldosteronisme het (te veel van die hormoon aldosteroon, ‘n hormoon wat die sout- en waterbalans in die liggaam reguleer).
- as jy ‘n toestand het of as jy enige medikasie neem/ontvang wat natriumretensie veroorsaak.

Kinders en adolessente
ELECTROEEZ POWDER (STRAWBERRY) moet nie deur kinders of adolessente onder die ouderdom van 18 jaar gebruik word nie.

Ander medisyne en ELECTROEEZ POWDER (STRAWBERRY)
Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medisyne gebruik (dit sluit alle komplementêre of tradisionele medisyne in).

Vertel jou dokter as jy enige van die volgende medisyne gebruik, en moenie hierdie medisyne vir ten minste twee (2) ure voor of vier tot ses (4-6) ure na die inname van ELECTROEEZ POWDER (STRAWBERRY) neem nie.
- Bisfosfonaat (bv. alendronaat). Medisyne wat gebruik word om toestande te behandel waar beendigtheid gekompromitteerd is.
- Tetrasiklien (bv. doksisiklien). ‘n Klas antibiotika wat verskeie soorte bakteriële infeksies behandel.
- Kinoloonantibiotika (bv. siprofloksasien, levofloksasien).
- Levotiroksiennatrium; Liotironiennatrium. Medisyne wat gebruik word om lae skildkliervlakke in jou liggaam (hipotiroïdisme) te behandel.
- Gabapentien. Medisyne wat gebruik word om epilepsie te behandel. Ook gebruik om senuweepyn te behandel.
- Dolutegravir. Antiretrovirale medisyne.
- Atazanavir. Antiretrovirale medisyne.
- Ketokonasool. Medisyne wat gebruik word om infeksies wat deur swamme veroorsaak word, te behandel.

Moenie ELECTROEEZ POWDER (STRAWBERRY) neem as jy enige van volgende medisyne gebruik nie:
- Kaliumsparende diuretika (bv. amiloried). Medikasie wat hoofsaaklik gebruik word om toestande te bestuur waar daar ‘n oormaat vloeistof in die liggaam is, bv. hartversaking en hoë bloeddruk.
- Angiotensien-omskakelende ensiem (ACE)-inhibeerders (bv. perindopril, enalapril, kaptopril). Medikasie wat hoofsaaklik gebruik word om bloeddruk te verlaag en hartversaking te behandel.
- Angiotensienreseptorblokkeerders (bv. losartan, valsartan, telmisartan). Medikasie wat hoofsaaklik gebruik word om hoë bloeddruk en hartversaking te behandel.
- Aldosteroon-antagoniste (bv. spironolaktoon). Medikasie wat hoofsaaklik gebruik word om hoë bloeddruk, hartversaking en sekere niertoestande te behandel.
- Ander kaliumbevattende medisyne. Medikasie wat gebruik word om lae kaliumvlakke te behandel en te voorkom.
- Ander kaliumbevattende aanvullings.
- Nie-steroïdale anti-inflammatoriese middels / NSAIM's (bv. indometasien, ibuprofen, diklofenak, aspirien). Medikasie wat pyn, koors en inflammasie verminder.
- Betablokkers (bv. propranolol, bisoprolol). Medikasie wat hoofsaaklik gebruik word om kardiovaskulêre toestande soos hoë bloeddruk, hartversaking en onreëlmatige hartklop te behandel.
- Nitrofurantoïen. Antibiotikum wat gebruik word om urienweginfeksies te behandel.
- Litium. Medikasie wat gebruik word in die behandeling van bipolêre versteuring.
- Siklosporien. Medikasie wat die immuunstelsel onderdruk. Dit word hoofsaaklik gebruik om orgaanverwerping na oorplanting te voorkom en om sekere outo-immuun- en inflammatoriese toestande te behandel.
- Takrolimus. Medikasie wat saam met ander medikasie gebruik word om orgaanverwerping te voorkom by mense wat ‘n nieroorplanting ontvang het.
- Suksametonium. Medikasie wat soms as deel van algemene narkose gebruik word.
- Heparien, sistemies. Medikasie wat as ‘n bloedverdunner optree.
- Glukose-infusies.
- Hartglikosiede (bv. digoksien). Medikasie wat gebruik word om harttoestande soos hartversaking en atriale fibrillasie te behandel.
- Tiasieddiuretika (bv. hidrochloortiasied). Medikasie wat hoofsaaklik gebruik word om hoë bloeddruk en vloeistofretensie te behandel.

ELECTROEEZ POWDER (STRAWBERRY) met kos en drank en alkohol
- Gebruik van ELECTROEEZ POWDER (STRAWBERRY) met kaliumbevattende soutvervangers kan kaliumvlakke in die liggaam verhoog.
- Gebruik van ELECTROEEZ POWDER (STRAWBERRY) met sout/voedsel ryk aan sout kan natrium- en chloriedvlakke in die liggaam verhoog.
- Gebruik van ELECTROEEZ POWDER (STRAWBERRY) met kalsiumbevattende produkte kan kalsiumvlakke in die liggaam verhoog.

Swangerskap en borsvoeding en vrugbaarheid
Die gebruik van ELECTROEEZ POWDER (STRAWBERRY) tydens swangerskap of borsvoeding word nie aanbeveel nie.
As jy swanger is of borsvoed, dink jy is dalk swanger of beplan om ‘n baba te hê, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat jy ELECTROEEZ POWDER (STRAWBERRY) gebruik.

Bestuur en gebruik van masjiene
Dit is nie altyd moontlik om te voorspel tot watter mate ELECTROEEZ POWDER (STRAWBERRY) met die daaglikse aktiwiteite van ‘n pasiënt kan inmeng nie. Pasiënte moet verseker dat hulle nie by bogenoemde aktiwiteite betrokke raak, totdat hulle bewus is van die mate waartoe ELECTROEEZ POWDER (STRAWBERRY) hulle affekteer nie.

ELECTROEEZ POWDER (STRAWBERRY) bevat anhidriese sitroensuur, natriumbikarbonaat, sukralose (versoeter) en aarbeigeursel.

3. Hoe om ELECTROEEZ POWDER (STRAWBERRY) te neem
Moenie medisyne wat vir jou voorgeskryf is met enige ander persoon deel nie.
Gebruik ELECTROEEZ POWDER (STRAWBERRY) altyd presies soos beskryf in hierdie voubiljet of soos jou dokter, apteker of verpleegster jou vertel het. Bevestig met jou dokter, apteker of verpleegster as jy nie seker is nie.

Die gewone dosis vir volwassenes (18 jaar en ouer) is:
Neem een sakkie, opgelos in ‘n glas water, een of twee keer per dag, soos nodig. Los die inhoud van een sakkie op in ‘n groot glas water, roer goed en voeg water na smaak by indien nodig. Drink die hele glas se inhoud.

Moenie ander medikasie neem vir ten minste twee (2) ure voor of vier tot ses (4-6) ure na die inname van ELECTROEEZ POWDER (STRAWBERRY) nie.

Moenie ELECTROEEZ POWDER (STRAWBERRY) as ‘n plaasvervanger vir ‘n orale rehidrasie-oplossing gebruik in gevalle van dehidrasie nie.
Moenie die aanbevole daaglikse dosis oorskry nie.
Indien ‘n dosis gemis word, moet ‘n dubbele dosis nie geneem word nie. Die gewone dosis moet op die gewone tyd geneem word.

As jy meer ELECTROEEZ POWDER (STRAWBERRY) neem as wat jy moet
In die geval van oordosis, raadpleeg jou dokter of apteker. Indien nie een beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

As jy vergeet om ELECTROEEZ POWDER (STRAWBERRY) te neem
Indien jy vergeet om ‘n dosis ELECTROEEZ POWDER (STRAWBERRY) te neem, neem dit sodra jy onthou. Indien dit egter amper tyd is vir jou volgende dosis, slaan die dosis wat jy gemis het, oor.

Moenie ‘n dubbele dosis neem om vergete individuele dosisse in te haal nie

4. Moontlike newe-effekte
ELECTROEEZ POWDER (STRAWBERRY) kan newe-effekte hê.
Nie alle newe-effekte wat vir ELECTROEEZ POWDER (STRAWBERRY) gerapporteer is, is in hierdie voubiljet ingesluit nie. As jou algemene gesondheid versleg of as jy enige nadelige effekte ervaar terwyl jy ELECTROEEZ POWDER (STRAWBERRY) neem, raadpleeg asseblief jou gesondheidsorgverskaffer vir advies

Indien enige van die volgende gebeur, neem die betrokke persoon onmiddellik na die ongevalle-afdeling van die naaste hospitaal:
- as die persoon nie reageer nie.
- as die persoon nie asemhaal nie, of as hulle na lug snak.
- as hulle nie ‘n pols het nie.

Dit is alles baie ernstige newe-effekte. Hulle benodig dringende mediese aandag of hospitalisasie.

Indien enige van die volgende gebeur, hou op om ELECTROEEZ POWDER (STRAWBERRY) te gebruik en vertel jou dokter dadelik of gaan na die ongevalle-afdeling by jou naaste hospitaal:
- swelling van die gesig, lippe en mond of keel, wat probleme met sluk of asemhaling kan veroorsaak,
- swelling van die hande, voete en enkels,
- kortasem (asook kortasem wat vererger wanneer jy lê of jouself inspan),
- koors,
- veranderinge in die manier waarop jou hart klop, byvoorbeeld, as jy agterkom dat dit te vinnig, te stadig of onreëlmatig klop,
- borspyn en ongemak,
- duiseligheid of lighoofdigheid,
- floute of as jy amper flou word,
- stuiptrekkings,
- uitslag of jeuk

Hierdie is alles baie ernstige newe-effekte. As jy dit het, het jy dalk ‘n ernstige reaksie op ELECTROEEZ POWDER (STRAWBERRY) gehad. Jy benodig dalk dringende mediese aandag of hospitalisasie.

As jy enige van die volgende ondervind, hou op om ELECTROEEZ POWDER (STRAWBERRY) te neem en vertel jou dokter dadelik of gaan na die ongevalle-afdeling by jou naaste hospitaal:
- as jy bloed ophoes,
- as jy bloed in jou braaksel het,
- as jy bloed in jou urine het,
- as hoë bloeddruk ervaar,
- as jy lae bloeddruk ervaar,
- as jy verwarring ervaar,
- as jy spierswakheid of moegheid ervaar,
- as jy spiertrekkings of krampe ervaar,
- as jy verlamming ervaar,
- as jy “naalde-en-spelde” in die hande of voete ervaar (tintelende, prikkelende of gevoellose sensasie),
- as jy gereelde drang het om te urineer, aanhoudende hoofpyn, aanhoudende verlies aan eetlus, naarheid of braking en/of ongewone moegheid of swakheid ervaar.

Dit is alles ernstige newe-effekte. Jy benodig dalk dringende mediese hulp.

Vertel jou dokter as jy enige van die volgende opmerk:
Frekwensie onbekend:
- naarheid en braking
- diarree (los stoelgang)
- swart stoelgang
- hardlywigheid
- opgeblasenheid
- winderigheid
- maagkrampe
- maagpyn
- maagsere
- bors- of keelpyn wanneer gesluk word
- tydelike toename in maagsuurproduksie, wat kan lei tot bv. sooibrand en spysverteringsprobleme
- sweet
- droë mond
- oormatige dors
- hoofpyn
- gewrigswelling of styfheid

Indien jy enige newe-effekte opmerk wat nie in hierdie voubiljet genoem word nie, stel asseblief jou dokter of apteker in kennis.

Rapportering van newe-effekte
As jy newe-effekte ervaar, praat met jou dokter, apteker of verpleegster. Jy kan ook newe-effekte aan die SAHPRA rapporteer via die Med Safety APP (Medsafety X SAHPRA) en eReporting-platform (who umc.org) wat op die SAHPRA-webwerf gevind kan word.
Deur newe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van ELECTROEEZ POWDER (STRAWBERRY) te verskaf.

5. Hoe om ELECTROEEZ POWDER (STRAWBERRY) te stoor
- Berg alle medisyne buite bereik van kinders.
- Berg in ‘n koel, droë plek teen of benede 25 °C.
- Berg in die oorspronklike verpakking/houer.
- Hou die houer dig toe.
- Beskerm teen lig en vog.
- Moet nie na die vervaldatum soos aangedui op die sakkie/ karton gebruik nie.
- Gee alle ongebruikte medisyne terug aan jou apteker.
- Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die pakkie en ander inligting
Wat ELECTROEEZ POWDER (STRAWBERRY) bevat
Die aktiewe bestanddele per sakkie (4 g) is:

Magnesiumbisglisinaat	709,00 mg
verskaf Magnesium (elementaal)	100,00 mg
Kaliumchloried	381,35 mg
verskaf Kalium (elementaal)	200,00 mg
Natriumchloried	254,21 mg
verskaf Natrium (elementaal)	100,00 mg
Kalsiumkarbonaat	250,00 mg
verskaf Kalsium (elementaal)	100,00 mg

Die ander bestanddele is:
Anhidriese sitroensuur, natriumbikarbonaat, sukralose (versoeter), aarbeigeursel

Hoe ELECTROEEZ POWDER (STRAWBERRY) lyk en die inhoud van die pakkie
Plastiek-uitgevoerde-foeliesakkies, gevul met ‘n wit, effens bruisende poeier en verpak in ‘n buitenste karton. Pakgrootte 30 x 4 g sakkies

Voornemende Houer van Registrasiesertifikaat
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Hierdie voubiljet is laas hersien in
Januarie 2026

Registrasie nommer
Moet toegeken word.

Toegang tot die ooreenstemmende professionele inligting
Kan verkry word deur die QR-kode hieronder te skandeer.
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