

PROPRIETARY NAME AND DOSAGE FORM:

SPICE MIX (CAPSULES)

COMPOSITION:

Each capsule, for oral administration, contains turmeric, cayenne pepper, ginger, cumin, black pepper, and cinnamon.

PHARMACOLOGICAL ACTION:

Possibly reduce inflammation and pain and relief of digestive disorders, control of blood sugar.

INDICATIONS:

IBS

Digestive complaints

Arthritis

Diabetes

Hypertension

Chronic inflammation

CONTRAINDICATIONS:

If you are on any blood thinning medication, or suffer from diabetes, be aware that Spice Mix can accentuate the effect of these medications. Ginger can increase uptake of Losartan (Cozaar).

WARNING:

People who are allergic to latex, bananas, kiwi, chestnuts, and avocado may also have an allergy to cayenne.

DOSAGE AND DIRECTIONS FOR USE:

1 capsule twice per day after meals. 2 hours before or after taking prescription medication.

SIDE EFFECTS AND SPECIAL PRECAUTIONS:

No specific side effects have been recorded. If there is any sensitivity towards any of the ingredients, discontinue use and seek medical attention. Please take note of warning.

KNOWN SYMPTOMS OF OVERDOSE AND PARTICULARS OF TREATMENT:

Nausea, vomiting, and diarrhoea are the most probable effects of overdose. Treatment would be symptomatic.

IDENTIFICATION:

Brown powder encapsulated in a size 00 capsule.

PRESENTATION:

Capsules in a sealed bag of 60 capsules.

STORAGE INSTRUCTIONS:

Store at or below 25° C **IN ORIGINAL PACKAGING** and protect from light and moisture. **KEEP OUT OF REACH OF CHILDREN.**

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

NAME AND BUSINESS ADDRESS OF MANUFACTURER AND DISTRIBUTOR:

Pierre@Ecohealth Pty Ltd 2014/265835/07, 19 Pieter Street, Highveld Techno Park, Centurion, 0169

DATE OF PUBLICATION OF THIS PACKAGE INSERT: 17 October 2023