

PROPRIETARY NAME AND DOSAGE FORM:

APRICOT KERNELS

COMPOSITION:

APRICOT KERNELS

PHARMACOLOGICAL ACTION:

- High levels of antioxidants can lead to reduced inflammation. Pangamic acid can reduce risk of heart disease.
- Contains Vitamins A,C,E B15,B17
- Essential Fatty acids ,oleic acid, linoleic acid, Omega 3 and 6, Calcium and Iron

INDICATIONS:

- Chronic inflammation
- Ischaemic heart disease
- Can be instrumental in preventing some cancers

CONTRAINDICATIONS:

Pregnant and breastfeeding females. Children under the age of 12

WARNING:

Apricot kernels contain amygdalin, which is converted to cyanide in the gut. **DO NOT EXCEED RECOMMENDED DOSAGE. Also be aware that it can be mistaken for Almonds**

DOSAGE AND DIRECTIONS FOR USE:

3-5 kernels per day, depending on size

SIDE EFFECTS AND SPECIAL PRECAUTIONS:

If any side effects are noticed, such as difficulty breathing, nausea, light-headedness or weakness, stop using and seek medical attention (**preferably emergency department**)

KNOWN SYMPTOMS OF OVERDOSE AND PARTICULARS OF TREATMENT:

Difficulty breathing

Bluish discoloration of skin

Weakness

Light-headedness

Treat as for cyanide poisoning. In the case of excessive consumption prior to any symptoms appear, encourage vomiting, by taking salt water.

IDENTIFICATION:

Brown ovate nuts.

PRESENTATION:

Brown ovate nuts packed in sealed packs of 100

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:

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