

**PATIENT INFORMATION LEAFLET**  
**SCHEDULING STATUS**  
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**Well Like Me Sutherlandia OPC (Capsules)**

*Category D 33.6: human complementary medicine, Western herbal medicine. This medicine has not been evaluated by SAHPRA. This medicine is not intended to diagnose, treat, cure, or prevent any disease.*

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

Well Like Me Sutherlandia OPC is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Well Like Me Sutherlandia OPC carefully to get the best results from it,

Keep this leaflet. You may need to read it again.

- Do not share Well Like Me Sutherlandia OPC with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice, especially if you are taking any other medicines or have existing health conditions.
- You must see a pharmacist or doctor if you experience adverse effects or unwanted weight loss

**What is in this leaflet:**

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

**1. WHAT WELL LIKE ME SUTHERLANDIA OPC IS AND WHAT IS IT USED FOR:**

*Category D 33.6: human complementary medicine, western herbal medicine. This medicine has not been evaluated by SAHPRA. This medicine is not intended to diagnose, treat, cure, or prevent any disease.*

Well Like Me Sutherlandia OPC is a complementary western herbal medicine, used for general health enhancement and maintenance.

**2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE WELL LIKE ME SUTHERLANDIA OPC:**

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Do not take Well Like Me Sutherlandia OPC:

- if you are hypersensitive (allergic) to any of the ingredients of Sutherlandia OPC (listed in section 6)
- If you are pregnant or breastfeeding
- If you are under the age of 18
- If you have any existing medical conditions such as liver or kidney impairment or cardiovascular conditions such as dysrhythmias or patients taking anticoagulants (placid thinning medicines) such as Warfarin

**Warnings and precautions: WELL LIKE ME SUTHERLANDIA OPC IS SUGAR FREE**

Tell your healthcare provider prior to use:

- If you are pregnant or breastfeeding
- If you have existing medical conditions or are taking any other medications

**Other medicines and WELL LIKE ME SUTHERLANDIA OPC**

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

Taking other medicines with WELL LIKE ME SUTHERLANDIA OPC is not recommended as it may lead to adverse effects.

**WELL LIKE ME SUTHERLANDIA OPC with food, drink and alcohol**

Consumption with alcohol is not recommended

**Pregnancy and Breastfeeding**

WELL LIKE ME SUTHERLANDIA OPC must not be used during pregnancy and breastfeeding.

**Driving and using machines**

WELL LIKE ME SUTHERLANDIA OPC may cause drowsiness and fatigue which may have an effect on an individual's ability to drive or operate machinery.

**WELL LIKE ME SUTHERLANDIA OPC** contains silica, magnesium stearate and vegetable cellulose.

**3. HOW TO TAKE WELL LIKE ME SUTHERLANDIA OPC:**

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Don't share medicines prescribed for you with any other person. Always take Well Like Me Sutherlandia OPC exactly as described in this leaflet or as your healthcare provider has told you. Check with your healthcare provider if you are unsure.

**The usual dosage is:**

**Adults:** One capsule orally twice a day with water, with or without food.

Initially take one capsule per day for one month then increase to one capsule twice per day if no side effects are experienced. Sutherlandia OPC must not be taken for longer than 12 months consecutively.

**Method of administration:** Well Like Me Sutherlandia OPC is a capsule for ingestion only.

**If you take more WELL LIKE ME SUTHERLANDIA OPC than you should:**

In overdose, side effects can worsen. Possible side effects include irregular heartbeat, abdominal pain, drowsiness, headache, vomiting or diarrhea.

In the event of overdose, consult your doctor or pharmacist immediately. If neither is available, contact the nearest hospital or poison centre. Untreated overdose and toxicity may be fatal.

**If you forget to take a dose of WELL LIKE ME SUTHERLANDIA OPC:** Do not take a double dose to make up for forgotten individual doses.

**4. POSSIBLE SIDE EFFECTS**

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Well Like Me Sutherlandia OPC can have side effects. Possible side effects include weight loss, irregular heartbeat, abdominal pain, drowsiness, headache, vomiting or diarrhea. If side effects persist, toxicity may develop which can be fatal. If you get side effects, talk to your doctor, pharmacist, or nurse. If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist. You can also report side effects to SAHPRA via the 6.04 Adverse Drug Reaction Reporting Form, found online under SAHPRA's publications. <http://sahpra.org.za/publications/index/8>. By reporting side effects, you can help provide more information on the safety of Sutherlandia OPC.

**5. HOW TO STORE WELL LIKE ME SUTHERLANDIA OPC**

*Category D 33.6: human complementary medicine, western herbal medicine. This medicine has not been evaluated by SAHPRA. This medicine is not intended to diagnose, treat, cure or prevent any disease.*

Store all medicines out of reach of children. Store at or below 25 °C in a cool, dry area. Store in the original package / container. Protect from light and moisture. Do not store in a bathroom. Do not use after the expiry date stated on the bottle. Do not use Well Like Me Sutherlandia OPC if you notice visible signs of deterioration. Return all unused medicine to your pharmacy for safe disposal. Do not dispose of unused medicine in drains or sewerage systems. (e.g. toilets)

**6. CONTENTS OF THE PACK AND OTHER INFORMATION**

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**What Well Like Me Sutherlandia OPC contains:**

Each capsule:

**Active Ingredients:** 250 mg *Sutherlandia frutescens* and 100 mg *Nerium oleander* extract.

**Inactive Ingredients:** silica, magnesium stearate and vegetable cellulose. Sugar free.

**What Sutherlandia OPC looks like and contents of the pack:** Well Like Me Sutherlandia OPC is a hard vegetable cellulose capsule containing green herbal powder in a white HDPE container. Each container contains 60 capsules.

**Proposed Holder of Certificate of Registration**

Well Like Me Products (Pty) Ltd, 312 Thornbrae, 8 York Rd, Cape Town, 8001

Distributed by: Well Like Me Products (Pty) Ltd, [www.welllikeme.co.za](http://www.welllikeme.co.za)

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**Registration/Application number:**

SAHPRA Application No: TBC

Access to the corresponding Professional Information (PI): <https://www.welllikeme.co.za/pages/professional-information>