

**SCHEDULING STATUS:** S0 D 32.16 Western herbal medicines

#### PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

## Kel 6 Tablets

Kelp	71 mg (50µg Iodine)
Pyridoxine (Vitamine B6)	8 mg
Tribulus Terrestris	50 mg

**Read all the information in this leaflet carefully as it contains important information regarding your medicine**

- Keep this leaflet. You may need to read it at a later stage.
- If you have any further questions about this medication, ask your pharmacist
- DO NOT share Kel 6 with any other person

#### WHAT KEL 6 CONTAINS

The active substances are Kelp (71 mg), Pyridoxine (8 mg) and Tribulus Terrestris (50 mg). The other ingredients are Fructose and Lactose.

#### WHAT IS KEL 6 USED FOR

Kel 6 contains Kelp. Kelp is a natural source of minerals, antioxidants, trace elements and in particular, iodine. Iodine is essential for the healthy functioning of the thyroid gland, which regulates metabolism. A deficiency in iodine can result in an underactive thyroid, characterised by weight gain as well as physical and mental lethargy.

#### BEFORE YOU USE KEL 6

##### **Do not use this product:**

- If you are hypersensitive (allergic) to any of the ingredients listed
- Untreated hypo- or hyperthyroidism
- If you are pregnant

##### **Contraindications**

- Methimazole
- Severe uncontrolled hypertension

#### PREGNANCY AND LACTATION

- Category D – may cause neonatal goitre and hypothyroidism, especially during the last two trimesters
- Breastfeeding not recommended

#### TAKING OTHER MEDICATIONS WITH KEL 6

**Always tell your healthcare professional if you are taking any other medicine (this includes complementary or traditional medicines).**

##### Drug interactions

- Methimazole – May lead to severe hypothyroidism
- Amiodarone – May lead to increased levels of iodine and cause adverse effects
- Lithium – May lead to hypothyroidism. Metabolism of lithium may be affected
- Anti-diabetic medication – Tribulus may affect blood glucose levels

#### HOW TO TAKE KEL 6

Take two tablets in the morning and one tablet with lunch. It should be taken with meals and not before to limit gastrointestinal side effects.

#### POSSIBLE SIDE EFFECTS

Kelp is primarily a source of iodine, the side effects of iodine is as follow: Side effects occur with higher than normal levels of iodine in the body. Doses exceeding 1100 mcg per day should be avoided. This may lead to gastric irritation and bloody diarrhoea. Hypersensitivity to iodine may be possible and is manifested by skin rashes, angio-oedema, mucosal bleeding, arthralgia, lymphadenopathy and fever. Prolonged administration of large doses may lead to iodism – metallic taste in the mouth, increased salivation, headache, conjunctivitis and painful salivary glands.

Vitamine B6 (pyridoxine) may exhibit some side effects in very large doses, this rarely occurs.

Tribulus Terrestris usually has mild side effects which are uncommon and might include stomach pain, cramping, diarrhea, nausea, vomiting, constipation, difficulty sleeping or heavy menstrual bleeding.

Not all side effects reported for Kel 6 are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your pharmacist or other healthcare professional for advice.

#### STORING AND DISPOSING OF KEL 6

Store at or below 25° C in a dry place  
Protect from moisture and direct sunlight  
Do not use after expiry date stated on outer packaging

Any unused or expired medicine should be returned to your pharmacist for the safe and responsible destruction thereof. Do not dispose of unused medicine in drains or sewage systems.

#### PRESENTATION AND IDENTIFICATION OF KEL 6

Kel 6 tablets are light brown in colour with a distinct odour of Kelp. It is round, bi-convex and uncoated.  
Kel 6 is available in containers of 45 and 90 tablets.

#### REGISTRATION

This medicine has not been evaluated by the South African Health Product Regulatory Authority. This medicine is not intended to diagnose, treat, cure or prevent any disease.

#### NAME AND ADDRESS OF REGISTRATION HOLDER

Manufactured by Columbia Pharmaceuticals on behalf of Loock Pharmaceuticals Pty (Ltd).



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Waterfall Mall  
Rustenburg  
0323

**BYLAE STATUS:** S0 D 32.16 Westerse kruiemedisyne

#### EIENAAM, STERKTE EN FARMASEUTIESE DOSEERVORM

## Kel 6 Tablette

Kelp	71 mg (50µg Jodium)
Piridoksien (Vitamiën B6)	8 mg
Tribulus Terrestris	50 mg

**Lees alle informasie in die voubiljet versigtig deur, dit bevat belangrike inligting aangaande die medisyne.**

- Hou die voubiljet, jy mag dit later wil deurlees
- Indien daar enige verdere vrae oor die produk is, vra jou apteker
- Moet nie jou medisyne met ander deel nie

#### WAT BEVAT KEL 6

Die aktiewe bestanddele is Kelp (71 mg), Piridoksien (8 mg) en Tribulus Terrestris (50 mg). Die ander bestanddele is Fruktose en Laktose.

#### WAARVOOR WORD KEL 6 GEBRUIK

Kel 6 bevat kelp. Dis is 'n natuurlike bron van minerale, antioksidante, spoorelemente en veral jodium. Jodium is noodsaaklik vir die gesonde funksionering van die skildklier, wat help om metabolisme te reguleer. 'n Tekort aan jodium kan lei tot 'n onderaktiewe skildklier wat gekenmerk word deur gewigstoename, sowel as fisiese en geestelike lusteloosheid.

#### VOORDAT JY KEL 6 GEBRUIK

##### **Moet nie die produk gebruik indien:**

- Jy allergies is vir enige bestanddele wat gelys word
- Jy onbehandelde hipo- of hipertiroïedisme het.
- Jy swanger is nie

#### TEENAANWYSINGS

- Metimasool
- Ernstige en onbeheerde hipertensie

#### SWANGERSKAP EN BORSVOEDING

- Kategorie D – mag neonatale goiter of hipotiroïedisme veroorsaak, veral tydens die laaste twee trimesters
- Borsvoeding word nie aanbeveel nie

#### DIE GEBRUIK VAN ANDER MEDIKASIE SAAM MET KEL 6

**Stel altyd jou gesondheidsorgverskaffer in kennis indien jy enige ander medikasie gebruik (dit sluit komplimentêre of tradisionele medisyne in).**

##### Geneesmiddel interaksies

- Metimasool – Mag lei tot ernstige hipotiroïdisme
- Amiodaroon – Mag lei tot verhoogde jodium vlakke wat dan ongewenste effekte mag hê
- Litium – Mag lei tot hipotiroïdisme. Die metabolisme van litium mag ook beïnvloed word
- Anti-diabetiese medisyne – Tribulus mag bloedglukose vlakke beïnvloed

#### HOE OM KEL 6 TE NEEM

Neem twee tablette in die oggend en een tablet tydens middaget. Dit moet saam etes geneem word en nie voor nie om sodoende gastro-intestinale nuwe-effekte te verminder

#### MOONTLIKE NUWE-EFFEKTE

Kelp is hoofsaaklik 'n bron van jodium, nuwe-effekte van jodium is as volg: Nuwe-effekte mag voorkom met hoër as normale vlakke van jodium in die liggaam. Simptome soos gastro-intestinale irritasie en bloederige diarree mag voorkom. Hipersensitiwiteit vir jodium mag veluitslag, angio-edeem, mukosale bloeding, atralgie, limfadenopatie, en koors veroorsaak. Langdurige toediening van groot dosisse mag lei tot jodisme – dit word gekenmerk deur 'n metaal smaak in die mond, verhoogde speeksel produksie, hoofpyn, konjunktivitis en pynlike speekselkliere.

Vitamiën B6 (piridoksien) mag nuwe-effekte veroorsaak in uitermatige hoë dosisse, maar dit kom selde voor.

Tribulus Terrestris het gewoonlik ligte nuwe-effekte wat ongewoon is. Maagkrampe, diarree, naarheid, braking, hardlywigheid, slapeloosheid en swaar menstruele bloeding mag voorkom.

Alle nuwe-effekte vir Kel 6 word nie in die voubiljet gelys nie. Indien jou algemene gesondheid afneem of enige ander nuwe-effekte ervaar wat nie gelys word nie, kontak jou apteker of ander gesondheidsorgwerkers vir advies.

#### DIE BERG EN WEGDOEN VAN KEL 6

Berg teen 25° C of minder in 'n droë plek  
Beskerm teen vog en direkte sonlig  
Moet dit nie gebruik na die vervaldatum wat op die buitenste verpakking is nie

Enige ongebruikte of vervalde medikasie moet na jou apteker geneem word vir die veilige en verantwoordelike vernietiging daarvan. Moet nie van medisyne ontslae raak in dreine of rioolstelsels nie.

#### AANBIEDING EN IDENTIFIKASIE VAN KEL 6

Kel 6 tablette is ligbruin van kleur met 'n kenmerkende reuk van kelp. Die tablette is rond en bikonveks.  
Dit is beskikbaar in houers van 45 en 90 tablette.

#### REGISTRASIE

Hierdie medisyne is nie geëvalueer deur die Suid-Afrikaanse Gesondheidsprodukte-beheerraad nie. Hierdie produk is nie bedoel vir die diagnose, behandeling, genesing of voorkoming van enige siektetoestand nie.

#### NAAM EN ADRES VAN REGISTRASIEHOUER

Vervaardig deur Columbia Pharmaceuticals namens Loock Pharmaceuticals (Pty) Ltd.



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