



# HIGH BLOOD PRESSURE

PACKAGE INSERT

## PROPRIETARY NAME AND DOSAGE FORM

NATRX HIGH BLOOD PRESSURE™ (Capsules)

## COMPOSITION

Each capsule contains:

Active ingredients: Hawthorne Extract (*Crataegus* 4:1) 125mg (equivalent to 500mg Hawthorne Berry Powder), L-Theanine 50mg, Cocoa Bean Extract (*Theobroma Cacao*) 30mg, Magnesium Citrate 18mg and *Coleus Forskohlii* (20%) 12.5mg.

\*Capsules are free of lactose, wheat, gluten, preservatives and animal products.

## PHARMACOLOGICAL CLASSIFICATION

A 32.2 Other (Complementary medicine)

## INDICATIONS

NATRX HIGH BLOOD PRESSURE™ is manufactured from carefully selected ingredients guaranteeing our high standards of quality.

NUTRITIONAL SUPPORT: Healthy Blood Pressure

## CONTRA-INDICATIONS/WARNINGS

Do not take if you are hypersensitive to any of the ingredients, including the excipients. If you are using any prescribed medication, including antihypertensive medication, or suffer from any serious ailments or conditions, use under the supervision of your healthcare practitioner. Nutritional supplementation should not replace a balanced diet. Do not exceed the recommended dose without consulting a healthcare practitioner.

## INTERACTIONS

If you are taking other medicines regularly, including complementary or traditional medicines, or if you start taking any additional medicines while taking this product, consult with your healthcare practitioner. Avoid use with antihypertensive medication (beta-blockers, calcium channel blockers etc.), digoxin, nitrates and phosphodiesterase-5 inhibitors. Use of this product may reduce the effects of stimulant medication (such as caffeine) and reduce low density lipoprotein (LDL) cholesterol levels.

## PREGNANCY AND BREASTFEEDING

Safety in pregnancy and breastfeeding has not been established. Consult with your healthcare practitioner if you are pregnant or breastfeeding while taking this product.

## DOSAGE AND DIRECTIONS FOR USE

Take one or two capsules daily or as directed by your healthcare practitioner.

## SIDE EFFECTS AND SPECIAL PRECAUTIONS

It is generally well-tolerated and safe to use when taken in the prescribed dosage range. Side effects may include nausea, vomiting, diarrhoea, gastrointestinal complaints, constipation, flushing, hypotension, migraine, sweating, dizziness, headache, dyspnoea, sleeplessness, fatigue, agitation, circulatory disorders, allergic skin reactions, shakiness, increased urination and increased heart rate. Not all reported side effects are included in this insert. Should you experience any unpleasant side effects or perceive that your general health is deteriorating, discontinue use immediately and consult with your healthcare practitioner. This product is not intended to diagnose, treat, cure, contradict, replace or supersede advice given or medication prescribed by a healthcare practitioner.

## KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

No known symptoms of overdose. Treatment is symptomatic and supportive.

## IDENTIFICATION

White capsule

## PRESENTATION

Carton contains a package insert and 60 capsules packed in a white plastic container with a childproof screw-top lid.

## STORAGE INSTRUCTIONS

Store in a cool dry place below 25°C and keep away from direct sunlight. Keep the container tightly closed.

KEEP OUT OF REACH OF CHILDREN.

## NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION

Natural Prescriptions, a division of Wellness SA (Pty) Ltd  
L5/6 Centurion Business Park, Bosmansdam Road, Milnerton, 7441  
Company Registration Number 2004/021899/07

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THE HEALTH PRODUCTS  
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