

Scheduling status

Category D Medicine.

Proprietary name (and dosage form)

NPL Series Black

JOINT SUPPORT

Capsules

Composition

| Each dose (3 capsules) provides: | %NRV | |
|--|----------|-------|
| Niacin (Vitamin B3) | 15 mg | 94 % |
| L-Ascorbic acid (Vitamin C) | 100 mg | 100 % |
| Magnesium sulphate (providing elemental magnesium) | 150 mg | 36 % |
| Zinc Oxide (providing elemental zinc) | 10 mg | 91 % |
| Boswellia Serrata extract (boswellia gum resin extract) | 150 mg | - |
| Cissus Quadrangularis (grape vine leaf extract) | 2 000 mg | - |
| Vitis vinifera (grape seed extract standardised to provide 95% oligomeric proanthocyanidins) | 100 mg | - |

* %Nutrient Reference Values (NRV's) for individuals 4 years and older (2010)

- Not established

Other ingredients: gelatine (bovine) capsule, magnesium stearate (E572), glidant (E551).
Sugar Free

PHARMACOLOGICAL CLASSIFICATION:

Category D Complementary Medicines: Discipline Specific
Traditional 33.7 – Combination product.

PHARMACOLOGICAL ACTION:

Cissus Quadrangularis L. is a perennial herb of the Vitaceae family with long-standing medicinal use in many countries. *Cissus* may exhibit several pharmacological properties, including analgesic, anti-osteoporotic, and anti-inflammatory actions.

Boswellia Serrata gum resin contains constituents that may exert anti-inflammatory and anti-arthritis properties through synergistic mechanisms of β -configured pentacyclic triterpene acids.

Vitamin C is a water-soluble vitamin found in fresh fruits and vegetables. Vitamin C has a role in several physiological functions. Vitamin C is also involved in a variety of metabolic processes including oxidation-reduction reactions and cellular respiration, carbohydrate metabolism, synthesis of lipids and proteins, catabolism of cholesterol to bile acids, conversion of folic acid to folinic acid, and iron metabolism. Vitamin C is probably best known for its effects as an antioxidant and its role in maintaining proper immune function.

Zinc is the second most abundant trace element in the body. It is thought that zinc ions have anti-viral activity and plays an important role in maintaining a healthy immune system.

Selenium works as a powerful antioxidant by activating glutathione peroxidase. Selenium seems to improve general immunologic function.

INDICATIONS:

Joint Support is indicated when a deficiency of the active ingredients exists.

CONTRAINDICATIONS:

If you suffer from any medical condition consult your healthcare practitioner before using this product.



INTERACTION:

If you are taking any prescription medication consult your healthcare practitioner before using this product. Diabetics using medication to control blood sugar should use this supplement under the supervision of their health care practitioner. Discontinue use of this supplement at least 2 weeks prior to any planned surgical procedure.

PREGNANCY AND LACTATION:

Pregnant and breastfeeding women should avoid using this product.

DOSAGE AND DIRECTIONS FOR USE:

Take one serving (3 capsules) daily.

SIDE EFFECTS AND SPECIAL PRECAUTIONS:

Discontinue the use of this product where there is sensitivity towards any of the ingredients.

KNOWN SYMPTOMS OF OVERDOSE AND TREATMENT:

Use only as directed.

IDENTIFICATION:

Black size 0 capsules with light brown powder.

PRESENTATION:

Black HDPE jar with paper label containing 90 capsules.

STORAGE INSTRUCTIONS:

Store at or below 25° C. Protect from light and moisture. Keep out of reach of children.

REGISTRATION NUMBER/APPLICATION NUMBER:

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

NAME AND BUSINESS ADDRESS OF APPLICANT:

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DISCIPLINE OF THE MEDICINE

Discipline Specific Traditional

REFERENCES

Sawangjit, R., Puttarak, P., Saokaew, S. and Chaiyakunapruk, N., 2017. Efficacy and safety of *Cissus Quadrangularis* L. in clinical use: A systematic review and meta-analysis of randomized controlled trials. *Phytotherapy Research*, 31(4), pp.555-567.
Majeed, M., Majeed, S., Narayanan, N.K. and Nagabhushanam, K., 2019. A pilot, randomized, double-blind, placebo-controlled trial to assess the safety and efficacy of a novel *Boswellia serrata* extract in the management of osteoarthritis of the knee. *Phytotherapy Research*, 33(5), pp.1457-1468.