

Patient Information Leaflet

SCHEDULING STATUS:

S0

EVERYDAY HYDRATION MIX (powder)

ACTIVE SUBSTANCES

Each 1-scoop dosage contains:

		%NRV*
Coconut water extract (<i>Cocos nucifera</i> L.)	300 mg	
Sodium (as Himalayan pink salt)	218 mg	
Sodium (as Di-sodium phosphate)	32 mg	
Potassium (as Potassium chloride)	150 mg	
Magnesium (as Magnesium gluconate)	75 mg	18%
Calcium (as Calcium citrate)	60 mg	5%
Phosphorus (as Di-sodium phosphate)	21 mg	2%

*% Nutrient Reference Values (NRVs) for individuals 4 years and older

Sugar Free

Contains Sweetener [Steviol extract 65 mg/dosage (Sweet Naartjie flavour), 72 mg (Red Berries flavour)]

Complementary Medicine. Health Supplement.

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

Read all of this leaflet carefully before you start taking EVERYDAY HYDRATION MIX

- Keep this leaflet. You may need to read it again.
- If you have further questions, please ask your doctor, pharmacist, nurse, or other health care provider.
- **EVERYDAY HYDRATION MIX** has been prescribed for you personally and you should not share your medicine with other people. It may harm them, even if their symptoms are the same as yours.

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

- **EVERYDAY HYDRATION MIX** is available without a doctor's prescription, to support hydration (when combined with the recommended quantity of water) and electrolyte replacement.
- Do not share **EVERYDAY HYDRATION MIX** with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

What is in this leaflet

1. What **EVERYDAY HYDRATION MIX** is and what it is used for
2. What you need to know before you take **EVERYDAY HYDRATION MIX**
3. How to take **EVERYDAY HYDRATION MIX**
4. Possible side effects
5. How to store **EVERYDAY HYDRATION MIX**
6. Contents of the pack and other information

1. What **EVERYDAY HYDRATION MIX** is and what it is used for

- To support hydration (when combined with the recommended quantity of water) and electrolyte replacement.

2. What you need to know before you take **EVERYDAY HYDRATION MIX**

Should not be administered if you are hypersensitive (allergic) to any of the ingredients.

Warnings and precautions

Don't drink EVERYDAY HYDRATION MIX if you have high levels of potassium or calcium in the blood, or if you have kidney disease (incl. kidney stones). Discuss with your doctor if you have heart disease, little or no stomach acid, or disease of the pancreas, before using this product. **EVERYDAY HYDRATION MIX** might interfere with blood pressure control, and especially during and after surgery. Stop using at least two weeks before a scheduled surgery.

Children and Adolescents

- Not suitable for children and adolescents.

Other medicines and EVERYDAY HYDRATION MIX

- Always tell your health care provider if you are taking any medicine (including all complementary or traditional medicines).
- Avoid **EVERYDAY HYDRATION MIX** if you are taking any of the following medications: cellulose sodium phosphate, digoxin, sodium polystyrene sulfonate, certain phosphate binders (such as calcium acetate).
- Magnesium can bind with certain medications, preventing their full absorption. If you are taking a tetracycline-type medication (such as demeclocycline, doxycycline, minocycline, tetracycline), separate the time of the dose from the time of the magnesium supplement dose by at least 2 to 3 hours. If you are taking a bisphosphonate (for example, alendronate), a thyroid medication (for example, levothyroxine), or a quinolone-type antibiotic (such as ciprofloxacin, levofloxacin), ask your doctor or pharmacist about how long you should wait between doses and for help finding a dosing schedule that will work with all your medications.

- Tell your doctor or pharmacist if you are regularly taking other medications that can also raise your potassium level. Examples include drosiprenone, eplerenone, ACE inhibitors (such as enalapril, lisinopril), angiotensin receptor blockers (such as losartan, valsartan), potassium-sparing "water pills"/diuretics (such as spironolactone, triamterene), among others.
- Also, tell your doctor or pharmacist if you take medications that can slow down the movement of potassium in your stomach or intestines, possibly increasing the risk of side effects (such as ulcers). Examples include atropine, scopolamine, some antihistamines such as diphenhydramine, antispasmodic drugs such as dicyclomine/hyoscyamine, bladder control drugs such as oxybutynin/tolterodine, certain drugs for Parkinson's disease such as benzotropine/trihexyphenidyl, among others.
- Tolvaptan is a medicine used to increase sodium levels in some people. Taking tolvaptan along with sodium might cause sodium levels to become too high.

EVERYDAY HYDRATION MIX with food, drink or alcohol

No concerns.

Pregnancy and breastfeeding

- Not recommended for pregnant or lactating women.
- If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before taking this medicine.

Driving and using machines

No concerns, unless side effects are experienced.

EVERYDAY HYDRATION MIX contains:

Red Berry Flavour: Flavouring, Citric Acid, Non-nutritive sweetener (Steviol extract), Malic Acid, Red Beetroot Juice Powder, Anti-Caking Agent.

Naartjie Flavour: Citric Acid, Flavouring, Non-nutritive sweetener (Steviol extract), Malic Acid, Red Beetroot Juice Powder, Anti-Caking Agent, Riboflavin.

3. How to take EVERYDAY HYDRATION MIX:

Do not share medicines prescribed for you with any other person.

Always take exactly as described in this leaflet or as your doctor told you. Check with your doctor if you are not sure.

Add 1 level scoop to a 250-300 ml glass of water and stir well.

Daily recommendation: 1 - 2 doses for a healthy individual.

If you take more EVERYDAY HYDRATION MIX than you should:

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you forget to take EVERYDAY HYDRATION MIX:

Do not take / receive a double dose to make up for forgotten individual doses.

If you stop taking EVERYDAY HYDRATION MIX:

No effects known.

4. Possible side effects:

- **EVERYDAY HYDRATION MIX** can have side effects: diarrhoea, nausea, stomach upset, vomiting, gas, constipation.
- Not all side effects reported for **EVERYDAY HYDRATION MIX** are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking **EVERYDAY HYDRATION MIX**, please consult your health care provider for advice.
- If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist

Reporting of side effects

If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website. By reporting side effects, you can help provide more information on the safety of **EVERYDAY HYDRATION MIX**.

5. How to store EVERYDAY HYDRATION MIX

- Store all medicines out of reach of children.
- Store in a cool, dry place at or below 25°C.
- Keep the container tightly closed.
- Do not use after the expiry date stated on the product.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What EVERYDAY HYDRATION MIX contains

Active ingredients as listed under product name.

The other ingredients are:

Red Berry Flavour: Flavouring, Citric Acid, Non-nutritive sweetener (Steviol extract), Malic Acid, Red Beetroot Juice Powder, Silicon Dioxide.

Naartjie Flavour: Citric Acid, Flavouring, Non-nutritive sweetener (Steviol extract), Malic Acid, Red Beetroot Juice Powder, Anti-Caking Agent, Riboflavin.

What EVERYDAY HYDRATION MIX looks like and contents of the pack

420g or 252 g white pouch, with light pink (Red Berry Flavour) or light orange (Naartjie Flavour) coloured powder.



Holder of Certificate of Registration/Applicant

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This leaflet was last revised in

November 2024

Registration number

To be allocated.

Please view our website for Professional Information.

PasiëntinligtingsbladSKEDULERINGSSTATUS:

S0

EVERYDAY HYDRATION MIX (60 kapsules)**Aktiewe bestanddele:**

Elke 1-maatlepel dosis bevat:

		%NRV*
Klapperwater-ekstrak (<i>Cocos nucifera L.</i>)	300 mg	
Natrium (as Himalaja-pienksout)	218 mg	
Natrium (as Di-natriumfosfaat)	32 mg	
Kalium (as Kaliumchloried)	150 mg	
Magnesium (as Magnesiumglukonaat)	75 mg	18%
Kalsium (as Kalsiumsitraat)	60 mg	5%
Fosfor (as Di-natriumfosfaat)	21 mg	2%

*Nutriëntverwysingswaardes (NVW's) vir individue 4 jaar en ouer.

Suikervry

Bevat versoeter [Steviol-ekstrak 65 mg/dosis (Soet Nartjie-geur), 72 mg (Rooibessie-geur)]

Komplementêre medikasie. Gesondheidsaanvulling.

Hiedie ongeregistreerde medisyne is nie deur die SAHPRA vir sy kwaliteit, veiligheid of beoogde gebruik, geëvalueer nie.

Lees die hele pamflet aandagtig deur, want dit bevat belangrike inligting vir u aandag

- Hou hierdie pamflet. Miskien moet u dit weer lees.
- Raadpleeg u dokter, apteker, verpleegster of ander gesondheidsorgverskaffer indien u nog vrae het.
- **EVERYDAY HYDRATION MIX** is persoonlik vir jou voorgeskryf en jy moet nie jou medisyne met ander mense deel nie. Dit kan hulle benadeel, selfs al is hul simptome dieselfde as joune.

Lees die hele pamflet noukeurig deur, want dit bevat belangrike inligting.**EVERYDAY HYDRATION MIX** is beskikbaar sonder 'n dokter se voorskrif, om hidrasie en elektrolietvervanging (indien dit met die aanbevole hoeveelheid water gekombineer word) te ondersteun. Moenie **EVERYDAY HYDRATION MIX** met enigeen deel nie.

Vra jou gesondheidsorgverskaffer of apteker indien jy meer inligting of advies benodig.

Wat is in hierdie pamflet

1. Wat **EVERYDAY HYDRATION MIX** is en waarvoor dit gebruik word
2. Wat jy moet weet voordat jy **EVERYDAY HYDRATION MIX** neem
3. Hoe om **EVERYDAY HYDRATION MIX** te neem
4. Moontlike nuwe-effekte
5. Hoe om **EVERYDAY HYDRATION MIX** te berg
6. Inhoud van die verpakking en ander inligting

1. Wat EVERYDAY HYDRATION MIX is en waarvoor dit gebruik word

Mm hidrasie en elektrolietvervanging (indien dit met die aanbevole hoeveelheid water gekombineer word) te ondersteun.

2. Wat jy moet weet voordat jy EVERYDAY HYDRATION MIX neem**EVERYDAY HYDRATION MIX** moet nie toegedien word as jy hipersensitief (allergies) vir enige van die bestanddele is nie.**Waarskuwings en voorsorgmaatreëls**Moenie **EVERYDAY HYDRATION MIX** drink as jy hoë vlakke van kalium of kalsium in die bloed het, of as jy niertoestande (insluitend nierstene) het nie. Indien jy hartsiektes, min of geen maagsuur, of pankreastoestande onderhewig het, moet jy dit met jou dokter bespreek voordat jy hierdie produk gebruik. **EVERYDAY HYDRATION MIX** kan inmeng met bloeddrukbeheer, en veral gedurende en na chirurgie. Staak gebruik ten minste twee weke voor geskeduleerde chirurgie.**Kinders en Tieners**

Nie geskik vir kinders en tieners nie.

Ander medisyne en EVERYDAY HYDRATION MIX

- Raadpleeg altyd u gesondheidsorgverskaffer as u ander medisyne gebruik (insluitend alle aanvullende of tradisionele medisyne).
- Vermo **EVERYDAY HYDRATION MIX** as jy enige van die volgende medikasie neem: sellulose natriumfosfaat, digoksien, natriumpolistireensulfonaat, sekere fosfaatbinders (soos kalsiumasetaat).
- Magnesium kan met sekere medikasie verbind, wat hul volle absorpsie verhoed. As jy 'n tetrasiklien-tipe medikasie (soos demeklosiklien, doksisisiklien, minosiklien, tetrasiklien) neem, moet die dosering van hierdie produk en die medikasie ten minste 2 tot 3

ure uitmekaar geneem word. As jy 'n bisfosfonaat (byvoorbeeld alendronaat), 'n skildkliermedikasie (byvoorbeeld levotiroksien) of 'n kinoloon-tipe antibiotika (soos siprofloksasien, levofloksasien) neem, vra jou dokter of apteker hoe lank jy tussen dosisse moet wag en vir hulp om 'n doseringskedule te vind wat met al jou medikasie sal werk.

- Meld aan jou dokter of apteker as jy gereeld ander medikasie gebruik wat ook jou kaliumvlakke kan verhoog. Voorbeelde sluit, onder andere, drospirenoon, eplerenoon, ACE-remmers (soos enalapril, lisinopril), angiotensienreseptorblokkeerders (soos losartan, valsartan), kaliumbesparende "waterpille"/diuretika (soos spironolaktoon, triamterene), in.
- Meld ook aan jou dokter of apteker as jy medikasie neem wat die beweging van kalium in jou maag of ingewande kan vertraag. Dit kan moontlik die risiko van nuwe-effekte (soos maagsere) verhoog. Voorbeelde sluit, onder andere atropien, skopolamien, sommige antihistamiene soos difenhidramien, antispasmodiese middels soos disiklomien/hiosiamien, blaasbeheermiddels soos oksibutiniën/tolterodien, sekere middels vir Parkinson se siekte soos benstropien/triheksifenidiel, in.
- Tolvaptan is 'n medisyne wat gebruik word om natriumvlakke by sommige mense te verhoog. Die gebruik van tolvaptan met natrium kan natriumvlakke té veel verhoog.

EVERYDAY HYDRATION MIX en voedsel, drankies en alkohol

Geen bekommernisse nie.

Swangerskap en borsvoeding

- Word nie aanbeveel vir swanger of lakterende vroue nie.
- As u swanger is of borsvoed, dink dat u swanger is of van plan is om 'n baba te hê, raadpleeg u dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat u hierdie medisyne neem.

Bestuur en gebruik van masjinerie

Geen bekommernisse nie, tensy nuwe-effekte ervaar word.

EVERYDAY HYDRATION MIX bevat:

Rooibessie-geur: geurmiddel, sitroensuur, nie-voedende versoeter (steviol-ekstrak), appelsuur, rooibeetsappoeier, teenkoekmiddel.

Nartjie-geur: sitroensuur, geurmiddel, nie-voedende versoeter (steviol-ekstrak), appelsuur, rooibeetsappoeier, teenkoekmiddel, riboflavin.

3. Hoe om EVERYDAY HYDRATION MIX te neem:

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie.

Neem altyd **EVERYDAY HYDRATION MIX** presies soos beskryf in hierdie pamflet of soos jou dokter vir jou genoem het. Besoek jou dokter indien jy nie seker is nie.

Voeg 1 gelyke skeppie by 'n 250-300 ml glas water en roer goed.

Daaglikse aanbeveling: 1 - 2 dosisse vir 'n gesonde individu.

As u meer EVERYDAY HYDRATION MIX neem as wat u behoort te doen:

Raadpleeg u dokter of apteker in geval van oordosering. As daar nie een beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

As u vergeet om EVERYDAY HYDRATION MIX te neem:

Moenie 'n dubbeldosis neem om vergete individuele dosisse in te haal nie.

As jy ophou om EVERYDAY HYDRATION MIX te neem:

Geen effekte bekend nie.

4. Moontlike nuwe-effekte:

- **EVERYDAY HYDRATION MIX** kan nuwe-effekte hê: diarree, naarheid, maagversteurings, braking, gas, hardlywigheid.
- Nie alle nuwe-effekte wat vir **EVERYDAY HYDRATION MIX** aangemeld word, word in hierdie pamflet ingesluit nie. Raadpleeg u gesondheidsorgverskaffer vir advies as u algemene gesondheid verswak of as u onaangename gevolge ondervind terwyl u **EVERYDAY HYDRATION MIX** neem.
- As u enige nuwe-effekte opmerk wat nie in hierdie pamflet genoem word nie, moet u u dokter of apteker daarvan in kennis stel.

Aanmelding van nuwe-effekte

Raadpleeg u dokter of apteker as u nuwe-effekte ondervind. U kan ook nuwe-effekte by SAHPRA via die Med Safety APP (Medsafety X SAHPRA) en eReporting platform (who-umc.org) gevind op SAHPRA webwerf, aanmeld. Deur nuwe-effekte aan te meld, kan u help om meer inligting oor die veiligheid van EVERYDAY HYDRATION MIX te verskaf.

5. Hoe om EVERYDAY HYDRATION MIX te berg

- Bêre alle medisyne buite bereik van kinders.
- Bêre op 'n koel, droë plek by of onder 25°C.
- Hou die sak dig verseël.
- Moet nie die produk ná die vervaldatum gebruik nie.
- Besorg alle ongebruikte medisyne terug aan u apteker.
- Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die verpakking en ander inligting



Wat EVERYDAY HYDRATION MIX bevat

Aktiewe bestanddele soos gelys onder die produknaam.

Ander bestanddele:

Rooibessie-geur: geurmiddel, sitroensuur, nie-voedende versoeter (steviol-ekstrak), appelsuur, rooibeetsappoeier, teenkoekmiddel.

Nartjie-geur: sitroensuur, geurmiddel, nie-voedende versoeter (steviol-ekstrak), appelsuur, rooibeetsappoeier, teenkoekmiddel, riboflaviën.

Hoe EVERYDAY HYDRATION MIX lyk en die inhoud van die verpakking

420 g of 252 g wit sak, met ligpienk (Rooibessie-geur) of ligte oranje (Nartjie-geur) gekleurde poeier.

Houer van die Registrasiesertifikaat/Aplikant

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Webtuiste: www.kokeeseniors.co.za

Hierdie pamflet is laas hersien in

November 2024

Registrasienuommer

Moet toegedien word

Besoek ons webtuiste vir Professionele Inligting.