

NRGBiotic™

Contains Ubidecarenone, Magnesium Orotate and Bacterial Strains

Consumer Medicine Information

1. What is in the leaflet

This leaflet answers some common questions about NRGBiotic™ capsules.

It does not contain all the available information. It does not take the place of talking to your healthcare professional.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking NRGBiotic™ capsules against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, ask your healthcare professional.

Keep this leaflet with the medicine.

You may need to read it again.

2. What NRGBiotic™ is used for

NRGBiotic™ is a multi-strain probiotic formula that also contains the ingredients Ubidecarenone (Coenzyme Q10) and Magnesium Orotate.

NRGBiotic™ is used to induce optimal mitochondrial energy production and muscle cell function.

Each capsule of NRGBiotic™ contains 400 mg of Magnesium Orotate, equivalent to 25 mg of elemental magnesium. Orotate is a key molecule involved in uridine and pyrimidine biosynthesis, constituents that are involved in DNA and RNA turnover and synthesis of glycogen and phospholipids. Coenzyme Q10 and magnesium are critical for intracellular energy production.

Probiotics assist with maintaining general health and wellbeing and support a healthy immune system.

Your healthcare professional may have prescribed NRGBiotic™ for another reason.

Ask your healthcare professional if you have any questions concerning why NRGBiotic™ as been prescribed for you.

NRGBiotic™ is not addictive.

3. Before you take NRGBiotic™

3a) When you must not take it

Do not take NRGBiotic™ if:

1. You have had an allergic reaction to NRGBiotic™, Coenzyme Q10, Magnesium Orotate or any other ingredient listed in section 8b.

2. The safety seal is broken or missing or shows signs of tampering

3. The expiry date (EXP) printed on the bottle has passed.

If you take this medicine after the expiry date has passed, it may not work as well.

If you are not sure you should start taking NRGBiotic™ contact your healthcare professional.

Do not give NRGBiotic™ to children.

There is limited information on the use of NRGBiotic™ in children.

3b) Before you start to take it

You must tell your doctor if:

1. You have any allergies to any other medicines, foods, preservatives, dyes or additives.

NRGBiotic™ capsules contains magnesium stearate, maltodextrin and silicon dioxide.

If you experience any allergic reaction or other side effects after consuming NRGBiotic™ you should discontinue use and consult with your healthcare professional.

2. You are on warfarin therapy

3. You are pregnant or planning to become pregnant

4. You are breastfeeding or planning to breastfeed

5. You have or have had any other health problems or issues including:

- Kidney failure or kidney problems
- High or low blood pressure
- Irregular heart beat
- Heart block
- Stomach or bowel disease
- Compromised immune system (HIV/ AIDS or during treatment for cancer)
- Short bowel syndrome

If you have not told your healthcare professional about any of the above, tell them before you start taking NRGBiotic™

3c) Taking other medicines

Tell your healthcare professional if you are taking any other medicines, including any that you get without a prescription from a pharmacy, supermarket or health food store.

Some medicines may interfere with NRGBiotic™. These include:

- Warfarin
- Calcium Channel Blockers
- Immunosuppressant Drugs
- Antibiotics

These medicines may be affected by NRGBiotic™, or may affect how well it works. You may need to take different amounts of your medicine, or you may need to take different medicines. Your doctor will advise you.

Your healthcare professional have more information on medicines to be careful with or avoid while taking NRGBiotic™.

Ask your healthcare professional if you are not sure about the above list of medicines.

4. How to take NRGBiotic™

4a) How much to take

Follow all directions given to you by your healthcare professional carefully.

Take NRGBiotic™ exactly as your healthcare professional has prescribed.

They may differ from the information contained in this leaflet.

4b) How much NRGBiotic™ should be taken?

For adults, take two capsules with water daily before meals, up to two times per day.

Your healthcare professional will tell you how many NRGBiotic™ capsules to take each day. This depends on the condition being treated and whether any other medicines are being used.

4c) How to take NRGBiotic™

Capsules should be swallowed whole with water daily before meals.

Capsules can be broken open and put on cold foods. Consult with your healthcare practitioner if you are unsure.

Do not take any capsules that are damaged.

4d) When to take NRGBiotic™

Before meals, unless otherwise advised by your healthcare practitioner.

4e) How long to take NRGBiotic™

Take NRGBiotic™ as long as your healthcare practitioner prescribes.

4f) If you forget to take NRGBiotic™

Do not try to make up for missed doses by taking an extra dose.

This may increase the chance of getting an unwanted side effect.

If it is almost time for your next dose, skip the dose you missed and take the next dose when you are meant to.

If you are unsure of what to do, check with your healthcare professional.

4g) If you have taken too much NRGBiotic™ (overdose)

Visit your healthcare professional as soon as possible. Tell your healthcare professional how much NRGBiotic™ you took and he / she can determine what action is best for your health. Please visit your healthcare professional even if there are no signs of discomfort or poisoning.

5. While you are taking NRGBiotic™

5a) Things you **MUST** do:

If you become pregnant while taking, NRGBiotic™ tell your healthcare professional immediately.

If you are about to start taking a new medicine, tell your healthcare professional that you are taking NRGBiotic™.

If you are planning to have surgery, including dental surgery, tell your healthcare professional that you are taking NRGBiotic™.

Always follow your healthcare professional's instructions carefully.

5b) Things you **MUST NOT** do:

Do not heat NRGBiotic™ or add into hot foods.

Do not expose NRGBiotic™ to extreme heat conditions for extended periods of time.

5c) Things to be careful of

As NRGBiotic™ contains probiotic strains, taking antibiotics along with probiotics can reduce their effectiveness. To avoid this interaction take NRGBiotic™ at least 2 hours before or after antibiotics.

You should discuss this with your healthcare professional.

6. Side Effects

All medicines can have side effects. Sometimes they are serious, most of the time they are not.

Do not be alarmed by this list of possible side effects. You may not experience any of them.

Ask your healthcare professional to answer any questions you may have.

Tell your healthcare professional if you notice any of the following and they worry you:

- Cramps or pain in the stomach area
- Constipation
- Diarrhoea
- Mucus in the stool
- Swollen or bloated stomach area
- Gas
- Discomfort in the upper stomach area

These side effects are usually mild and dose related. Most of them disappear completely in a few days after the dose of NRGBiotic™ is lowered or stopped.

Serious allergic reactions to these ingredients are rare; however tell your healthcare professional immediately if you experience any of the following:

- Skin rash
- Swelling of face and throat
- Difficulty breath
- Itching of the skin

7. After taking NRGBiotic™

7a) Storage

Keep NRGBiotic™ in its bottle until it is time to take it. If you take the capsules out of the bottle they may not keep well.

Always store NRGBiotic™ only in its original container.

Keep NRGBiotic™ refrigerated.
Do not store NRGBiotic™, or any other medicine, in a bathroom or near a sink.
Do not leave it in the car or on window sills.

Heat and dampness can destroy the medicine.

Protect NRGBiotic™ from light.

8. Product description

8a) What NRGBiotic™ looks like

NRGBiotic™ is a hard clear capsule.
NRGBiotic™ is packed in a recyclable plastic bottle with a tamper evident seal. Each bottle contains 60 capsules.

8b) Ingredients

Active Ingredients per capsule

Lactobacillus acidophilus (Med 27).....2.5 billion
Bifidobacterium bifidum (Med 11).....1 billion
Streptococcus thermophilus (Med 51).....1.5 billion
Magnesium Orotate400 mg
Equivalent to Magnesium25.5 mg
Coenzyme Q10 (as Ubidecarenone).....37.5 mg

Inactive Ingredients

Potato Maltodextrin
Magnesium Stearate
Silica

The capsule shell contains

Vegetable Hydroxypropyl Methycellulose

NRGBiotic™ is suitable for vegetarians

NRGBiotic™ is dairy and gluten free

NRGBiotic™ is Kosher certified

NRGBiotic™ is Halal certified

NRGBiotic™ Patent (number)

9. Translation

To read this information in other languages go to www.medlab.co/translate

10. Manufacturer

NRGBiotic™ is supplied in Australia by:
A division of Medlab Clinical Limited™
66 McCauley Street
Alexandria NSW 2015
Toll free: 1300 369 570

NRGBiotic™ is supplied in Northern America by: A division of InMed Technologies™
Suite 400, 29883 Santa Margarita Pkwy
Rancho Santa Margarita CA 92688
Toll free 1800 921 1710

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