

Testo Restore

Supports Healthy Testosterone Levels

Consumer Medicine Information

1. What is in the leaflet?

This leaflet answers some of the more common questions about Testo Restore 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 Testo Restore 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 Testo Restore is used for

Testo Restore is a natural mineral supplement containing Magnesium, Zinc and Vitamin B6. All three of these compounds are extremely important in biological processes. It has been shown that increased exercise can lead to losses of minerals such as Zinc and Magnesium. Zinc is particularly important due to its role in testosterone production. Low levels of zinc and magnesium have a strong adverse effect on muscle growth. What makes Testo Restore different is the form of the zinc, and the ratio in which it is combined with magnesium and pyridoxine. This supplement is not recommended to be taken with calcium, as calcium may impair the absorption.

Your healthcare professional may have prescribed Testo Restore for another reason.

Ask your healthcare professional if you have any questions concerning why Testo Restore has been prescribed for you.

Testo Restore is not addictive.

3. Before you take Testo Restore

Vitamin supplements should not replace a balanced diet.

Contains zinc which may be dangerous if taken in large amounts or for a long period.

Do not take Testo Restore if:

1. You have had an allergic reaction to Testo Restore, or any ingredient in Testo Restore (listed in section 8).

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

3. The expiry date (EXP) printed on the pack 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 Testo Restore contact your health professional.

Before you take Testo Restore, tell your doctor if:

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

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

2. You are pregnant or planning to become pregnant.

3. You are breastfeeding or planning to breastfeed.

4. You have or have had any other health problems.

5. You drink large amounts of alcohol.

6. You are taking other medicines.

Tell your healthcare professional if you are taking any other medicines, including any that you get without a prescription.

Some medicines may be affected by Testo Restore, 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 has more information on medicines to be careful with or avoid while taking Testo Restore.

If you have not told your healthcare professional about any of the above, tell them before you start taking Testo Restore.

4. How to take Testo Restore

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

2. Take Testo Restore exactly as your healthcare professional has prescribed.

This may differ from the information contained in this leaflet.

3. How much Testo Restore should be taken?

Men: Take four capsules daily;
Women: Take three capsules daily;

or as directed by your healthcare professional.
Do not exceed the stated dose.

4. How to take Testo Restore

Capsules should be swallowed whole. Do not take any capsules that are damaged. Testo Restore should be taken before bed on an empty stomach.

5. How long to take Testo Restore

Take Testo Restore as long as your healthcare professional prescribes.

6. If you forget to take Testo Restore

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.

Do not exceed the stated dose.

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.

6. If you have taken too much Testo Restore (overdose)

Please visit your healthcare professional if there are signs of discomfort. Tell them how much Testo Restore you took and they will determine what action is best for your health.

5. While you are taking Testo Restore

Things you MUST do:

1. If you become pregnant while taking Testo Restore, tell your healthcare professional immediately.

2. If you are about to start taking a new medicine, tell your healthcare professional that you are taking Testo Restore.

3. If you are planning to have surgery, including dental surgery, tell your healthcare professional that you are taking Testo Restore.

4. Always follow your healthcare professional's instructions carefully.

Things you MUST NOT do:

1. Do not expose Testo Restore to extreme heat conditions for extended periods of time.

2. Do not exceed the stated daily dose.

6. Side Effects

Testo Restore has a low risk of side effects when taken as directed.

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

If you experience any of the following symptoms after taking a dose of Testo Restore, tell your healthcare professional. These symptoms may be from an allergic reaction:

- Skin rash
- Swelling of the face and/or throat
- Difficulty breathing
- Itching of the skin
- Sleepiness or headache
- Upset stomach, loss of appetite, nausea, vomiting or diarrhoea.
- Tingling, burning, or prickling sensation in hands/feet.

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

Tell your doctor if you notice anything else that is making you feel unwell.

7. After taking Testo Restore

Storage

Keep Testo Restore in its container until it is time to take it. If you take the capsules out of the container they may not keep well.

Store Testo Restore below 30°C.
Protect Testo Restore from light.

Heat and dampness can destroy the medicine.

Do not store Testo Restore, or any other medicine, in a bathroom or near a sink.
Do not leave it in the car or on a window sill.

Keep out of the reach of children

8. Product description

What Testo Restore looks like:

Testo Restore is a hard clear capsule. Testo Restore is packed in a recyclable container with a safety seal over the cap. Testo Restore is available in container containing 60 capsules.

Ingredients:

Active Ingredients PER capsule:

Zinc diaspartate	19.2 mg
Equivalents: zinc	3.81 mg
Zinc methionine sulfate	19.56 mg
Equivalents: zinc	4.12 mg
Zinc oxide	1.2 mg
Equivalents: zinc	0.96 mg
Magnesium aspartate dihydrate	400 mg
Equivalents: magnesium	29.96 mg
Magnesium oxide	156.26 mg
Equivalents: magnesium	94.23 mg
Pyridoxine hydrochloride	3.78 mg
Equivalents Pyridoxine (Vitamin B6)	3.12 mg

Excipient Ingredients:

Hyprmellose
Cellulose
Magnesium stearate

Testo Restore is suitable for vegetarians

Testo Restore is dairy and gluten free

9. Translation

Not available

10. Manufacturer

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

Australian Listing Number
AUST L 295972

This Leaflet was prepared in November 2017

Medlab Clinical Limited™