

SAHPRA LICENCE NO.		000000677	CM REF.	DA02-231E05	Name of Licence Holder:	Innovata Pharmaceuticals Pty Ltd						Version:	2-022022
No.	Activity	Name of Medicine	Dosage Form	Pack size per unit - Quantity or Volume	Ingredients and Quantities	Dosage	Registration or Application No.	Sub-Category	Class or Discipline	Route of Administration	Risk	Intended Use	Storage Conditions
1	Imported and Exported	Avalife Immune Support	Capsule - Hard	60	Andrographis paniculata (Andrographis) AP-BIO* 100 mg (leaves, 10:1 extract standardise to Andrographolides 10 % providing 100 mg of dried herb equivalent); Sambucus nigra (Balck elderberry) 100 mg (berries, 5:1 standardise providing 100 mg of dried herb equivalent); Piper nigrum (Black pepper) 70 mg (Fruit, 10:1 extract standardise to Piperine 10 % providing 70 mg of dried herb equivalent); Zingiber officinale (Ginger) 70 mg (Rhizome, 6:1 extract standardise to Volatile oil 2 % providing 70 mg of dried herb equivalent); Echinacea purpurea (Echinacea) 50 mg (Root, 5:1 extract standardise to Polyphenols 4 % providing 50 mg of dried herb equivalent)	As a herbal dietary supplement for adults, take one capsule twice a day with full glass of water after meals. Avalife Immune Support is not recommended in children between the ages of 0 and 12 years.		Discipline specific	Combination product	Oral	Low	Support and maintain immune system health Helps improve immune system function	At or below 25 ° C
2	Imported and Exported	Avalife Bowel clear	Capsule - Hard	60	Glycyrrhiza glabra (Liquorice) Gutgard* 150 mg (Root, 5:1 extract standardise to ≥ 30 % flavonoids and ≤ 0.5 % glycyrrhizin providing 750 mg of dried herb equivalent); Cassia angustifolia (Senna) 125 mg (leaves, 10:1 extract standardise to 10 % Senosides providing 1250 mg of dried herb equivalent); Emblica officinalis (Amla) 125 mg (Fruit, 4:1 extract standardise to 30 % Tannins providing 500 mg of dried herb equivalent); Nigella sativa (Black cumin) 75 mg (Seeds, 10:1 extract standardise to 10 % Saponins providing 750 mg of dried herb equivalent);	As a herbal dietary supplement for adults, take one capsule twice a day with full glass of water after meals. Avalife Bowel clear is not recommended in children between the ages of 0 and 12 years.		Discipline specific	Ayurveda	Oral	Low	Relieves abdominal discomfort and feeling of fullness Promotes stomach health Helps with bowel movement	At or below 25 ° C
3	Imported and Exported	Avalife Calm	Capsule - Hard	60	Ocimum tenuiflorum (Holy Basil) Ocibest* 300 mg (Whole plant, 5:1 extract standardise to ociglycoside-I > 0.1 % w/w, rosmarinic acid > 0.2 % w/w and triterpene acid > 2.5 % w/w providing 150 mg of dried herb equivalent); Nardostachys jatamansi (Jatamansi) 75 mg (Root, 10:1 extract standardise to 2 % Jatamansic acid providing 750 mg of dried herb equivalent); Matricaria chamomilla (Chamomile) 55 mg (Flower, 5:1 extract standardise to 1 % Volatile oil providing 275 mg of dried herb equivalent); Bacopa monnieri (Bacopa) extract 50 mg (Aerial parts, 5:1 extract standardise to 30 % Bacosides providing 250 mg of dried herb equivalent)	As a herbal dietary supplement for adults, take one capsule twice a day with full glass of water after meals. Avalife Calm is not recommended in children between the ages of 0 and 12 years.		Discipline specific	Combination product	Oral	Low	Enhance brain health and support refreshing sleep Maintain nerve cell health Promotes relaxation	At or below 25 ° C
4	Imported and Exported	Avalife Energy Boost	Capsule - Hard	60	Withania somnifera (Ashwagandha) KSM 66* 300 mg (Roots, 5:1 extract standardise to 2.5 % Withanolides providing 1500 mg of dried herb equivalent); Curcuma longa (Turmeric) 70 mg (Rhizome, 10:1 extract standardise to 95 % Curcumin providing 700 mg of dried herb equivalent); Trigonella foenum-graecum (Fenugreek) 50 mg (Seeds, 10:1 extract standardise to 40 % Saponnins providing 500 mg of dried herb equivalent); Arthrospira platensis (Spirulina) 40 mg (Whole plant, 5:1 extract standardise to 70 % Protein providing 200 mg of dried herb equivalent); Emblica officinalis (Amla) 30 mg (Fruits, 4:1 extract standardise to 30 % Tannins providing 120 mg of dried herb equivalent); Piper nigrum (Black pepper) 5 mg (Fruits, 10:1 extract standardise to 10 % Piperine providing 50 mg of dried herb equivalent).	As a herbal dietary supplement for adults, take one capsule twice a day with full glass of water after meals. Avalife Energy Boost is not recommended in children between the ages of 0 and 12 years.		Discipline specific	Ayurveda	Oral	Low	Helps maintain natural energy, endurance and stamina for you and your family, Helps support vitality and performance	At or below 25 ° C
5	Imported and Exported	Avalife Full Spectrum Turmeric	Capsule - Hard	60	Curcuma longa (Turmeric) Turmacin 300 mg (Rhizome, 10:1 extract standardise to 10 % Tumerosaccharides providing 3000 mg of dried herb equivalent); Curcuma longa (Turmeric) 150 mg (Rhizome, 10:1 extract standardise to 95 % Curcumin providing 1500 mg of dried herb equivalent); Piper nigrum (Black pepper) 10 mg (Fruits, 10:1 extract standardise to 10 % Piperine providing 100 mg of dried herb equivalent)	As a herbal dietary supplement for adults, take one capsule twice a day with full glass of water after meals. Avalife Full Spectrum Turmeric is not recommended in children between the ages of 0 and 12 years.		Discipline specific	Ayurveda	Oral	Low	Improves muscle tention Quicker recovery after workouts Has antioxidant properties Support join mobility and flexibility	At or below 25 ° C

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6	Imported and Exported	Avalife Good Gut	Capsule - Hard	60	Carica papaya (Papaya) 100 mg (Fruits, 10:1 extract standardise to 0.1 % Saponins providing 1000 mg of dried herb equivalent); Glycyrrhiza glabra (Licorice) Gulgard® 75 mg (Roots, 5:1 extract standardise to ≥ 10 % flavonoids and ≤ 0.5 % glycyrrhizin providing 375 mg of dried herb equivalent); Aloe barbadensis (Aloe vera) 70 mg (Leaves, 3:1 extract standardise to 1.5 % Aloin providing 210 mg of dried herb equivalent); Zingiber officinale (Ginger) 50 mg (Rhizome, 6:1 extract standardise to 5 % Gingerol & 2 % Volatile oil providing 300 mg of dried herb equivalent); Piper nigrum (Black pepper) 35 mg (Fruits, 10:1 extract standardise to 10 % Piperine providing 350 mg of dried herb equivalent); Punica granatum (Pomegranate) 35 mg (Seeds, 5:1 extract standardise to 40 % ellagic acid and 40 % Polyphenols providing 175 mg of dried herb equivalent).	As a herbal dietary supplement for adults, take one capsule twice a day with full glass of water after meals. Avalife Good Gut is not recommended in children between the ages of 0 and 12 years.		Discipline specific	Ayurveda	Oral	Low	Relieves abdominal discomfort and feeling of fullness Promotes stomach health	At or below 25 ° C
7	Imported and Exported	Avalife Joint Flex	Capsule - Hard	60	Curcuma longa (Turmeric) Turmacin® 250 mg (Rhizome, 10:1 extract standardise to 10 % Turmerosaccharides providing 2500 mg of dried herb equivalent); Curcuma longa (Turmeric) 120 mg (Rhizome, 10:1 extract standardise to 95 % Curcumin providing 1200 mg of dried herb equivalent); Andrographis paniculata (Andrographis) 65 mg (Whole plant, 10:1 extract standardise to 10 % Androglapholides providing 650 mg of dried herb equivalent); Commiphora mukul (Guggul) 50 mg (Gum oleoresin, 6:1 extract standardise to 3.5 % Guggul sterones providing 300 mg of dried herb equivalent); Piper nigrum (Black pepper) 5 mg (Fruits, 10:1 extract standardise to 10 % Piperine providing 50 mg of dried herb equivalent).	As a herbal dietary supplement for adults, take one capsule twice a day with full glass of water after meals. Avalife Joint Flex is not recommended in children between the ages of 0 and 12 years.		Discipline specific	Combination product	Oral	Low	Improve muscle tension Quicker recovery after workouts Has antioxidant properties Support joint mobility and flexibility	At or below 25 ° C
8	Imported and Exported	Avalife Stress Free	Capsule - Hard	60	Withania somnifera (Ashwagandha) KSM 66® 300 mg (Roots, 5:1 extract standardise to 2.5 % Withanolides providing 1500 mg of dried herb equivalent); Bacopa monnieri (Bacopa) 50 mg (Aerial parts, 10:1 extract standardise to 30 % Bacosides providing 500 mg of dried herb equivalent); Ocimum sanctum (Holy basil) 50 mg (Whole plant, 5:1 extract standardise to 7 % Tannins and 2 % Ursolic acid providing 250 mg of dried herb equivalent).	As a herbal dietary supplement for adults, take one capsule twice a day with full glass of water after meals. Avalife Stress Free is not recommended in children between the ages of 0 and 12 years.		Discipline specific	Ayurveda	Oral	Low	Supports Daily Stress Relief, Promotes Mental Alertness, Improves Focus, Helps rejuvenate and relax your mind	At or below 25 ° C
9	Imported and Exported	Avalife Liv-D tox	Capsule - Hard	60	Curcuma longa (Turmeric) 250 mg (Rhizome, 10:1 extract standardise to 95 % Curcumin providing 2500 mg of dried herb equivalent); Phyllanthus niruri (Phyllanthus) 100 mg (Aerial parts, 10:1 extract standardise to 2.5 % bitters providing 1000 mg of dried herb equivalent); Tinospora cordifolia (Tinospora) 60 mg (Stem, 10:1 extract standardise to 2.5 % bitters providing 600 mg of dried herb equivalent); Andrographis paniculata (Andrographis) 30 mg (Whole plant, 10:1 extract standardise to 10 % Androglapholides providing 300 mg of dried herb equivalent); Aloe barbadensis (Aloe vera) 25 mg (Leaves, 3:1 extract standardise to 1.5 % Aloin providing 75 mg of dried herb equivalent); Silybum marianum (Milk thistle) 25 mg (Seeds, 25:1 extract standardise to 80 % of Silymarin providing 625 mg of dried herb equivalent); Piper nigrum (Black Pepper) 5 mg (Fruits, 10:1 extract standardise to 10 % Piperine providing 50 mg of dried herb equivalent).	As a herbal dietary supplement for adults, take one capsule twice a day with full glass of water after meals. Avalife Liv D Tox is not recommended in children between the ages of 0 and 12 years.		Discipline specific	Combination product	Oral	Low	Maintains and support healthy liver function	At or below 25 ° C
10	Imported and Exported	Avalife Holy Basil	Capsule - Hard	60	Ocimum tenuiflorum (Holy basil) Ocibest® 400 mg (Whole plant, 5:1 extract standardise to Ociglycoside-I > 0.1 % w/w, Rosmarinic acid > 0.2 % w/w and Triterpene acid > 2.5 % w/w providing 200 mg of dried herb equivalent); Ocimum sanctum (Holy basil) 100 mg (Leaves, 5:1 extract standardise to 7 % and Tannins and 2 % Ursolic acid providing 500 mg of dried herb equivalent).	As a herbal dietary supplement for adults, take one capsule twice a day with full glass of water after meals. Avalife Holy Basil is not recommended in children between the ages of 0 and 12 years.		Discipline specific	Ayurveda	Oral	Low	Enhance brain health and support refreshing sleep Maintain nerve cell health	At or below 25 ° C

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11	Imported and Exported	Avalife Sleep	Capsule - Hard	60	Ocimum tenuiflorum (Holy basil) Ocibest® 250 mg (Whole plant, 5:1 extract standardise to Ociglycoside-I > 0.1 % w/w, Rosmarinic acid > 0.2 % w/w and Triterpene acid > 2.5 % w/w providing 1250 mg of dried herb equivalent); Valeriana wallichii (Valerian) 100 mg (Roots, 6:1 extract standardise to 0.8 % Valeric acid providing 600 mg of dried herb equivalent); Nardostachys jatamansi (Jatamansi) 100 mg (Roots, 10:1 extract standardise to 2 % Jatamansi acid providing 1000 mg of dried herb equivalent); Myristica fragrans (Nutmeg) 45 mg (Fruits, 5:1 extract standardise to 4 % Volatile oil providing 225 mg of dried herb equivalent).	As a herbal dietary supplement for adults, take one capsule twice a day with full glass of water after meals. Avalife Sleep is not recommended in children between the ages of 0 and 12 years.		Discipline specific	Ayurveda	Oral	Low	Supports sleep naturally, Helps relax and rejuvenate Relieve sleeplessness	At or below 25 ° C	
12	Imported and Exported	Avalife Colon Care	Capsule - Hard	60	Glycyrrhiza glabra (Licuorice) Gutgard® 150 mg (Roots, 5:1 extract standardise to ≥ 10 % flavonoids and ≤ 0.5 % glycyrrhizin providing 750 mg of dried herb equivalent); Emblca officinalis (Amla) 100 mg (Fruits, 4:1 extract standardise to 30 % of Tannins providing 400 mg of dried herb equivalent); Terminalia chebula (Chebulic myrobalan) 100 mg (Fruits, 4:1 extract standardise to 30 % Tannins providing 400 mg of dried herb equivalent); Carica papaya (Papaya) 85 mg (Fruits, 10:1 extract standardise to > 0.1 % saponins providing 850 mg of dried herb equivalent); Terminalia bellerica (Beleric) 50 mg (Fruits, 4:1 extract standardise to 20 % Tannins providing 200 mg of dried herb equivalent).	As a herbal dietary supplement for adults, take one capsule twice a day with full glass of water after meals. Avalife Colon care is not recommended in children between the ages of 0 and 12 years.		Discipline specific	Ayurveda	Oral	Low	Supports gut and colon Health	At or below 25 ° C	
13	Imported and Exported	Avalife Ashwagandha	Capsule - Hard	60	Withania somnifera (Ashwagandha) 400 mg (Root, 10:1 extract standardise to Withanolides 5 % providing 4000 mg of dried herb equivalent); Withania somnifera (Ashwagandha) KSM 66® 100 mg (Root, 10:1 extract standardise to Withanolides 2.5 % providing 1000 mg of dried herb equivalent).	As a herbal dietary supplement for adults, take one capsule twice a day with full glass of water after meals. Avalife Ashwagandha is not recommended in children between the ages of 0 and 12 years.		Discipline specific	Ayurveda	Oral	Low	Maintain brain health Helps improve energy & endurance Helps improve recovery from strenuous exercise Helps promote strength & stamina Helps enhance memory and cognition	At or below 25 ° C	
14	Imported and Exported	Avalife Vita-C (Vitamin C Effervescent Tablets 1000 mg) (Orange flavour)	Tablet - Effervescent	20	Ascorbic Acid (Vitamin C) 1000 mg	The usual dose for adults and children above 12 years of age is to take one effervescent tablet once daily. Dissolve the effervescent tablet in a glass of water (200 ml).		Health Supplement	Vitamins	Oral	Low	Contributes to maintain the normal function of the immune system during and after intense physical stress Helps to metabolise fats and proteins Helps in the development and maintenance of bones, cartilage, teeth and gums Helps in wound healing An antioxidant for the maintenance of good health	At or below 25 ° C	
15	Imported and Exported	Avalife Advance Rescue	Capsule - Hard	15,30,60	Bifidobacterium animalis subspecies lactis - 1.2 Billion CFU; Bifidobacterium longum - 0.2 Billion CFU; Bifidobacterium bifidum - 0.1 Billion CFU; Lactobacillus acidophilus - 0.4 Billion CFU; Lactobacillus rhamnosus - 0.4 Billion CFU; Lactobacillus plantarum - 1.2 Billion CFU; Lactobacillus casei - 0.3 Billion CFU; Lactobacillus paracasei - 0.4 Billion CFU; Streptococcus thermophilus - 1.2 Billion CFU; Lactococcus lactis - 0.6 Billion CFU	Take 1 capsule orally, daily in the morning or as directed by a healthcare professional.		Health Supplement	Probiotics	Oral	Low	When ingested on a regular basis, Avalife Advance Rescue should improve or normalise the microbial balance in the human intestines and thereby improve the functioning of the digestive tract.	At or below 25 ° C	
16	Imported and Exported	Avalife Daily flora balance	Capsule - Hard	15,30,60	Lactobacillus rhamnosus - 0.2 Billion CFU; Lactobacillus plantarum - 0.6 Billion CFU; Bifidobacterium longum - 0.5 Billion CFU; Bifidobacterium bifidum - 0.5 Billion CFU; Streptococcus thermophilus - 1.2 Billion CFU	Take 1 capsule orally, daily in the morning or as directed by a healthcare professional.		Health Supplement	Probiotics	Oral	Low	When ingested on a regular basis, Avalife Daily flora balance should improve or normalise the microbial balance in the human intestines and thereby improve the functioning of the digestive tract.	At or below 25 ° C	
17	Imported and Exported	Avalife Colon Care	Capsule - Hard	15,30,60	Lactobacillus acidophilus - 1 Billion CFU; Lactobacillus casei - 1.2 Billion CFU; Lactococcus lactis - 1.2 Billion CFU; Bifidobacterium animalis subspecies lactis - 0.6 Billion CFU; Bifidobacterium longum - 0.5 Billion CFU; Bifidobacterium bifidum - 0.5 Billion CFU	Take 1 capsule orally, daily in the morning or as directed by a healthcare professional.		Health Supplement	Probiotics	Oral	Low	When ingested on a regular basis, Avalife Colon Care should improve or normalise the microbial balance in the human intestines and thereby improve the functioning of the digestive tract. It assist in reducing gastro-intestinal discomfort and promotes colon health.	At or below 25 ° C	
18	Imported and Exported	Avalife Flora Restore	Capsule - Hard	15,30,60	Bifidobacterium animalis subspecies lactis - 0.6 Billion CFU; Lactobacillus acidophilus - 0.2 Billion CFU; Lactobacillus rhamnosus - 0.2 Billion CFU	Take 1 capsule orally, daily in the morning or as directed by a healthcare professional.		Health Supplement	Probiotics	Oral	Low	When ingested on a regular basis, Avalife Flora Restore should improve or normalise the microbial balance in the human intestines and thereby improve the functioning of the digestive tract. It assist in reducing gastro-intestinal discomfort and promotes colon health.	At or below 25 ° C	
19	Imported and Exported	Avalife Avarseq	Capsule - Hard	15,30,60	Saccharomyces boulardii - 5 Billion CFU	Take 1 capsule orally, daily in the morning or as directed by a healthcare professional.		Health Supplement	Other	Oral	Low	When ingested on a regular basis, Avalife Avarseq should improve or normalise the microbial balance in the human intestines and thereby improve the functioning of the digestive tract.	At or below 25 ° C	

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20	Imported and Exported	Avalife Gemped	Tablet - Chewable	30	Lactobacillus rhamnosus - 0.97 Billion CFU; Lactobacillus acidophilus - 0.20 Billion CFU; Lactobacillus plantarum - 0.20 Billion CFU; Bifidobacterium lactis - 0.20 Billion CFU; Coral Calcium 100mg Eq. to Calcium 35 mg Cholecalciferol (Vitamin D3) 400 IU (10 mcg)	Children (3 years and above): Take 1-2 chocolate tablets daily in the morning before breakfast as a dietary supplement. It is recommended to take Avalife Gemped atleast 2-3 hrs before or after if on antibiotic medication		Health Supplement	Multiple substance formulation	Oral	Low	When ingested on a regular basis, Avalife Gemped should improve or normalise the microbial balance in the human intestines and thereby improve the functioning of the digestive tract. Helps in the development and maintainance of bones and teeth	At or below 25 ° C	
21	Imported and Exported	Avalife Ultimate	Capsule - Hard	15,30,60	Bifidobacterium lactis - 10.41 Billion CFU; Lactobacillus acidophilus - 9.61 Billion CFU; Lactococcus casei - 8.71 Billion CFU; Lactococcus salivarius - 6.25 Billion CFU; Lactococcus rhamnosus - 5.83 Billion CFU; Lactococcus paracasei - 5 Billion CFU; Lactococcus plantarum - 5 Billion CFU	Take 1 capsule orally, daily in the morning or as directed by a healthcare professional.		Health Supplement	Probiotics	Oral	Low	When ingested on a regular basis, Avalife Ultimate should improve or normalise the microbial balance in the human intestines and thereby improve the functioning of the digestive tract for seniors	At or below 25 ° C	
22	Imported and Exported	Avalife Senior	Capsule - Hard	15,30,60	Bifidobacterium lactis - 10 Billion CFU; Bifidobacterium breve - 6 Billion CFU; Bifidobacterium longum - 2.5 Billion CFU; Bifidobacterium bifidum - 2.5 Billion CFU; Lactococcus acidophilus - 2 Billion CFU; Lactococcus rhamnosus - 2 Billion CFU	Take 1 capsule orally, daily in the morning or as directed by a healthcare professional.		Health Supplement	Probiotics	Oral	Low	When ingested on a regular basis, Avalife Seniors should improve or normalise the microbial balance in the human intestines and thereby improve the functioning of the digestive tract for seniors	At or below 25 ° C	
23	Imported and Exported	Avalife Vitality	Capsule - Hard	15,30,60	Bifidobacterium lactis - 10 Billion CFU; Lactococcus acidophilus - 7.5 Billion CFU; Lactococcus casei - 3.88 Billion CFU; Lactococcus paracasei - 1.83 Billion CFU; Lactococcus plantarum - 1.83 Billion CFU	Take 1 capsule orally, daily in the morning or as directed by a healthcare professional.		Health Supplement	Probiotics	Oral	Low	When ingested on a regular basis, Avalife Vitality should improve or normalise the microbial balance in the human intestines and thereby improve the functioning of the digestive tract.	At or below 25 ° C	
24	Imported and Exported	Avalife Immunity	Capsule - Hard	15,30,60	Bifidobacterium lactis - 15 Billion CFU; Ascorbic Acid (Vitamin C) 250 mg	Take 1 - 2 capsules orally, daily in the morning or as directed by a healthcare professional.		Health Supplement	Multiple substance formulation	Oral	Low	When ingested on a regular basis, Avalife Immunity should improve or normalise the microbial balance in the human intestines and thereby improve the functioning of the digestive tract. Helps maintain Immune health for adults and children	At or below 25 ° C	
25	Imported and Exported	Avalife Daily Balanced	Powder	10 sachets of 60 g	Bifidobacterium lactis - 5 Billion CFU; Lactococcus acidophilus - 2 Billion CFU; Lactococcus paracasei - 1.33 Billion CFU; Lactococcus casei - 1 Billion CFU; Lactococcus salivarius - 1 Billion CFU	Take 1 capsule orally, daily in the morning or as directed by a healthcare professional.		Health Supplement	Probiotics	Oral	Low	When ingested on a regular basis, Avalife Daily Balanced should improve or normalise the microbial balance in the human intestines and thereby improve the functioning of the digestive tract/gut	At or below 25 ° C	
26	Imported and Exported	Synatura	Liquid	100 ml	Hedera helix L. (Ivy leaf 30 % Ethanol Dried Extract) 13,1 mg / 5 ml; (leaf, 5~7.5:1 extract standardise to 10.0 % of Hederacoside C when it is calculated as dried basis, providing 65.5 - 98.25 mg of dried herb equivalent) Coptis chinensis Franch (Coptis Rhizoma) 4,4 mg / 5 ml (Root, 4.5~7:1 extract standardise to ≥ 21.6 % of berberine, calculated on the dried basis, providing 19.8 - 30.8 mg of dried herb equivalent)	Children: 0 - 1,5 years : 2,5 ml three times a day Children: 6 - 9 years: 5 ml three times a day Children and adolescents 10 years and older: 5 ml three times a day Adults: 5 ml to 7,5 ml three times a day		Discipline specific	Combination product	Oral	Low	SYNATURA SYRUP conatins ingredients that soothes the throat, thin mucus and open the airways	At or below 25 ° C	
27	Imported and Exported	Synatura	Liquid	15, 30 ml satches 100, 150, 200 and 500 ml Bottles	Hedera helix L. (Ivy leaf 30 % Ethanol Dried Extract) 13,1 mg / 5 ml; (leaf, 5~7.5:1 extract standardise to 10.0 % of Hederacoside C when it is calculated as dried basis, providing 65.5 - 98.25 mg of dried herb equivalent) Coptis chinensis Franch (Coptis Rhizoma) 4,4 mg / 5 ml (Root, 4.5~7:1 extract standardise to ≥ 21.6 % of berberine, calculated on the dried basis, providing 19.8 - 30.8 mg of dried herb equivalent)	Children 2 - 6 years: 5 ml three times a day Children and adolescents between 7-14 years: 10 ml three times a day Adults over 15 years: 15 ml three times a day		Discipline specific	Combination product	Oral	Low	SYNATURA SYRUP conatins ingredients that soothes the throat, thin mucus and open the airways	At or below 25 ° C	
28	Imported and Exported	Avalife Avakot	Powder	10 Sachets	Plantago ovata (Psyllium husk) 2.5 g Foeniculum vulgare (Fennel seeds) 400 mg (seeds, 10:1 extract providing 4000 mg of dried herb equivalent); Trachyspermum ammi (Carom seeds) 330 mg (Seeds, 10:1 extract providing 3300 mg of dried herb equivalent; Cassia angustifolia (Senna) 150 mg (leaves, 10:1 extract standardise to 10% Sennosides providing 1500 mg of dried herb equivalent); Chebulic myrobalan (Terminalia chebula) 50 mg (fruits, 4:1 extract standardise to 30% Tannins providing 200 mg of dried herb equivalent); Probiotic blend: (Bifidobacterium lactis 0.35 billion CFU, Lactobacillus paracasei 0.35 billion CFU & Lactobacillus acidophilus 0.35 billion CFU) Dextrose anhydrous 6.377 g Sucralose 12.5 mg	As a herbal dietary supplement for adults (18 years and older), take one sachet (10 g powder) with water in a morning or as directed by your healthcare practitioner.		Discipline specific	Combination product	Oral	Low	Avalife Avakot contains a blend of probiotics,that should improve or normalise the microbial balance in the human intestines and thereby improve the functioning of the digestive tract/gut when ingested on a regular basis. It also contains a blend of natural herbs which are intended to promote or enhance stomach function by relieving the abdominal feeling of fullness or reducing abdominal discomfort or by helping with bowel movements.	At or below 25 ° C	
29	Imported and Exported	Avalife Nigella Capsules	Capsule - Hard	60	Nigella sativa (Black cumin) 500 mg (Seeds, 10:1 extract standardise to 10% Saponins providing 5000 mg of dried herb equivalent)	As a herbal dietary supplement for adults (18 years and older), take one capsule twice a day with full glass of water after meals.		Discipline specific	Ayurveda	Oral	Low	Promotes healthy immune response. Promotes digestive health. Promotes respiratory health. Natural antioxidant.	At or below 25 ° C	

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30	Imported and Exported	Avalife Vitamin D3 Capsules	Capsule - Hard	60	Cholecalciferol (Vitamin D3) 1000 IU (25 mcg)	As a dietary supplement for adolescents and adults (10 years and older), take one capsule daily with full glass of water after meals.		Health Supplement	Vitamins	Oral	Low	1. Supports the absorption and the use of calcium and phosphorous 2. Supports normal cell division and normal blood calcium levels. 3. Promotes and maintains normal muscle function, strong bones and teeth. 4. Supports the normal functioning of the immune system. 5. Helps maintain good health. 6. Contributes to the normal function of the immune system	At or below 25 ° C	
31	Imported and Exported	Avalife D3 + K2 Capsules	Capsule - Hard	60	Cholecalciferol (Vitamin D3) 1000 IU (25 mcg) Menaquinone (Vitamin K2) 55 mcg	As a dietary supplement for adolescents and adults (10 years and older), take one capsule daily with full glass of water after meals.		Health Supplement	Vitamins	Oral	Low	Multi-vitamin supplement/Multi-vitamin 1. Supports the absorption and the use of calcium and phosphorous 2. Supports normal cell division and normal blood calcium levels. 3. Promotes and maintains normal muscle function, strong bones and teeth. 4. Supports the normal functioning of the immune system. 5. Helps maintain good health.	At or below 25 ° C	
32	Imported and Exported	Avalife Vitamin C Natural Capsules	Capsule - Hard	120	L-ascorbic acid (Vitamin C) 250 mg Embilca officinalis (Gooseberry) 150 mg (fruit, 4:1 extract standardise to 30% Tannins providing 600 mg of dried herb equivalent) Citrus aurantium (Bitter orange) 100 mg (peel, 10:1 extract providing 1000 mg of dried herb equivalent.	As a herbal dietary supplement for adults (18 years and older), take one capsule twice a day with full glass of water after meals.		Discipline specific	Combination product	Oral	Low	1. Enhances immune support and wellness 2. Helps assist in removing bad toxins in the body. 3. Supports wound healing and maintenance of good health.	At or below 25 ° C	
33	Imported and Exported	Avalife Daily Stress Capsules	Capsule - Hard	60	Nardostachys jatamansi (Jatamansi) 75 mg (root, 10:1 extract standardise to 2% Jatamansic Acid providing 750 mg of dried herb equivalent); Convolvulus pluricaulis (Shankhpushpi) 100 mg (plant, 10:1 extract providing 1000 mg of dried herb equivalent; Withania somnifera (Ashwagandha) 100 mg (roots,10:1 extract standardise to 5% Withanolides providing 1000 mg of dried herb equivalent); Rhodiola rosea (Rose root) 50 mg (roots, 5:1 extract standardise to 3-5% Rosavins providing 250 mg of dried herb equivalent); Matricaria chamomilla (Chamomile) 50 mg (flower, 5:1 extract standardise to 1% Volatile oil providing 250 mg of dried herb equivalent); Vitamin B complex 1.2 mg [(Vitamin B1 (as Thiamine Mononitrate) 0.12 mg, Vitamin B2 (as Riboflavin 0.14 mg), Vitamin B3 (as Nicinamide) 0.18 mg, Vitamin B5 (as Calcium D-Pantothenate) 0.25 mg, Vitamin B6 (as Pyridoxine HCl) 0.20 mg, Vitamin B7 (as Biotin) 0.03 mg, Vitamin B9 (as Folic Acid) 0.12 mg & Vitamin B12 (as Cynocobalamine 1%) 0.16 mg]	As a herbal dietary supplement for adults (18 years and older), take one capsule twice a day with full glass of water after meals.		Discipline specific	Combination product	Oral	Low	Helps balances normal cortisol levels. Relaxes mind, promotes calmness. Helps manage moodswings, headaches & fatigue. Promotes emotional wellness.	At or below 25 ° C	
34	Imported and Exported	Avalife Daily Sleep Capsules	Capsule - Hard	60	Withania somnifera (Ashwagandha) 150 mg (roots,10:1 extract standardise to 5% Withanolides providing 1500 mg of dried herb equivalent); Valeriana wallichii (Valerian) 100 mg (roots, 6:1 extract standardise to 0.8%Valeric Acid providing 600 mg of dried herb equivalent); Nardostachys jatamansi (Jatamansi) 80 mg (root, 10:1 extract standardise to 2% Jatamansic Acid providing 800 mg of dried herb equivalent); Rauwolfia serpentina (Sarpagandha) 10 mg (seed, 10:1 extract providing 100 mg of dried herb equivalent; Magnesium Hydroxide 24 mg equivalent to Magnesium 10 mg	As a herbal dietary supplement for adults (18 years and older), take one capsule twice a day with full glass of water after meals.		Discipline specific	Combination product	Oral	Low	Relieves sleeplessness Supports refreshing sleep, Helps support healthy sleep patterns, helps sooth the mind and bring calmness	At or below 25 ° C	
35	Imported and Exported	Avalife FightPain Gel	Gels	30 g	Gaultheria fragrantissima (Winter green) oil 1.87 g, Boswellia serrata (Indian frankincense) gum extract 1.87 g, Vitex negundo (Horseshoe vitex) leaf extract 1.87 g, Celastrus paniculatus (Black-Oil Tree) seed extract 1.72 g, Cinnamomum camphora (Camphor) oil 0.90 g, Capsicum annum (Capsicum fruit) extract 0.21 g	Adults (18 years and older): Apply 2-3 times daily on the affected area & massage gently until it is absorbed or as advised by the healthcare practitioner. WARNING: Contains CAMPHOR. Harmful if swallowed. For external use only. Keep out of the reach of children Avoid use if pregnant, epileptic or in chronic lung conditions		Discipline specific	Combination product	Cutaneous	Low	1. Helps enhance relief of joint pain and soothing of muscle stiffness. 2. Supports body movement with ease 3.Supports joint health 4. Provides temporary relief of muscular cramps and rheumatic pain	At or below 25 ° C	

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36	Imported and Exported	Avalife FightPain Capsules	Capsule - Hard	60	Boswellia serrata (Indian olibanum) extract (Gum) 150 mg Cissus quadrangularis (Veldt grape extract) (Stem) 150 mg Vitex negundo (Horseshoe vitex) extract (Leaf) 100 mg Curcuma longa (Turmeric) 50 mg (rhizome, 10:1 extract standardise to 10% Curcuminoids providing 500 mg of dried herb equivalent); Piper nigrum (Black pepper) 5 mg (fruits, 10:1 extract standardise to 10% Piperine providing 50 mg of dried herb equivalent);		As a herbal dietary supplement for adults (18 years and older), take one capsule twice a day with full glass of water after meals.		Discipline specific	Combination product	Oral	Low	1. Helps assist in removing bad toxins in the body. 2. Helps soothe joint aches and muscle stiffness. 3. Helps enhance easy movement. 4. Supports joint health	At or below 25 ° C
37	Imported and Exported	Avalife Diabefit Cream	Other	30 g	Cocos nucifera (Coconut) seed oil 2.400 g Garcinia indica (Kokum) fruit extract 1.350 g Shorea robusta (Sal tree) gum extract 0.750 g (Sesamum indicum) (Sesame seed) oil 1.500 g Trigonella foenum-graecum (Fenugreek) seed extract 1.200 g Azadirachta indica (Neem) leaf extract 0.150 g, Melaleuca alternifolia (Tea tree) plant oil 0.150 g, Hemidesmus indicus (Indian Sarsaparilla) root extract 0.075 g, Rubia cordifolia (Indian madder) root extract 0.075 g, Boerhavia diffusa (Hogweed) root extract 0.075 g, Centella asiatica (Gotu Kola) herb extract 0.075 g, Berberis aristata (Indian barberry) root extract 0.075 g, Purified sulphur 0.075 g		Adults (18 years and older): Wash your feet with lukewarm water and dry thoroughly. Apply cream all over your feet till it gets fully absorbed. Use whenever required or as advised by the physician.		Discipline specific	Combination product	Cutaneous	Low	Helps enhance skin health Maintains skin elasticity Maintains healthy skin flora Helps hydrate heels & feet	At or below 25 ° C
38	Imported and Exported	Avalife Diabefit Capsules	Capsule - Hard	60 capsules	Gymnema sylvestre (Gymnema) extract (Leaf) 150 mg Momordica charantia (Bitter gourd) extract (Fruit) 125 mg Trigonella foenum graecum (Fenugreek) extract (Seed) 75 mg Azadirachta indica (Neem) extract (Plant) 50 mg Cinnamomum zeylanicum (Cinnamon) extract (Bark) 50 mg Syzygium cumini (Black plum) extract (Seed) 50 mg		As a herbal dietary supplement for adults (18 years and older), take one capsule twice a day with full glass of water after meals.		Discipline specific	Ayurveda	Oral	Low	1. Helps with removing bad toxins in the body. 2. Helps maintain a normal immune system function. 3. Supports normal blood sugar levels 4. Supports normal pancreatic function.	At or below 25 ° C
39	Imported and Exported	Avalife Probiolactase	Capsule - Hard	60 capsules	beta-galactosidase 5250 FCC acid lactase units (375 mg), Bifidobacterium animalis subsp. lactis 1 billion CFU Lactobacillus rhamnosus 2 billion CFU, Lactobacillus acidophilus 2 billion CFU,		Adolescents and adults (10 years and older): 1 capsule 2 times per day. Take with or immediately before a meal/food. Take at least 2-3 hours before or after antibiotics		Health Supplement	Multiple substance formulation	Oral	Low	Digestive enzyme. To assist in the digestion of foods containing lactose (e.g. dairy foods, milk)	At or below 25 ° C
40	Imported and Exported	Avalife Digestive Plus	Capsule - Hard	60 Capsules	Fungal protease 12500 FCC hemoglobin units on the tyrosine basis (15.63 mg) Bifidobacterium animalis subsp. Lactis 4 billion CFU Lactobacillus acidophilus 2 billion CFU Lactobacillus rhamnosus 2 billion CFU Bifidobacterium longum subsp. longum 2 billion CFU		Adults (18 years and older) : 1 capsule 2 times per day. Swallow whole/Do not crush or chew. Take with food/meal. Take at least 2-3 hours before or after antibiotics.		Health Supplement	Multiple substance formulation	Oral	Low	Digestive enzyme. Digestive aid. Helps digest proteins. Digestive aid to help digest proteins. Digestive enzyme that helps digest proteins.	At or below 25 ° C
41	Imported and Exported	Avalife Respiriobiotics	Capsule - Hard	30 Capsules	Echinacea purpurea (Echinacea) (Echinacea purpurea - Root) 450 mg Ascorbic acid (Vitamin C) 250 mg Zinc gluconate providing elemental Zinc 5 mg Bifidobacterium animalis subsp. Lactis (Bifidobacterium animalis subsp. lactis - Whole Cell - B104) 5 billion CFU,		Adolescents (10-14 years) : 1 capsule once a day. Take with food. Take at the first sign of infection. Take at least 2-3 hours before or after antibiotics. Adolescent and adults (15 years and older) : 1 capsules 2 times per day. Take with food. Take at least first sign of infection. Take at least 2-3 hours before or after antibiotics.		Discipline specific	Combination product	Oral	Low	1. Helps support in the relief of symptoms associated with upper respiratory infections. 2. Helps support therapy in the treatment of upper respiratory tract infections. (e.g. common colds). Helps to maintain immune function	At or below 25 ° C
42	Imported and Exported	Avalife GutCare	Capsule - Hard	60 Capsules	Glycyrrhiza glabra (Licorice) (Glycyrrhiza glabra-Root) 400 mg Bifidobacterium longum subsp. longum - 1.5 billion CFU Bifidobacterium bifidum - 1.5 billion CFU Lactobacillus rhamnosus - 1 billion CFU Lactobacillus acidophilus - 1 billion CFU		Adults (18 years and older) : 1 capsule 2 times per day. Take with food. Take at least 2-3 hours before or after antibiotics.		Discipline specific	Combination product	Oral	Low	Used in Herbal medicine to 1. Help relieve swelling and pain in the stomach. 2. Help enhance stomach health. When ingested on a regular basis, probiotics should improve or normalise the microbial balance in the human intestines and thereby improve the functioning of the digestive tract/gut.	At or below 25 ° C

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43	Imported and Exported	Avalife Sports Probiotic	Capsule - Hard	30 Capsules	Pantothenic acid (Vitamin B5) 0.25 mg, Niacinamide ascorbate 0.18 mg (equivalent to Niacin 0.070 mg and Ascorbic acid 0.106 mg) Riboflavin (Vitamin B2) 0.14 mg Thiamine (Vitamin B1) 0.12 mg Vitamin A palmitate (Vitamin A) 1000 mcg (3330 IU) Cyanocobalamin (Vitamin B12) 0.10 mcg Pyridoxine (Vitamin B6) 0.20 mg Cholecalciferol (Vitamin D3) 25 mcg (1000 IU) Vitamin K2 10mcg Lactobacillus paracasei - 4 billion CFU Lactobacillus acidophilus - 1 billion CFU Bifidobacterium animalis susp. lactis- 5 billion CFU	Adolescents and adults (10 years and older) : 1 capsule once a day.Take on an empty stomach. Take at least 2-3 hours before or after antibiotics. Take with sufficient amount of water.		Health Supplement	Multiple substance formulation	Oral	Low	Multi-vitamin/mineral supplement. Helps to metabolise carbohydrates, fats and proteins Contributes to tissue formation A factor in the maintenance of good health, Contributes to normal growth and development.	At or below 25 ° C
44	Imported and Exported	Avalife Complete Probiotic	Capsule - Hard	30 Capsules	Bifidobacterium breve - 3 billion CFU Bifidobacterium longum subsp. longum - 1 billion CFU Lactobacillus casei - 3 billion CFU Lactobacillus paracasei - 2 billion CFU Lactobacillus rhamnosus - 2 billion CFU Lactobacillus plantarum - 2 billion CFU Lactobacillus acidophilus - 3 billion CFU Lactococcus lactis - 3 billion CFU Lactobacillus salivarius-3 billion CFU Lactobacillus gasseri - 2 billion CFU	Adolescent and adults (12 years and older) : 1 capsule once a day. Take at least 2-3 hours before or after antibiotics. Take in morning with water before breakfast preferably in empty stomach.		Health Supplement	Probiotics	Oral	Low	1. Helps promote a favourable gut flora. 2. Supports stomach health. When ingested on a regular basis, probiotics should improve or normalise the microbial balance in the human intestines and thereby improve the functioning of the digestive tract/gut.	At or below 25 ° C
45	Imported and Exported	Avalife Immune Plus Probiotics	Capsule - Hard	30 Capsules	Bifidobacterium animalis subsp. Lactis -15 billion CFU Ascorbic acid (Vitamin C) 500 mg Cholecalciferol (Vitamin D3) 25 mcg (1000 IU) Vitamin A palmitate (Vitamin A) 450 mcg (1500 IU) Zinc gluconate equivalent to elemental Zinc 2 mg	Adolescents and adults (12 years and older) : 1 capsule once day. Take on an empty stomach. Take at least 2-3 hours before or after antibiotics.		Health Supplement	Multiple substance formulation	Oral	Low	Vitamin/ Mineral supplement. Helps in the development and maintenance of bones, cartilage, teeth and gums, A factor in the maintenance of good health, Helps in connective tissue formation, Helps to maintain healthy skin, Helps the body to metabolise carbohydrates, fats and proteins, Helps to maintain immune function	At or below 25 ° C
46	Imported and Exported	Avalife Bioflavonoid	Capsule - Hard	30 Capsules	Citrus bioflavonoids (Citrus limon - Fruit peel) 300 mg	Adults (18 years and older) : 1 capsule 2 times per day. Take one capsule with meal.Avalife Vitamin C is not suitable for children under 18 years.		Health Supplement	Vitamins	Oral	Low	Source of/Provides antioxidants	At or below 25 ° C
47	Imported and Exported	Avalife Vitamin C Gummies	Other	90	Beta carotene (Vitamin A) 15 mcg RAE (50 IU) Ascorbic Acid (Vitamin C) 120 mg Rosa canina (Rose Hips) (fruit) 400 mg	Adults (18 years and older) : Take 1 serving (2 Gummies) daily. Not indicated for children under 18 years.		Discipline specific	Combination product	Oral	Low	Multi-vitamin supplement, Contributes to the maintenance of eyesight, skin, membranes and immune function, Contributes the development and maintenance of night vision, Contributes to the development and maintenance of bones and teeth, A factor in the maintenance of good health, Helps in the development and maintenance of bones, cartilage, teeth and gums. A source of antioxidant(s). Support and maintain immune system health	At or below 25 ° C
48	Imported and Exported	Avalife Biotin Gummies	Other	100	Biotin (Vitamin H) 250 mcg	Children and Adults (1 year and older): Take 1 serving (2 Gummies) daily.		Health Supplement	Vitamins	Oral	Low	Multi-vitamin supplement 1. Helps the body to metabolise carbohydrates, fats and proteins 2.Contributes to normal energy-yielding metabolism 3. Contributes to normal functioning of the nervous system 4. Contributes to normal psychological function 5.Contributes to the maintenance of normal hair 6.Contributes to the maintenance of normal mucous membranes 7.Contributes to the maintenance of normal skin 8.A factor in the maintenance of good health	At or below 25 ° C
49	Imported and Exported	Avalife Kids Multivitamin Gummies	Other	100	Beta carotene (Vitamin A) 14 mcg RAE (47 IU) Ascorbic Acid (Vitamin C) 45 mg Niacin (Vitamin B3) 6 mg NE Pyridoxine HCL (Vitamin B6) 1.1 mg Folic Acid 250 mcg DFE (150 mcg Folic Acid) Cyanocobalamin (Vitamin B12) 0.6 mcg Biotin 6 mcg Pantothenic Acid (Vitamin B5) 1.3 mg Zinc Oxide equivalent to elemental Zinc 0.5 mg	For age 1-3: 1 gummy daily; For ages 4-8: 1-2 gummies per day; For ages 9 and up: 2-3 gummies per day.		Health Supplement	Multiple substance formulation	Oral	Low	Multi-vitamin/mineral supplement. A factor in the maintenance of good health. Contributes to normal growth, Contributes to the development and maintenance of bones and teeth, Contributes to the maintenance of eyesight, skin, membranes and immune function, Support and maintain immune system health	At or below 25 ° C
50	Imported and Exported	Avalife Propolis Echinacea Gummies	Other	100	Ascorbic Acid (Vitamin C) 70 mg Echinacea purpurea (Echinacea extract) (herb) 400 mg equivalent to 100 mg of Echinacea dry extract Sambucus nigra (Elderberry extract) (herb) 200 mg equivalent to 50 mg of Elderberry dry extract Propolis extract 100 mg equivalent to 1 mg of Propolis dry extract	Adults (18 years and older) : Take 1 serving (2 Gummies) daily. Not indicated for children under 18 years.		Discipline specific	Combination product	Oral	Low	Helps to metabolise fats and proteins, Helps in the development and maintenance of bones, cartilage, teeth and gums, Helps in wound healing, Contains antioxidants for the maintenance of good health, Support and maintain immune system health, Helps improve immune system function	At or below 25 ° C

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51	Imported and Exported	Avalife Apple Cider Vinegar Gummies	Other	90	(Zingiber officinale) (Ginger Dry Extract) (root) ...2 mg Apple Cider Vinegar.....500 mg	Adults (18 years and older): Take 1 serving (2 Gummies) daily. Not indicated for children under 18 years. Do not use continuously for more than 2 months without consulting your registered healthcare provider This product is not intended to treat obesity.		Discipline specific	Ayurveda	Oral	Low	May assist with weight loss when used with increased physical activity and an energy-reduced diet in healthy individuals.	At or below 25 ° C
52	Imported and Exported	Avalife BCAA Gummies	Other	90	(Branched Chain Amino Acids) BCAA297.5 mg, consisting of L-Leucine-147 mg, Lisoleucine- 66.5 mg and L-Valine- 84 mg	Adults (18 years and older): Take 1 - 8 Gummies daily. Do not exceed 8 Gummies a day. Not indicated for children under 18 years.		Health Supplement	Amino acids	Oral	Low	Workout supplement, Athletic support. Avalife BCAA Gummies is a source of essential amino acid for the maintenance of good health, which helps promote muscle protein synthesis, assists in the building of lean muscle [tissue/mass] when combined with regular [weight/resistance] training and a healthy balanced diet, and helps reduce exercise fatigue.	At or below 25 ° C
53	Imported and Exported	Avalife Matcha Powder Gummies	Other	100	Camellia sinensis (Matcha) (leaf)...200 mg	Adults (18 years and older): Take 2 Gummies daily. Not indicated for children.		Discipline specific	Western Herbal Medicine	Oral	Low	1) May support healthy liver function 2) May help reduce stress and maintain healthy brain function 3) A source of antioxidants for the maintenance of good health.	At or below 25 ° C
54	Imported and Exported	Avalife Mind Focus	Capsule - Hard	60	Withania somnifera (Ashwagandha) 200 mg (roots, 10:1 extract standardise to 5% Withanolides providing 2000 mg of dried herb equivalent); Bacopa monnieri (Bacopa) Bacomin® 160 mg (aerial parts, 10:1 extract standardise to 30% Bacosides providing 1600 mg of dried herb equivalent); Rhodiola rosea (Rose root) 65 mg (roots, 5:1 extract standardise to 3-5% Rosavins providing 325 mg of dried herb equivalent); Centella asiatica (Gotu Kola) 50 mg (aerial parts, 10:1 extract standardise to 10% Asiaticosides providing 500 mg of dried herb equivalent); Piper nigrum (Black Pepper) 10 mg (fruits, 10:1 extract standardise to 10% Piperine providing 100 mg of dried herb equivalent)	As a herbal dietary supplement for adults (18 years and older), take one capsule twice a day with full glass of water after meals. Avalife Mind Focus is not recommended in children younger than 18 years.		Discipline specific	Combination product	Oral	Low	Helps improve memory & cognition, Helps stay focused, brings clarity, Helps overall mental wellness	At or below 25 ° C
55	Imported and Exported	Avalife Avaferm	Capsule - Hard	15, 30, 60	Lactobacillus acidophilus 1 Billion CFU; Lactobacillus paracasei 1 Billion CFU; Lactobacillus plantarum 2.5 Billion CFU; Lactobacillus rhamnosus 1 Billion CFU; Lactobacillus salivarius 1.5 Billion CFU; Fructooligosaccharide 30 mg; organic cranberry (Vaccinium oxycoccos) fruit juice powder 500 mg;	Adults (18 years and above): Take 1 capsule orally, daily in the morning before breakfast. It is recommended to take Avalife Avaferm at least 2-3 hrs before or after if on antibiotic medication.		Discipline specific	Combination product	Oral	Low	When ingested on a regular basis, Avalife Avaferm should improve or normalise the microbial balance in the human intestines and thereby improve the functioning of the digestive tract. Helps to improve and maintain gastro intestinal health in women, Provides antioxidants for the maintenance of good health.	At or below 25 ° C
56	Imported and Exported	Avalife VitaMen 40+ Daily Tablets	Tablet	60	(Vitamin K2) 8 mcg; Thiamine mononitrate (Vitamin B1) 1.5 mg; Riboflavin (Vitamin B2) 1.7 mg; Niacin (Niacinamide) 20 mg; Pyridoxine hydrochloride (Vitamin B6) 2 mg; Folate 667 mcg DFE (400 mcg Folic acid); Cyanocobalamin (Vitamin B12) 12 mcg; Calcium D-Pantothenate 10 mg Eq. to Pantothenic acid 9.16 mg; Zinc sulphate 15 mg Eq. to Zinc 5.46 mg; Sodium selenate 30 mcg Eq. to Selenium 13.70 mcg; Copper sulphate 1.5 mg Eq. to Copper 0.60 mg; Manganese sulphate 1 mg Eq. to Manganese 0.36 mg; Chromium chloride 60 mcg Eq. to Chromium 19.7 mcg; Serenoa repens (Saw palmetto) 80 mg (Fruit, 5:1 extract standardise to 25 % fatty acid providing 400 mg of dried herb equivalent); Withania somnifera (Ashwagandha) 50 mg (Root, 10:1 extract standardise to Withanolides 5 % providing 500 mg of dried herb equivalent); Panax ginseng (Ginseng) 42.5 mg (Root, 5:1 extra+136ct standardise to Ginseng 20 % providing 212.5 mg of dried herb equivalent); Trigonella foenum-graecum (Fenugreek) 10 mg (Seed, 10:1 extract standardise to 40 % saponins providing 100 mg of dried herb equivalent); Vitis vinifera (Grapes) 5 mg (Seed, 7:1 extract standardise to OPC 95 % providing 35 mg of dried herb equivalent); Curcuma longa (Turmeric) 3.2 mg (Rhizome, 10:1 extract standardise to 10 % Curcuminoids providing 32 mg of dried herb equivalent); Curcuma longa (Turmeric) 0.8 mg (Rhizome, 10:1 extract standardise to 95 % Curcuminoids providing 8 mg of dried herb equivalent).	As a herbal dietary supplement for adults (18 years and older), take one tablet once a day with full glass of water after meals. Avalife VitaMen 40+ Daily is not recommended in children younger than 18 years.		Discipline specific	Combination product	Oral	Low	Multi-vitamin/mineral supplement combined with herbal medicines that; Contributes to the maintenance of normal testosterone levels in the blood It Promotes energy, vitality & stamina, It contains essential vitamins for active life, It has antioxidants for the maintenance of good health, Contributes to the maintenance of normal muscle function, Helps to metabolise carbohydrates, fats and proteins	At or below 25 ° C

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No.	Activity	Name of Medicine	Dosage Form	Pack size per unit - Quantity or Volume	Ingredients and Quantities	Dosage	Registration or Application No.	Sub-Category	Class or Discipline	Route of Administration	Risk	Intended Use	Storage Conditions
57	Imported and Exported	Avalife Vitamen Active Daily Tablets	Tablet	60	Vitamin A (as Vitamin A Palmitate) 5000 I.U (1500 mcg RAE); Ascorbic acid (Vitamin C) 60 mg; Cholecalciferol (Vitamin D3) 1000 I.U (25 mcg); DL-Alpha tocopherol (Vitamin E) 30 I.U (20 mg); Menaquinone (Vitamin K2) 1.5 mg; Thiamine mononitrate (Vitamin B1) 1.5 mg; Riboflavin (Vitamin B2) 1.7 mg; Niacin (Niacinamide) 20 mg; Pyridoxine hydrochloride (Vitamin B6) 2 mg; Folate 667 mcg DFE (400 mcg Folic acid); Cyanocobalamin (Vitamin B12) 12 mcg; Biotin 150 mcg; Calcium D-Pantothenate 10 mg Eq. to Pantothenic acid 9.16 mg; Zinc sulphate 15 mg Eq. to Zinc 5.46 mg; Sodium selenate 30 mcg Eq. to Selenium 13.70 mcg; 1.5 mg Eq. to Copper 0.60 mg; Manganese sulphate 1 mg Eq. to Chromium chloride 60 mcg Eq. to Chromium 19.7 mcg; Withania somnifera (Ashwagandha) 75 mg (Root, 10:1 extract standardise to Withanolides 5 % providing 750 mg of dried herb equivalent); Panax ginseng (Ginseng) 42.5 mg (Root, 5:1 extract standardise to Ginseng 20 % providing 212.5 mg of dried herb equivalent); Curcuma longa (Turmeric) 25 mg (Rhizome, 10:1 extract standardise to 95 % Curcuminoids providing 250 mg of dried herb equivalent); Trigonella foenum-graecum (Fenugreek) 10 mg (Seed, 10:1 extract standardise to 40 % Saponins providing 100 mg of dried herb equivalent); Vitis vinifera (Grapes) 5 mg (Seed, 7:1 extract standardise to OPC 95 % providing 35 mg of dried herb equivalent).	As a herbal dietary supplement for adults (18 years and older), take one tablet once a day with full glass of water after meals. Avalife VitaMen Active Daily is not recommended in children younger than 18 years.		Discipline specific	Combination product	Oral	Low	Multi-vitamin & mineral supplement combined with herbal medicines that; Contributes to normal energy-yielding metabolism, Contains essential vitamins for active life, Has antioxidants for the maintenance of good health, Contributes to the maintenance of normal muscle function, Supports normal functioning of the immune system, Helps to metabolise carbohydrates, fats and proteins	At or below 25 ° C
58	Imported and Exported	Avalife VitaWomen 40+ Daily Tablets	Tablet	60	Vitamin A (as Vitamin A Palmitate) 2500 I.U (750 mcg RAE); Ascorbic acid (Vitamin C) 60 mg; Cholecalciferol (Vitamin D3) 500 I.U (12.5 mcg); DL-Alpha tocopherol (Vitamin E) 30 I.U (20 mg); Menaquinone (Vitamin K2) 10 mcg; Thiamine mononitrate (Vitamin B1) 1.5 mg; Riboflavin (Vitamin B2) 1.7 mg; Niacin (Niacinamide) (Vitamin B3) 17.5 mg; Pyridoxine hydrochloride (Vitamin B6) 2 mg; Folate 333.5 mcg DFE (200 mcg Folic acid); Cyanocobalamin (Vitamin B12) 12 mcg; Biotin 150 mcg; Calcium D-Pantothenate 18.1 mg Eq. to Pantothenic acid 16.5 mg; Copper Sulphate 3.77 mg Eq. to Copper 1.5 mg; Manganese sulphate 3.076 mg Eq. to Manganese 1 mg; Chromium chloride 307.8 mcg Eq. to Chromium 60 mcg; Potassium iodide 98.25 mcg Eq. to Iodide 75 mcg; Choline Bitartrate 16.5 mg; Boron (Sodium Borate) 1.5 mg; Inositol 2.5 mg; Collagen peptide 150 mg; Zinc sulphate 33.04 mg Eq. to Zinc 7.5 mg; Withania somnifera (Ashwagandha) 75 mg (Root, 10:1 extract standardise to Withanolides 5 % providing 750 mg of dried herb equivalent); Curcuma longa (Turmeric) 25 mg (Rhizome, 10:1 extract standardise to 95 % Curcuminoids providing 250 mg of dried herb equivalent); Trigonella foenum-graecum (Fenugreek) 10 mg (Seed, 10:1 extract standardise to 40 % Saponins providing 100 mg of dried herb equivalent); Aloe barbadensis (Aloe vera) 10 mg (Leaf, 3:1 extract standardise to Aloin-1.5 % providing 30 mg of dried herb equivalent); Ginkgo biloba (Ginkgo) 10 mg (Leaf, 5:1 extract standardise to 24 % Gingo flavon, Gingo Lactone providing 50 mg of dried herb equivalent); Panax ginseng (Ginseng) 5 mg (Root, 5:1 extract standardise to Ginseng 20 % providing 25 mg of dried herb equivalent); Soya Isoflavones 5 mg (5:1 extract standardise to 40 % isoflavone glycosides providing 25 mg of dried herb equivalent); Vitis vinifera (Grapes) 5 mg (Seed, 7:1 extract standardise to OPC 95 % providing 35 mg of dried herb equivalent); Piper nigrum (Black pepper) 3.2 mg (Fruits, 10:1 extract standardise to 10 % Piperine providing 32 mg of dried herb equivalent); Zingiber officinalis (Ginger) 3.2 mg (Rhizome, 6:1 extract standardise to 5 % Gingerol & 2 % Volatile oil providing 19.2 mg of dried herb equivalent).	As a herbal dietary supplement for adults (18 years and older), take one tablet twice a day with full glass of water after meals. Avalife VitaWomen 40+ Daily is not recommended in children younger than 18 years.		Discipline specific	Combination product	Oral	Low	Multi-vitamin & mineral supplement combined with herbal medicines that 1. Helps enhance the immune system functioning of the body. 2. Supports good health overall. 3. Helps calm the body from regular stress 4.Support energy production in body cells 5.Supports skin health 6.Supports vitamin & mineral within normal range. 7. Helps support the elimination of bad toxins from the body 8.Contributes to the normal production of the thyroid hormones and normal thyroid function, Helps to metabolise carbohydrates, fats and proteins	At or below 25 ° C

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No.	Activity	Name of Medicine	Dosage Form	Pack size per unit - Quantity or Volume	Ingredients and Quantities		Dosage	Registration or Application No.	Sub-Category	Class or Discipline	Route of Administration	Risk	Intended Use	Storage Conditions
59	Imported and Exported	Avalife VitaWomen Active Daily Tablets	Tablet		60	Vitamin A (as Vitamin A Palmitate 250000 IU/g) 2500 I.U (0.75 mg RAE); Ascorbic acid (Vitamin C) 60 mg; Cholecalciferol (Vitamin D3) 500 I.U (12.5 mcg); DL-Alpha tocopherol (Vitamin E) 30 I.U (20 mg); Menquinone (Vitamin K2) 10 mcg; Thiamine mononitrate (Vitamin B1) 1.5 mg; Riboflavin (Vitamin B2) 1.7 mg; Niacin (Niacinamide) 17.5 mg; Pyridoxine hydrochloride (Vitamin B6) 2 mg; Folate 333.5 mcg DFE (200 mcg Folic acid); Cyanocobalamin (Vitamin B12) 12 mcg; Calcium D-Pantothenate 10 mg Eq. to Pantothenic acid 9.16 mg; Zinc Sulphate 15 mg Eq. to Zinc 5.46 mg; Collagen peptide 150 mg; Sodium selenate 30 mcg Eq. to Selenium 13.70 mcg; Copper sulphate 1.5 mg Eq. to Copper 0.60 mg; Manganese sulphate 1 mg Eq. to Manganese 0.36 mg; Chromium chloride 60 mcg Eq. to Chromium 19.7 mcg; Docosahecanoic acid (as DHA 10 %) 4 mg; Lycopene (Lycopene 10 %) 1000 mcg; D-Mannose 15 mg; Withania somnifera (Ashwagandha) 75 mg (Root, 10:1 extract standardise to Withanolides 5 % providing 750 mg of dried herb equivalent); Curcuma longa (Turmeric) 25 mg (Rhizome, 10:1 extract standardise to 95 % Curcuminoids providing 250 mg of dried herb equivalent); Camellia sinensis (Green tea) 10 mg (Leaf, 5:1 extract standardise to Polyphenols 4 % providing 50 mg of dried herb equivalent); Zingiber officinalis (Ginger) 3.2 mg (Rhizome, 6:1 standardise to 5 % Gingerol & 2 % Volatile oil providing 19.2 mg of dried herb equivalent).	As a herbal dietary supplement for adults (18 years and older), take one tablet twice a day with full glass of water after meals. Avalife VitaWomen Active Daily is not recommended in children younger than 18 years.		Discipline specific	Combination product	Oral	Low	Multi-vitamin & mineral supplement combined with herbal medicines that 1. Helps enhance the immune system functioning of the body. 2. Supports good health overall. 3. Helps calm the body from regular stress 4.Support energy production in body cells 5.Supports skin health 6.Supports vitamin & mineral within normal range. 7. Helps support the elimination of bad toxins from the body 8.Contributes to the normal production of the thyroid hormones and normal thyroid function, Helps to metabolise carbohydrates, fats and proteins	At or below 25 °C
60	Imported and Exported	Avalife Everyday Defense	Capsule - Hard		60	Andrographis paniculata (Andrographis) AP-BIO® 37.5 mg (stem, 14:1 extract standardise to Andrographolides 35 % providing 525 mg of dried herb equivalent); Glycyrrhiza glabra (Liquorice) 37.5 mg (root, 5:1 extract standardise providing 187.5 mg of dried herb equivalent); Ocimum tenuiflorum (Holy basil) 100 mg (leaf, 10:1 extract providing tannins NLT 1% equivalent to 1000 mg of dried herb); Tinospora cordifolia (Guduchi) 50 mg (stem, 10:1 extract providing bitter NLT 2.5 % equivalent to 500 mg of dried herb); Sambucus elderberry (Black elderberry) 17.5 mg (Fruit, 10:1 extract standardise providing 175 mg of dried herb equivalent); Echinacea purpurea (Echinacea) 62.5 mg (Root, 5:1 extract standardise to volatile oil 2 % providing 312.5 mg of dried herb equivalent); Vitamin C (Amla Extract) 125 mg (fruit 10:1 extract providing tannins NLT 30 % equivalent to 1250 mg of dried herb); Zinc Sulphate 7 mg equivalent to Elemental Zinc 2.5 mg	As a herbal dietary supplement for adults (18 years and older), take one capsule two times daily after a meal. Avalife Everyday Defense is not recommended in children younger than 18 years.		Discipline specific	Combination product	Oral	Low	Multi-vitamin & mineral supplement combined with herbal medicines that 1. Helps the body maintain normal functioning of the immune system. 2. Promotes Natural Immunity 3. Contains antioxidants that helps with protection of cells from oxidative stress.	At or below 25 °C
61	Imported and Exported	Avalife Nanozomal CBD+ Gel Capsules	Capsule - Soft		60	Cannabis sativa L. Extract 10 mg per capsule (stalk, stems, leaves and flowers) (Providing: Cannabinoids: Cannabidiol (CBD) 8.4 mg/10 mg; Cannabinol (CBN) 10.88 mcg / 10 mg; cannabidiavarin (CBDV) 134.9 mcg / 10 mg; Total Tetrahydrocannabinol (THC) 0 %; Terpenes: β-Caryophyllene 0.377 % Caryophyllene Oxide 0.271 % Eucalyptol 0.006 % Guaiol 0.454 % α-Humulene 0.021 % Linalool 0.062 %)	Adults (18 years and older): Take 1-2 capsules per day		Discipline specific	Western Herbal Medicine	Oral	Low	Supports and enhances general health and emotional wellness. Contributes to healthy sleep. Assists with relief of minor pain, daily stress and anxiousness.	At or below 25 °C
62	Imported and Exported	Avalife Nanozomal CBD+ Drops	Liquid	30 ml		Cannabis sativa L. Extract; 20 mg per ml (stalk, stems, leaves and flowers) (containing: Cannabinoids: Cannabidiol (CBD) 16.8 mg/ 20 mg; Cannabinol (CBN) 21.76 mcg / 20 mg; cannabidiavarin (CBDV) 269.8 mcg / 20 mg; Terpenes: Total Tetrahydrocannabinol (THC) 0 %; β-Caryophyllene 0.377 % Caryophyllene Oxide 0.271 % Eucalyptol 0.006 % Guaiol 0.454 % α-Humulene 0.021 % Linalool 0.062 %)	Adults (18 years and older): 20 drops = 20 mg. Take 10-20 drops per day or use a medicine measuring (pipette type) device to administer 0.5 - 1 ml per day.		Discipline specific	Western Herbal Medicine	Oral	Low	Supports and enhances general health and emotional wellness. Contributes to healthy sleep. Assists with relief of minor pain, daily stress and anxiousness.	At or below 25 °C
63	Imported and Exported	Avalife Liposomal Vit C+ Junior	Liquid	100 ml		Vitamin C 500 mg / 5 ml	1-3 years: Take 1/2 teaspoon (2.5 ml) daily ; 4-8 years: Take 1 teaspoon (5 ml) daily ; 9-13 years: Take 1 and 1/2 teaspoon (7.5 ml) daily		Health Supplement	Vitamins	Oral	Low	Contributes to the maintenance of normal function of the immune system during and after intense physical stress Helps to metabolise fats and proteins Helps in the development and maintenance of bones, cartilage, teeth and gums Helps in wound healing An antioxidant for the maintenance of good health	At or below 25 °C

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No.	Activity	Name of Medicine	Dosage Form	Pack size per unit - Quantity or Volume	Ingredients and Quantities		Dosage	Registration or Application No.	Sub-Category	Class or Discipline	Route of Administration	Risk	Intended Use	Storage Conditions	
64	Imported and Exported	Avalife Liposomal Vit C 500	Capsule - Soft	10, 20, 60, 100	Vitamin C 500 mg		Children 5-9 years old: Take one capsule once a day with full glass of water after meals. Adults and children over 9 years: Take one capsule once or twice a day with full glass of water after meals. NB: Do not give to children who cannot swallow the whole capsule.		Health Supplement	Vitamins	Oral	Low	Contributes to the maintenance of normal function of the immune system during and after intense physical stress Helps to metabolise fats and proteins Helps in the development and maintenance of bones, cartilage, teeth and gums Helps in wound healing An antioxidant for the maintenance of good health	At or below 25 ° C	
65	Imported and Exported	Avalife Liposomal Vit C 1000	Capsule - Soft	10, 20, 60, 100	Vitamin C 1000 mg		Adults and children over 9 years: Take one capsule once a day with full glass of water after meals. NB: Do not give to children who cannot swallow the whole capsule.		Health Supplement	Vitamins	Oral	Low	Contributes to the maintenance of normal function of the immune system during and after intense physical stress Helps to metabolise fats and proteins Helps in the development and maintenance of bones, cartilage, teeth and gums Helps in wound healing An antioxidant for the maintenance of good health	At or below 25 ° C	
66	Imported and Exported	Avalife Nanozomal CBD+ Emulsion	Liquid	100 ml	Cannabis sativa L. Extract; 20 mg per 5 ml [stalk, stems, leaves and flowers] (containing: Cannabinoids: Cannabidiol (CBD) 16.8 mg/ 20 mg; cannabidiol (CBDV) 269.8 mcg/ 20 mg; Total Tetrahydrocannabinol (THC) 0 %; β-Caryophyllene 0.377 % Guaiol 0.454 % Cannabinol (CBN) 21.76 mcg / 20 mg; Terpenes: Caryophyllene Oxide 0.271 % α-Humulene 0.021 % Eucalyptol 0.006 % Linalool 0.062 %)		Adults (18 years and older): Take 1 teaspoon (5 ml) per day	N/A	Discipline specific	Other Herbal	Oral	Low	Supports and enhances general health and emotional wellness. Contributes to healthy sleep. Assists with relief of minor pain, daily stress and anxiousness.	At or below 25 ° C	