

SAHPRA LICENCE NO.		DL02-6B87A4	CM REF.	see Licence No.	Name of Licence Holder:	Kiara Health (Pty) Ltd						Version:	03-082023
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	CoActiHerb	Capsule - Hard	120 capsules	Each capsule contains: Justicia adhatoda L. (Malabar nut)60 mg (leaves, 6:1 extract providing 360 mg of dried herb equivalent) Acacia nilotica (L.) Delile (acacia)55 mg (bark, 2:1 extract providing 110 mg of dried herb) Achyranthes aspera L. (devil's horsewhip)30 mg (glabre & seed, 5:1 extract providing 150 mg of dried herb) Camellia sinensis (L.) Kuntze (green tea)20 mg (leaves, 5:1 extract standardised to contain 25 % polyphenols providing 300 mg of dried herb equivalent)* Solanum virginianum L. (yellow-fruit nightshade) 14,7 mg (fruit, 7,5:1 extract providing 110 mg of dried herb equivalent) Piper nigrum L. (black pepper)11 mg (fruit, 7:1 extract providing 77 mg of dried herb equivalent) Plumbago zeylanica L. (Ceylon leadwort) 10,5 mg (root, 4:1 extract standardised to contain 1 % alkaloids providing 42 mg of dried herb equivalent) Syzygium aromaticum (L.) Merr. & L.M. Perry (clove)10 mg (bud, 6:1 extract providing 60 mg of dried herb) Tinospora sinensis (Lour.) Merr. (ambirevel)10 mg (aerial portions, 5:1 extract standardised to contain 2 % bitter principles providing 50 mg of dried herb equivalent) Boswellia serrata Roxb. ex Colebr. (Boswellia)8 mg (resin powder, standardised to contain 50 % boswellic acids) Withania somnifera (L.) Dunal (ashwagandha)8 mg (rhizome, 5:1 extract standardised to contain 1 % alkaloids providing 40 mg of dried herb equivalent) Piper longum L. (Indian long pepper)6 mg (fruit, 5:1 extract providing 30 mg of dried herb equivalent) Nigella arvensis L. (black seed)5 mg (seed, 10:1 extract standardised to contain 15 % saponins providing 50 mg of dried herb equivalent) Zingiber officinale Roscoe(ginger)5 mg (rhizome, 12:1 extract providing 60 mg of dried herb equivalent) Curcuma longa L. (turmeric) 4 mg (rhizome, 10:1 extract providing 40 mg of dried herb equivalent) Cinnamomum verum J.Presl (Ceylon cinnamon) 3 mg (bark, 10:1 extract standardised to contain 10 % polyphenols providing 30 mg of dried herb equivalent) Eleuteria cardamomum L. (Matoke/cardamom) 0,125 mg (fruit, 16:1 extract providing 2 mg of dried herb equivalent) * CONTAINS CAFFEINE: provides 1,3 mg of caffeine per capsule. A cup of instant coffee contains approximately 80 mg of caffeine.	Take 2 capsules twice a day after meals		Discipline specific	Ayurveda	Oral	Low	This is a natural polyherbal formulation which helps to relieve tiredness and illness related fatigue by improving blood oxygenation.	At or below 25 ° C
2	Imported and Exported	Metalit	Tablet	210 tablets	Each tablet contains: Curcuma longa L. (turmeric) 50 mg (Rhizome, 10:1 extract providing 500 mg of dried herb equivalent) Nardostachys jatamansi (D.Don) DC. (jatamansi) 50 mg (Roots, 10:1 extract providing 500 mg of dried herb equivalent) Withania somnifera (L.) Dunal (ashwagandha) 50 mg (Roots, 10:1 extract providing 500 mg of dried herb equivalent) Tinospora cordifolia (Willd.) Hook.f. & Thomson (giloy) 50 mg (Stem, 10:1 extract providing 500 mg of dried herb equivalent) Chlorophyta (green algae) 50 mg (Whole plant, 10:1 extract providing 500 mg of dried algae equivalent) Bergera koenigii L. (curry leaf) 50 mg (Leaves, 10:1 extract providing 500 mg of dried herb equivalent) Piper longum L. (Indian long pepper) 50 mg (Fruit, 10:1 extract providing 500 mg of dried herb equivalent) Trigonella foenum-graecum L. (fenugreek) 50 mg (Seed, 10:1 extract providing 500 mg of dried herb equivalent) Bauhinia variegata L. (Kachnar/mountain ebony) 50 mg (Bark, 10:1 extract providing 500 mg of dried herb equivalent) Boerhaavia coccinea Mill. (Punarnava) 50 mg (Roots, 10:1 extract providing 500 mg of dried herb equivalent) Celastrus paniculatus Willd. (Jyotishmati) 50 mg (Seed, 10:1 extract providing 500 mg of dried herb equivalent)	Take 3 tablets twice daily with water.		Discipline specific	Other Herbal	Oral	Low	Supports overall health, well-being and metabolism. Boosts energy levels and supports normal immune function.	At or below 25 ° C
3	Imported and Exported	Renalit	Tablet	72 tablets	Each tablet contains: Bergenia pascumbis (Buch.-Ham ex D.Don) C.Y.Wu & J.T. Pan (Pashanbhed/rockfoil) 120 mg (Root; 20:3 extract providing 800 mg of dried herb equivalent) Pedalium murex L. (gokhru/large caltrop) 120 mg (Fruit; 20:3 extract providing 800 mg of dried herb equivalent) Macrotyloma biflorum var. biflorum (kalaithi/horse gram) 120 mg (Seed; 20:3 extract providing 800 mg of dried herb equivalent) Ocimum tenuiflorum L. (tulsi/holy basil) 100 mg (Whole plant; 8:1 extract providing 800 mg of dried herb equivalent) Curcuma longa L. (haldi/turmeric) 100 mg (Rhizome, 8:1 extract providing 800 mg of dried herb equivalent) Celastrus paniculatus Willd. (jyotishmati) 80 mg (Seed, 10:1 extract providing 800 mg of dried herb equivalent) Bergera koenigii L. (curry leaf) 80 mg (Leaves, 10:1 extract providing 800 mg of dried herb equivalent) Tinospora cordifolia (Willd.) Hook.f. & Thomson (giloy) 80 mg (Stem, 10:1 extract providing 500 mg of dried herb equivalent)	Take 3-4 tablets daily with water		Discipline specific	Other Herbal	Oral	Low	Supports normal functioning and maintenance of the renal system.	At or below 25 ° C
4	Imported and Exported	Reducose	Capsule - Hard	30s and 60s	Each capsule contains: Morus alba L. (white mulberry) 100 mg (leaf; 50:1 extract providing 5 g of dried herb equivalent and standardised to contain 5 % 1-deoxynojirimycin) Microcrystalline cellulose 111,25 mg Magnesium stearate 8,75 mg Silicon dioxide 5,00 mg	Take one capsule per day at the start of the first meal of the day. If a second dose is to be taken, take one capsule at the start of the last meal of the day.		Discipline specific	Traditional Chinese Medicine	Oral	Low	Triggers a cascade of effects that are beneficial to maintaining overall metabolic health. These include healthier blood glucose and blood insulin responses after eating, increased satiety, support for maintaining a healthy weight and body composition, a healthy microbiome, and support for healthy blood lipids and promote longevity.	At or below 25 ° C

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5	Imported and Exported	Glucogo	Capsule - Hard	30s and 60s	Each capsule contains: Morus alba L (white mulberry) 100 mg [leaf; 50:1 extract providing 5 g of dried herb equivalent and standardised to contain 5 % 1- deoxyojirimycin] Microcrystalline cellulose 111,25 mg Magnesium stearate 8,75 mg Silicon dioxide 5,00 mg	Take one capsule per day at the start of the first meal of the day. If a second dose is to be taken, take one capsule at the start of the last meal of the day.		Discipline specific	Traditional Chinese Medicine	Oral	Low	Triggers a cascade of effects that are beneficial to maintaining overall metabolic health. These include healthier blood glucose and blood insulin responses after eating, increased satiety, support for maintaining a healthy weight and body composition, a healthy microbiome, and support for healthy blood lipids and promote longevity.	At or below 25 ° C		
6	Imported and Exported	Vitalia	Capsule - Hard	30s and 60s	Each capsule contains: Morus alba L (white mulberry) 100 mg [leaf; 50:1 extract providing 5 g of dried herb equivalent and standardised to contain 5 % 1- deoxyojirimycin] Microcrystalline cellulose 111,25 mg Magnesium stearate 8,75 mg Silicon dioxide 5,00 mg	Take one capsule per day at the start of the first meal of the day. If a second dose is to be taken, take one capsule at the start of the last meal of the day.		Discipline specific	Traditional Chinese Medicine	Oral	Low	Triggers a cascade of effects that are beneficial to maintaining overall metabolic health. These include healthier blood glucose and blood insulin responses after eating, increased satiety, support for maintaining a healthy weight and body composition, a healthy microbiome, and support for healthy blood lipids and promote longevity.	At or below 25 ° C		

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