

SAHPRA		DL01-761D92	CM REF.	see Lic. No.	Name of Licence Holder:	IPS Health and Wellness (Pty) Ltd				Version:	01-072020		
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	Manufactured (including import and export)	IPS Antioxidant	Capsule	15/30	Lipoic Acid 100 mg; Coenzyme Q10 50 mg; Vitis vinifera (Grape vine) [seeds] extract standardised to proanthocyanidin 95 % 50 mg; Polygonum cuspidatum (Giant Knotweed) [roots] extract standardised to trans-resveratrol 50 % 100 mg; Green Oxithin™ Aspalathus linearis (Green Rooibos) [dried leaves] extract standardised to polyphenols ≥ 35 % 45 mg; dl-α-Tocopherol Acetate (Vitamin E) 30 IU; Biotin® Piper nigrum (black pepper)[dried fruit] extract standardised to piperine 95 % 5 mg; Lycopene 5 mg	Adults: Take 1 (one) capsule daily.	N/A	Discipline specific	Combination product	Oral	Low	A source of antioxidants for the maintenance of good health.	At or below 25 ° C
2	Manufactured (including import and export)	IPS Calmag	Capsule	30/60	Calcium lactate providing Calcium (elemental) 57 mg; Magnesium oxide providing Magnesium (elemental) 20,5 mg; Calcium Ascorbate (Vitamin C) 22,6 mg; Green Oxithin™ Aspalathus linearis (Green Rooibos) [dried leaves] extract standardised to polyphenols ≥ 35 % 15 mg; Biotin® Piper nigrum (black pepper)[dried fruit] extract standardised to piperine 95 % 1,5 mg; Zinc sulphate providing Zinc (elemental) 1,5 mg; Cholecalciferol (Vitamin D3) 73 IU; Manganese Amino Acid Chelate providing Manganese (elemental) 0,4 mg; Copper Amino Acid Chelate providing Copper (elemental) 0,2 mg	Adults: Take 2 (two) capsules daily before breakfast.	N/A	Discipline specific	Combination product	Oral	Low	Contributes to the development and maintenance of bones and teeth. Mineral supplement.	At or below 25 ° C
3	Manufactured (including import and export)	IPS Digestion	Capsule	60	Zingiber officinale (ginger) [dried rhizome] 300 mg; DigeZyme® Multi-Enzyme Complex consisting of • α-Amylase / Aspergillus oryzae [fungal] • Protease / Aspergillus oryzae [fungal] • Lipase / Rhizopus oryzae [fungal] • Cellulase / Trichoderma longibrachiatum [fungal] • Neutral Protease / Bacillus subtilis [bacterial] 50 mg; Green Oxithin™ Aspalathus linearis (Green Rooibos) [dried leaves] extract standardised to polyphenols ≥ 35 % 15 mg;	Adults: Take 1 (one) capsule three times per day with meals.	N/A	Discipline specific	Combination product	Oral	Low	Aiding proper digestion	At or below 25 ° C
4	Manufactured (including import and export)	IPS Energy	Capsule	15/30/60	Paulina Cupana (Guarana) [dried seeds] extract standardised to 22 % caffeine 150 mg; Panax ginseng (Asian ginseng) [dried roots] 100 mg; Green Oxithin™ Aspalathus linearis (Green Rooibos) [dried leaves] extract standardised to polyphenols ≥ 35 % 45 mg; Nicotinamide (Vitamin B3) 25 mg; Pyridoxine hydrochloride (Vitamin B6) 15 mg; Thiamine (Vitamin B1) 10 mg; Riboflavin (Vitamin B2) 10 mg; Magnesium Lactate to provide Magnesium (elemental) 6 mg; Biotin® Piper nigrum (black pepper)[dried fruit] extract standardised to piperine 95 % 2,5 mg; D-Biotin 0,1 mg	Adults: Take 1 (one) to 2 (two) capsules per day as required.	N/A	Discipline specific	Combination product	Oral	Low	Help to increase energy and resistance to stress	At or below 25 ° C
5	Manufactured (including import and export)	IPS Immune Plus	Capsule	15 / 30	Glycine 200 mg L-Methionine 200 mg Green Oxithin™ Aspalathus linearis (Green Rooibos) [dried leaves] extract standardised to polyphenols ≥ 35 % 45 mg; Magnesium oxide to provide Magnesium (elemental) 25 mg; Biotin® Piper nigrum (black pepper)[dried fruit] extract standardised to piperine 95 % 5 mg; Zinc monomethionine to provide Zinc (elemental) 5 mg; Pyridoxine hydrochloride (Vitamin B6) 1,43 mg; Folic Acid (Vitamin B9) 0,327 mg; Selenomethionine to provide Selenium (elemental) 0,03 mg Cyanocobalamin (Vitamin B12) 0,009 mg;	Adults: Take 1 (one) capsule once per day before food.	N/A	Discipline specific	Combination product	Oral	Low	Contributes to the normal function of the immune system	At or below 25 ° C
6	Manufactured (including import and export)	IPS Joint Support	Capsule	60	Glucosamine sulphate (glucosamine sulphate sodium chloride) 450 mg; Harpagophytum procumbens (Devil's claw) [dried secondary root tubers] extract standardised to > 2 % harpagosides 330 mg; Green Oxithin™ Aspalathus linearis (Green Rooibos) [dried leaves] extract standardised to polyphenols ≥ 35 % 30 mg; Biotin® Piper nigrum (black pepper)[dried fruit] extract standardised to piperine 95 % 2,5 mg	Adults: Take 1 (one) capsule three times per day.	N/A	Discipline specific	Combination product	Oral	Low	Maintaining good cartilage and/or joint health	At or below 25 ° C
7	Manufactured (including import and export)	IPS Kiddie Vite	Tablet - Chewable	15/30	Ascorbic Acid (Vitamin C) 90 mg; L-Lysine 30 mg; Nicotinamide (Vitamin B3) 16 mg; dl-α-Tocopherol Acetate (Vitamin E) 10,4 IU; Beta Carotene to provide Vitamin A 70 IU; Zinc lactate providing Zinc (elemental) 2,5 mg; Ferrous lactate providing Iron (elemental) 5 mg; Pantothenic Acid (Vitamin B5) 5 mg; Cholecalciferol (Vitamin D3) 400 IU; Pyridoxine hydrochloride (Vitamin B6) 1,6 mg; Riboflavin (Vitamin B2) 1,4 mg; Thiamine (Vitamin B1) 1,2 mg; Folic Acid (Vitamin B9) 0,22 mg; D-Biotin 0,120 mg; Cyanocobalamin (Vitamin B12) 0,003 mg	Children 1-3 years: Chew 1/2 (half) a tablet once per day. Children 3-13 years: Chew 1 (one) tablet once per day.	N/A	Health Supplement	Multiple substance formulation	Oral	Low	Multivitamin supplement/ Contributes to the maintenance of good health	At or below 25 ° C
8	Manufactured (including import and export)	IPS Magnesium	Capsule	30/60	Magnesium Creatinine Amino Acid Chelate to provide Magnesium (elemental) 36 mg	Adults: Take 2 (two) capsules at night	N/A	Health Supplement	Minerals	Oral	Low	Contributes to a reduction of tiredness and fatigue. Contributes to the maintenance of normal muscle function. A factor in the maintenance of good health	At or below 25 ° C

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9	Manufactured (including import and export)	IPS Male Multivitamin	Capsule	15/30	L-Arginine 200 mg; Ascorbic Acid (Vitamin C) 120 mg; Green Oxithin™ Aspalathus linearis (Green Rooibos) [dried leaves] extract standardised to polyphenols ≥ 35 % 45 mg; dl-α-Tocopherol Acetate (Vitamin E) 15 IU; Nicotinamide (Vitamin B3) 25 mg; Beta Carotene to provide Vitamin A 1 000 IU; Pyridoxine hydrochloride (Vitamin B6) 15 mg; Pantothenic Acid (Vitamin B5) 6 mg; Thiamine (Vitamin B1) 5 mg; Riboflavin (Vitamin B2) 5 mg; Cholecalciferol (Vitamin D3) 400 IU; Zinc Amino Acid Chelate providing Zinc (elemental) 2,5 mg; Folic Acid (Vitamin B9) 0,2 mg; D-Biotin 0,1 mg; Selenium Amino Acid Chelate providing Selenium (elemental) 0,03 mg; Cyanocobalamin (Vitamin B12) 0,002 mg	Adults: Take 1 (one) capsule per day	N/A	Discipline specific	Combination product	Oral	Low	Multivitamin supplement / Contributes to the maintenance of good health	At or below 25 ° C
10	Manufactured (including import and export)	IPS Menopause	Capsule	60	Glycine max (Soyabean) [seeds] extract standardised to 40 % isoflavones 100 mg; Linum usitatissimum (Flax) [seed oil powder] extract standardised to 24,5 % alpha-linolenic acid 50 mg; Green Oxithin™ Aspalathus linearis (Green Rooibos) [dried leaves] extract standardised to polyphenols ≥ 35 % 45 mg; Actaea racemosa (Black Cohosh) [root powder] 20 mg; Pyridoxine hydrochloride (Vitamin B6) 15 mg; Vitex agnus-castus (Chaste Tree) [dried fruit] extract standardised to 0,6 % agnusides 10 mg	Adults: Take 1 (one) capsule twice per day.	N/A	Discipline specific	Combination product	Oral	Low	To assist the mature female body to manage biological changes	At or below 25 ° C
11	Manufactured (including import and export)	IPS Mind	Capsule	15/30	L-Tyrosine 375 mg; Green Oxithin™ Aspalathus linearis (Green Rooibos) [dried leaves] extract standardised to polyphenols ≥ 35 % 15 mg; Bioperine® Piper nigrum (black pepper)[dried fruit] extract standardised to piperine 95 % 2,5 mg	Adults : Take 1 (one) capsule two to three times per day as required.	N/A	Discipline specific	Combination product	Oral	Low	Helps to decrease cognitive fatigue due to physically stressful situations	At or below 25 ° C
12	Manufactured (including import and export)	IPS Mom Plus	Capsule	30	Calcium ascorbate (Vitamin C) 120 mg; Calcium carbonate providing Calcium (elemental) 100 mg; Ferrous sulphate providing Iron (elemental) 15 mg; Cholecalciferol (Vitamin D3) 400 IU; Zinc sulphate providing Zinc (elemental) 5 mg; Vitamin A acetate (Vitamin A) 1 500 IU; Riboflavin (Vitamin B2) 2,6 mg; Nicotinamide (Vitamin B3) 2,6 mg; Thiamine (Vitamin B1) 2,4 mg; Pyridoxine hydrochloride (Vitamin B6) 1,7 mg; Folic Acid (Vitamin B9) 0,4 mg; Cyanocobalamin (Vitamin B12) 0,002 mg	Adults: Take 1 (one) capsule per day	N/A	Health Supplement	Multiple substance formulation	Oral	Low	Multivitamin supplement / Contributes to the maintenance of good health	At or below 25 ° C
13	Manufactured (including import and export)	IPS Multivitamin	Capsule	15/30	L-Lysine 150 mg; Ascorbic Acid (Vitamin C) 120 mg; Arthrospira Platensis (Spirulina) [whole cell] 100 mg; Green Oxithin™ Aspalathus linearis (Green Rooibos) [dried leaves] extract standardised to polyphenols ≥ 35 % 45 mg; dl-α-Tocopherol Acetate (Vitamin E) 15 IU; Beta Carotene to provide Vitamin A 1 000 IU; Nicotinamide (Vitamin B3) 18 mg; Pantothenic Acid (Vitamin B5) 6 mg; Pyridoxine hydrochloride (Vitamin B6) 5mg; Bioperine® Piper nigrum (black pepper)[dried fruit] extract standardised to piperine 95 % 5 mg; Cholecalciferol (Vitamin D3) 200 IU; Riboflavin (Vitamin B2) 1,6 mg; Thiamine (Vitamin B1) 1,4 mg; Folic Acid (Vitamin B9) 0,2 mg; D-Biotin 0,1 mg; Cyanocobalamin (Vitamin B12) 0,002 mg	Adults: Take 1 (one) capsule per day	N/A	Discipline specific	Combination product	Oral	Low	Multivitamin supplement / Contributes to the maintenance of good health	At or below 25 ° C
14	Manufactured (including import and export)	IPS Omega 3	Capsule - Soft	30/60/90	Eicosapentaenoic acid (EPA) 160 mg (as triglycerides); Docosahexaenoic acid (DHA) 100 mg (as triglycerides)	Adults: Take 2 (two) capsules once per day.	N/A	Health Supplement	Fats Oils and Fatty Acids	Oral	Low	Source of omega-3 fatty acids for the maintenance of good health.	At or below 25 ° C
15	Manufactured (including import and export)	IPS Sleep	Capsule	30	Valeriana Officialialis (Common Valerian) [dried roots] extract standardised to 0,5 % valeriana acid 400 mg; Magnesium lactate to provide Magnesium (elemental) 12 mg; Green Oxithin™ Aspalathus linearis (Green Rooibos) [dried leaves] extract standardised to polyphenols ≥ 35 % 45 mg; Bioperine® Piper nigrum (black pepper)[dried fruit] extract standardised to piperine 95 % 5 mg	Adults: Take 1 (one) capsule 30 - 60 minutes before bedtime.	N/A	Discipline specific	Combination product	Oral	Low	A sleep-promoting agent	At or below 25 ° C
16	Manufactured (including import and export)	IPS Vitamin C	Capsule	30/60	Calcium Ascorbate (Vitamin C) 300 mg; Green Oxithin™ Aspalathus linearis (Green Rooibos) [dried leaves] extract standardised to polyphenols ≥ 35 % 45 mg; Sophora japonica (Rutin) [flowering tops] extract standardised to 95 % rutin 40 mg	Children older than 12 years: Take 1 (one) capsule twice per day. Adults: Take 1 (one) capsule two to three times per day	N/A	Discipline specific	Combination product	Oral	Low	An antioxidant for the maintenance of good health	At or below 25 ° C
17	Manufactured (including import and export)	IPS Hydrolysed Collagen	Powder	400 g	100 % Hydrolysed Collagen	Adults: Take 1 (one) scoop (25 ml / 10 g) once per day dissolved in liquid.	N/A	Health Supplement	Animal Extracts Products and Derivatives	Oral	Low	Helps to assist with joint health or joint inflammation	At or below 25 ° C