



いこさ

Softgel

Ikosa-EPA 489mg

1. BRAND OR PRODUCT NAME

PURO Ikosa-EPA 489mg Softgel

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Each softgel contains:

Fish Oil (Equivalent to 489mg EPA Ethyl Ester)..... 555.56mg

For the list of excipients see section 5.1.

3. PRODUCT DESCRIPTION

Size 12, oval shaped clear soft starch capsule containing pale yellow to yellow oily liquid with characteristics odour.

4. CLINICAL PARTICULARS**4.1. INDICATION**

Used as a health supplement.

4.2. DOSAGE

For adult use only.

Take 2 softgels twice daily, preferably after meal.

※Always comply with the recommended dosage. If you are unsure, please consult with your doctor or pharmacist.

※If you forgotten a dose of PURO Ikosa-EPA 489mg Softgel.

Do not take double dose to make up for a forgotten dose. Please continue the next dose as directed.

4.3. CONTRAINDICATIONS

Contraindicated to those:

a. Who have known hypersensitivity to any of the active ingredients and/or excipients of the formulation.

4.4. WARNINGS AND PRECAUTIONS

Health supplements should not be used as a substitute for a balanced diet or healthy lifestyle. This health supplement is intended to be taken at its recommended dose. Taking more dose than the recommended dose will not confer additional health benefits. If you are pregnant, nursing, or regularly taking any medications, consult with your doctor/pharmacist before using this product. KEEP OUT OF REACH OF CHILDREN. JAUHKAN DARIPADA CAPAIAN KANAK-KANAK.

This leaflet draws the attention of the patient to the following:

It is imperative to emphasize that while this health supplement may provide supportive health benefits, it should not be regarded as a substitute for healthy lifestyle.

4.5. INTERACTIONS WITH OTHER MEDICATIONS

Unknown

4.6. STATEMENT ON USAGE DURING PREGNANCY AND LACTATION

Unknown.

4.7. ADVERSE EFFECTS/ UNDESIRABLE EFFECTS

The most common adverse effects of omega-3 fatty acid preparations are gastrointestinal disturbances, particularly at high doses, including nausea, eructation, vomiting, abdominal distension, diarrhoea, and constipation.

4.8. OVERDOSE AND TREATMENT

Unknown.

5. PHARMACEUTICAL PARTICULARS.**5.1. LIST OF EXCIPIENTS**Softgel Content - *d-alpha-Tocopherol*Softgel Shell - *Modified starch, Glycerine, Purified water***5.2. STORAGE CONDITIONS**

Keep in a dry and cool place sheltered from light at a temperature below 30°C.

5.3. DOSAGE FORMS AND PACKAGING AVAILABLE

Heat-formed PVC/PVDC blister and aluminium Press Through Packaging (PTP).

Carboard box containing 15, 30, 60, 90, 120, 180, 240 and 360 hard capsules in 15's PTP.

6. MANUFACTURER

GMP Pharmaceuticals Ltd

12 Averton Place,

East Tamaki,

Auckland, New Zealand.

7. PRODUCT REGISTRATION HOLDER (PRH)

Nikko Pharma (M) Sdn. Bhd.

No. 18, First Floor, Jalan SS 2/67,

47300, Petaling Jaya, Malaysia.

8. DATE OF REVISION OF PACKAGE INSERT

July-25



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