

## PROFESSIONAL INFORMATION

### GO!<sup>®</sup> FOCUS

#### SCHEDULING STATUS

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#### PROPRIETARY NAME AND DOSAGE FORM

GO!<sup>®</sup> FOCUS (coated tablet)

#### COMPOSITION

Active Ingredients	Per tablet	% NRV# Per maximum daily dosage
Vitamin B1 (Thiamine hydrochloride)	2,4 mg	200
Vitamin B2 (Riboflavin)	4 mg	308
Vitamin B3 (Nicotinamide)	18 mg	113
Vitamin B5 (Calcium D-Pantothenate)	6 mg	120
Vitamin B6 (Pyridoxine hydrochloride)	5 mg	294
Vitamin B9 (Folic acid)	500 µg	125
Vitamin B12 (Cyanocobalamin)	15 µg	625
Biotin (D-biotin)	100 µg	333
CGP complex	325 mg	-
Providing:		
Caffeine	100 mg	
<i>Paullinia cupana</i> (Guarana) extract	75 mg	
<i>Panax ginseng</i> extract	150 mg	

# Nutrient Reference Values for adults and children older than 4 years.

Excipients: cellulose, calcium carbonate, Flexicoat orange - PHA2019-0025, microcrystalline cellulose, magnesium stearate, Protect EN, sodium carboxymethyl starch.  
Contains sugar (lactose 375 mg/tablet).

#### CATEGORY AND CLASS

D.34.13 Complementary Medicines: Health Supplements – Other.

#### PHARMACOLOGICAL ACTION

##### Pharmacodynamic properties

###### Caffeine

Caffeine is a stimulant of the CNS, particularly the higher centres, and can stimulate wakefulness and increased mental activity.

###### *Panax ginseng* extract

Contains *Panax ginseng* extract which appears to improve cognitive ability in middle-aged people.

###### B vitamins

A sufficient intake of vitamins and minerals is necessary to maintain normal energy metabolism, and physical and physiological function. Unbalanced diet and insufficient dietary intake of vitamins and minerals can result in subnormal health.

##### Pharmacokinetic properties

There is insufficient information on *Panax ginseng* to rate.

###### Caffeine

Caffeine is metabolised by liver cytochrome P450 enzymes. It is able to cross the blood-brain barrier and placenta. Caffeine is mostly excreted through the urine.

###### Vitamins

The combination of vitamins and minerals is typical of the normal diet. Therefore, the pharmacological metabolism and fate of GO!<sup>®</sup> FOCUS is anticipated to be similar.

#### INDICATIONS

GO!<sup>®</sup> FOCUS is a multi-vitamin and mineral health supplement indicated for the maintenance of healthy energy levels.

#### CONTRAINDICATIONS

Hypersensitivity to any of the ingredients of GO!<sup>®</sup> FOCUS (see **COMPOSITION**). GO!<sup>®</sup> FOCUS contains nicotinamide, which is contraindicated in patients with liver disease or in patients with active peptic ulcer disease. Contains vitamin B12, which is contraindicated in patients with cobalamin or cobalt hypersensitivity.

#### WARNINGS AND SPECIAL PRECAUTIONS

Do not use if known hypersensitivity or allergy exists to any of the ingredients. If in doubt, consult your medical practitioner. Contains lactose. Patients with the rare hereditary conditions of galactose intolerance e.g. galactosaemia, Lapp lactase deficiency, glucose-galactose malabsorption or fructose intolerance should not take GO!<sup>®</sup> FOCUS. The ingredients in GO!<sup>®</sup> FOCUS may interact with other medications (see **INTERACTIONS**). Consult a healthcare practitioner prior to use if you have diabetes, high blood pressure, glaucoma, or detrusor instability (overactive bladder syndrome).

This product is not intended as a substitute for sleep.

This product is not suitable for children under the age of 18.

Porphyria: Safety has not been established.

#### Effect on ability to drive vehicles and use machinery

GO!<sup>®</sup> FOCUS should not affect your ability to drive or operate machinery. However, if you think you are affected you should not drive or operate machinery until you feel better.

#### INTERACTIONS

Take GO!<sup>®</sup> FOCUS a few hours before or after taking other medications (see **DOSAGE AND DIRECTIONS FOR USE**).

If you are taking antidepressant medication, blood thinners or digoxin, consult your doctor, pharmacist or other healthcare professional before use.

You should consult a healthcare practitioner prior to use if you are taking lithium.

Avoid taking GO!<sup>®</sup> FOCUS with health supplements or foods that contain caffeine or increase blood pressure (e.g. medications, coffee, tea, colas, cocoa, guarana, maté, bitter orange extract, synephrine, octopamine, ephedra, ephedrine).

Folic acid can mask a vitamin B12 deficiency. If in doubt, consult your medical practitioner.

#### HUMAN REPRODUCTION

##### Pregnancy

It is not advisable to take GO!<sup>®</sup> FOCUS while you are pregnant as it contains caffeine and *Panax ginseng*.

##### Women of Childbearing Potential

There are no known restrictions for use of GO!<sup>®</sup> FOCUS in women of childbearing age.

##### Lactation

It is not advisable to take GO!<sup>®</sup> FOCUS while you are breastfeeding as it contains caffeine.

#### Fertility

There are no known effects of GO!<sup>®</sup> FOCUS on fertility.

#### DOSAGE AND DIRECTIONS FOR USE

##### Dosage

Do not exceed the recommended daily dosage.

*Adults and children 18 years and older:*

Take one (1) tablet daily.

##### Directions for use

Take one (1) tablet with a glass of water daily, after a meal. Consult a healthcare practitioner for use beyond 3 months.

#### SIDE EFFECTS

If you experience any side effects or sensitivity towards any of the ingredients, discontinue use.

If symptoms persist, or if any adverse reactions occur, consult a medical practitioner.

Side effects may include, but are not limited to:

##### Gastrointestinal disorders

*Frequency unknown:* dyspepsia (including upper abdominal (epigastric) discomfort and nausea), vomiting, dysphagia, heartburn and diarrhoea

##### Skin and subcutaneous tissue disorders:

*Frequency unknown:* hypersensitivity reaction (dermatitis, erythema and urticaria)

##### Nervous system disorders:

*Frequency unknown:* anxiety, headaches, insomnia

#### Product issues

No product issues are available on GO!<sup>®</sup> FOCUS.

#### Post-marketing data

No side effects of GO!<sup>®</sup> FOCUS have been reported post-marketing.

#### KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

##### Symptoms of Overdosage

See **SIDE EFFECTS**.

Do not exceed the recommended daily dosage.

Possible symptoms of GO!<sup>®</sup> FOCUS overdose may include but are not limited to, flushing of the skin, polyuria, and chromaturia, dizziness and drowsiness.

##### Treatment of Overdosage

If an accidental overdose occurs, consult a medical practitioner.

Treatment is symptomatic and supportive.

#### IDENTIFICATION

Orange coloured oval, flattened coated tablets.

#### PRESENTATION

White plastic bottle with orange flip-top cap, containing 30 oval, flattened coated tablets, with a leaflet, in a unit carton.

#### STORAGE INSTRUCTIONS

Store at or below 25 °C.

Replace cap firmly after use.

Protect from light and moisture.

Keep in original packaging until required for use.

Do not use after the expiry date printed on the carton and bottle.

KEEP OUT OF REACH OF CHILDREN.

#### REGISTRATION NUMBER

To be allocated

#### NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION

Nativa (Pty) Ltd

260 Cradock Avenue, Lyttelton, Centurion, 0157, Gauteng, South Africa

Tel: +27 (0) 12 664 7110

Customer care line: 0860 628 482

Email: [health@nativa.co.za](mailto:health@nativa.co.za)

Website: [www.nativa.co.za](http://www.nativa.co.za)

#### DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

To be allocated

#### DATE OF REGISTRATION

To be allocated

#### COMPLEMENTARY MEDICINE

Health Supplement

Health Supplements are intended only to complement health or supplement the diet.

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

PP1219/01