

CardioPack™

Consumer Medicine Information

What is in this leaflet?

This leaflet answers some common questions about CardioPack™. It does not contain all the available information, nor does it take the place of talking with your healthcare professional.

All medicines have risks and benefits. Your healthcare professional has weighed the risks of you taking CardioPack™ against the benefits they expect it will have for you.

Keep this leaflet with your medicine.

You may need to read it again.

If you have any concerns about taking CardioPack™, ask your healthcare professional.

1. What are the benefits of CardioPack™?

CardioPack™ contains CardioNutrients Forte and UltraClean EPA/DHA Plus® both of which support cardiac wellness.

CardioNutrients Forte contains:

- Coenzyme Q10 - acts as a potent antioxidant throughout the body including inhibiting lipid oxidation. Coenzyme Q10 is naturally concentrated in the heart muscle and supports a healthy heart.

- Magnesium orotate - supports a healthy vascular system in addition to playing an integral role in normal healthy heart rhythm. Orotic acid helps to transport magnesium into cells, including heart cells.
- Alpha lipoic acid - is a versatile antioxidant.
- Selenium - is a crucial cofactor in the production of many of the body's antioxidant enzymes. Selenium may also provide nutritional support for the heart muscle.

UltraClean EPA/DHA Plus® provides concentrated omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) which: have anti-inflammatory properties and may provide anti-inflammatory effects to maintain cardiovascular health. provide nutritional support for the cardiovascular system.

Your healthcare professional may have prescribed CardioPack™ for another reason.

Ask your health professional if you have any questions concerning why CardioPack™ has been prescribed for you.

2. Things to know before taking CardioPack™

2a) When must CardioPack™ not be taken?

Do not take CardioPack™ while on warfarin therapy without medical advice.

Do not take CardioPack™ if you have an allergy to:

- Any of the ingredients listed in section 7b

If you are unsure whether you are allergic to these ingredients, please ask your healthcare professional.

Do not give CardioPack™ to children and adolescents under 18 years of age without advice from your healthcare professional.

Do not take CardioPack™ if the packaging is torn or shows signs of tampering.

Do not take CardioPack™ if the expiry date on the pack has passed.

2b) Before you start to take CardioPack™

You must tell your healthcare professional if:

- You are allergic to any other medicines, foods, dyes or preservatives
- You are pregnant or planning to become pregnant
- You are breastfeeding or planning to breastfeed

If it is necessary for you to take CardioPack™, your healthcare professional will discuss the risks and benefits of taking it during pregnancy.

If you have not told your healthcare professional about any of the above, tell them before you start taking CardioPack™.

2c) Taking other medicines

Before taking CardioPack™, tell your healthcare professional if you are taking any other medicines, including medicines that you buy without a prescription from a pharmacy, supermarket or health food store.

Some medicines may be affected by CardioPack™ or may affect how well CardioPack™ works. You may need to take different amounts of your medicines, or you may need to take different medicines. Your healthcare professional can tell you what to do if you are taking any of these medicines.

3. Taking CardioPack™

Follow all directions given to you by your healthcare professional carefully.

They may differ from the information contained in this leaflet.

3a) How much CardioPack™ should be taken?

For adults, the usual dose is one capsule daily of CardioNutrients Forte and one capsule daily of UltraClean EPA/DHA Plus®.

Your healthcare professional will tell you the dose of CardioPack™ you will need to take each day. This depends on the condition being treated and whether any other medicines are being used.

3b) How should CardioPack™ be taken?

The capsules in CardioPack™ should be swallowed with water.

3c) When to take CardioPack™

It is best to take the capsules with meals, unless otherwise advised by your healthcare professional.

3d) How long should you take CardioPack™?

Take CardioPack™ for as long as your healthcare professional prescribes.

3e) If you forget to take CardioPack™

Take your dose of CardioPack™ as soon as you remember, and then go back to taking CardioPack™ as you would normally.

If you are not sure what to do, check with your healthcare professional.

If you have trouble remembering when to take your medicine, ask your healthcare professional for some hints.

3f) If you have taken too much (overdose)

Visit or contact your healthcare professional as soon as possible. Tell your healthcare professional how many CardioNutrients Forte and/or UltraClean EPA/DHA Plus® capsules you took and when, so they can determine what action is the best for your health. Please visit your healthcare professional even if there are no signs of discomfort or poisoning.

4. While you are taking CardioPack™

4a) Things you must do

If you become pregnant while taking CardioPack™, tell your healthcare professional immediately.

If you are about to start taking a new medicine, tell your healthcare professional that you are taking CardioPack™.

If you are planning to have surgery, including dental surgery, tell your doctor or dentist that you are taking CardioPack™.

Always follow your healthcare professional's instructions carefully.

4b) Things you must not do

Do not give CardioPack™ to any one else even if their symptoms seem similar to yours or they have the same conditions as you.

CardioNutrients Forte contains selenium which is toxic in high doses. Do not take a daily dose of more than 150mcg per day of selenium from dietary supplements.

Vitamin supplements should not replace a balanced diet.

5. Side effects

You should be aware that all medicines carry some risks and that all possible risks may not be known at this stage despite thorough testing.

CardioPack™ has a low risk for side effects when taken as directed.

If you experience any of the following symptoms after taking a dose of CardioPack™, tell your healthcare professional. These symptoms may be from an allergic reaction:

- Difficulty breathing
- Swelling of the face and throat

- Skin rash
- Itching

Tell your healthcare professional if you notice any effects.

If you have any questions, please ask your healthcare professional.

6. After taking CardioPack™

6a) Storage

Keep your CardioPack™ capsules in their pack until it is time to take them.

If you take the capsules out of the pack they may not keep well.

Always store CardioPack™ only in its original container.

Keep your CardioPack™ in a cool, dry place where the temperature stays below 30°C.

Keep CardioPack™ away from light or moisture. Do not store CardioPack™ or any other medicine in the bathroom or near a sink. Do not leave medicines in the car or on window sills.

Heat and dampness can destroy some medicines.

Keep your medicines where children cannot reach them.

A locked cupboard at least one-and-a-half metres (1.5m) above the ground is a good place to store medicines.

6b) Disposal

Your pharmacist or healthcare professional should be able to safely dispose of any unused CardioPack™.

7. Product description

7a) What does CardioPack™ look like?

CardioPack™ is a medicine kit carton containing 3 blister sheets each of CardioNutrients Forte capsules and UltraClean EPA/DHA Plus® capsules. Each CardioNutrients Forte blister sheet contains 15 red-coloured, oval-shaped soft capsules. Each UltraClean EPA/DHA Plus® blister sheet contains 15 yellow-coloured, oval-shaped, vanilla-scented capsules.

7b) Ingredients

- **CardioNutrients Forte**
AUST L 203612

Active ingredients:

- Each capsule contains: Ubidecarenone (coenzyme Q10) 100mg
- Magnesium (as orotate 400mg) 25.6mg
- Selenomethionine 166mcg equiv. to selenium 67mcg

Inactive ingredients:

- Rice bran oil
- Beeswax yellow
- Lecithin
- Iron oxide red
- Glycerol
- Gelatin
- Purified water

UltraClean EPA/DHA Plus® AUST L 150351

Active ingredients:

- Each capsule contains:
- Concentrated omega-3 triglycerides - fish 1g equiv. eicosapentaenoic acid
- (EPA) 200mg equiv. docosahexaenoic acid
- (DHA) 300mg
- d-alpha Tocopherol 16.8mg equiv. to natural vitamin E 25IU

Inactive ingredients:

- Gelatin
- Purified water
- Glycerol
- Ethylcellulose
- Medium chain triglycerides
- Oleic acids
- Sodium alginate
- Stearic acid
- Vanillin

CardioPack™ does not contain sucrose, gluten, tartrazine or any other azo dyes.

8. Translations

To read this information in other languages go to:

- www.bioceuticals.com.au/transtate

Distributor

CardioPack™ is supplied in Australia by:

BioCeuticals®

A division of FIT-BioCeuticals Limited

ABN 77 062 851 683

Unit 16/37-41 O'Riordan Street
Alexandria NSW 2015

Toll free number: 1300 650 455
(Australia)

Telephone: +61 2 9080 0900
(International)

CardioPack™ is supplied in New Zealand by:

FIT-BioCeuticals (NZ) Limited

14 Clemway Place

Unit G, Henderson

Auckland 0610

Toll free number: 0800 451 285

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