

# BioClean EPA:DHA + Plant Sterols

## Supporting Healthy Blood Cholesterol Maintenance

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### Consumer Medicine Information

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## 1. What is in the leaflet

This leaflet answers some common questions about BioClean EPA:DHA + Plant Sterols capsules.

It does not contain all of the available information. It does not take the place of talking to your healthcare professional or pharmacist.

All medicines have risks and benefits. Your doctor has weighed the risks of you taking BioClean EPA:DHA + Plant Sterols capsules against the benefits they expect it will have for you.

If you have any concerns about taking this medicine, ask your healthcare professional or pharmacist.

**Keep this leaflet with the medicine.**  
You may need to read it again.

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## 2. What BioClean EPA:DHA + Plant Sterols is used for

BioClean EPA:DHA + Plant Sterols has been scientifically formulated to support healthy blood cholesterol levels and cardiovascular function in healthy individuals. Omega-3 essential fatty acids are incorporated into all cellular membranes supporting membrane fluidity, integrity of blood vessels and may also help maintain normal blood cholesterol levels in healthy individuals. Plant Sterols assist with maintaining blood cholesterol levels within a normal healthy range in healthy individuals by improving the LDL:HDL ratio and helping to

reduce intestinal absorption of cholesterol from dietary sources. Plant Sterols combined with EPA:DHA may also maintain healthy blood triglyceride levels in healthy individuals.

**Your healthcare professional or pharmacist may have prescribed BioClean EPA:DHA + Plant Sterols for another reason.**

**Ask your healthcare professional or pharmacist if you have any questions concerning why BioClean EPA:DHA + Plant Sterols as been prescribed for you.**

BioClean EPA:DHA + Plant Sterols is not addictive.

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## 3. Before you take BioClean EPA:DHA + Plant Sterols

### 3a) When you must not take it

Do not take BioClean EPA:DHA + Plant Sterols if:

- 1. You have had an allergic reaction to BioClean EPA:DHA + Plant Sterols, or any ingredient listed in section 8b.**
- 2. The packaging is torn or shows signs of tampering.**
- 3. The expiry date (EXP) printed on the pack has passed.**

If you take this medicine after the expiry date has passed, it may not work as well.

**If you are not sure if you should start taking BioClean EPA:DHA + Plant Sterols contact your healthcare professional or pharmacist.**

**Do not give BioClean EPA:DHA + Plant Sterols to children.**

There is limited information on the use of BioClean EPA:DHA + Plant Sterols in children.

### 3b) Before you start to take it

You must tell your doctor if:

- 1. You have any allergies to any other medicines, foods, preservatives, dyes or additives.** BioClean EPA:DHA + Plant Sterols contains gelatin, iron and vanillin.  
If you experience any allergic reaction or other side effects after consuming BioClean EPA:DHA + Plant Sterols you should discontinue use and consult with your healthcare professional or pharmacist.
- 2. You are pregnant or planning to become pregnant.**
- 3. You are breastfeeding or planning to breastfeed.**
- 4. You have or have had any other health problems or issues including:**
  - high blood pressure.

**If you have not told your healthcare professional or pharmacist about any of the above, tell them before you start taking BioClean EPA:DHA + Plant Sterols.**

### 3c) Taking other medicines

**Tell your healthcare professional or pharmacist if you are taking any other medicines, including any that you get without a prescription from a naturopath, supermarket or health food store.**

Tell your healthcare professional or pharmacist if you are taking either of the following:

- Aspirin
- Xenical
- Warfarin.

Some medicines may be affected by BioClean EPA:DHA + Plant Sterols or may affect how well it works. You may need to take different amounts of your medicine, or you may need to take different medicines. Your doctor will advise you.

Your healthcare professional or pharmacist has more information on medicines to be careful with or avoid while taking BioClean EPA:DHA + Plant Sterols.

**Ask your healthcare professional or pharmacist if you are not sure about this list of medicines.**

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## 4. How to take BioClean EPA:DHA + Plant Sterols

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### *4a) How much to take*

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

**Take BioClean EPA:DHA + Plant Sterols exactly as your healthcare professional or pharmacist has prescribed.**

They may differ from the information contained in this leaflet.

### *4b) How much BioClean EPA:DHA + Plant Sterols should be taken*

For adults, take two (2) capsules, twice per day, or as directed by your healthcare professional.

Your healthcare professional or pharmacist will tell you how many BioClean EPA:DHA + Plant Sterols capsules to take each day. This depends on the condition being treated and whether any other medicines are being used.

### *4c) How to take BioClean EPA:DHA + Plant Sterols*

Capsules should be swallowed whole with water daily before meals.

Capsules can be broken open and put on cold foods. Consult with your healthcare practitioner or pharmacist if you are unsure.

Do not take any capsules that are damaged.

### *4d) When to take BioClean EPA:DHA + Plant Sterols*

Before meals, unless otherwise advised by your healthcare practitioner.

### *4e) How long to take BioClean EPA:DHA + Plant Sterols*

Take BioClean EPA:DHA + Plant Sterols as long as your healthcare practitioner or pharmacist prescribes.

### *4f) If you forget to take BioClean EPA:DHA + Plant Sterols*

Do not try to make up for missed doses by taking an extra dose.

This may increase the chance of getting an unwanted side effect.

If it is almost time for your next dose, skip the dose you missed and take the next dose when you are meant to.

**If you are unsure of what to do, check with your healthcare professional or pharmacist.**

### *4g) If you have taken too much BioClean EPA:DHA + Plant Sterols (overdose)*

Visit your healthcare professional or pharmacist as soon as possible. Tell them how much BioClean EPA:DHA + Plant Sterols you took and he/she can determine what action is best for your health. Please visit your healthcare professional or pharmacist even if there are no signs of discomfort or poisoning.

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## 5. While you are taking BioClean EPA:DHA + Plant Sterols

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### *5a) Things you MUST do:*

**If you become pregnant while taking, BioClean EPA:DHA + Plant Sterols tell your healthcare professional or pharmacist immediately.**

**If you are about to start taking a new medicine, tell your healthcare professional or pharmacist that you are taking BioClean EPA:DHA + Plant Sterols.**

**If you are planning to have surgery, including dental surgery, tell your healthcare professional or pharmacist that you are taking BioClean EPA:DHA + Plant Sterols.**

**Always follow your healthcare professional or pharmacist's instructions carefully.**

### *5b) Things you MUST NOT do*

Do not heat BioClean EPA:DHA + Plant Sterols or add into hot foods.

Do not expose BioClean EPA:DHA + Plant Sterols to extreme heat conditions for extended periods of time.

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## 6. Side Effects

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**All medicines can have side effects. Sometimes they are serious, most of the time they are not.**

Do not be alarmed by this list of possible side effects. You may not experience any of them.

**Ask your healthcare professional or pharmacist to answer any questions you may have.**

**Tell your healthcare professional or pharmacist if you notice any of the following and they worry you:**

- Cramps or pain in the stomach area
- Constipation
- Diarrhoea
- Mucus in the stool

- Swollen or bloated stomach area
- Gas
- Discomfort in the upper stomach area.

These side effects are usually mild and dose related. Most of them disappear completely in a few days after the dose of BioClean EPA:DHA + Plant Sterols is lowered or stopped.

Serious allergic reactions to these ingredients are rare; however tell your healthcare professional or pharmacist immediately if you experience any of the following:

- Skin rash
- Swelling of the face and/or throat
- Difficulty breathing
- Itching of the skin.

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## 7. After taking BioClean EPA:DHA + Plant Sterols

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### 7a) Storage

Keep BioClean EPA:DHA + Plant Sterols in its bottle until it is time to take it. If you take the capsules out of the bottle they may not keep well.

Always store BioClean EPA:DHA + Plant Sterols only in its original container.

Keep BioClean EPA:DHA + Plant Sterols refrigerated. Do not freeze. Store below 25°C.

Do not store BioClean EPA:DHA + Plant Sterols, or any other medicine, in a bathroom or near a sink.

Do not leave it in the car or on windowsills.

Heat and dampness can destroy the medicine.

Protect BioClean EPA:DHA + Plant Sterols from light.

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## 8. Product description

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### 8a) What BioClean EPA:DHA + Plant Sterols looks like

BioClean EPA:DHA + Plant Sterols is a soft red capsule.

BioClean EPA:DHA + Plant Sterols is packed in a recyclable plastic bottle with a safety seal over the cap.

BioClean EPA:DHA + Plant Sterols is available in bottles containing 60 capsules or 120 capsules.

### 8b) Ingredients

#### Active Ingredients

- Fish Oil - Natural 500mg  
- Equiv. Eicosapentaenoic acid 90mg  
- Equiv. Docosahexaenoic acid 60mg
- Vegetable oil phytosterol esters (Plant Sterols) 50mg

#### Inactive Ingredients

Vanillin, Glycerol, Titanium oxide, Iron oxide red

#### The capsule shell contains

Gelatin capsules.

**BioClean EPA:DHA + Plant Sterols is dairy and gluten free.**

**BioClean EPA:DHA + Plant Sterols is halal.**

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## 9. Translation

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To read this information in other languages go to [www.medlab.co/translate](http://www.medlab.co/translate).

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## 10. Manufacturer

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BioClean EPA:DHA + Plant Sterols is supplied in Australia by:

A division of Medlab Clinical Limited™  
66 McCauley Street  
Alexandria NSW 2015  
Toll free: 1300 369 570

BioClean EPA:DHA + Plant Sterols is supplied in Northern America by:

A division of InMed Technologies™  
Suite 400, 29883 Santa Margarita Pkwy  
Rancho Santa Margarita CA 92688  
Toll free: 1800 921 1710

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Medlab Clinical Limited™