

# NanoCelle™ D3 + K2

## Contains Micellized Vitamin D3 & Vitamin K2

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### Consumer Medicine Information

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#### 1. What is in the leaflet

This leaflet answers some common questions about NanoCelle™D3 + K2.

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

All medicines and supplements have risks and benefits. Your doctor has weighed the risks of you taking NanoCelle™D3 + K2 against the benefits they expect it will have for you.

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

**Keep this leaflet with the medicine.**

You may need to read it again.

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#### 2. What NanoCelle™D3 + K2 is used for

NanoCelle™D3 + K2 is used to assist in the management of Vitamin D deficiency. Vitamin D3 and K2 are important for healthy bone metabolism and mineralisation and bone mineral density. Vitamin D3 assists in healthy immune function and Vitamin K2 is naturally required for normal healthy blood coagulation pathways.

**Your healthcare professional or pharmacist may have prescribed NanoCelle™D3 + K2 for another reason.**

**Ask your healthcare professional or pharmacist if you have any questions concerning why NanoCelle™D3 + K2 as been prescribed for you.**

NanoCelle™D3 + K2 is not addictive.

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#### 3. Before you take NanoCelle™D3 + K2

##### *3a) When you MUST NOT take it*

Do not take NanoCelle™D3 + K2 if:

- 1. You have had an allergic reaction to NanoCelle™D3 + K2, Cholecalciferol, or any ingredient listed in section 8b.**
- 2. The packaging is torn, missing or shows signs of tampering.**
- 3. The expiry date (EXP) printed on the pack has passed.**

If it has expired or passed, return to your pharmacist for disposal.

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 NanoCelle™D3 + K2 contact your healthcare professional or pharmacist.**

##### *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.**

If you experience any allergic

reaction or other side effects after consuming NanoCelle™D3 + K2 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:**

- Hypercalcaemia
- Hypervitaminosis D
- Thrombophilia (hypercoagulable states)
- Bleeding disorders (Haemophilia, Von Willebrands disease)
- Malabsorption
- Kidney disease
- Liver disease.

**If you have not told your healthcare professional or pharmacist about any of the above, tell them before you start taking NanoCelle™D3 + K2.**

##### *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.**

**Anticoagulant medications interact with Vitamin K. Vitamin K is used by the body to help blood clot. Warfarin (Coumadin) is used to slow blood clotting. By helping the blood clot, Vitamin K might decrease the effectiveness of Warfarin (Coumadin).**

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

- Warfarin (Coumadin).

Your doctor or pharmacist will advise you.

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

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## 4. How to take NanoCelle™D3 + K2

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### 4a) How much to take

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

**Take NanoCelle™D3 + K2 exactly as your healthcare professional or pharmacist has prescribed.**

They may differ from the information contained in this leaflet.

### 4b) How much NanoCelle™D3 + K2 should be taken

The adult dose is 300 µL (2 sprays) daily, sprayed on the inside of the cheek (buccal) before a meal.

Your healthcare professional or pharmacist will tell you how much NanoCelle™D3 + K2 to take each day. This depends on the condition being treated and whether any other medicines are being used.

### 4c) How to take NanoCelle™D3 + K2

NanoCelle™D3 + K2 should be sprayed onto the buccal membrane (inside cheek).

Consult your healthcare professional if you are unsure.

### 4d) When to take NanoCelle™D3 + K2

Take NanoCelle™D3 + K2 before a meal, unless otherwise advised by your healthcare professional or pharmacist.

### 4e) How long to take NanoCelle™D3 + K2

Take NanoCelle™D3 + K2 as long as your healthcare practitioner prescribes.

### 4f) If you forget to take NanoCelle™D3 + K2

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 NanoCelle™D3 + K2 (overdose)

Visit your healthcare professional or pharmacist as soon as possible. Tell them how much NanoCelle™D3 + K2 you took and he/she can determine what action is best for your health. Please visit your healthcare professional or pharmacist if there are signs of discomfort or poisoning.

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## 5. While you are taking NanoCelle™D3 + K2

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### 5a) Things you MUST do

**If you become pregnant while taking, NanoCelle™D3 + K2 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 NanoCelle™D3 + K2.**

**If you are planning to have surgery, including dental surgery, tell your healthcare professional or pharmacist that you are taking NanoCelle™D3 + K2.**

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

### 5b) Things you MUST NOT do

Do not spray NanoCelle™D3 + K2 into your eyes. Do not spray NanoCelle™D3 + K2 onto skin that is cut or bleeding.

Do not heat NanoCelle™D3 + K2 to extreme heat conditions for extended periods of time.

You should discuss this with your healthcare professional or pharmacist.

### 5c) Things to be careful of

NanoCelle™D3 + K2 contains Vitamin D3, which is a fat-soluble vitamin. Some weight loss medicines can bind to Vitamin D3 and make treatment unsuccessful. Vitamin K is a fat-soluble vitamin that plays a key role in blood clotting, preventing excessive bleeding.

You should discuss this with your healthcare professional if you are taking anticoagulant medications.

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## 6. Side effects

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

If you experience any of the following symptoms after taking a dose of NanoCelle™D3 + K2, tell your healthcare professional immediately. These symptoms may be from an allergic reaction:

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

**If you have questions, please ask your healthcare professional or pharmacist.**

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## 7. After taking NanoCelle™D3 + K2

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### 7a) Storage

Keep NanoCelle™D3 + K2 in its bottle until it is time to take it. If you take the liquid out of the bottle it may not keep well.

**Keep NanoCelle™D3 + K2 in a cool, dry place where the temperature stays below 25°C. Do not refrigerate or freeze this product.**

Do not store NanoCelle™D3 + K2, or any other medicine, in a bathroom or near a sink.

Do not leave it in the car or on windowsills.

Keep out of reach of children.

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## 8. Product description

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### 8a) What NanoCelle™D3 + K2 looks like

NanoCelle™D3 + K2 is a peppermint-flavoured, clear liquid. NanoCelle™D3 + K2 is packaged in a 30 mL opaque plastic spray bottle with a clear plastic cap.

Each bottle is packed in a recyclable cardboard box with a safety seal.

Each 30 mL spray bottle contains 100 doses (200 sprays).

### 8b) Ingredients

#### Active Ingredients:

- Vitamin D3 (as cholecalciferol)  
25 µg (1000IU)
- Vitamin K2 (as menaquinone-7)  
45 µg.

#### Inactive Ingredients:

- PEG-40 Caster Oil
- Glycerol
- Peppermint Oil
- Citric Acid
- Potassium Sorbate
- Steviol Glycosides
- Water-purified.

**NanoCelle™D3 + K2 is suitable for vegetarians.**

**NanoCelle™D3 + K2 is dairy and gluten free.**

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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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NanoCelle™D3 + K2 is supplied in Australia by:

A division of Medlab Clinical Limited™

66 McCauley Street  
Alexandria NSW 2015  
Toll free: 1300 369 570

NanoCelle™D3 + K2 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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AUST L 273824.

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Medlab Clinical Limited™