



GARCINIA-60% HCA

Package Insert

- 1. Scheduling status:** SO
- 2. Proprietary name and dosage form:**
PSNLifestyle GARCINIA-60% HCA 60 capsules
- 3. Composition:**
Each serving (1 capsule) contains:

Garcinia Cambogia 60% HCA	500mg
Cinnamon extract	150mg
Calcium (as Calcium orotate)	25mg
Potassium chloride	25mg

OTHER INGREDIENTS: gelatin and purified water
- 4. Pharmacological classification:**
Dietary supplement
- 5. Pharmacological action:**
Weight loss support
- 6. Indication:**
This product is indicated for weight loss support when used in conjunction with a low-calorie diet and physical exercise.
- 7. Contraindications:**
 - Do not use if you have gallstones, liver disease or diabetes without consulting your physician.
- 8. Caution:**
 - Consult your physician before use if you have any medical condition like gallstones, liver disease, diabetes or cardiovascular disease.
 - Consult your physician before use if you are taking prescription medication especially blood thinning medications and anti-diabetics.
 - Do not use if you are allergic to any of the ingredients.
 - Never exceed the recommended dose unless on the advice of your health care provider.
 - This product is not intended to diagnose, treat, cure or prevent any disease.
 - Keep out of reach of children.
- 9. Interactions:**
Using this product with the type of medications below, may oppose or potentiate their effectivity.
 - Anti-coagulants/blood thinners like warfarin, heparin, aspirin (potentiate)
 - Anti-diabetics (potentiate)
 - Anti-depressant medication which increases serotonin (potentiate)
- 10. Pregnancy and lactation:**
Do not use during pregnancy or breast feeding.
- 11. Dosage and directions for use:**
Take one (1) capsule 1-3 times per day, preferably 1 hour before meals, together with a glass of water.
- 12. Side effects:**
Gastro-intestinal stress at high doses.
- 13. Overdose:**
Abnormal high doses can cause gastro-intestinal distress.
- 14. Identification:**
This product is capsulated with PSN branded capsules.
- 15. Presentation:**

This product is packed into a sealed black plastic container with black plastic cap.

16. Storage instructions:

Store in a cool dry place below 25°C and keep out of reach of children.

17. Registration number:

This product has not been evaluated by the Medicines Control Council.