

# Professional Information for PEPTOSPORT® CITRUS

## COMPLEMENTARY MEDICINE: HEALTH SUPPLEMENT

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

SCHEDULING STATUS: **S0**

1. NAME OF THE MEDICINE: PEPTOSPORT® oral powder

2. QUALITATIVE AND QUANTITATIVE COMPOSITION:

Each dose contains:

Scoops - level		x 4	x 6	x 8
Each dose contains / Elke dosis bevat	Per 100g	Per 55 g	Per 82 g	Per 110 g
Energy / Energie	1656 kJ / 396 kcal	911 kJ / 218 kcal	1358 kJ / 324 kcal	1822 kJ / 435 kcal
Casein hydrolysate / Kaseienhidrolisaat				
	18,5 g	10,2 g	15,3 g	20,4 g
Total Fat / Totale Vet	0 g	0 g	0 g	0 g
Carbohydrates / Koolhidrate	72,8 g	40 g	60 g	80 g

### AMINO ACID PROFILE / AMINOSUURPROFIEEL

Scoops - level		x 4	x 6	x 8
Each dose contains / Elke dosis bevat		Per 55 g	Per 82 g	Per 110 g
Glutamine (Glutamic acid) / Glutamiën (glutamiensuur)		2,7 g	4,05 g	5,4 g
Proline / Prolieën		1,26 g	1,88 g	2,52 g
Leucine / Leusien* <sup>^</sup>		1,18 g	1,77 g	2,36 g
Lysine / Lisien*		1,02 g	1,53 g	2,04 g
Valine / Valien* <sup>^</sup>		0,82 g	1,22 g	1,64 g
Asparagine (Aspartic acid) / Asparagien (Aspartiënsuur)		0,81 g	1,21 g	1,62 g
Tyrosine / Tiroisien		0,72 g	1,08 g	1,44 g
Serine / Serien		0,71 g	1,06 g	1,42 g
Phenylalanine / Fenielalanien*		0,65 g	0,98 g	1,30 g
Isoleucine / Isoleusien* <sup>^</sup>		0,63 g	0,95 g	1,26 g
Threonine / Treonien*		0,53 g	0,79 g	1,06 g
Arginine / Arginien		0,46 g	0,69 g	0,92 g
Methionine / Metionien*		0,41 g	0,62 g	0,82 g
Histidine / Histidien*		0,39 g	0,59 g	0,78 g
Alanine / Alanien		0,36 g	0,55 g	0,72 g
Glycine / Glisien		0,27 g	0,41 g	0,54 g
Tryptophane / Triptofaan*		0,17 g	0,26 g	0,34 g
Cysteine / Sisteien		0,09 g	0,13 g	0,18 g

\* Essential amino acids / Essensiële aminosure

<sup>^</sup> Branched chain amino acids / Vertakte ketting aminosure

Excipients with known effect:

Contains sugar:

Each scoop contains 5 g maltodextrin, 2,5 g fructose and 2,5 g sucrose.

Contains sweeteners: Each scoop contains 4 mg acesulfame potassium and 4 mg sucralose).

For the full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM

Oral powder.

Dry, light pink powder.

4. CLINICAL PARTICULARS

4.1 Therapeutic indications










PEPTOSPORT® is a workout supplement that contains proteins, carbohydrates and a wide variety of amino acids for athletic support. Protein helps build and repair body tissues and contributes to the maintenance of muscle mass, and amino acids are involved with muscle protein synthesis.

Carbohydrates provide fuel that is important for muscle contraction during prolonged exercise performed at moderate intensity, and short duration exercise performed at high intensity.

4.2 Posology and method of administration

## DOSE AND DIRECTIONS FOR USE

### DOSIS EN GEBRUIKSAANWYSINGS

WEIGHT / GEWIG	 50 kg	 75 kg	 100 kg	CONSUMPTION / VERBRUIK
 DURING EXERCISE / TYDENS OEFENING	500 ml Flavoured Energy Drink x 4	500-750 ml Flavoured Energy Drink x 6	850 ml Flavoured Energy Drink x 8	 Drink 200-250 ml Every 15-30 min
 AFTER EXERCISE / NA OEFENING	500 ml Flavoured Energy Drink x 4	500-750 ml Flavoured Energy Drink x 6	850 ml Flavoured Energy Drink x 8	
 Enhance recovery by adding ADDITIONAL PeptoPro® Verbeter herstel deur EKSTRA PeptoPro® byvoeging	PEPTOPRO® AFTER EXTREME EXERCISE / NA UUTERMATIGE OEFENING x 4	x 6	x 8	 Bottle Size 500-850 ml Drink within 30 min after exercise

### PREPARATION / VOORBEREIDING



1. Add powder to water.  
2. Mix.  
3. Shake and wait for foam to settle.  
Skud en wag vir skuim om af te sak.  
4. Drink.



SCOOP ENCLOSED IN TUB.  
BEST CONSUMED CHILLED

Do not exceed the recommended dosage.

4.3 Contraindications

Hypersensitivity to casein or to any of the excipients listed in section 6.1.

4.4 Special warnings and precautions for use

Sufficient protein is provided in normal well-balanced daily meals.

Do not exceed the daily dosage level without consulting a relevant healthcare provider.

If you have liver or kidney disease, consult a relevant healthcare provider prior to use.

PEPTOSPORT® is not suitable for children under the age of 18

PEPTOSPORT® contains sodium

PEPTOSPORT® contains 28,25 mg sodium per scoop, equivalent to 1,4 % of the WHO recommended maximum daily intake of 2 g sodium for an adult.

PEPTOSPORT® contains sugar: sucrose, fructose and maltodextrin

Patients with rare hereditary problems of fructose intolerance, glucose-galactose malabsorption or sucrose-isomaltase insufficiency should not take PEPTOSPORT®.

4.5 Interaction with other medicines and other forms of interaction

None known.

4.6 Fertility, pregnancy and lactation

Safety in pregnancy and lactation has not been established.

4.7 Effects on ability to drive and use machines

PEPTOSPORT® is unlikely to affect the ability to drive and use machines.

4.8 Undesirable effects

PEPTOSPORT® is generally well tolerated.

Immune system disorders:

Less frequent: hypersensitivity reaction

Gastrointestinal disorders:

Frequent: diarrhoea, nausea, vomiting, delayed gastric emptying.

Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of PEPTOSPORT® is important. It allows continued monitoring of the benefit/risk balance of PEPTOSPORT®. Health care providers are asked to report any suspected adverse reactions to SAHPRA via the "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>

4.9 Overdose

See section 4.8.

In the event of overdose, treatment should be symptomatic and supportive.

5. PHARMACOLOGICAL PROPERTIES

Category and class: D 34.1 Amino acids.

Mechanism of action:

Casein protein is the major protein found in cow's milk and is considered a complete protein. Proteins are constituents of living cells, essential for growth and repair of tissues.

Carbohydrates provide fuel that is important for muscle contraction during prolonged exercise performed at moderate intensity, and short duration exercise performed at high intensity.

6. PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Acesulfame potassium  
Beta-carotene (Colourant)  
Citric acid  
Fructose  
Inulin  
Maltodextrin  
Mandarin flavouring  
Orange flavouring  
Silicon dioxide  
Sodium chloride  
Sucralose  
Sucrose.

6.2 Incompatibilities

Not applicable.

6.3 Shelf life

24 months.

Store at or below 25 °C.

6.4 Special precautions for storage

Store in dry place with the lid tightly closed once opened.

6.5 Nature and contents of container

900 g powder and a measuring scoop in a round white plastic tub, with a red plastic screw on lid, containing a patient information leaflet.

6.6 Special precautions for disposal and other handling

No special requirements.

7. HOLDER OF CERTIFICATE OF REGISTRATION

LeBasi Pharmaceuticals (Pty) Ltd  
San Domenico Unit 6  
10 Church Street  
Durbanville, Cape Town 7551

Marketed by:

At Life Products South Africa (Pty) Ltd  
6 Rautenbach Ave  
Wynberg, Sandton, 2090  
Gauteng  
South Africa  
Tel: 0800 434 444

8. REGISTRATION NUMBER

Will be allocated by SAHPRA upon registration.

9. DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION

Will be allocated by SAHPRA upon registration.

10. DATE OF REVISION OF THE TEXT

Will be allocated by SAHPRA upon registration.