

The information contained in our website and communications has been designed to educate and inform only and is not intended to be a nutritional regime or to replace Medical advice. The supplements listed should not be used as a substitute for a balanced diet nor are they meant as meal replacements.

If you are taking any prescription medications or are under medical supervision, please consult a doctor before taking any supplements.

It is important that attention is given to the recommended intake instructions printed on each label and caution should be taken not to exceed the stated intake unless professionally directed.

Where symptoms persist or there is concern about a condition you should stop taking the products and contact your doctor.

For many people, nutritional supplementation can be an important and useful adjunct to a healthy diet. However, by no means should food supplements be a substitute for a varied and balanced diet and healthy lifestyle. If you wish to use supplements, we strongly recommend that you consult with a qualified practitioner who can guide you in making the best choices for your needs.

Those under medical supervision (i.e. with a specific condition under medical review or taking prescription medication) should consult their Doctor before using supplements. Some products may interact with medication and, whilst we endeavour to provide warnings for major contraindications on our labels, these cannot be exhaustive. It is therefore suggested that a Doctor or Pharmacist is consulted on any potential interaction.

Other types of individual who should exercise particular care before using supplements:

- Individuals who have a pacemaker fitted.
- Individuals who are recipients of organ transplants and are taking immuno-suppressive medication.
- Individuals who are hyperallergic and experience anaphylactic reactions to specific or multiple ingredients.
- Pregnant women or breastfeeding women – particularly herbal preparations or high dose antioxidants.
- Children - herbal preparations or high dose antioxidants should not be used.

## **The Medicines Act 1968**

Please be aware that under the provisions of EU Medicines Legislation we are unable to make any recommendations or to give any advice to treat the following conditions:

- Cancer
- Sexually Transmitted Diseases
- Glaucoma
- Epilepsy
- Diabetes
- Locomotor Ataxia
- H.I.V & A.I.D.S.
- Tuberculosis
- Kidney Diseases

Furthermore due to the possible interactions with existing treatments for these conditions, it is our policy not to advise on any secondary conditions but to refer the individual to their supervising Medical Practitioner

# IMPORTANT INFORMATION ON SUPPLEMENTATION

please read carefully

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Amanda Hamilton Ltd, 2008

## Warnings, Cautions & Advisory Statements

There are several Industry and Government agreed warnings, cautions and advisory statements which appear on our suppliers' labels to help health professionals and their patients find the products most suited to them:

Vitamin A - All products containing over 800µg (2664 I.U.) of Vitamin A (as retinol and not as beta carotene) should state: "This product contains Vitamin A. Do not take if you are pregnant or likely to become pregnant except on the advice of a doctor or ante-natal clinic."

Vitamin K - Any product providing more than 100µg of Vitamin K in the recommended daily intake should have the following anti-coagulant warning: "If you are taking anti-coagulants (blood thinners), do not take this product except on the advice of a doctor."

Iron - For supplements where the total iron content (i.e. of the whole package - pot/box etc) is equal to or in excess of 200mg, the following warning should be given: "This product contains iron, which, if taken in excess, may be harmful to very young children. Keep out of sight and reach."

St. Johns Wort - All ingested St Johns Wort products should have the following warning: "Before taking this product: Please check with your doctor or pharmacist if you are taking any prescribed medicines, as St. John's Wort may affect the way they work."

French Maritime Pine Bark Extract - Products containing this extract should not be used by children, pregnant women or nursing mothers.

Vitamin C - Amounts greater than 1000mg vitamin C daily may cause mild stomach upset in sensitive individuals.

Iron - Amounts greater than 20mg of iron daily may cause mild stomach upset in sensitive individuals.

Calcium - Amounts greater than 1500mg of Calcium daily may cause mild stomach upset in sensitive individuals.

Magnesium - Amounts greater than 400mg of Magnesium daily may cause mild stomach upset in sensitive individuals.

Nickel - May cause a skin rash in sensitive individuals.

Nicotinic acid - Amounts greater than 20mg of nicotinic acid daily may cause skin flushes in sensitive individuals.

Zinc - Long term intake of amounts greater than 25mg of zinc daily may lead to anaemia.

Manganese - Long term intake of amounts greater than 4mg of manganese daily may lead to muscle pain and fatigue.

Phosphorus - Amounts greater than 250mg of phosphorus daily may cause mild stomach upsets in sensitive individuals.

Vitamin B6 - Long term intakes of amounts greater than 10mg of vitamin B6 daily may lead to mild tingling and numbness

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