

# Seaberry CardioMed

## Consumer Information

### What is in this leaflet

**Read all of this leaflet carefully before you start taking this product. Ask your doctor or pharmacist if you do not understand anything or are worried about taking this product.**

This leaflet answers some common questions about Seaberry CardioMed. It does not obtain all the available information.

It does not take the place of talking to your doctor and pharmacist. **Keep this leaflet with the product.** You may need to read it again.

### What Seaberry CardioMed is used for

\***SeaBerry CardioMed** is a safe, high quality and efficacious heart formula to maintain healthy cholesterol levels and healthy blood pressure levels. This product naturally contains plant sterol, proven to give cholesterol-lowering effects and cardiovascular health benefits in as few as 30 days<sup>1</sup>.

- Keeps your cholesterol, triglyceride, and blood pressure levels within the target range
- Strengthen your heart muscle
- Helps reduce the risk of cardiovascular health problems

Seaberry CardioMed is **suitable for person** who have cardiovascular diseases or at high risk of heart disease and stroke, and who have high calories diet and low levels of physical activity.

\* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any diseases.

### Before you take Seaberry CardioMed

#### When you must not take it

- If you are allergic to any of the ingredients listed at the end of this leaflet
- If you are or might be pregnant, or are planning to be pregnant
- If you breastfeed or are planning to breastfeed
- If the packaging is torn or shows signs of tampering
- If the designated expiry date has passed

#### Taking other medications / supplements

You should always tell your doctor about all medications or preparations you are taking before starting Seaberry CardioMed, this includes any prescription, herbal or "alternative" medicines as well as dietary supplements.

### How to use Seaberry CardioMed

#### How much to take

As a dietary supplement, take 2 softgels twice daily. For intensive use, particularly after serving food high in saturated fat and calories, take 3 softgels twice daily, or as directed by your healthcare practitioner.

#### How to take it

Swallow the softgel whole with water or other liquid. For best results take in addition to regular exercise and a reduced calorie diet.

#### When to take it

Take it after meal for the optimal absorption. Taking your medicine at the same time each day will have the best effect. It will also help you remember when to take it.

**If you do not understand the instructions on the box, ask your doctor or pharmacist for help.**

#### If you forget to take it

You should take the next dose on time, do not take the missed dose together. If you have any questions, please consult your doctor, pharmacist or healthcare practitioner.

### Side effects

Get emergency medical help if you have any of these signs of an allergic reaction such as rash, face swelling, throat tightness and difficulty in breathing. Tell your pharmacist or doctor if you notice anything that is making you feel unwell.

### Storage

Store Seaberry CardioMed in cool, dry place away from direct sunlight. Keep the lid of the bottle tightly closed. Keep Seaberry CardioMed out of the reach and sight of children.

### Product descriptions

#### What Seaberry CardioMed looks like:

Seaberry CardioMed is a clear softgel with yellowish oil. They are available in packs of 60.

#### Ingredients

**Serving Size : 2 softgels**

| Amount per serving    | % DV    |
|-----------------------|---------|
| Seabuckthorn Seed Oil | 1000mg* |

\* Daily Value not established

**The softgels also contain the following ingredients:** gelatin, glycerin, water, natural tocopherol.

**Does not contain:** lactose, sugar, starch, yeast, soy, corn, wheat, dairy, gluten, fish, tree nut, egg, shellfish, peanut, fragrance, artificial flavor, artificial color or preservatives added.

#### Developed by and manufactured for

TANGUT Corporation Limited.  
1312 New East Ocean Centre, 9 Science Museum Road, Tsim Sha Tsui East, Kowloon, Hong Kong  
Customer Enquiries: (+852) 3106 3220  
Email: enquires@tangutcorp.com  
Website: www.tangutcorp.com

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<sup>1</sup> Therapeutic effects of phytosterols and phytostanols in cholesterolemia. Arch Latinoam Nutr. 2004 Sep; 54(3) : 257-63