



## PRODUCT INFORMATION

### SELA INDIGESTION CAPSULES

Our **SELA Ingestion Capsules** with Cancer bush and Buchu are specially formulated to help with symptoms of indigestion such as heartburn, appetite, digestion by improving gut health

Do not exceed the recommended dose. Not suitable for use during pregnancy and breastfeeding. Not suitable for children. If you suspect that you have a stomach ulcer or have symptoms of indigestion that are not occasional or are getting worse, consult a relevant health care provider. Always consult a relevant health care provider before taking this product if you are taking any chronic medicines, in particular ARV (antiretrovirals) for HIV infection. Discontinue 2 weeks prior to any surgery.

#### TRADITIONALLY USED FOR:

- ✓ Soothing heartburn
- ✓ Acid-reflux
- ✓ Bloating

#### OTHER BENEFITS:

- ✓ Acid reflux
- ✓ Bloating & gas
- ✓ Stomach ulcers
- ✓ Stomach cramps
- ✓ Improves appetite
- ✓ Soothes heartburn
- ✓ Anti-inflammatory
- ✓ Improves digestion

Drink with a glass of water.

#### DIRECTIONS FOR USE:

**Adults:** Take 1 to 2 capsules with water up to three times a day.

Drink 2 hours before or after other medicine.

Drink 2 hours before or after using other medicine.

**Do not** drink if you are pregnant or breastfeeding.

#### INGREDIENTS:

mg per capsule contains:

<b><i>Sutherlandia frutescens</i></b> (Cancer Bush)	300 mg
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<b><i>Agathosma betulina Syn.</i></b> (Buchu) [leaf, as a 4:1 extract at 50 mg]	200 mg
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<b>In-actives:</b> Corn starch, magnesium stearate, silicon dioxide	
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#### DISCLAIMER:

#### WARNINGS

#### Manufactured by:

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