

## **N.B. TO GIVE IT TO YOUR PHARMACIST OR DOCTOR**

### **VITOLI ENERGY - PRECAUTIONS**

#### **Side effects**

The various ingredients in the Vitoli ENERGY product have little specific or serious toxicity<sup>\*2</sup>. However, some users have reported some side effects such as a slight risk of diarrhea (Magnesium), dizziness or vertigo, and change in saliva production (increase or decrease-dryness of the mouth - Rhodiola), as well as headache, nausea, or photosensitivity (Pyridoxine).

However, the clinical information we currently have, shows that the Vitoli ENERGY product has a reassuring profile of side effects.

#### **Contraindications**

The Vitoli ENERGY product could be contraindicated in a patient with renal insufficiency (Magnesium), in a patient who must have certain laboratory tests (AST and Vitamin B6), or when taking LEVODOPA (Pyridoxine), in patients suffering from autoimmune diseases (Rhodiola), or in patients diagnosed with bipolar disorder.

#### **Interactions**

The product should be taken a few hours apart from any other medication or supplement, but still taken while eating (Magnesium). In a patient taking any hypoglycemic agent<sup>\*3</sup> or hypotensive agent<sup>\*4</sup>, the Vitoli Energy product may increase the effect of these drugs; follow-up is therefore recommended (Rhodiola).

#### **Pregnancy and breastfeeding**

According to the information available, and although probably harmless

**It seems prudent to avoid taking Vitoli ENERGY during pregnancy or breastfeeding due to the lack of evidence, particularly regarding Rhodiola.**

#### **Caution**

The content of medicinal plants naturally varies according to the production site or according to the extraction conditions. Therefore, there are many variations in the composition of ingredients available from one brand of product to another. It is strongly recommended to use quality products, these being standardized to contain sufficient quantities of active substances for each plant, which ensures their effectiveness, confirms the origin of the plant and its safety. Canadian regulations do not require companies to meet these standards; the majority of plant extracts on the market are not standardized. The information in this document only applies to products within the Vitoli product line.

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