

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

### **VITOLI JOINTS - PRECAUTIONS**

#### **Side effects**

The various ingredients in the Vitoli JOINTS product have little specific or serious toxicity. However, some users of these ingredients have reported some side effects, especially diarrhea (8%)<sup>\*3</sup>, occasional nausea, vomiting, and abdominal pain. More rarely; headaches, ringing in the ears, decreased appetite and loss of taste. However, the clinical information we currently have, shows us that the Vitoli JOINTS product has undeniable efficacy with a reassuring profile of side effects. It is always possible that a hypersensitivity (ex: allergy) to one of the ingredients of the preparation could manifest itself. In such a case, it is recommended to stop using it and consult a health professional if serious allergy symptoms persist.

#### **Contraindications**

As the quality extracts of Devil's Claw could increase the production of gastric acid, it would be contraindicated in the presence of a stomach or duodenum ulcer, and should be used with caution if the presence of cholelithiasis (stones in the liver) is suspected, since it would also increase the production of bile. If the stomach is sensitive, taking it with meals may be the answer. It is advised to avoid it in the 2 weeks preceding surgery, or an important dental procedure.

#### **Interactions**

Since it could increase stomach acid, Devil's Claw could reduce the effectiveness of **antacids**, **H2 receptor antagonists** (e.g. Ranitidine), and **PPIs** (e.g. esomeprazole, lansoprazole, pantoprazole, etc.). However, since it would be better tolerated than some common anti-inflammatory drugs, it could reduce the need for their use. It is recommended to take with meals, for sensitive people. Health Canada has not reported this risk as significant.

#### **Monitoring**

- Quality extracts from Devil's Claw and olive polyphenols could lower blood sugar, they could potentiate the effects of **anti-diabetic drugs**, and a dose adjustment might be necessary; surveillance case. Health Canada has not reported this risk as significant.
- It is possible that quality extracts from Devil's Claw and olive extracts may both cause excessive anticoagulation in patients taking **Warfarin or antiplatelet agents**. It would therefore be recommended to use it with caution and adjust the doses of medication if necessary; surveillance case. Health Canada has not reported this risk as significant.
- Quality extracts from Devil's Claw may increase blood pressure, but olive extracts can lower blood pressure. Monitor and/or adjust antihypertensive medication if necessary; surveillance case. Health Canada has not reported this risk as significant.

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## **Pregnancy and breastfeeding**

According to the information available, ***it is contraindicated to use it in the presence of pregnancy and not recommended to use it if you are breastfeeding.***

## **Caution**

The content of medicinal plants naturally varies according to the production site or according to the extraction conditions. Therefore, there are a lot of 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 in the Vitoli product line.

André Perreault, pharmacist,

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## **References:**

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**4.Natural Medicines Comprehensive Database, Therapeutic Research Faculty, 2018**

**5.The Review of Natural Products, 6 ième édition, 2010**

**6.Santé Canada, Base de donnée des produits de santé naturels**

**7.Facts and Comparisons, The Lawrence review of natural products, 1998**

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