

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

VITOLI MEMORT AND COGNITIVE HEALTH - PRECAUTIONS

Side effects

The various ingredients of the Vitoli MEMORY AND COGNITIVE HEALTH product have little specific or serious toxicity. Some users of Ginkgo biloba have reported some side effects such as a slight risk of gastrointestinal effect, headache, or dizziness. Scientific literature reports that during long-term use, some patients may have experienced bleeding (Ginkgo biloba*5; controversial observation). Rare users of this ingredient have also experienced allergic skin reactions. These reactions and headaches could be due to poor quality extract; presence of ginkgolic acid from the fruit or branch, which is normally absent from quality leaf extracts. The clinical information currently available to us shows us that Vitoli MEMORY AND COGNITIVE HEALTH has a reassuring side effect profile.

Contraindications

The product Vitoli MEMORY AND COGNITIVE HEALTH should be avoided (stop for at least 7 days or as directed by the medical physician) in patients undergoing surgery, operation, transplant, or other intervention at risk of bleeding. It would also be contraindicated in patients on antiplatelet or anticoagulants (*4). In addition, in a patient taking Nifedipine (Adalat or other generic brand), increased monitoring would be recommended since there is the possibility of an increase in the effect of Nifedipine by Ginkgo Biloba (*3). Avoid the product in patients with a previous allergy to sumac, poison ivy, and mango peel. Although the cases listed are anecdotal (*2 & *7), it could be avoided as a precaution in patients with epilepsy taking anticonvulsants, both because of ginkgo and folic acid.

Interactions

Possible increased effect of nifedipine (*3). Possible increased effect of antiplatelet medication. Possible increased effect of anticoagulants (*4). Possible decrease in the effect of some anticonvulsants (phenytoin, phenobarbital, primidone). The product should not be used in those rare patients who are on one of the following two (2) medications: BUROSOMAB and ERDAFITINIB.

Olive grade extracts may lower blood pressure, improve glucose management, and reduce blood clotting. However, the dose used is the dietary dose consumed on average in the Mediterranean diet and is not related to any significant effect with interactions. Health Canada did not report this risk as significant.

Pregnancy and breastfeeding

It appears prudent to avoid taking Vitoli MEMORY AND COGNITIVE HEALTH during pregnancy or during breastfeeding

Caution

The content of medicinal plants varies naturally or according to the conditions of extraction. There is therefore a lot of variation in the composition of the ingredients available from one brand of product to another. It is strongly recommended to use quality products, these being standardized to contain the sufficient quantities of active substances for each plant, which ensures their effectiveness, confirms the origin of the plant, and the safety.

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Canadian regulations do not require companies to meet these standards; the majority of plant extracts on the market are not standardized. Idunn Technologies only uses standardized ingredients for Vitoli products and the information in this document applies only to those products.

If you are taking any prescription drugs and are in doubt, check with your pharmacist whether they are compatible with Vitoli MEMORY AND COGNITIVE HEALTH before taking it.

It is always possible that a hypersensitivity (e.g.: allergy) to any of the ingredients of the preparation may occur. In such a case it is recommended to discontinue use and consult a healthcare practitioner if serious allergy symptoms persist.

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