



## PATIENT INFORMATION LEAFLET

### PROPRIETARY NAME

(and dosage form):

**CELLFOOD® SHAPE**

### SCHEDULING STATUS:

Not scheduled.

### NOTE: PLEASE READ THE FOLLOWING INSTRUCTIONS BEFORE TAKING THIS MEDICINE:

• Always tell your health care professional if you are taking any other medicine.

• Do not share medicines prescribed for you with any other person.

• Not all side-effects for this medicine are included in this Patient Information Leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or health care professional for advice.

### WHAT CELLFOOD® SHAPE CONTAINS:

Each 100ml bottle of **CELLFOOD® SHAPE** contains about 900 drops of product: and each dosage of 20 drops contains 110mg Garcinia Cambogia Extract (Citrin K) and 90mg L-Carnitine.

**CELLFOOD® SHAPE** also contains 250mg **CELLFOOD®** made up of a proprietary Blend consisting of plant sourced Calcium, Copper, Iron, Magnesium, Manganese, Phosphorous, Potassium, Sulfur, Zinc, Silicon, Liquid Seaweed (Lithothamnium Calcareum) and Purified Water.

The ingredient, Garcinia cambogia extract (Citrin K) inhibits the production of ATP-Citrate Lyase in the body, resulting in a reduction of the synthesis and storage of fat and cholesterol. (1)

Participants in an 8-week, double-blind trial in the U.K. during 1998, who were taking Garcinia cambogia extract (Citrin K), reported an average weight loss of 5.0 kg per person, compared to 1.9 kg by those using only a placebo. (p.76) (2)

A long-term, double-blind research project during 2000 and 2001, conducted at the University of Pretoria's Sports Institute, compared the efficacy of Cellfood SHAPE to a placebo, and reported:

- Increased oxygen intake by the body, (VO2 Max increased up to 6.2%); and
- Increased energy delivery to working muscles (Haemoglobin oxygen saturation increased up to 9.6%). (3)

This research showed clearly that the ingredients in **CELLFOOD® SHAPE**

increase the oxygen saturation in the body, resulting in significant energizing and cleansing effects, which are essential for body-shaping and energy-generating purposes.

(1) Sunny E. Ohia, et al, "Safety and mechanism of appetite suppression by a novel hydroxycitric acid extract (HCA-SX)", Molecular and Cellular Biochemistry 238, 2002.

(2) Holford, Patrick, "The 30 Day Fat Burner Diet", London: Judy Piatkus Publishers Ltd., 1999.

(3) Nolte, H.W., "Efficacy of Ergogenic Aids in Endurance Athletes", Sports Institute of the University of Pretoria, 2002.

### INDICATIONS:

**CELLFOOD® SHAPE** is an amazing product that increases oxygen saturation in the bloodstream whilst addressing the problem of insufficient cellular aerobic respiration and lack of energy.

The increase in the oxygen saturation in the body results in significant energizing and cleansing effects, which are essential for body-shaping purposes.

**CELLFOOD® SHAPE** contains **CELLFOOD®** which is the leading oxygen mineral supplement formulation that oxygenates, energises, cleanses and nourishes your systems throughout the day.

**CELLFOOD® SHAPE** has been marketed for over 50 years and is currently available in over 90 countries worldwide.

**CELLFOOD® SHAPE** is available at selected pharmacies and health shops.

**CELLFOOD® SHAPE** contains ingredients from natural organic sources, and contains no alcohol, glucose, yeast, gluten or animal products; is non-addictive, non-toxic, non-invasive and there has been no animal testing.

Over the years, increasing pollution, mass destruction of rain forests, and reduction of other natural producers of oxygen, has decreased the level of oxygen in our atmosphere, especially in highly populated areas.

Our bodies are not designed to operate effectively in low levels of oxygen; and, today it is clear that man is functioning less and less effectively because of growing oxygen deficiency.

Oxygen is the most important element for anaerobic life, as we know it; and is essential for energising and cleansing the body.

(Please turn over)

## PATIENT INFORMATION LEAFLET

### RESEARCH FINDINGS

A long-term, double-blind research project with 45 athletes during 2000 and 2001, conducted at the University of Pretoria's SHAPes Institute, compared the efficacy of **CELLFOOD<sup>®</sup> SHAPE** to a placebo, and reported:

- Increased oxygen intake by the body (VO<sub>2</sub>max increased up to 6.2%)
- Increased energy delivery to working muscles (Haemoglobin oxygen saturation increased up to 9.6%)
- Delayed onset of fatigue; and reduced muscular cramps and recovery time (Lactic acid accumulation decreased up to 17.2%)

**VO<sub>2</sub>max:** According to the researchers, VO<sub>2</sub>max is the most well-known measurement for oxygen intake, and is genetically determined, with exercise and diet having little influence on increasing it.

Therefore, the researchers were amazed at how **CELLFOOD<sup>®</sup> SHAPE** increased VO<sub>2</sub>max by 6.2% and reported that they had never seen this occur with any other product tested at the Institute.

### INTERACTIONS

**CELLFOOD<sup>®</sup> SHAPE** can be used in conjunction with other preparations, supplements or medicines.

### CONTRA-INDICATIONS

None known.

### PRECAUTIONS AND WARNINGS

**If you are taking medicines on a regular basis, concomitant use of the medicine may cause undesirable interactions. Please consult your doctor, pharmacist or other health care professional for advice.**

**If you are pregnant or breast feeding your baby whilst taking this medicine, please consult your doctor, pharmacist or other health care professional for advice, as safety during pregnancy and lactation has not been established.**

### KEEP OUT OF REACH OF CHILDREN.

**This medicine has not been evaluated by the Medicine Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease.**

### DOSAGE AND DIRECTIONS FOR USE

**Adult Dosage:** At least three hours after your last evening meal, add 20 drops to a glass containing 100ml water or fruit juice, preferably carrot or red grape juice, and drink it just before going to bed.

**Children:** Under 12 years of age and Pregnant and Nursing Mothers - Please consult a Health Care Practitioner before using **CELLFOOD<sup>®</sup> SHAPE**.

Sufficient quantity for 30 days.

### PRECAUTIONS AND WARNINGS

When pressing the flip top open or closed, do this over a glass of water to prevent any possibility of the organic enzymes contained in the **CELLFOOD<sup>®</sup> SHAPE** product staining or damaging clothing, table tops or other work surfaces.

Air travellers should retain the screw on cap to seal the bottle of **CELLFOOD<sup>®</sup> SHAPE** whilst flying or alternatively place the dropper bottle in a zipper sealable plastic bag to avoid any leakages.

In case of contact with eyes. Rinse with water and consult health care practitioner in need.

### POTENTIAL ALLERGENS

None

### IDENTIFICATION AND PRESENTATION

**CELLFOOD<sup>®</sup> SHAPE** is a clear liquid with a slightly sour, lemon taste and comes in a 100ml white bottle, in a box containing a Dropper, Package Insert and Patient Information Leaflet.

### STORAGE INSTRUCTIONS

**KEEP OUT OF THE REACH OF CHILDREN.**

Store out of direct sunlight, below 25°C, before and after opening.

### DATE OF PUBLICATION OF THIS PATIENT INFORMATION LEAFLET

January 2014

### NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION

**Manufacturer:** NuScience Corporation, Lancaster, USA, CA, 93535

**Distributor:** Vitality Cell Food (Pty) Ltd t/a Oxygen For Life SA, Unit 5, Rock Cottage Office Park, Cnr John Vorster & Christiaan de Wet Roads, Weltevreden Park, Roodepoort, 1709.

**Website:** [www.oxygenforlife.co.za](http://www.oxygenforlife.co.za)

**Email:** [life@oxygenforlife.co.za](mailto:life@oxygenforlife.co.za)

**Tel:** +27 (0) 86 023 5536

