UNITED AFRICAN LABORATORY LTD

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Mailing Address:
2 Modupeola Street,
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Summary of Product Characteristics

NAME OF THE MEDICINAL PRODUCT

Dr. Adrian Movefree Ultra Tablet

2. **QUALITATIVE AND QUANTITATIVE:** Boron Glycinate 5mg

PHARMACEUTICAL FORM: Pink Oblong caplets

CLINICAL PARTICULARS: Boron is involved in many important physiological processes, including but not limited to wound healing, tissue regeneration, and joint lubrication. It demonstrates unique viscoelasticity, moisturizing, anti-inflammatory qualities, and other important properties that prove beneficial in various clinical applications.

3. **Posology and method of administration:** 2 tablets daily

4. **Contraindications:**

5. **Special warnings and precautions:**

- Do not take boron if you are allergic to it or any ingredients contained in this drug.
- Keep out of reach of children.
- In case of overdose, get medical help or contact a Poison Control Center immediately.

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5.1 **Interaction with other medicinal products and other forms of interaction with Antibiotics**: If your doctor has directed you to use this medication, your doctor or pharmacist may already be aware of any possible drug interactions and may be monitoring you for them. Do not start, stop, or change the dosage of any medicine before checking with your doctor, health care provider, or pharmacist first.

- Boron has no known severe interactions with other drugs.
- Boron has no known serious interactions with other drugs.
- Boron has no known moderate interactions with other drugs.

5.2 Pregnancy and lactation: Pregnancy: Boron is safe to use during pregnancy when used below expected levels

- It is not for intravaginal use as it has been associated with birth defects
- Effects of boron use when breastfeeding have not been studied. Consult your doctor

6. **Effects on ability to drive and use machines:** No negative influence on the ability to drive and use machines.

7. Undesirable effects: The most commonly reported adverse reaction are transient mild swelling and/or heat occurring in approximately 2.7% of the treated joints. These self-limiting local signs typically resolve spontaneously within 48 hours. However, since the early signs of septic arthritis may be similar, it is advised that a thorough clinical examination and monitoring are carried out if these clinical signs occur. Consideration should be given to appropriate further investigations.

8. Overdose Symptoms: High doses of Boron glycinate can be harmful. Signs of too much Boron in the body include nausea, dizziness, headaches, upset stomach, vomiting, and loss of appetite. Over dosage with zinc has also been associated with acute renal tubular necrosis and interstitial nephritis. Prolonged high dose zinc supplementation may result in copper deficiency.

9. **Treatment of toxicity following recent ingestion:** If a person suspects Boron glycinate overdose, they can contact their local poison control Centre for advice, unless a poison control representative or a healthcare professional provides alternative advice, the person should drink a

glass of milk. The calcium and phosphorus in the milk can help bind the excessiveness of the drug and prevent the stomach and intestines from absorbing it.

10. **Pharmacological properties** Boron is used for building strong bones, treating osteoarthritis, as an aid for building muscles and increasing testosterone level and for improving thinking skills and muscle coordination.

Mechanism of action: Boron is used for building strong bones, treating osteoarthritis, as an aid for building muscles and increasing testosterone level and for improving thinking skills and muscle coordination. Boron influences the production and activities of steroid hormones, action via which this trace mineral is involve in the prevention of calcium loss and bone demineralization.

Volume of distribution: More than one joint may be treated at the same time. A sterile dressing and clean bandage should be applied after injection, as appropriate for the particular joint treated. If necessary, re-treatment of the joint can be considered at 2-3 weeks after the first-treatment. Single dose tablet made ready shall be used immediately; any unused tablet is to be discarded.

11. **Preclinical safety data:** No data of relevance which is additional to that already included in other sections of the SmPC.

11. **Pharmaceutical Particulars**

11.1. List of excipients: Corn starch, Lactose, Aerosil 200, Magnesium stearate Methyl parabene, Propyl parabenes, Sodium benzoate, PVP K30,Water.

Marketing Authorisation Holder
United African Laboratories Ltd.
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