

## PROFESSIONAL INFORMATION

### COMPLEMENTARY MEDICINE (WESTERN HERBAL MEDICINE)

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

#### SCHEDULING STATUS

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#### 1. NAME OF THE MEDICINE

**FOREVER LYCIUM PLUS** (multiple substances, tablets)

#### 2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Each tablet contains:

<i>Lycium barbarum</i> L. (Goji) [berry, as 315,2 mg of a 4:1 extract]	1260,8 mg
<i>Glycyrrhiza glabra</i> L. (Licorice) [root, as 39,4 mg of a 4:1 extract]	157,6 mg

Contains sugar: Dextrose (0,76 mg)

For full list of excipients, see section 6.1.

#### 3. PHARMACEUTICAL FORM

Tablets

Forever Lycium Plus is a pale reddish brown circular coated tablet with a slight licorice odour and slight licorice and bitter herb taste.

#### 4. CLINICAL PARTICULARS

##### 4.1. Therapeutic indications

Forever Lycium Plus supports eye and skin health and contains antioxidants that is a factor in the maintenance of good health.

##### 4.2. Posology and method of administration

###### Posology

Adults: Take one (1) tablet three times daily.

For short-term use.

###### Paediatric population

No data are available.

### **Method of administration**

Take orally with a glass of water.

### **4.3. Contraindications**

This product should not be used by patients who have an allergy or are hypersensitive to goji, licorice or any of the other ingredients.

### **4.4. Special warnings and precautions for use**

Do not exceed the stated recommended daily dose.

Licorice contains glycyrrhizin, or glycyrrhizic acid, which can cause a syndrome of apparent mineralocorticoid excess when eaten in large amounts.

Contains dextrose which may have an effect on the glycaemic control of patients with diabetes mellitus.

For your protection, do not use if seal under cap is broken or missing.

The use in pregnancy and lactation has not been established, therefore consult your doctor, pharmacist or other healthcare professional for advice (see section **4.6. Fertility, pregnancy and lactation**).

### **4.5. Interactions with other medicines and other forms of interaction**

#### **Interaction with Medicines**

**ANTIHYPERTENSIVE MEDICINES:** Theoretically, licorice might reduce the effects of antihypertensive medicines. In human research, licorice increases blood pressure in a dose-dependent manner.

**CISPLATIN:** Theoretically, licorice might reduce the effects of cisplatin. In animal research, licorice diminished the therapeutic efficacy of cisplatin.

**CORTICOSTEROIDS:** Theoretically, concomitant use of licorice and corticosteroids might increase the side effects of corticosteroids.

**ESTROGEN THERAPY:** Theoretically, licorice might interfere with estrogen therapy due to estrogenic and anti-estrogenic effects.

**FLECAINIDE:** Theoretically, goji berry might increase the levels and clinical effects of flecainide.

**WARFARIN:** Goji can increase the effects of warfarin and possibly increase the risk of bleeding. Goji may inhibit the metabolism of warfarin by cytochrome P450 2C9 (CYP2C9).

### **Interaction with Herbs and Supplements**

**HERBS AND SUPPLEMENTS WITH HYPOGLYCEMIC POTENTIAL:** Theoretically, concomitant use with other herbs and supplements that decrease blood glucose levels might increase the risk of hypoglycemia.

**CARDIAC GLYCOSIDE-CONTAINING HERBS:** Theoretically, licorice might increase the risk of cardiac toxicity. The overuse or misuse of licorice can increase the risk of cardiotoxicity due to potassium depletion.

**GRAPEFRUIT:** Theoretically, grapefruit juice might increase the mineralocorticoid effects of licorice by blocking the conversion of cortisol to cortisone.

### **Interactions with Foods**

None known.

### **Interactions with Lab Tests**

None known.

### **4.6. Fertility, pregnancy and lactation**

The use in pregnancy and lactation has not been established, therefore consult your doctor, pharmacist or other healthcare professional for advice (see section **4.4. Special warnings and precautions for use**).

The effect on fertility is unknown.

### **4.7. Effects on ability to drive and use machines**

There is no known effect on the ability to drive and use machines.

### **4.8. Undesirable effects**

The most frequent adverse effects include headache, nausea and vomiting.

Less frequent, however serious side effects, include acute renal failure, cardiac arrest, cardiac arrhythmias, hypertension, hypokalemia, muscle weakness, paralysis, pseudohyperaldosteronism, and seizure associated with long-term use or large amounts of licorice containing glycyrrhizin.

If adverse effects do occur, please discontinue use and consult your physician.

### **Reporting of suspected adverse reactions:**

Reporting suspected adverse reactions after authorisation of the medicine is important. It allows continued monitoring of the benefit/risk balance of the medicine. Healthcare providers are asked to report any suspected adverse reactions to SAHPRA via the **"6.04 Adverse Drug Reactions**

**Reporting Form**” found online under SAHPRA’s publications:  
<https://www.sahpra.org.za/Publications/Index/8>.

#### **4.9. Overdose**

In overdose, side effects can be precipitated and/or be of increased severity (see **section 4.8. Undesirable effects**). Treatment is symptomatic and supportive.

### **5. PHARMACOLOGICAL PROPERTIES**

#### **5.1. Pharmacodynamic properties**

D 33.6 Western herbal medicine

##### **Goji**

The applicable parts of goji are the berries and root bark. Both contain beta-sitosterol and betaine. The root bark also contains the constituent kukoamine. Goji berries contain carotenoids, primarily lutein, zeaxanthin, p-coumaric acid, beta-carotene, niacin, pyridoxine, ascorbic acid, and various minerals. In laboratory research and preliminary clinical studies, goji fruit has shown antioxidant activity. The effect has been attributed to polysaccharide, flavonoid, and carotenoid constituents. Some evidence from animal research shows that the antioxidant activity of goji fruit polysaccharides may help attenuate doxorubicin-induced cardiotoxicity.

##### **Licorice**

The antioxidant effects of licorice constituents may play a role in its clinical effects, including its anti-inflammatory effects. Various chalcone and flavonoid constituents from licorice have been shown to have antioxidant effects. Antioxidant effects of licorice have been shown in animal models as well as in human research, resulting in reduced oxidative stress and plasma low density lipoprotein (LDL)-cholesterol oxidation. According to laboratory research, increased high-density lipoprotein (HDL)-associated paraoxonase 1 (PON1) activity and macrophage PON2 activation are purported mechanisms of action underlying the antioxidant effect of licorice.

#### **5.2. Pharmacokinetic properties**

There is no clinical pharmacokinetic data available on Forever Lycium Plus to clarify the pharmacokinetic properties.

### **6. PHARMACEUTICAL PARTICULARS**

#### **6.1. List of excipients**

Cross-linked cellulose gum,  
dextrin,  
dextrose,  
magnesium stearate,  
medium chain triglycerides,  
microcrystalline cellulose,  
silicon dioxide,  
sodium carboxymethylcellulose,

MDI Healthcare cc  
Forever Lycium Plus  
Complementary medicines (tablets)

stearic acid,  
trisodium citrate.

## **6.2. Incompatibilities**

None known.

## **6.3. Shelf life**

The shelf life for Forever Lycium Plus is four years.

## **6.4. Special precautions for storage**

Store at or below 25 °C in a cool, dry place.

KEEP OUT OF REACH OF CHILDREN.

## **6.5. Nature and contents of container**

White HDPE bottle with white ribbed cap and aluminium foil induction with butterfly pull-tab seal containing 100 tablets.

## **6.6. Special precautions for disposal and other handling**

No special requirements

## **7. HOLDER OF CERTIFICATE OF REGISTRATION**

### **South Africa:**

MDI Healthcare cc  
P.O. Box 35259, Menlo Park  
Pretoria  
0102

### **Botswana:**

Forever Living Products Botswana Pty Ltd  
Plot 1681, Unit 1,  
5M Studios, GICP

### **Manufactured by:**

Forever Nutraceutical LLC  
4114 East Wood Street  
Phoenix, Arizona  
United States, 85040

## **8. REGISTRATION NUMBER(S):**

To be allocated.

MDI Healthcare cc  
Forever Lycium Plus  
Complementary medicines (tablets)

**9. DATE OF REVISION OF THE TEXT**

March 2026.