

**PROPRIETARY NAME AND DOSAGE FORM:
VITAMIN B COMPLEX TABLETS
(100)**

DISCLAIMER: This medicine has not been evaluated by SAHPRA for its quality, safety or intended use. This medicine is not intended to diagnose, treat, cure, or prevent any disease.

SCHEDULING STATUS: Unscheduled

COMPOSITION: Each tablet contains:

Ingredients	Elemental value	*NRV
Vitamin B ₁ (as Thiamine Hydrochloride)	1,5 mg	125%
Vitamin B ₂ (as Riboflavin)	1,6 mg	125%
Vitamin B ₃ (as Nicotinamide)	20,0 mg	125%
Vitamin B ₅ (as Calcium D-Pantothenate)	6,3 mg	125%
Vitamin B ₆ (as Pyridoxine Hydrochloride)	2,1 mg	125%
Vitamin B ₇ (as D-Biotin)	37,5 mcg	125%
Vitamin B ₉ (as Folic Acid)	500 mcg	125%
Vitamin B ₁₂ (as Cyanocobalamin)	3,0 mcg	125%
Calcium (as Carbonate)	65 mg	125%

* South African Nutrient reference values for individuals 4 years and older

Other Ingredients: Microcrystalline cellulose, magnesium stearate, silicon dioxide & coating.

PHARMACOLOGICAL CLASSIFICATION:

34.12 Category D (Health Supplement) [S0]

PHARMACOLOGICAL ACTION: Health supplement.

INDICATIONS: Indicated as a supplement where poor dietary intake of the listed active ingredients exists.

CONTRA-INDICATIONS:

- Hypersensitivity to any of the ingredients.

WARNINGS AND SPECIAL PRECAUTIONS:

- Large doses may give rise to hypervitaminosis.

INTERACTIONS:

No known interactions at the recommended dose. Medicines that will interact with Vitamin B are:

- Metformin (for diabetes): Vitamin B₁ may enhance its effects.
- Levodopa (for Parkinson's disease): Vitamin B₆ may reduce its effectiveness.
- Anti-epileptic drugs: Vitamin B₆ and B₁₂ may interfere with their action.
- Antibiotics (like tetracyclines): B Vitamins may affect their absorption.
- Antacids and proton pump inhibitors: May reduce Vitamin B absorption.
- Methotrexate (for rheumatoid arthritis): Folic Acid may interact with its efficacy.

DOSAGE AND DIRECTIONS FOR USE:

The recommended usage is that adults take 1 tablet daily with meals.

Do not exceed the recommended dose. This product should not be used as a substitute for a balanced diet.

SIDE EFFECTS AND SPECIAL PRECAUTIONS:

This supplement should be used with caution in individuals with the following medical conditions:

- Neurological issues: Excessive B₆ intake may lead to nerve problems.
- Kidney disease: High doses of certain B Vitamins can be harmful.
- Pregnancy and breastfeeding: Consult a healthcare professional before use.
- Medication interactions: Adjustments may be needed with certain medications.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT:

In case of an accidental overdose, discontinue use and seek medical professional assistance immediately.

Treatment is symptomatic and supportive.

Symptoms of overdose may include:

- nausea, vomiting, constipation, excessive thirst, frequent urination.

IDENTIFICATION:

Light green round pressed coated tablet.

PRESENTATION:

Packaged as a printed box with tamperproof seal, labelled with clear, detailed information.

Contents are 10 blister packs of 10 round tablets each, containing 100 tablets in total.

STORAGE INSTRUCTIONS:

Store in a cool, dry place below 25 °C. Do not leave the container open.

KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER:

To be allocated.

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

Vitatech

Physical address: Cnr Parkin & Delson Street North End, Gqeberha, 6001, South Africa.

Tel: 041 816 3100

Email: ask@vitatechhealth.com

Website: www.vitatechhealth.com

DATE OF PUBLICATION OF THE PACKAGE INSERT:

May 2026

vitatech[®] NAPPI CODE:

3001482001

Claim it from your medical aid.

**HANDELSNAAM EN DOSERINGSVORM:
VITAMIN B COMPLEX TABLETTE
(100)**

VRYWARING: Hierdie medisyne is nie deur SAHPRA geëvalueer ten opsigte van die kwaliteit, veiligheid of beoogde gebruik daarvan nie. Hierdie medisyne is nie bedoel vir die diagnose, behandeling, genesing of voorkoming van enige siekte nie.

SKEDULERINGSSTATUS: Ongeskeduleer

SAMESTELLING: Elke tablet bevat:

Bestanddele:	Elementêre waarde	*NRV
Vitamiën B ₁ (as Thiamienhidrokloried)	1,5 mg	125%
Vitamiën B ₂ (as Riboflavoön)	1,6 mg	125%
Vitamiën B ₃ (as Nikotinamied)	20,0 mg	125%
Vitamiën B ₅ (as Kalsium D-Pantotenaat)	6,3 mg	125%
Vitamiën B ₆ (as Piridoksienhidrokloried)	2,1 mg	125%
Vitamiën B ₇ (as D-Biotien)	37,5 mcg	125%
Vitamiën B ₉ (as Foliensuur)	500 mcg	125%
Vitamiën B ₁₂ (as Sianokobalamien)	3,0 mcg	125%
Kalsium (as Karbonaat)	65 mg	125%

* Suid-Afrikaanse Voedingsverwysingswaardes vir persone 4 jaar en ouer

Ander bestanddele is: Mikrokrystallyn sellulose, magnesiumstearaat, silikoondioksied & omhulsel.

FARMAKOLOGIESE KLASSIFIKASIE:

34.12 Kategorie D (Gesondheidsaanvuller) [S0]

FARMAKOLOGIESE WERKING: Gesondheidsaanvuller.

INDIKASIES: Aangedui as 'n aanvulling waar swak dieetinname van die genoemde aktiewe bestanddele voorkom.

KONTRA-INDIKASIES:

- Hipersensitieweit vir enige van die bestanddele.

WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS:

- Groot dosisse mag lei tot hipervitaminose.

INTERAKSIES:

Geen bekende interaksies teen die aanbevole dosis.

Medisyne wat kan interaksie hê met Vitamiën B is:

- Metformien (vir diabetes): Vitamiën B₁ kan sy effekte versterk.
- Levodopa (vir Parkinson se siekte): Vitamiën B₆ kan sy doeltreffendheid verminder.
- Anti-epileptiese medisyne: Vitamiën B₆ en B₁₂ kan met hul werking inmeng.
- Antibiotika (soos tetrasiskliene): B-vitamiene kan hul absorpsie beïnvloed.
- Maagsureverminderaars en protonpompinhibeerders: Mag Vitamiën B- absorpsie verminder.
- Methotreksaat (vir rumatoïede artritis): Foliensuur kan met sy doeltreffendheid interageer.

DOSIS EN GEBRUIKSAANWYSINGS:

Die aanbevole gebruik is dat volwassenes daaglik 1 tablet neem saam met etes.

Moenie die aanbevole dosis oorskry nie. Die produk moenie 'n gebalanseerde dieet vervang nie.

MOONTLIKE NEWE-EFFEKTE EN SPESIALE VOORSORGMATREËLS:

Hierdie aanvulling moet met versigtigheid gebruik word by individue met die volgende mediese toestande:

- Neurologiese probleme: Oormatige inname van B₆ kan lei tot senuwee-probleme.
- Nier siekte: Hoë dosisse van sekere B-vitamiene kan skadelik wees.
- Swangerskap en borsvoeding: Raadpleeg 'n gesondheidsorg professioneel voor gebruik.
- Medikasie interaksies: Aanpassings kan nodig wees met sekere medisyne.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN:

In geval van 'n toevallige oordosis, staak die gebruik en soek onmiddellik mediese hulp. Behandeling is simptomaties en ondersteunend.

Simptome van 'n oordosis kan insluit:

- naarheid, braking, hardwigheid, buitensporige dors, gereelde urinering.

IDENTIFIKASIE:

Liggroen ronde gedrukte bedekte tablet.

AANBIEDING:

Verpak as 'n gedrukte boks met 'n peuterbestande seël, gemerk met duidelike, gedetailleerde inligting.

Die inhoud bestaan uit 10 blaaspakke met elk 10 ronde tablette, wat 'n totaal van 100 tablette bevat.

BERGINGSAAANWYSINGS:

Bêre op 'n koel, droë plek onder 25 °C. Moenie die houertyd laat nie.

HOU BUITE BEREIK VAN KINDERS.

REGISTRASIE NOMMER:

Word ge-allockeer.

NAAMEN BESIGHEIDS ADRES VAN DIE APPLIKANT:

Vitatech

Adres: Cnr Parkin & Delson Street North End, Gqeberha, 6001, Suid Afrika.

Tel: 041 816 3100

E-pos: ask@vitatechhealth.com

Webwerf: www.vitatechhealth.com

DATUM VAN PUBLIKASIE VAN HIERDIE VOUBILJET:

Mei 2026

vitatech[®] NAPPI CODE:

3001482001

Claim it from your medical aid.

**PROPRIETARY NAME AND DOSAGE FORM:
VITAMIN B COMPLEX TABLETS
(100)**

DISCLAIMER: This medicine has not been evaluated by SAHPRA. This medicine is not intended to diagnose, treat, cure, or prevent any disease.

Read all this leaflet carefully because it contains important information for you. This medicine is available without a doctor's prescription, for you to use as a vitamin supplement. Nevertheless, you still need to use it carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must go see a doctor if you experience worrying symptoms.

SCHEDULING STATUS: Unscheduled

COMPOSITION: EACH TABLET CONTAINS:

Ingredients	Elemental value	*NRV
Vitamin B ₁ (as Thiamine Hydrochloride)	1,5 mg	125%
Vitamin B ₂ (as Riboflavin)	1,6 mg	125%
Vitamin B ₃ (as Nicotinamide)	20,0 mg	125%
Vitamin B ₅ (as Calcium D-Pantothenate)	6,3 mg	125%
Vitamin B ₆ (as Pyridoxine Hydrochloride)	2,1 mg	125%
Vitamin B ₇ (as D-Biotin)	37,5 mcg	125%
Vitamin B ₉ (as Folic Acid)	500 mcg	125%
Vitamin B ₁₂ (as Cyanocobalamin)	3,0 mcg	125%
Calcium (as Carbonate)	65 mg	125%

* South African Nutrient reference values for individuals 4 years and older

Other Ingredients: Microcrystalline cellulose, magnesium stearate, silicon dioxide & coating.

WHAT IS THIS SUPPLEMENT USED FOR:

Vitamin B Complex offers several benefits:

- Supports energy metabolism and overall vitality.
- Promotes healthy skin, hair, and eyes.
- Enhances brain function and mental clarity.
- Supports red blood cell production.
- Helps reduce fatigue and tiredness.
- Supports nerve function and emotional well-being.
- Aids in the metabolism of fats, proteins, and carbohydrates.
- Supports a healthy immune system.
- Assists in the maintenance of heart health.
- Important during pregnancy for fetal development.

BEFORE YOU TAKE THIS SUPPLEMENT:

Do not take if you are allergic to any of the ingredients.

Take special care when taking any supplement:

- Do not exceed the daily recommended amount.

- Seek professional advice if suffering from any **allergies**.
- Seek professional advice if **any other medications** are being taken or another medical condition is present.
- If you are taking other supplements, read the label as these supplements may contain the same ingredients.
- If you are **pregnant or breast feeding** your baby, please consult your health care provider for advice before taking this medicine.
- This supplement should not impair or affect your ability to **drive or operate heavy machinery**.

TAKING/USING OTHER MEDICATION:

There are no known interactions at the recommended dosage for healthy individuals. See "PACKAGE INSERT Interactions."

HOW TO TAKE:

The recommended usage is that adults take 1 tablet daily with meals.

IF YOU TAKE MORE THAN YOU SHOULD:

In the event of an overdose, consult your doctor or pharmacist immediately. If neither is available, contact the nearest hospital or medical centre. Treatment is symptomatic and supportive.

POSSIBLE SIDE EFFECTS:

These supplements are generally well-tolerated when taken as directed. Symptoms of overdose may include:

- nausea, vomiting, constipation, excessive thirst, frequent urination

If you experience any unusual or severe side effects, discontinue use, and seek medical attention.

IDENTIFICATION:

Light green round pressed coated tablet.

PRESENTATION:

Packaged as a printed box with tamperproof seal, labelled with clear, detailed information.

Contents are 10 blister packs of 10 round tablets each, containing 100 tablets in total.

STORAGE INSTRUCTIONS:

Store in a cool, dry place below 25 °C. Do not leave the container open.

KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER:

To be allocated.

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

Vitatech
Physical address: Cnr Parkin & Delson Street
North End, Gqeberha, 6001, South Africa.
Tel: 041 816 3100

Email: ask@vitatechhealth.com

Website: www.vitatechhealth.com

DATE OF PUBLICATION OF THE PATIENT INFORMATION LEAFLET:

May 2026

vitatech® NAPPI CODE:

3001482001

Claim it from your medical aid.

**HANDELSNAAM EN DOSERINGSVORM:
VITAMIN B COMPLEX TABLETTE
(100)**

VRYSWARING: Hierdie medisyne is nie deur SAHPRA geëvalueer nie. Hierdie medisyne is nie bedoel om enige siekte te diagnoseer, behandel, genees of voorkom nie. Lees alle inligting in die inligtingsblad noukeurig, dit bevat belangrike inligting vir die verbruiker. Die medisyne is beskikbaar sonder 'n doktersvoorskrif, vir gebruik as 'n vitamienaanvulling. Nieteenstaande, dit is belangrik dat die produk korrek gebruik moet word om die beste resultate te verkry.

- Moenie die pamflet weggooi nie, dit mag dalk nodig wees om dit weer te lees
- Vra jou apteker indien jy meer inligting of advies nodig het
- Besoek die dokter indien daar kommerwekkende simptome is.

SKEDULERINGSSTATUS: Ongeskeduleer

SAMESTELLING: Elke tablet bevat:

Bestanddele:	Elementêre waarde	NRV
Vitamiene B ₁ (as Thiamienhidrokloried)	1,5 mg	125%
Vitamiene B ₂ (as Riboflavoone)	1,6 mg	125%
Vitamiene B ₃ (as Nikotinaamied)	20,0 mg	125%
Vitamiene B ₅ (as Kalsium D-Pantotenaat)	6,3 mg	125%
Vitamiene B ₆ (as Piridoksienhidrokloried)	2,1 mg	125%
Vitamiene B ₇ (as D-Biotien)	37,5 mcg	125%
Vitamiene B ₉ (as Foliensuur)	500 mcg	125%
Vitamiene B ₁₂ (as Sianokobalamin)	3,0 mcg	125%
Kalsium (as Karbonaat)	65 mg	125%

* Suid-Afrikaanse Voedingsverwysingswaardes vir persone 4 jaar en ouer

Ander bestanddele is: Mikrokristallyn sellulose, magnesiumstearaat, silikoondioksied & omhulsel.

WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:

Vitamiene B-Kompleks bied verskeie voordele:

- Ondersteun energiemetabolisme en algemene lewenskrag.
- Bevorder gesonde vel, hare en oë.
- Verbeter breinfunksie en geestelike helderheid.
- Ondersteun die produksie van rooi bloedselle.
- Help om moegheid en uitputting te verminder.
- Ondersteun senuweefunksie en emosionele welstand.
- Help met die metabolisme van vette, proteïene en koolhidrate.
- Ondersteun 'n gesonde immuunstelsel.
- Help met die instandhouding van die hartgesondheid.
- Belangrik tydens swangerskap vir fetuontwikkeling

VOORDAT JY HIERDIE AANVULLING NEEM:

Moenie dit inneem as jy allergies is vir enige van die bestanddele nie. Wees versigtig wanneer jy enige aanvulling gebruik:

- Moenie die daaglikse aanbevole hoeveelheid oorskry nie.
- Raadpleeg 'n professionele persoon as jy aan enige **allergieë** ly.
- Raadpleeg 'n professionele persoon as enige **ander medikasie** gebruik word of 'n ander mediese toestand teenwoordig is.
- As jy ander aanvullings gebruik, lees die etiket aangesien hierdie aanvullings dieselfde bestanddele kan bevat.
- As jy **swanger is of jou baba borsvoed**, raadpleeg asseblief jou gesondheidsorgverskaffer vir advies voordat jy hierdie medisyne gebruik.
- Hierdie aanvulling behoort nie jou vermoë om te **bestuur of swaar masjinerie** te bedryf nie, te benadeel of te beïnvloed nie.

INTERAKSIES MET ANDER MEDISYNE:

Daar is geen bekende interaksies by die aanbevole dosis vir gesonde individue nie. Verwys na die VOUBILJET interaksies.

HOE OM DIT TE GEBRUIK:

Die aanbevole gebruik is dat volwassenes daaglik 1 tablet neem saam met etes.

AS JY MEER NEEM AS WAT JY MOET:

In geval van 'n oordosis, raadpleeg onmiddellik jou dokter of apteker. As hulle nie beskikbaar is nie, kontak die naaste hospitaal of mediese sentrum. Behandeling is simptomeaties en ondersteunend.

MOONTLIKE NEWE-EFFEKTE:

Hierdie aanvullings word gewoonlik goed verdra as dit soos voorgeskryf geneem word. Simptome van 'n oordosis kan insluit:

- naarheid, braking, hardlywigheid, buitensporige dors, gereelde urinering.

IDENTIFIKASIE:

Liggroen ronde gedrukte bedekte tablet.

AANBIEDING:

Verpak as 'n gedrukte boks met 'n peuterbestande seël, gemerk met duidelike, gedetailleerde inligting. Die inhoud bestaan uit 10 blaaspakke met elk 10 ronde tablette, wat 'n totaal van 100 tablette bevat.

BERIGINGSAAANWYSINGS:

Bêre op 'n koel, droë plek onder 25 °C. Moenie die houertyd oorskry. HOU BUITE BEREIK VAN KINDERS.

REGISTRASIE NOMMER:

Word ge-allockeer.

NAAMEN BESIGHEIDS ADRES VAN DIE APPLIKANT:

Vitatech
Adres: Cnr Parkin & Delson Street
North End, Gqeberha, 6001, Suid Afrika.
Tel: 041 816 3100

E-pos: ask@vitatechhealth.com

Webwerf: www.vitatechhealth.com

DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNT INLIGTINGSBLAD:

Mei 2026

vitatech® NAPPI CODE:

3001482001

Claim it from your medical aid.