

**PROPRIETARY NAME AND DOSAGE FORM:
VITAMIN D3 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 D ₃ (as Cholecalciferol)	1000 IU	167%
Calcium (as Carbonate)	130 mg	10%

* 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 D₃ are:

- Anticonvulsants (e.g., phenytoin, carbamazepine): May reduce the effectiveness of Vitamin D₃.
- Weight loss medications (Orlistat): May reduce Vitamin D₃ absorption.
- Corticosteroids: Long-term use may affect Vitamin D₃ metabolism.
- Certain weight loss surgeries: May interfere with Vitamin D₃ absorption.
- Calcium supplements: High doses of Vitamin D₃ may increase calcium absorption, potentially leading to hypercalcemia.

DOSAGE AND DIRECTIONS FOR USE:

The recommended usage is:

- 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 is generally safe, but should be used with caution in individuals with the following medical conditions:

- Hypercalcemia: Vitamin D₃ may increase calcium levels in the blood, leading to potential complications.
- Kidney disorders: Patients with kidney problems should consult their healthcare provider before taking Vitamin D₃.
- Hypersensitivity: Individuals with known hypersensitivity to cholecalciferol or any other ingredients should avoid using Vitamin D₃ supplements.

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, weakness, and confusion.

IDENTIFICATION:

Light yellow round pressed tablet.

PRESENTATION:

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

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:

3001760001

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**HANDELSNAAM EN DOSERINGSVORM:
VITAMIN D3 TABLETTE (100)**

VRYSWARING: 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 diagnoseer, behandeling, genesing of voorkoming van enige siekte nie.

SKEDULERINGSSTATUS: Ongeskeduleer

SAMESTELLING: Elke tablet bevat:

Bestanddele	Elementêre waarde	*NRV
Vitamiën D ₃ (as Cholekalsiferol)	1000 IU	167%
Kalsium (as Karbonaat)	130 mg	10%

* Suid-Afrikaanse Voedingsverwysingswaardes vir persone 4 jaar en ouer

Andere bestanddele is: Mikrokristallyn 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-LNDIKASIES:

- Hipersensitiwiteit 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 met Vitamiën D₃ kan interaksie hê is:

- Antikonvulsante (bv. fenitoin, karbamasepien): Mag die effektiwiteit van Vitamiën D₃ verminder.
- Medikasie vir gewigsverlies (Orlistat): Mag Vitamiën D₃ absorpsie verminder.
- Kortikosteroïede: Langtermyngebruik kan Vitamiën D₃-metabolisme beïnvloed.
- Sekere gewigsverlies-operasies: Mag Vitamiën D₃ absorpsie inmeng.
- Kalsiumaanvullings: Hoë dosisse van Vitamiën D₃ kan kalsiumabsorpsie verhoog, wat moontlik tot hiperkalsemie kan lei.

DOSIS EN GEBRUIKSAANWYSINGS:

Die aanbevole gebruik is:

- Volwassenes neem daaglik 1 tablet 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 is oor die algemeen veilig, maar moet met sorg gebruik word by individue met die volgende mediese toestande:

- Hiperkalsemie: Vitamiën D₃ kan kalsiumvlakke in die bloed verhoog, wat moontlike komplikasies kan veroorsaak.

- Nierversteurings: Pasiënte met nierprobleme moet hul gesondheidsorgverskaffer raadpleeg voordat hulle Vitamiën D₃ neem.
- Hipersensitiwiteit: Individue met bekende hipersensitiwiteit vir cholekalsiferol of enige ander bestanddele moet die gebruik van Vitamiën D₃-aanvullings vermy.

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 simptome en ondersteunend.

Simptome van 'n oordosis kan insluit:

- naarheid, braking, hardlywigheid, buitensporige dors, gereelde urinering, swakheid en verwardheid.

IDENTIFIKASIE:

Liggel rond gedrukte tablet.

AANBIEDING:

Verpak as 'n gedrukte boks met 'n verseëelde sertifikaat, gemerk met duidelike, gedetailleerde inligting wat op die boks gedruk is. Die inhoud bestaan uit 10 blaaspakke met 10 ronde tablette. Bevat 100 tablette.

BERGINGSAAANWYSINGS:

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

HOU BUITE BEREIK VAN KINDERS.

REGISTRASIE NOMMER:

Word ge-allockeer.

NAAM EN 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 DIE VOUBILJET:

Mei 2026

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VITAMIN D3 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 D ₃ (as Cholecalciferol)	1000 IU	167%
Calcium (as Carbonate)	130 mg	10%

* 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 D₃ (Cholecalciferol) offers several benefits, including:

- Immunity: Supports a healthy immune system.
- Healthy Bones & Teeth: Promotes calcium absorption, vital for strong bones and teeth.
 - Calcium Absorption: Enhances the absorption of calcium from the diet.
 - Muscle Function: Supports proper muscle function.
 - Mood Regulation: May play a role in mood regulation and overall well-being.
 - Vitamin D₃ is essential for overall health, with a range of functions that contribute to vitality and well-being.

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:

- 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, weakness, and confusion.

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

IDENTIFICATION:

Light yellow round pressed tablet.

PRESENTATION:

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VRYWARING: 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
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Andere bestanddele is: Mikrokristallyn sellulose, magnesiumstearaat, silikoondioksied & omhulsel.

WAARVOOR WORD HIERDIE AANVULLING GEBRUIK: Vitamiën D₃ (Cholekalsiferol) bied verskeie voordele, insluitend:

- Immuniteit: Ondersteun 'n gesonde immuunstelsel.
- Gesonde Bene & Tande: Bevorder kalsiumabsorpsie, wat noodsaaklik is vir sterk bene en tande.
- Kalsium Absorpsie: Verbeter die absorpsie van kalsium uit die dieet.
- Spierfunksie: Ondersteun behoorlike spierfunksie.
- Gemoedsregulering: Mag 'n rol speel in gemoedsregulering en algemene welstand.
- Vitamiën D₃ is essensieel vir algemene gesondheid, met 'n verskeidenheid funksies wat bydra tot lewenskrag en welstand.

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:

- Volwassenes neem daagliks 1 tablet 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 simptomaties 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, swakheid en verwardheid.

IDENTIFIKASIE:

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DATUM VAN PUBLIKASIE VAN DIE PASIËNT INLIGTINGSBLAD:

Mei 2026

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