

**PROPRIETARY NAME AND DOSAGE FORM:
OMEGA 3 SOFTGEL CAPSULES
(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 softgel contains:

Ingredients	Elemental value	*NRV
Omega-3 fatty acids from fish oil (Engraulidea – whole)	1000 mg	-
Total fatty acid profile		-
and/or EPA (as eicosapentaenoic acid)	180 mg	-
and/or DHA (as docosahexaenoic acid)	120 mg	-

* South African Nutrient reference values for individuals 4 years and older
- Not established

Other Ingredients: Gelatine (bovine), glycerine & purified water.

HALAL CERTIFIED AT SOURCE

PHARMACOLOGICAL CLASSIFICATION:

34.6 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 gastrointestinal discomfort.

INTERACTIONS:

No known interactions at the recommended dose.

Medicines that could interact with Omega 3 are:

- Anti-acids (e.g., alitretamine, cisplatin): Potential reduction in absorption.
- Warfarin: Increased anticoagulant effects.
- Tetracyclines: Possible side effects like headaches, blurred vision, and ringing in the ears.
- Heart medications: Potential for irregular heartbeat.
- Oestrogens (birth control pills or hormone replacement): Caution advised due to possible interactions.
- Beta-blockers (e.g., atenolol): Requires careful monitoring.
- Diuretics (e.g., chlorothiazide, hydrochlorothiazide, chlorthalidone, indapamide, metolazone): Caution and medical guidance recommended.

DOSAGE AND DIRECTIONS FOR USE:

The recommended usage is:

- Adults take 1 softgel 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:

- Allergic to seafood, fish or shellfish
- Allergic to soy
- Diabetes
- Heart disease or conditions
- Pancreas disorder
- Thyroid problems

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 and or diarrhoea.

IDENTIFICATION:

Clear softgel capsule with yellow oil inside.

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 capsules each, containing 100 capsules 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:

June 2026

vitatech[®] NAPPI CODE:

3001501001

Claim it from your medical aid.

**HANDELSNAAM EN DOSERINGSVORM:
OMEGA 3 SOFTGEL KAPSULES
(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 diagnose, behandeling, genesing of voorkoming van enige siekte nie.

SKEDULERINGSSTATUS: Ongeskeduleer

SAMESTELLING: Elke softgel bevat:

Bestanddele	Elementêre waarde	*NRV
Omega-3 vetsure van visolie (Engraulidea - heel)	1000 mg	-
Totale vetsuurprofiel		
en/of EPA (as eikosapentaëensuur)	180 mg	-
en/of DHA (as dokosahexaëensuur)	120 mg	-

* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer
- Nie vasgestel nie

Ander bestanddele is: Gelatien (bees), gliserien & gesuiwerde water.

HALAL GESERTIFISEER BY DIE BRON.

FARMAKOLOGIESE KLASSIFIKASIE:

34.6 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 maag-darmongemak.

INTERAKSIES:

Geen bekende interaksies teen die aanbevole dosis.

Middels wat met Omega 3 kan interakteer is:

- Anti-sure (bv. alitretamien, cisplatin): Moontlike vermindering in absorpsie.
- Warfarin: Verhoogde antikoagulerende effekte.
- Tetrasiklene: Moontlike nuwe-effekte soos hoofpyn, wazige sig, en gesuis in die ore.
- Hartmedikasies: Moontlikheid van onreëlmatige hartklop.
- Oestrogene (voorbehoedmiddels of hormoonvervanging): Versigtigheid word aanbeveel weens moontlike interaksies.
- Beta-blokkers (bv. atenolol): Verreis sorgvuldige monitering.
- Diuretika (bv. chlorothiazide, hidrochlorothiazide, chlorthalidone, indapamide, metolazone): Versigtigheid en mediese leiding word aanbeveel..

DOSIS EN GEBRUIKSAANWYSINGS:

Die aanbevole gebruik is:

- Volwassenes neem daagliks 1 softgel saam met etes.

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

MOONTLIKE NUWE-EFFEKTE EN SPESIALE VOORSORGMATREËLS:

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

- Allergies vir seekos, vis of skulpe
- Allergies vir soja
- Diabetes
- Hart siekte of toestande
- Pankreasprobleme
- Skildklier probleme

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 en/of diarree.

IDENTIFIKASIE:

Deurskynende softgel met geel olie binne-in.

AANBIEDING:

Verpak as 'n gedrukte boks met 'n peuterbestande seël, gemerk met duidelike, gedetailleerde inligting wat op die boks gedruk is. Die inhoud bestaan uit 10 blaaspakke met elk 10 kapsules wat 'n totaal van 100 kapsules bevat.

BERGINGSAAANWYSINGS:

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

HOU BUITE BEREIK VAN KINDERS.

REGISTRASIE NOMMER:

Word geallokeer.

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:

Junie 2026

vitatech[®] NAPPI CODE:

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OMEGA 3 SOFTGEL CAPSULES
(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 SOFTGEL CONTAINS:

Ingredients	Elemental value	*NRV
Omega-3 fatty acids from fish oil (Engraulidea – whole)	1000 mg	-
Total fatty acid profile		-
and/or EPA (as eicosapentaenoic acid)	180 mg	-
and/or DHA (as docosahexaenoic acid)	120 mg	-
* South African Nutrient reference values for individuals 4 years and older - Not established		

Other Ingredients: Gelatine (bovine), glycerine & purified water.

HALAL CERTIFIED AT SOURCE

WHAT IS THIS SUPPLEMENT USED FOR:

Omega 3 softgel capsules support:

- Heart health: Omega-3s can help reduce the risk of heart disease by lowering triglycerides and blood pressure.
- Brain function: They may improve cognitive function and reduce the risk of age-related cognitive decline.
- Joint health: Omega-3s have anti-inflammatory properties that can alleviate joint pain.
- Inflammation Reduction: These fatty acids help reduce systemic inflammation, which is linked to various chronic diseases.
- Skin health: Omega-3s may contribute to skin hydration and reduce the risk of acne and other skin conditions.

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 softgel 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 and/or diarrhoea.

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

IDENTIFICATION:

Clear softgel capsule with yellow oil inside.

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 capsules each, containing 100 capsules in total.

STORAGE INSTRUCTIONS:

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(100)**

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 softgel bevat:

Bestanddele	Elementêre waarde	*NRV
Omega-3 vetsure van visolie (Engraulidea - heel)	1000 mg	-
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* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer - Nie vasgestel nie		

Ander bestanddele is: Gelatien (bees), gliserien & gesuiwerde water.

HALAL GESERTIFISEER BY DIE BRON.

WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:

Omega 3 sagtegelkapsules ondersteun:

- Hartgesondheid: Omega-3 kan die risiko van hartsiekte verminder deur trigliseriede en bloeddruk te verlaag.
- Breinfunksie: Dit kan kognitiewe funksie verbeter en die risiko van ouderdomsverwante kognitiewe agteruitgang verminder.
- Gewriggesondheid: Omega-3 het ontstekingswerende eienskappe wat gewrigspyn kan verlig.
- Ontsteking-vermindering: Hierdie vetsure help om sistemiese inflammasie te verminder, wat gekoppel is aan verskeie chroniese siektes.
- Velgesondheid: Omega-3 kan bydra tot velhidrasie en die risiko van aknee en ander veltoestande verminder.

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 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 softgel 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 en/of diarree.

IDENTIFIKASIE:

Deurskynende softgel met geel olie binne-in.

AANBIEDING:

Verpak as 'n gedrukte boks met 'n peuterbestande seël, gemerk met duidelike, gedetailleerde inligting wat op die boks gedruk is. Die inhoud bestaan uit 10 blaaspakke met elk 10 kapsules wat 'n totaal van 100 kapsules bevat.

BERIGINGSAAWYSINGS:

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REGISTRASIE NOMMER:

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