

**PROPRIETARY NAME AND DOSAGE FORM:
VITAMIN C 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 2 tablets contain:

Ingredients	Elemental value	*NRV
Vitamin C (as L-Ascorbic acid and Calcium Ascorbate)	1000mg	1000%
* South African Nutrient reference values for individuals 4 years and older		

Other Ingredients: Microcrystalline cellulose, magnesium stearate & 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 could interact with Vitamin C are:

- Acetaminophen (Paracetamol): High doses of Vitamin C may increase the elimination of acetaminophen from the body, which could lead to decreased pain relief.
- Warfarin: Vitamin C may decrease the effectiveness of warfarin by decreasing its absorption in the body.
- Aluminium containing antacids: Vitamin C may increase the amount of aluminium absorbed by the body, which could lead to toxicity in people with kidney problems.
- Statins: Taking Vitamin C supplements with statins may decrease the effectiveness of statins and increase the risk of muscle damage.
- Chemotherapy drugs: High doses of Vitamin C may interfere with the effectiveness of certain chemotherapy drugs.

DOSAGE AND DIRECTIONS FOR USE:

The recommended usage is that adults take 1-2 tablets 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:

- Kidney stones: Excessive Vitamin C intake may increase the risk in susceptible individuals.
- Hemochromatosis: Vitamin C can enhance iron absorption, potentially problematic in this condition.
- Glucose-6-phosphate dehydrogenase (G6PD) deficiency: High doses may cause red blood cell breakdown in some individuals.

- Kidney disease: Doses over 2000mg per day should be used with caution.

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 diarrhoea, nausea, stomach cramps, headache, flushing of the skin, insomnia.

IDENTIFICATION:

Light orange round pressed 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:

3001500001

Claim it from your medical aid.

**HANDELSNAAM EN DOSERINGSVORM:
VITAMIN C 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 2 tablette bevat:

Bestanddele:	Elementêre waarde	*NRV
Vitamiën C (as L-Askorbiensuur en Kalsiumaskorbaat)	1000 mg	1000%
* Suid-Afrikaanse Voedingsverwysingswaardes vir persone 4 jaar en ouer		

Ander bestanddele is: Mikrokristallyn sellulose, magnesiumstearaat & omhulsel.

FARMAKOLOGIESE KLASSIFIKASIE:

34.12 Kategorie D (Gesondheidsaanvuller) [S0]

FARMAKOLOGIESE WERKING: Gesondheidsaanvuller.

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

KONTRA-INDIKASIES:

- Hipersensitiwiteit vir enige van die bestanddele.

WAARSKUWINGS EN SPESIALE

VOORSORGMAATREËLS:

- Groot dosisse mag lei tot hipervitaminose.

INTERAKSIES:

Geen bekende interaksies teen die aanbevole dosis.

Medisyne wat kan interaksie hê met Vitamiën C is:

- Acetaminofen (Parasetamol): Hoë dosisse van Vitamiën C kan die uitskeiding van asetaminofen uit die liggaam verhoog, wat tot 'n afname in pynverligting kan lei.
- Warfarin: Vitamiën C kan die effektiwiteit van warfarin verminder deur die absorpsie daarvan in die liggaam te verminder.
- Antasiedmiddels wat aluminium bevat: Vitamiën C kan die hoeveelheid aluminium wat deur die liggaam geabsorbeer word, verhoog, wat tot toksisiteit by mense met nierprobleme kan lei.
- Statins: Die gebruik van Vitamiën C-aanvullings saam met statins kan die effektiwiteit van statins verminder en die risiko van spierskade verhoog.
- Chemoterapie medisyne: Hoë dosisse van Vitamiën C kan die effektiwiteit van sekere chemoterapie medisyne beïnvloed.

DOSIS EN GEBRUIKSAANWYSINGS:

Volwassenes: Neem 1-2 tablette daagliks saam met etes. Moenie die aanbevole dosis oorskry nie. Die produk

moenie 'n gebalanseerde dieet vervang nie.

MOONTLIKE NEWE-EFFEKTE EN SPESIALE

VOORSORGMAATREËLS:

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

- Nierstene: Oormatige inname van Vitamiën C mag die risiko verhoog by vatbare individue.

- Hemochromatose: Vitamiën C kan ysterabsorpsie versterk, moontlik problematies in hierdie toestand.
- Glukose-6-fosfaatdehidrogenase (G6PD)-tekort: Hoë dosisse kan rooi bloedselafbreek in sommige individue veroorsaak.
- Niersiekte: Dosisse van meer as 2000 mg per dag moet met sorg gebruik word.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN:

In die geval van 'n oordosis, staak gebruik onmiddellik en verkry onmiddellik professionele mediese hulp. Behandeling is simptome en ondersteunend.

- Simptome van 'n oordosis kan diarree, naarheid, maagkrampe, hoofpyn, velrooiheid en slaaploosheid insluit.

IDENTIFIKASIE:

Ligoranje ronde gedrukte tablet.

AANBIEDING:

Verpak as 'n gedrukte boks met 'n verseëelde sertifikaat, 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 houer oop laat nie.

HOU BUITE BEREIK VAN KINDERS.

REGISTRASIE NOMMER:

Word ge-allokeer.

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

DATUM VAN PUBLIKASIE VAN HIERDIE VOUBILJET:

Mei 2026

vitatech® NAPPI CODE:

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**PROPRIETARY NAME AND DOSAGE FORM:
VITAMIN C 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 2 tablets contain:

Ingredients	Elemental value	*NRV
Vitamin C (as L-Ascorbic acid and Calcium Ascorbate)	1000mg	1000%
* South African Nutrient reference values for individuals 4 years and older		

Other Ingredients: Microcrystalline cellulose, magnesium stearate & coating

WHAT IS THIS SUPPLEMENT USED FOR:

- Serves several vital functions in the body, including:
 - Supports the immune system, helping to fight off illnesses and infections.
 - Acts as an antioxidant, protecting cells from free radical damage.
 - Aids in collagen formation, promoting healthy skin, bones, and blood vessels.
 - Enhances the absorption of iron from plant-based foods.
 - May reduce the duration and severity of common cold symptoms.
 - Supports wound healing and tissue repair.
 - Helps maintain healthy gums.
 - Plays a role in the synthesis of neurotransmitters, aiding mood regulation.
 - Supports overall health and vitality.

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. See PACKAGE INSERT Interactions.

HOW TO TAKE

The recommended usage is that adults take 1-2 tablets 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 diarrhoea, nausea, stomach cramps, headache, flushing of the skin, insomnia.

IDENTIFICATION:

Light orange round pressed tablet.

PRESENTATION:

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VITAMIN C TABLETTE (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 2 tablette bevat:

Bestanddele:	Elementêre waarde	*NRV
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* Suid-Afrikaanse Voedingsverwysingswaardes vir persone 4 jaar en ouer		

Ander bestanddele is: Mikrokristallyn sellulose, magnesiumstearaat & omhulsel.

WAARVOOR WORD HIERDIE AANVULLING GEBUIK:
Dien verskeie noodsaaklike funksies in die liggaam, insluitend:

- Ondersteun die immuunstelsel, wat help om siektes en infeksies te beveg.
- Tree op as 'n antioksidant, wat selle teen skadelike vrye radikale beskerm.
- Help met die vorming van kollageen, wat gesonde vel, bene en bloedvate bevorder.
- Versterk die absorpsie van yster uit plantgebaseerde voedsel.
- Mag die duur en erns van simptome van die gewone verkoue verminder.
- Ondersteun wondegenesing en weefselherstel.
- Help om gesonde tandvleise te handhaaf.
- Speel 'n rol in die sintese van neurotransmitters, wat help met gemoedsregulering.
- Ondersteun algemene gesondheid en lewenskrag.

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 teen die aanbevole dosis nie.

Verwys na die VOUBILJET interaksies.

HOE OM DIT TE GEBUIK:

Die aanbevole dosis is: Volwassenes: Neem 1-2 tablette daaglik saam met etes.

AS JY MEER NEEM AS WAT JY MOET:

In die geval van 'n oordosis, raadpleeg 'n dokter of apteker dadelik. Indien hulle nie beskikbaar is nie, kontak die naaste hospitaal of Gif Beheersentrum. Die volgende simptome mag verband hou met 'n oordosis: abdominale ongemak en hipervitaminose. Behandeling is simptome en ondersteunend.

MOONTLIKE NEWE-EFFEKTE:

Hierdie aanvullings word oor die algemeen goed verdra as hulle soos voorgeskryf geneem word.

- Simptome van 'n oordosis kan diarree, naarheid, maagkrampe, hoofpyn, velrooiheid en slaaploosheid insluit.

IDENTIFIKASIE:

Ligoranje ronde gedrukte tablet.

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DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNT INLIGTINGSBLAD:

Mei 2026

vitatech® NAPPI CODE:

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