

PROPRIETARY NAME AND DOSAGE FORM:

**MULTI-VIT
KIDS GUMMIES (60)**

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 gummy contains:

Ingredients	Elemental value	*NRV
Vitamin A (as Palmitate)	450 mcg RE	50%
Vitamin B ₁ (as Thiamine HCL)	1 mg	70%
Vitamin B ₃ (as Nicotinamide)	5 mg	31%
Vitamin B ₅ (as Calcium D-Pantothenate)	5 mg	100%
Vitamin B ₆ (as Pyridoxine HCL)	1 mg	58%
Vitamin B ₇ (as D-Biotin)	15 mcg	50%
Vitamin B ₉ (as Folic Acid)	200 mcg	50%
Vitamin B ₁₂ (as Cyanocobalamin)	1.2 mcg	50%
Vitamin C (as L-Ascorbic Acid)	30 mg	30%
Vitamin D ₃ (as Cholecalciferol)	300 IU	50%
Vitamin E (as dl-Alpha Tocopherol Acetate)	7.5 mg	50%
Iodine (as Potassium Iodide)	75 mcg	50%
Zinc (as Gluconate and Citrate)	2.7 mg	25%
Lutein	50 mcg	-
Inositol	20 mcg	-

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

Other Ingredients: Glucose syrup, sucrose, purified water, pectin, citric acid, flavourant, sodium citrate, colourant. Contains sugar: glucose (1 g), sugar (0.75 g)

PHARMACOLOGICAL CLASSIFICATION:

34.11 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 digestive discomfort.

INTERACTIONS:

There are no known significant interactions at the recommended dosage. Consult a healthcare provider if your child is taking prescription medications such as blood thinners, antibiotics, or immunosuppressants.

DOSAGE AND DIRECTIONS FOR USE:

The recommended usage is:

Children ages 2-3: Take 1 gummy daily.

Children ages 4-12: Take 2 gummies daily.

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:

- Allergies: Individuals with known allergies to any of the ingredients should avoid these gummies.
- Digestive Upset: Excessive consumption may lead to digestive discomfort. Stick to the recommended dosage.
- Immune Disorders: If you have an autoimmune disease, consult with a healthcare professional before taking supplements that boost the immune system.
- Iron Absorption: High doses of zinc could potentially interfere with iron absorption. If you have an iron deficiency, consult a healthcare provider.

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:

- excessive gas, bloating, diarrhoea, or stomach discomfort.

IDENTIFICATION:

Red, dome-shaped gummy with a Juicy Apple flavour.

PRESENTATION:

Clear jar with white lid, packaged with tamper-proof induction seal, labelled with clear, detailed information printed on the label. Containing 60 gummies.

STORAGE INSTRUCTIONS:

Store in a cool, dry place below 25 °C. Do not leave 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:

April 2026

HANDELSNAAM EN DOSERINGSVORM:

**MULTI-VIT
KIDS GUMMIES (60)**

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: Ongeskeduleerd

SAMESTELLING: Elke gummy bevat:

Bestanddele	Elementeel waarde	*NRV
Vitamiën A (as Palmitaat)	450 mcg RE	50%
Vitamiën B ₁ (as Tiamien HCL)	1 mg	70%
Vitamiën B ₃ (as Nikotinamied)	5 mg	31%
Vitamiën B ₅ (as Kalsium D-Pantotenaat)	5 mg	100%
Vitamiën B ₆ (as Piridoksien Hidrokloried)	1 mg	58%
Vitamiën B ₇ (as D-Biotien)	15 mcg	50%
Vitamiën B ₉ (as Foliensuur)	200 mcg	50%
Vitamiën B ₁₂ (as Sianokobalamien)	1.2 mcg	50%
Vitamiën C (as L-Askorbiensuur)	30 mg	30%
Vitamiën D ₃ (as Cholekalsiferol)	300 IU	50%
Vitamiën E (as dl-Alfa Tokoferol Asetaat)	7.5 mg	50%
Jodium (as Kaliumjodied)	75 mcg	50%
Sink (as Glukonaat en Sitraat)	2.7 mg	25%
Luteïen	50 mcg	-
Inositol	20 mcg	-

* Suid-Afrikaanse Voedingsverwysingswaardes vir persone 4 jaar en ouer
- nie vasgestel nie

Ander bestanddele is: Glukosestroop, suiker, gesuiwerde water, pektien, sitroensuur, geursel, natriumsitraat, kleursel. Bevat geen kunsmatige versoeter. Bevat suiker: glukose (1 g), suiker (0.75 g)

FARMAKOLOGIESE KLASSIFIKASIE:

34.11 Kategorie D (Gesondheidsaanvuller) [S0]

FARMAKOLOGIESE WERKING: Gesondheidsaanvuller.

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

KONTRA-INDIKASIES:

- Hipersensitiwiteit vir enige van die bestanddele.

WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS:

- Groot dosisse mag lei tot maagongemak.

INTERAKSIES:

Geen bekende interaksies teen die aanbevole dosis.

Raadpleeg 'n gesondheidsorgverskaffer indien jou kind voorskryfmedikasie gebruik, soos bloedverduiners, antibiotika of immuunonderdrukkers.

DOSIS EN GEBRUIKSAANWYSINGS:

Die aanbevole gebruik is:

Kinders ouderdomme 2-3: Neem 1 gummy per dag.
Kinders ouderdomme 3 -12: Neem 2 gummies per dag.
Moenie die aanbevole dosis oorskry nie. Die produk moet nie '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:

- Allergieë: Vermoë indien allergies vir enige bestanddele
- Spysvertering: Oormatige gebruik kan maagongemak veroorsaak
- Ysterabsorpsie: Hoë sinkinname kan ysterabsorpsie beïnvloed
- Immuunversterings: Raadpleeg 'n gesondheidsorgverskaffer indien van toepassing
- Vitamiën D: Gebruik met omsigtigheid by hiperkalsemie

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:

- oormatige gas, opgeblasenheid, diarree of maagongemak.

IDENTIFIKASIE:

Rooi koepelvormige gummy met 'n appelgeur.

AANBIEDING: Deurskynende bottel met wit deksel, en 'n peuterbestande induksie-seël. 'n Gedrukte etiket met volledige aanwysings is op die houer aangebring. Bevat 60 gummies.

BERGINGSAAANWYSINGS:

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.

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 INLIGTING PAMFLET:

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KIDS GUMMIES (60)**

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 should consult a doctor if you experience worrying symptoms.

COMPOSITION: Each gummy contains:

Ingredients	Elemental value	*NRV
Vitamin A (as Palmitate)	450 mcg RE	50%
Vitamin B ₁ (as Thiamine HCL)	1 mg	70%
Vitamin B ₃ (as Nicotinamide)	5 mg	31%
Vitamin B ₅ (as Calcium D-Pantothenate)	5 mg	100%
Vitamin B ₆ (as Pyridoxine HCL)	1 mg	58%
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Iodine (as Potassium Iodide)	75 mcg	50%
Zinc (as Gluconate and Citrate)	2.7 mg	25%
Lutein	50 mcg	-
Inositol	20 mcg	-

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

Other Ingredients: Glucose syrup, sucrose, purified water, **pectin**, citric acid, flavourant, sodium citrate, colourant. Contains sugar: glucose (1 g), sugar (0.75 g)

WHAT IS THIS SUPPLEMENT USED FOR:

- Helps fill nutritional gaps in your child's diet
- Supports a healthy immune system
- Helps with normal growth and development
- Supports energy levels for active children
- Helps support overall daily health

BEFORE YOU TAKE THIS SUPPLEMENT:

Do not administer if your child is allergic to any of the ingredients.

Take special care when giving children any supplement:

- Do not use if your child is allergic to any ingredients
- Do not exceed the recommended dose
- This product is not a substitute for a balanced diet
- Contains sugar – **not suitable for diabetics**

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:

Children ages 2-3: Take 1 gummy daily.
Children ages 4-12: Take 2 gummies daily.

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:

- excessive gas, bloating, diarrhoea, or stomach discomfort.

IDENTIFICATION:

Red, dome-shaped gummy with a Juicy Apple flavour.

PRESENTATION:

Clear jar with white lid, packaged with tamper-proof induction seal, labelled with clear, detailed information printed on the label. Containing 60 gummies.

STORAGE INSTRUCTIONS:

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KIDS GUMMIES (60)**

VRYWARING: Hierdie medisyne is nie deur SAHPRA geëvalueer nie en is nie bedoel om enige siekte te diagnoseer, behandel, genees of voorkom nie.

Lees hierdie inligtingsblad noukeurig. Moenie die pamflet weggooi nie, dit mag dalk nodig wees om dit weer te lees

- Hou hierdie pamflet vir toekomstige verwysing
- Vra jou apteker vir meer inligting
- Raadpleeg 'n dokter indien nodig

SKEDULERINGSSTATUS: Ongeskeduleerd

SAMESTELLING: Elke gummy bevat:

Bestanddele	Elementeel waarde	*NRV
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WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:

- Help om voedingsgapings in jou kind se dieet te vul
- Ondersteun 'n gesonde immuunstelsel
- Help met normale groei en ontwikkeling
- Ondersteun energievlakke
- Dra by tot algehele gesondheid

VOORDAT JY HIERDIE AANVULLING NEEM:

Moenie toedien as jou kind allergies is vir enige van die bestanddele nie.

Wees besonder versigtig wanneer jy enige aanvulling aan kinders gee:

- Moet nie die daaglikse aanbevole hoeveelheid oorskry nie.
- Raadpleeg 'n gesondheidsorgpraktisyn as hulle aan enige **allergieë** ly.
- Raadpleeg 'n gesondheidsorgpraktisyn as **ander medikasie** geneem word of as daar 'n ander **mediese toestand** teenwoordig is.
- As hulle ander aanvullings neem, lees die etiket, aangesien hierdie aanvullings dieselfde bestanddele kan bevat.
- Hierdie gummies bevat suiker en word dus **nie aanbeveel vir diabetie 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:

Kinders ouderdomme 2-3: Neem 1 gummy per dag.
Kinders ouderdomme 3 -12: Neem 2 gummies per dag.

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:

- oormatige gas, opgeblasenheid, diarree of maagongemak.

IDENTIFIKASIE:

Rooi koepelvormige gummy met 'n appelgeur.

AANBIEDING: Deurskynende bottel met wit deksel, en 'n peuterbestande induksie-seël. 'n Gedrukte etiket met volledige aanwysings is op die houer aangebring. Bevat 60 gummies.

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