

**PROPRIETARY NAME AND DOSAGE FORM:**

**HEARTBURN RELIEF  
EFFERVESCENT TABLETS (10)**

**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 effervescent contains:

Ingredients	Elemental value	*NRV
Calcium (as Carbonate)	130 mg	10 %
Aluminium Hydroxide	160 mg	-
Contains Sugar: Dextrose (monosaccharide)	1050 mg	-
Artificial sweetener: sucralose	20 mg	-
* South African Nutrient reference values for individuals 4 years and older - not established		

**Other Ingredients:** Citric acid, sodium bicarbonate, polyethylene glycol, flavourant & colourant.

**Contains:** Monosaccharide: dextrose monohydrate of which sugar: 0,978 g and Non-nutritive sweetener (artificial sweetener): Sucralose.

**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 exist.

**CONTRA-INDICATIONS:**

- Hypersensitivity to any of the ingredients.

**WARNINGS AND SPECIAL PRECAUTIONS:**

Large doses may give rise to:

- altered mineral balance.
- gastrointestinal discomfort
- electrolyte imbalances

**INTERACTIONS:**

No known interactions with existing conditions at recommended dose.

Medicines that will interact with this effervescent are:

- Antacids:** Avoid concurrent use with other antacids or medications that contain calcium or aluminum, as this may lead to excessive intake of these minerals, potentially affecting mineral balance.
- Tetracycline Antibiotics:** Calcium-containing antacids like this product can interfere with the absorption of tetracycline antibiotics. Administer these medications at least two hours apart.
- Iron Supplements:** Calcium may reduce the absorption of iron supplements, potentially leading to reduced effectiveness. Take iron supplements at a different time.
- Quinolone Antibiotics:** Calcium can interfere with the absorption of quinolone antibiotics. Administer these medications at least two hours apart.

**DOSAGE AND DIRECTIONS FOR USE:**

The recommended usage is:

- Adults: Dissolve 1 tablet in a glass of water until fully dissolved. Only consume once tablet is fully dissolved. May be consumed up to 3 times a day if necessary.

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 Dysfunction:** Individuals with kidney problems should use this product with caution, as excessive calcium and aluminium intake may worsen kidney function.
- Osteoporosis:** Long-term use of aluminium-containing antacids like this product may contribute to osteoporosis. Consult a healthcare provider for alternatives.
- Hypophosphatemia:** Extended use may lead to low blood phosphate levels, which can affect bone health and other bodily functions.
- Constipation:** Calcium and aluminium antacids may cause constipation in some individuals. Maintain proper hydration and dietary fiber intake if constipation occurs.

**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 overdose may include:

- Nausea, vomiting, constipation, excessive thirst, frequent urination, weakness.

**IDENTIFICATION:**

Light orange coloured round pressed effervescent tablets with a berry flavour.

**PRESENTATION:**

Ten effervescent tablets packed in a white polypropylene tube, with green snap on lid. Tube is packed into an outer cardboard carton in pack sizes of either 10 or 30 effervescent tablets, with clear, detailed information printed on the box.

**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](mailto:ask@vitatechhealth.com)  
Website: [www.vitatechhealth.com](http://www.vitatechhealth.com)

**DATE OF PUBLICATION OF THE PACKAGE INSERT:**

July 2023

**HANDELSNAAM EN DOSERINGSVORM:**

**HEARTBURN RELIEF  
BRUISTABLETTE (10)**

**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 diagnosering, behandeling, genesing of voorkoming van enige siekte nie.

**SKEDULERINGSSTATUS:** Ongeskeduleerd

**SAMESTELLING:** Elke bruistablet bevat:

Bestanddele	Elementaal waarde	*NRV
Kalsium (as Karbonaat)	130 mg	10 %
Aluminiumhidroksied	160 mg	-
Bevat suiker: Dekstrose (monosakkaried)	1050 mg	-
Kunsmatige versoeter: sukralose	20 mg	-
* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer - nie vagestel nie		

**Ander bestanddele is:** Citroensuur, natriumbikarbonaat, poliëteenglikol, geurmiddel en kleurstof.

**Bevat:** Monosakkaried: dekstrosemonohidraat waarvan suiker: 0,978 g en Nie-voedsame versoeter (kunsmatige versoeter): Sukralose

**FARMAKOLOGIESE KLASSIFIKASIE:**

34.12 Kategorie D (Gesondheidsaanvuller) [S0]

**FARMAKOLOGIESE WERKING:** Gesondheidsaanvuller

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

**KONTRA-LNDIKASIES:**

- Hipersensitiwiteit vir enige van die bestanddele.

**WAASKUWINGS EN SPESIALE VOORSORGMATREËLS:**

Groot dosisse mag lei tot:

- veranderde mineraalbalans.
- gastro-intestinale ongemak.
- elektrolietbalanse.

**INTERAKSIES:**

Geen bekende interaksies teen die aanbevole dosis.

Medisyne wat kan interaksie hê met die bruistablet is:

- Antasiedmiddels:** Vermoë gelyktydige gebruik met ander antasiedmiddels of medisyne wat kalsium of aluminium bevat, aangesien dit tot oormatige inname van hierdie minerale kan lei, wat moontlik mineraalbalans kan affekteer.
- Tetrasislienantibiotika:** Kalsiumbevattende antasiedmiddels soos hierdie produk kan die absorpsie van tetrasislienantibiotika beïnvloed. Administreer hierdie medikasie minstens twee uur uitmekaar.
- Ystersupplemente:** Kalsium kan die absorpsie van ystersupplemente verminder, wat moontlik tot 'n verminderde doeltreffendheid kan lei. Neem ystersupplemente op 'n ander tyd.
- Kwinoloonantibiotika:** Kalsium kan die absorpsie van kwinoloonantibiotika beïnvloed. Administreer hierdie medikasie minstens twee uur uitmekaar.

**DOSIS EN GEBRUIKSAANWYSINGS:**

Die aanbevole gebruik is:

- Volwassenes: Los 1 tablet op in 'n glas water tot heeltemal opgelos. Neem slegs sodra die tablet heeltemal opgelos is. Mag tot 3 keer per dag gebruik word indien nodig.

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

**MOONTLIKE NEWE-EFFEKTE EN SPESIALE VOORBERGING:**

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

- Nierdysfunksie:** Individue met nierprobleme moet hierdie produk met omsigtigheid gebruik, aangesien oormatige kalsium- en aluminiumname nierfunksie kan vererger.
- Osteoporose:** Langtermyngebruik van aluminiumbevattende antasiedmiddels soos hierdie produk mag bydra tot osteoporose. Raadpleeg 'n gesondheidsorgverskaffer vir alternatiewe.
- Hipofosfatemie:** Uitgebreide gebruik kan lei tot lae bloedsfosfaatvlakke, wat been- en ander liggaamsfunksies kan beïnvloed.
- Moeseloosheid:** Kalsium- en aluminiumantasiedmiddels kan in sommige individue moeseloosheid veroorsaak. Handhaaf behoorlike hidrasie en dieetvesel inname as moeseloosheid voorkom.

**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, hardlywigheid, oormatige dors, gereelde urinering, swakheid.

**IDENTIFIKASIE:**

Ligoranje ronde gedrukte bruistablet met 'n bessie geur.

**AANBIEDING:**

Tien bruistablette verpak in 'n wit polipropileenbuis, met 'n groen knipdeksel. Die buis is in 'n buitekartonverpakking in pakkette van 10 of 30 bruistablet, met duidelike, gedetailleerde inligting wat op die boks gedruk is.

**BERGINGSAAANWYSINGS:**

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

**REGISTRASIE NOMMER:**

Word ge-allokeer.

**NAAM EN BESIGHEIDS ADRES VAN DIE APPLIKANT:**

Vitatech  
Adress: Cnr Parkin & Delson Street  
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**DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNT INLIGTING PAMFLET:**

Julie 2023

**PROPRIETARY NAME AND DOSAGE FORM:**

**HEARTBURN RELIEF  
EFFERVESCENT TABLETS (10)**

**DISCLAIMER:** This medicine has not been evaluated by SAPHRA. 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 effervescent contains:

Ingredients	Elemental value	*NRV
Calcium (as Carbonate)	130 mg	10 %
Aluminium Hydroxide	160 mg	-
Contains Sugar: Dextrose (monosaccharide)	1050 mg	-
Artificial sweetener: sucralose	20 mg	-
* South African Nutrient reference values for individuals 4 years and older - not established		

**Other Ingredients:** Citric acid, sodium bicarbonate, polyethylene glycol, flavourant & colourant.

**Contains:** Monosaccharide: dextrose monohydrate of which sugar: 0,978 g and Non-nutritive sweetener (artificial sweetener): Sucralose

**WHAT IS THIS SUPPLEMENT USED FOR:**

- Heartburn Relief: This product is designed to provide relief from heartburn symptoms, such as a burning sensation in the chest caused by stomach acid reflux. It works by neutralizing excess stomach acid, reducing irritation and discomfort.
- Temporary Relief: It may provide temporary relief from acid indigestion, sour stomach, and upset stomach.
- Calcium Supplement: Calcium carbonate is a source of supplemental calcium, which may support bone health when taken as directed.
- Antacid: It acts as an antacid to neutralize stomach acid, alleviating symptoms of heartburn and indigestion.

**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.
- These effervescent contain sugar and are therefore not recommended 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:

- Adults: Dissolve 1 tablet in a glass of water until fully dissolved. Only consume once tablet is fully dissolved. May be consumed up to 3 times a day if necessary.

**IF YOU TAKE MORE THAN YOU SHOULD:**

In the event of an overdose, consult your doctor or pharmacist immediately. If neither is available, contact that 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.

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

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**HEARTBURN RELIEF  
BRUISTABLETTE (10)**

**VRYWARING:** Hierdie medisyne is nie deur SAPHRA 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 dokters voorskrif, vir gebruik as 'n vitamien aanvulling. 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:** Ongeskeduleerd

**SAMESTELLING:** Elke bruistablet bevat:

Bestanddele	Elementeel waarde	*NRV
Kalsium (as Karbonaat)	130 mg	10 %
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**Ander bestanddele is:** Sitroensuur, natriumbikarbonaat, poliëtileenglikol, geurmiddel en kleurstof.

**Bevat:** Monosakkaried: dekstrosemonohidraat waarvan suiker: 0,978 g en Nie-voedsame versoeter (kunsmatige versoeter): Sukralose

**WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:**

- Sooi-brand-Verligting: Hierdie produk is ontwerp om verligting van sooi-brand simptome te bied, soos 'n brandende sensasie in die bors veroorsaak deur maagsuur-refluk. Dit werk deur oormaat maagsuur te neutraliseer, die prikkeling en ongemak te verminder.
- Tydelike Verligting: Dit mag tydelike verligting bied van suurindigestie, suurmaag en 'n ontregte maag.
- Kalsium-aanvulling: Kalsiumkarbonaat is 'n bron van aanvullende kalsium, wat die gesondheid van bene mag ondersteun wanneer dit soos voorgeskryf geneem word. Antasied: Dit tree op as 'n antasied om maagsuur te neutraliseer, simptome van hartsburn en indigestie te verlig.

**VOORDAT JY HIERDIE AANVULLING NEEM:**

Moenie neem indien jy allergies is vir enige van die bestanddele.

Neem spesiale sorg wanneer jy enige aanvulling neem:

- Oorskry nie die daaglikse aanbevole hoeveelheid nie.
- Raadpleeg 'n professionele persoon as jy aan allergieë ly.

- Soek professionele advies as enige ander medikasie geneem word of as daar 'n ander mediese toestand aanwesig is.
- As jy ander aanvullings neem, lees die etiket aangesien hierdie aanvullings dieselfde bestanddele mag bevat.
- As jy swanger is of jou baba borsvoed, raadpleeg asseblief jou gesondheidsorgverskaffer vir advies voordat jy hierdie medisyne gebruik.
- Hierdie bruisende tablette bevat suiker en word daarom nie aanbeveel vir diabele 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: Los 1 tablet op in 'n glas water tot heeltemal opgelos. Neem slegs sodra die tablet heeltemal opgelos is. Mag tot 3 keer per dag gebruik word indien nodig.

**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, oormatige dors, gereelde urinering, swakheid.

**IDENTIFIKASIE:**

Ligoranje ronde gedrukte bruistablette met 'n bessie geur.

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**DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNT INLIGTING PAMFLET:**

Julie 2023