

**PROPRIETARY NAME AND DOSAGE FORM:
ZINC 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
Zinc (as Gluconate)	25 mg	227%
* South African Nutrient reference values for individuals 4 years and older		

Other Ingredients: Microcrystalline cellulose, calcium carbonate, magnesium stearate, silicon dioxide & coating.

PHARMACOLOGICAL CLASSIFICATION:

34.7 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.

Zinc supplements may interact with certain medications and supplements, including:

- Antibiotics (e.g., tetracyclines): Zinc may interfere with antibiotic absorption.
- Iron supplements: Zinc and iron compete for absorption; take them at different times.
- Penicillamine (for rheumatoid arthritis): Zinc may reduce its effectiveness.
- Diuretics (e.g., thiazides): May increase urinary zinc loss.

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 should be used with caution in individuals with the following medical conditions:

- Long-term high doses: Can lead to impaired immune function and reduced levels of "good" HDL cholesterol.
- Individuals with kidney disorders: Should consult their healthcare provider before taking zinc 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, diarrhoea, stomach cramps, and, in severe cases, confusion.

IDENTIFICATION:

Grey 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:

3001497001

Claim it from your medical aid.

**HANDELSNAAM EN DOSERINGSVORM:
ZINC 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 diagnose, behandeling, genesing of voorkoming van enige siekte nie.

SKEDULERINGSSTATUS: Ongeskeduleer

SAMESTELLING: Elke tablet bevat:

Bestanddele	Elementêre waarde	*NRV
Sink (as Glukonaat)	25 mg	227%
* Suid-Afrikaanse Voedingsverwysingswaardes vir persone 4 jaar en ouer		

Ander bestanddele is: Mikrokristallyn sellulose, kalsium karbonaat, magnesiumstearaat, silikoondioksied & omhulsel

FARMAKOLOGIESE KLASSIFIKASIE:

34.7 Kategorie D (Gesondheidsaanvuller) [S0]

FARMAKOLOGIESE WERKING:

GESONDHEIDSAANVULLER.

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

KONTRA-LNDIKASIES:

- Hipersensitiwiteit vir enige van die bestanddele.

WAARSKUWINGS EN SPESIALE

VOORSORGMAATREËLS:

- Groot dosisse mag lei tot maag-darmongemak.

INTERAKSIES:

Geen bekende interaksies teen die aanbevole dosis.

Sinkaanvullings kan interaksie hê met sekere medisyne en aanvullings, insluitend:

- Antibiotika (bv. tetrasiklene): Sink kan interferensie met antibiotika-absorpsie veroorsaak.
- Ysteraanvullings: Sink en yster kompeteer vir absorpsie; neem hulle op verskillende tye.
- Penisillamien (vir rumatoïede artritis): Sink kan sy effektiwiteit verminder.
- Diuretika (bv. tiaziede): Mag urinêre sinkverlies verhoog.

DOSIS EN GEBRUIKSAANWYSINGS:

Die aanbevole gebruik is:

- Volwassenes neem daagliks 1 tablet 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 versigtigheid gebruik word by individue met die volgende mediese toestande:

- Langtermynhoë dosisse: Kan lei tot aangetaste immuunfunksie en verminderde vlakke van "goeie" HDL-cholesterol.
- Individue met nierversteurings: Moet hul gesondheidsorgverskaffer raadpleeg voordat hulle sinkaanvullings gebruik.

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.

Symptome van 'n oordosis kan insluit:

- Naarheid, braking, diarree, maagkrampe, en, in ernstige gevalle, verwarring.

IDENTIFIKASIE:

Grys ronde 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 elk 10 ronde tablette, wat 'n totaal van 100 tablette bevat.

BERGINGSANWYSINGS:

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

Webwerf: www.vitatechhealth.com

DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNT

INLIGTING PAMFLET:

Mei 2026

vitatech® NAPPI CODE:

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**PROPRIETARY NAME AND DOSAGE FORM:
ZINC 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
Zinc (as Gluconate)	25 mg	227%
* South African Nutrient reference values for individuals 4 years and older		

Other Ingredients: Microcrystalline cellulose, calcium carbonate, magnesium stearate, silicon dioxide & coating.

WHAT IS THIS SUPPLEMENT USED FOR:

Zinc is an essential mineral that serves various vital functions in the body, including:

- Immunity: Supports a healthy immune system.
- Healthy Skin and Nails: Important for skin and nail health.
- Cell Growth and Repair: Essential for tissue growth and repair.
- Cognitive Function: Plays a role in brain function and mental clarity.
- Wound Healing: Facilitates the healing of wounds and injuries.
- Healthy Bones & Vision: Contributes to bone health and helps maintain vision.
- Fertility & Reproduction: Essential for reproductive health.
- Testosterone Levels: Plays a role in hormone regulation, including testosterone.

Zinc is essential for maintaining overall health and supporting various bodily functions, particularly in immunity, skin health, and reproductive health.

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, diarrhoea, stomach cramps, and, in severe cases, confusion.

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

IDENTIFICATION:

Grey round pressed tablet.

PRESENTATION:

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VRYSWARING: 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, kalsium karbonaat, magnesiumstearaat, silikoondioksied & omhulsel

WAARVOOR WORD HIERDIE AANVULLING GEBUIK:

Sink is 'n noodsaaklike mineraal wat verskeie belangrike funksies in die liggaam dien, insluitend:

- Immuniteit: Ondersteun 'n gesonde immuunstelsel.
- Gesonde Vel en Naels: Belangrik vir vel- en naelsgesondheid.
- Selgroeï en Herstel: Essensieel vir weefselgroeï en herstel.
- Kognitiewe Funksie: Speel 'n rol in breinfunksie en geestelike helderheid.
- Wondgenesing: Vergemaklik die genesing van wonde en beserings.
- Gesonde Bene & Visie: Dra by tot been- en siggesondheid.
- Vrugsbaarheid & Voortplanting: Essensieel vir voortplantingsgesondheid.
- Testosteroonvlakke: Speel 'n rol in hormoonregulering, insluitend testosteroon.

Sink is noodsaaklik vir die handhawing van algemene gesondheid en die ondersteuning van verskeie liggaamsfunksies, veral in immuniteit, velgesondheid en reprodutiewe gesondheid.

VOORDAT JY DIE AANVULLING VAT:

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 allergiese 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 GEBUIK:

Die aanbevole gebruik is:

- Volwassenes neem daaglik 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 simptome 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, diarree, maagkrampe, en, in ernstige gevalle, verwarring.

IDENTIFIKASIE:

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