

**PROPRIETARY NAME AND DOSAGE FORM:
WOMEN'S HYDRATION 30 X 6 G
SACHETS (180 G)**

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 sachet contains:

Ingredients	Per sachet	*NRV
Magnesium (as Magnesium Citrate)	150 mg	-
Potassium (as Potassium Citrate)	200 mg	-
Sodium (as Sodium Citrate)	100 mg	-
Calcium (as Calcium Citrate)	100 mg	-
Zinc (as Zinc Citrate)	5 mg	-
Selenium (as Sodium Selenite)	55 mcg	-
* South African Nutrient reference values for individuals 4 years and older - Not established		

Other Ingredients: Citric Acid, Malic Acid, Flavouring, Red Beet Juice Powder, Silicon Dioxide, Xanthan Gum, Stevia Leaf Extract and Monk Fruit Extract.

Allergens: Contains: No common allergens.

Manufactured in a facility that processes eggs, cow's milk, soy, wheat (gluten), peanuts and tree nuts.

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 gastrointestinal discomfort.
- Consult your healthcare provider before use if you are pregnant, breastfeeding or taking medication.

INTERACTIONS:

No known interactions at the recommended dose.

DOSAGE AND DIRECTIONS FOR USE:

The recommended usage is:

Adults: Dissolve 1 sachet in 400 to 500 ml of water (to taste) and take once daily. During periods of increased fluid loss, such as hot weather or physical activity, an additional sachet may be taken if required. Do not exceed 2 sachets per day unless advised by a healthcare professional.

SIDE EFFECTS AND SPECIAL PRECAUTIONS:

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

- Individuals with known sensitivity to any of the ingredients should use this supplement with caution.
- Gastrointestinal discomfort such as bloating, nausea, stomach discomfort or diarrhoea may occur in sensitive individuals.

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 gastrointestinal discomfort, bloating, nausea or diarrhoea.

IDENTIFICATION:

White peach-flavoured powder sachet.

PRESENTATION:

Packaged as a printed box with tamperproof seal, labelled with clear, detailed information printed on the box. Contents are 30 sachets of 6 g each, containing 180 g in total.

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:

May 2026

HANDELSNAAM EN DOSERINGSVORM:

**WOMEN'S HYDRATION 30 X 6 G
SACHETS (180 G)**

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 sakkie bevat:

Bestanddele	Per sakkie	*NRV
Magnesium (as Magnesium Sitraat)	150 mg	-
Kalium (as Kaliumsitraat)	200 mg	-
Natrium (as Natriumsitraat)	100 mg	-
Kalsium (as Kalsiumsitraat)	100 mg	-
Sink (as Sinksitraat)	5 mg	-
Selenium (as Natriumseleniet)	55 mcg	-
* Suid-Afrikaanse Voedingsverwysingswaardes vir persone 4 jaar en ouer - Nie vasgestel nie		

Ander bestanddele is: Citroensuur, Appelsuur, Geurmiddel, Rooibeetsappoeier, Silikondioksied, Xantaangom, Steviablaarekstrak en Monniksvruekstrak.

Allergene: Bevat: Geen algemene allergene nie. Vervaardig in 'n fasiliteit wat eiers, koeimelk, soja, koring (gluten), grondboontjies en boomneute verwerk.

FARMAKOLOGIESE KLASSIFIKASIE:

34.12 Kategorie D (Gesondheidsaanvuller) [S0]

FARMAKOLOGIESE WERKING: Gesondheidsaanvuller

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

KONTRA-INDIKASIES:

- Hipersensitieweit vir enige van die bestanddele.

WAARSKUWINGS EN SPESIALE VOORSORGMAATREËLS:

- Groot dosisse mag lei tot maag-darmongemak.
- Raadpleeg jou gesondheidsorgverskaffer voor gebruik indien jy swanger is, borsvoed of medikasie gebruik.

INTERAKSIES:

Geen bekende interaksies teen die aanbevole dosis.

DOSIS EN GEBRUIKSAANWYSINGS:

Die aanbevole gebruik is:

Volwassenes: Los 1 sakkie in 400 tot 500 ml water (na smaak) op en neem een keer daagliks. Gedurende periodes van verhoogde vloeistofverlies, soos warm weer

of fisiese aktiwiteit, kan 'n addisionele sakkie geneem word indien nodig. Moenie 2 sakkies per dag oorskry nie, tensy dit deur 'n gesondheidsorgpraktisyn aanbeveel word.

MOONTLIKE NEWE-EFFEKTE EN SPESIALE VOORSORGMAATREËLS:

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

- Individue met bekende sensitiviteit vir enige van die bestanddele moet hierdie aanvulling met versigtigheid gebruik.
- Maag-darmongemak soos opgeblasenheid, naarheid, maagongemak of diarree kan by sensitiewe individue 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 oordosering kan maag-darmongemak, opgeblasenheid, naarheid of diarree insluit.

IDENTIFIKASIE:

Witperskegekeurde poeiersakkie.

AANBIEDING:

Verpak as 'n gedrukte boks met 'n peutervaste seël, gemerk met duidelike, gedetailleerde inligting wat op die boks gedruk is. Die inhoud bestaan uit 30 sakkies van 6 g elk, met 'n totale inhoud van 180 g.

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
Adres: Cnr Parkin & Delson Street
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DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNT INLIGTING PAMFLET:

Mei 2026

**PROPRIETARY NAME AND DOSAGE FORM:
WOMEN'S HYDRATION 30 X 6 G
SACHETS (180 G)**

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

CONTAINS: Each sachet contains:

Ingredients	Per sachet	*NRV
Magnesium (as Magnesium Citrate)	150 mg	-
Potassium (as Potassium Citrate)	200 mg	-
Sodium (as Sodium Citrate)	100 mg	-
Calcium (as Calcium Citrate)	100 mg	-
Zinc (as Zinc Citrate)	5 mg	-
Selenium (as Sodium Selenite)	55 mcg	-

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

Other Ingredients: Citric Acid, Malic Acid, Flavouring, Red Beet Juice Powder, Silicon Dioxide, Xanthan Gum, Stevia Leaf Extract and Monk Fruit Extract.

Allergens: Contains: No common allergens. Manufactured in a facility that processes eggs, cow's milk, soy, wheat (gluten), peanuts and tree nuts.

WHAT IS THIS SUPPLEMENT USED FOR:

Women's Hydration is formulated to support:

- Daily hydration
- Electrolyte balance
- Fluid balance
- Energy and recovery
- Muscle function
- Hydration during heat or physical activity
- Hydration support without excess sodium

This low sodium electrolyte formula helps support hydration and mineral balance while helping reduce bloating and water retention.

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.
- Consult your healthcare provider before use if you are pregnant, breastfeeding or taking medication.
- If you are taking other supplements, read the label as these supplements may contain the same ingredients.

- 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.

HOW TO TAKE:

The recommended usage is:

Adults: Dissolve 1 sachet in 400 to 500 ml of water (to taste) and take once daily. During periods of increased fluid loss, such as hot weather or physical activity, an additional sachet may be taken if required. Do not exceed 2 sachets per day unless advised by a healthcare professional.

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.

Possible side effects may include:

- bloating
- nausea
- stomach discomfort
- diarrhoea

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

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PRESENTATION:

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SACHETS (180 G)**

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- 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 sakkie bevat:

Bestanddele	Per sakkie	*NRV
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Allergene: Bevat: Geen algemene allergene nie. Vervaardig in 'n fasiliteit wat eiers, koeimelk, soja, koring (gluten), grondboontjies en boomneute verwerk.

WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:

Women's Hydration is geformuleer om die volgende te ondersteun:

- Daaglikse hidrasie
- Elektrolietbalans
- Vloeistofbalans
- Energie en herstel
- Spierfunksie
- Hidrasie tydens hitte of fisiese aktiwiteit
- Hidrasieondersteuning sonder oormatige natrium

Hierdie lae natrium elektrolietformule help om hidrasie en mineraalbalans te ondersteun terwyl dit help om opgeblasenheid en waterretensie te 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:

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

- Raadpleeg jou gesondheidsorgverskaffer voor gebruik indien jy swanger is, borsvoed of medikasie gebruik.
- Ander aanvullings mag dieselfde bestanddele bevat.
- Hierdie aanvulling behoort nie bestuur of masjineriegebruik te beïnvloed nie.

INTERAKSIES MET ANDER MEDISYNE:

Daar is geen bekende interaksies by die aanbevole dosis vir gesonde individue nie.

HOE OM DIT TE GEBRUIK:

Die aanbevole gebruik is:

Volwassenes: Los 1 sakkie in 400 tot 500 ml water (na smaak) op en neem een keer daaglik. Gedurende periodes van verhoogde vloeistofverlies, soos warm weer of fisiese aktiwiteit, kan 'n addisionele sakkie geneem word indien nodig. Moenie 2 sakkies per dag oorskry nie, tensy dit deur 'n gesondheidsorgpraktisyn aanbeveel word.

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 wanneer dit soos aangedui gebruik word. Moontlike nuwe-effekte kan insluit:

- opgeblasenheid
- naarheid
- maagongemak
- diarree

Indien jy enige ongewone of ernstige nuwe-effekte ervaar, staak gebruik en verkry mediese hulp.

IDENTIFIKASIE:

Witperskegeurde poeiersakkie.

AANBIEDING:

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BERGINGS- EN OPSLAGINGSWAAK:

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REGISTRASIE NOMMER:

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