

PROPRIETARY NAME AND DOSAGE FORM:

APPLE CIDER VINEGAR
ADULT 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
Apple Cider Vinegar (5% Acetic Acid)	500 mg	-
* South African Nutrient reference values for individuals 4 years and older - not established		

Other Ingredients: Glucose syrup, sucrose, purified water, gelatine (bovine), citric acid, flavourant, sodium citrate, colourant. Contains no artificial sweetener. Contains sugar: glucose (1 g), sugar (0.75g)
Gelatine is Halal certified at source.

PHARMACOLOGICAL CLASSIFICATION:

34. 13 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 digestive discomfort.

INTERACTIONS:

No known interactions with existing conditions at recommended dose.

Medicines that might interact with these gummies are:

- Blood Sugar Medications: Apple cider vinegar may lower blood sugar levels. When taken with blood sugar-lowering medications, it could potentially lead to hypoglycemia.

DOSAGE AND DIRECTIONS FOR USE:

The recommended usage is:

Adults: Take 1-2 gummies daily. Enjoy up to 6 gummies per day. 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:

- Gastrointestinal Disorders: Apple cider vinegar is acidic and may exacerbate symptoms in individuals with acid reflux, gastritis, or peptic ulcers.

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:

- upset stomach, nausea, vomiting, gas, or diarrhoea.

IDENTIFICATION:

Red, dome shaped gummy with apple flavour.

PRESENTATION:

Clear jar with green lid, packaged with tamperproof 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:

July 2023

HANDELSNAAM EN DOSERINGSVORM:

APPLE CIDER VINEGAR
ADULT GUMMIES (60)

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 diagnoseering, behandeling, genesing of voorkoming van enige siekte nie.
SKEDULERINGSSTATUS: Ongeskeduleerd

SAMESTELLING: Elke gummy bevat:

Bestanddele	Elementeel waarde	*NRV
Appelasyn (5% Asynsuur)	500 mg	-
* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer - nie vagestel nie		

Ander bestanddele is: Glukosestroop, sukrose, gesuiwerde water, gelatien (bees), sitroensuur, geur, natriumsitraat, kleurstof. Bevat geen kunsmatige versoeter. Bevat suiker: glukose (1g), suiker (0.75g)

Gelatien is Halal gesertifiseer by die bron.

FARMAKOLOGIESE KLASSEFIKASIE:

34.13 Kategorie D (Gesondheidsaanvuller) [S0]

FARMAKOLOGIESE WERKING: Gesondheidsaanvuller

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

KONTRA-LNDIKASIES:

- Hipersensitiwiteit vir enige van die bestandele.

WAASKUWINGS EN SPESIALE VOORSORGMATREËLS:

- Groot dosisse mag lei tot maag ongemak.

INTERAKSIES:

Geen bekende interaksies teen die aanbevole dosis.

Medisyne wat kan interaksie hê met die gummies is:

- Bloedsuikermedikasie: Appeldierasyn kan bloedsuikervlakke verlaag. Wanneer dit saam met bloedsuikerverlagende medikasie gebruik word, kan dit moontlik tot hipoglisemie lei.

DOSIS EN GEBRUIKSAANWYSINGS:

Die aanbevole gebruik is:

Volwassenes: Neem 1-2 gummies daagliks. Geniet tot 6 gummies per dag.
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:

- Gastro-intestinale Verstourings: Appeldierasyn is suur en kan simptome vererger in individue met suurbrand, gastritis of maagsere.

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.

Simptome van 'n oordosis kan insluit:

- maagklip, naarheid, braking, gas of diarree.

IDENTIFIKASIE:

Rooi, koepelvormige gummy met n appel geur.

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

BERGINGSANWYSINGS:

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

REGISTRASIE NOMMER:

Word ge-allockeer.

NAAM EN BESIGHEIDS ADRES VAN DIE APPLIKANT:

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DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNT INLIGTING PAMFLET:

Julie 2023

PROPRIETARY NAME AND DOSAGE FORM:

**APPLE CIDER VINEGAR
ADULT GUMMIES (60)**

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 gummy contains:

Ingredients	Elemental value	*NRV
Apple Cider Vinegar (5% Acetic Acid)	500 mg	-
* South African Nutrient reference values for individuals 4 years and older - not established		

Other Ingredients: Glucose syrup, sucrose, purified water, gelatine (bovine), citric acid, flavourant, sodium citrate, colourant. Contains no artificial sweetener. Contains sugar: glucose (1 g), sugar (0.75g) **Gelatin is Halal certified at source.**

WHAT IS THIS SUPPLEMENT USED FOR:

- Weight Management: Apple cider vinegar gummies may support weight management when used as part of a healthy diet and exercise program. They can help control appetite and may contribute to feelings of fullness.
- Digestion and Gut Health: These gummies may aid in digestion and promote gut health. Apple cider vinegar has been associated with improved digestion and a healthy gut microbiome.
- Blood Sugar Regulation: Apple cider vinegar may help regulate blood sugar levels by improving insulin sensitivity.
- Cardiovascular Health: It may support cardiovascular health by contributing to healthy blood pressure and cholesterol levels.
- Immune System Function: These gummies may support the immune system due to the potential antimicrobial properties of apple cider vinegar. However, more research is needed to confirm this effect.
- These gummies are a convenient way to incorporate apple cider vinegar into your daily routine and may provide various health benefits, particularly in the areas of weight management, digestion, blood sugar regulation, cardiovascular health, and immune system support.

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**.
- These gummies 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: Take 1-2 gummies daily. Enjoy up to 6 gummies per day.

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:

- upset stomach, nausea, vomiting, gas, or diarrhoea

IDENTIFICATION:

Red, dome shaped gummy with apple flavour.

PRESENTATION:

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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 pampflet 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.

SKEDULERINGSTATUS: Ongeskeduleerd

SAMESTELLING: Elke gummy bevat:

Bestanddele	Elementeel waarde	*NRV
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Andersbestanddele is: Glukosestroop, suikrose, gesuiwerde water, gelatien (bees), sitroensuur, geur, natriumsitraat, kleurstof. Bevat geen kunsmatige versoeter. Bevat suiker: glukose (1g), suiker (0.75g) **Gelatin is Halal gesertifiseer by die bron.**

WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:

- Gewigsbestuur: Appelciderasyn gommities kan gewigsbestuur ondersteun wanneer dit as deel van 'n gesonde dieet en oefenprogram gebruik word. Dit kan help om eetlus te beheer en mag bydra tot 'n gevoel van volheid.
- Spons en Dermo's Gesondheid: Hierdie gummies kan help met die spierysvertering en die bevordering van 'n gesonde dermflora. Appelciderasyn word geassosieer met verbeterde spierysvertering en 'n gesonde dermsmikrobiome.
- Bloedsuiker Regulering: Appelciderasyn kan help om bloedsuikervlakke te reguleer deur insulien sensitiviteit te verbeter.
- Kardiovaskulêre Gesondheid: Dit kan kardiovaskulêre gesondheid ondersteun deur by te dra tot 'n gesonde bloeddruk en cholesterolvlakke.
- Imuunstelsel Funksie: Hierdie gummies kan die imuunstelsel ondersteun as gevolg van die potensiële antimikrobiële eienskappe van appelciderasyn. Daar is egter meer navorsing nodig om hierdie effek te bevestig. Hierdie gummies is 'n gerieflike manier om appelciderasyn in jou daaglikse roetine in te sluit en mag verskeie gesondheidsvoordele bied, veral op die gebied van gewigsbestuur, spierysvertering, bloedsuikerregulering, kardiovaskulêre gesondheid en ondersteuning vir die imuunstelsel.

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 '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.
- Hierdie gummies bevat suiker en word **daarom nie aanbeveel vir diabeto** 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: Neem 1-2 gummies daaglik. Geniet tot 6 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 simptome en ondersteunend.

MOONTLIKE NEWE-EFFEKTE:

Hierdie aanvullings word gewoonlik goed verdra as dit soos voorgeskryf geneem word. Simptome van 'n oordosis kan insluit:

- maagklip, naarheid, braking, gas of diarree

IDENTIFIKASIE:

Rooi, koepelvormige gummy met 'n appel geur.

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Julie 2023