

PROPRIETARY NAME AND DOSAGE FORM:

**BEAUTY
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 2 gummies contains:

Ingredients	Elemental value	*NRV
Vitamin A (as Palmitate)	900 mcg RE	100%
Vitamin B ₆ (as Pyridoxine HCL)	1,7mg	100%
Vitamin B ₇ (as D-Biotin)	500 mcg	1667%
Vitamin B ₁₂ (as Cyanocobalamin)	2,4 mcg	100%
Vitamin C (as L- Ascorbic Acid)	40 mg	40%
Vitamin D ₃ (as Cholecalciferol)	1000 iu	167%
Vitamin E (as dl-Alpha Tocopherol Acetate)	15 mg	100%
Selenium (as Glysinate)	55 mcg	100%
Zinc (as Gluconate and Citrate)	3,7 mg	33%
* 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:

- Anticoagulant Medications (e.g., Warfarin): Vitamin E may increase the risk of bleeding when used with anticoagulant medications.
- Iron Absorption: Iron supplementation may interfere with the absorption of certain medications, like antibiotics and thyroid medications, when taken together.
- Mineral Supplements: Taking this supplement alongside other mineral supplements, especially zinc and magnesium, may lead to excess intake, potentially causing mineral imbalances.

DOSAGE AND DIRECTIONS FOR USE:

The recommended usage is:
Adults: 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:

- Hypervitaminosis: Excessive intake of fat-soluble vitamins like Vitamin A and Vitamin E may lead to hypervitaminosis, causing symptoms such as nausea, vomiting, dizziness, and fatigue.
- Iron Overload: High doses of iron can lead to iron toxicity, potentially causing symptoms like nausea, vomiting, abdominal pain, and constipation. Keep this supplement out of the reach of children, as iron overdose can be life-threatening in children.
- Mineral Imbalances: High intake of minerals like magnesium, selenium, and zinc can lead to mineral imbalances, causing symptoms such as diarrhoea, nausea, and stomach cramps.

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, and confusion.

IDENTIFICATION:

Purple dome shaped gummy with a tropical 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:

**BEAUTY
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.
SKEDULERINGSTATUS: Ongeskeduleerd

SAMESTELLING: Elke 2 gummies bevat:

Bestanddele	Elementeel waarde	*NRV
Vitamiën A (as Palmitaat)	900 mcg RE	100%
Viamien B ₆ (as Piridoksien Hidrokloried)	1,7mg	100%
Vitamiën B ₇ (as D-Biotien)	500 mcg	1667%
Vitamiën B ₁₂ (as Sianokobalamien)	2,4 mcg	100%
Vitamiën C (as L-Askorbiensuur)	40 mg	40%
Vitamiën D ₃ (as Cholekalsiferol)	1000 iu	167%
Vitamiën E (as dl-Alfa Tokoferol Asetaat)	15 mg	100%
Selenium (as Gliisinaat)	55 mcg	100%
Zink (as Glukonaat en Sitraat)	3,7 mg	33%
* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer - nie vagestel nie		

Ander bestanddele is: Glukosestroop, suikrose, 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 KLASSEKATOGORIE:

34.13 Kategorie D (Gesondheidsaanvuller) [S0]

FARMAKOLOGIESE WERKING: Gesondheidsaanvuller

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

KONTRA-INDIKASIES:

- Hipersensitiwiteit vir enige van die bestanddele.
- WAASKUWINGS EN SPESIALE VOORSORGMATREKKE:**
- Groot dosisse mag lei tot maag ongemak.

INTERAKSIES:

Geen bekende interaksies teen die aanbevole dosis.
Medisyne wat kan interaksie hê met die gummies is:

- Antikoagulant Medikasie (bv. Warfarin): Vitamiën E kan die risiko van bloeding verhoog wanneer dit saam met antikoagulant medikasie gebruik word.
- Ysterabsorpsie: Ystersupplementasie mag interfereer met die absorpsie van sekere medikasies, soos antibiotika en schildkliermedikasies, wanneer dit saam gebruik word.
- Mineraalaanvullings: Hierdie aanvulling saam met ander mineraalaanvullings, veral sink en magnesium, kan tot oormatige inname lei en moontlik mineraalwanbalanse veroorsaak.

DOSIS EN GEBRUIKSAANWYSINGS:

Die aanbevole gebruik is:
Volwassenes: Neem 2 gummies daagliks.
Moenie die aanbevole dosis oorskry nie. Die produk moenie 'n gebalanseerde dieet vervang nie.

MOONTLIKE NEWE-EFFEKTE EN SPESIALE VOORBERGING:

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

- Hipervitaminose: Oormatige inname van vetoplosbare vitamien soos Vitamiën A en Vitamiën E kan lei tot hipervitaminose, met simptome soos naarheid, braking, duiseligheid en uitputting.
- Ysteroorlading: Hoë dosisse van yster kan ystertoksikiteit veroorsaak, met moontlike simptome soos naarheid, braking, buikpyn en hardlywigheid. Hou hierdie aanvulling buite die bereik van kinders, aangesien yster-oor dosering lewensgevaarlik vir kinders kan wees.
- Mineraalwanbalanse: 'n Hoë inname van minerale soos magnesium, selenium en sink kan lei tot mineraalwanbalanse, met simptome soos diarree, naarheid en maagsampatrekking.

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, buitensporige dors, gereelde urinering, swakheid en verwardheid.

IDENTIFIKASIE:

Pers, koepelvormige gummy met n tropiese 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-allokeer.

NAAM EN BESIGHEIDS ADRES VAN DIE APPLIKANT:

Vitatech
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DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNT INLIGTING PAMFLET:

Julie 2023

PROPRIETARY NAME AND DOSAGE FORM:
BEAUTY
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 2 gummies contains:

Ingredients	Elemental value	*NRV
Vitamin A (as Palmitate)	900 mcg RE	100%
Vitamin B ₆ (as Pyridoxine HCL)	1,7mg	100%
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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.**

WHAT IS THIS SUPPLEMENT USED FOR:

- Healthy Hair Growth and Strength: The combination of vitamins and minerals, including Biotin, Vitamin A, and Iron, promotes healthy hair growth and strengthens hair strands.
- Nourished and Vibrant Skin: Vitamins C and E, along with collagen, support skin health, providing nourishment and contributing to a vibrant complexion.
- Strong and Resilient Nails: Biotin, Iron, and other nutrients help in maintaining strong and resilient nails.
- Skin Elasticity and Hydration: Vitamin C aids in maintaining skin elasticity and hydration, reducing the appearance of fine lines and wrinkles.
- Protection Against Free Radical Damage: Vitamins C and E act as antioxidants, protecting the skin from free radical damage and promoting overall skin 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**.
 - 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 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 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, and confusion.

IDENTIFICATION:
Purple dome shaped gummy with a tropical flavour.

PRESENTATION:
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REGISTRATION NUMBER:
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ADULT GUMMIES (60)

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.

SKEDULERINGSTATUS: Ongeskeduleerd

SAMESTELLING: Elke 2 gummies bevat:

Bestanddele	Elementeel waarde	*NRV
Vitamien A (as Palmitaat)	900 mcg RE	100%
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Anders bestanddele is: Glukosestroop, suikrose, 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.**

- WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:**
- Gesonde haargroei en sterkte: Die kombinasie van vitamien en minerale, insluitend Biotien, Vitamien A, en Yster, bevorder 'n gesonde haargroei en versterk haarthies.
 - Gevoede en lewendige vel: Vitamiene C en E, saam met kollageen, ondersteun velgesondheid, verskaf voeding en dra by tot 'n lewendige voorkoms.
 - Sterk en veerkragtige naels: Biotien, Yster, en ander voedingsstowwe help om naels sterk en veerkragtig te hou.
 - Vel elasticiteit en hidrasie: Vitamien C dra by tot die handhawing van vel elasticiteit en hidrasie, en verminder die voorkoms van fyn lyntjies en rimpels.
 - Beskerming teen skade deur vrye radikale: Vitamiene C en E tree op as antioksidante, beskerm die vel teen skade deur vrye radikale en bevorder algemene velgesondheid.

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 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:
Volwassenes: Neem 2 gummies daagliks.

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, hardlywigheid, buitensporige dors, gereelde urinering, swakheid en verwardheid.

IDENTIFIKASIE:
Pers, koepelvormige gummy met n tropiese 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.

BERGINGSAAANWYSINGS:
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REGISTRASIE NOMMER:
Word ge-allockeer.

NAAM EN BESIGHEIDS ADRES VAN DIE APPLIKANT:
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Julie 2023