

PROPRIETARY NAME AND DOSAGE FORM:

VITAMIN C
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
Vitamin C (as L- Ascorbic Acid)	100mg	100%
* South African Nutrient reference values for individuals 4 years and older		

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:

- Acetaminophen (Paracetamol): High doses of Vitamin C may increase the elimination of acetaminophen from the body, which could lead to decreased pain relief.
- Warfarin Vitamin C may decrease the effectiveness of warfarin by decreasing its absorption in the body.
- Aluminum containing antacids: Vitamin C may increase the amount of aluminum absorbed by the body, which could lead to toxicity in people with kidney problems.
- Statins: Taking Vitamin C supplements with statins may decrease the effectiveness of statins and increase the risk of muscle damage.
- Chemotherapy drugs: High doses of Vitamin C may interfere with the effectiveness of certain chemotherapy drugs.

DOSAGE AND DIRECTIONS FOR USE:

The recommended usage is:

Adults: Take 1-2 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:

- Kidney stones: Excessive Vitamin C intake may increase the risk in susceptible individuals.
- Hemochromatosis: Vitamin C can enhance iron absorption, potentially problematic in this condition.
- Glucose-6-phosphate dehydrogenase (G6PD) deficiency: High doses may cause red blood cell breakdown in some individuals.
- Kidney disease: Doses over 2000mg per day should be used with caution.

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:

- diarrhoea, nausea, stomach cramps, headache, flushing of the skin, insomnia..

IDENTIFICATION:

Orange, dome shaped gummy with a orange 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:

VITAMIN C
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
Vitamiën C (as L-Askorbiensuur)	100 mg	100%
* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer		

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 KLASSEFIKASIE:

34.13 Kategorie D (Gesondheidsaanvuller) [S0]

FARMAKOLOGIESE WERKING: Gesondheidsaanvuller

INDIKASIES: Aangedui as 'n aanvulling waar swak dieetintname 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:

- Acetaminofen (Parasetamol): Hoë dosisse van Vitamiën C kan die uitskeiding van asetaminofen uit die liggaam verhoog, wat tot 'n afname in pynverligting kan lei.
- Warfarin: Vitamiën C kan die effektiwiteit van warfarin verminder deur die absorpsie daarvan in die liggaam te verminder.
- Antasiedmiddels wat aluminium bevat: Vitamiën C kan die hoeveelheid aluminium wat deur die liggaam geabsorbeer word, verhoog, wat tot toksisiteit by mense met nierprobleme kan lei.
- Statins: Die gebruik van Vitamiën C-aanvullings saam met statins kan die effektiwiteit van statins verminder en die risiko van spierskade verhoog.
- Chemoterapie medisyne: Hoë dosisse van Vitamiën C kan die effektiwiteit van sekere chemoterapie medisyne beïnvloed.

DOSIS EN GEBRUIKSAANWYSINGS:

Die aanbevole gebruik is:

Volwassenes: Neem 1-2 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:

- Nierstene: Oormatige inname van Vitamiën C mag die risiko verhoog by vatbare individue.
- Hemochromatose: Vitamiën C kan ysterabsorpsie versterk, moontlik problematies in hierdie toestand.
- Glukose-6-fosfaatdehidrogenase (G6PD)-tekort: Hoë dosisse kan rooi bloedselafbreek in sommige individue veroorsaak.
- Niersiekte: Dosisse van meer as 2000 mg per dag moet met sorg gebruik word.

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:

- diarree, misselijkheid, maagkrampe, hoofpyn, verstiktheid van die vel, slapeloosheid.

IDENTIFIKASIE:

Oranje, koepelvormige gummy met 'n lemoen 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.

BERGINGSAANWYSINGS:

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:

Vitatech

Adress: 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:

Julie 2023

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**VITAMIN C
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
Vitamin C (as L- Ascorbic Acid)	100mg	100%
* South African Nutrient reference values for individuals 4 years and older		

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:

- Vitamin C is an essential vitamin that plays a key role in the growth and repair of tissues in your body.
- It is also an antioxidant that helps protect your cells from damage caused by free radicals.
- Vitamin C is important for the formation of collagen, which is a protein that helps keep your skin, bones, and blood vessels healthy.

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 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.

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:

- diarrhoea, nausea, stomach cramps, headache, flushing of the skin, insomnia..

IDENTIFICATION:

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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 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 gummy bevat:

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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) **Gelatin is Halal gesertifiseer by die bron.**

WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:

- Vitamien C is 'n noodsaaklike vitamien wat 'n sleutelrol speel in die groei en herstel van weefsels in jou liggaam.
- Dit is ook 'n antioksidant wat jou selle beskerm teen skade veroorsaak deur vrye radikale.
- Vitamien C is belangrik vir die vorming van kollageen, 'n proteïen wat jou vel, bene en bloedvate gesond help hou.

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 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 « VOUILJET interaksies »

HOE OM DIT TE GEBRUIK:

Die aanbevole gebruik is:

Volwassenes: Neem 1-2 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:

- diarree, misselijkheid, maagkrampe, hoofpyn, verstikkendheid van die vel, slapeloosheid.

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