

PROPRIETARY NAME AND DOSAGE FORM:

WOMEN
ADULT GUMMIES (60)
MULTIVITAMIN & MINERAL

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 ₅ (as Calcium D-Pantothenate)	2,5 mg	50%
Vitamin B ₆ (as Pyridoxine HCL)	1,7 mg	100%
Vitamin B ₇ (as D-Biotin)	30 mcg	100%
Vitamin B ₉ (as Folic Acid)	400 mcg	100%
Vitamin B ₁₂ (as Cyanocobalamin)	2,4 mcg	100%
Vitamin C (as L- Ascorbic Acid)	30 mg	30%
Vitamin D ₃ (as Cholecalciferol)	600 iu	100%
Vitamin E (as dl-Alpha Tocopherol Acetate)	15 mg	100%
Chromium (as Picolinate)	35 mcg	100%
Iodide (as Potassium Iodide)	150 mcg	100%
Molybdenum (as Glycinate)	45 mcg	100%
Selenium (as Glisinate)	55 mcg	100%
Zinc (as Gluconate and Citrate)	3,7 mg	33%
Boron (as citrate)	150 mcg	-
* 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 Thinners (Anticoagulants): Vitamin K, present in this multivitamin, can interfere with the action of blood thinners like Warfarin.
- Thyroid Medications: Calcium and iodine in the supplement may interact with thyroid medications, affecting their absorption and effectiveness.

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:

- Hypercalcemia: Calcium and Vitamin D3 may increase calcium levels in the blood, leading to potential complications.
- Kidney stones - Vitamin C and D3 may increase risk in prone 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 overdose may include:

- Gastrointestinal discomfort, nausea, vomiting, constipation, excessive thirst and 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

vitatech® NAPPI CODE:

3007916001

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HANDELSNAAM EN DOSERINGSVORM:**WOMEN**
ADULT GUMMIES (60)
MULTIVITAMIN & MINERAL

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 2 gummies bevat:

Bestanddele	Elementeel waarde	*NRV
Vitamiën A (as Palmitaat)	900 mcg RE	100%
Vitamiën B ₅ (as Kalium D-Pantoteensuur)	2,5 mg	50%
Vitamiën B ₆ (as Piridoksien Hidrokloried)	1,7 mg	100%
Vitamiën B ₇ (as D-Biotien)	30 mcg	100%
Vitamiën B ₉ (as Foliensuur)	400 mcg	100%
Vitamiën B ₁₂ (as Sianokobalamien)	2,4 mcg	100%
Vitamiën C (as L-Askorbiensuur)	30 mg	30%
Vitamiën D ₃ (as Cholekalsiferol)	600 iu	100%
Vitamiën E (as dl-Alfa Tokoferol Asetaat)	15 mg	100%
Chroom (as Pikolinaat)	35 mcg	100%
Jodium (as Kaliumjodied)	150 mcg	100%
Molibdeen (as Glisinaat)	45 mcg	100%
Selenium (as Glisinaat)	55 mcg	100%
Zink (as Glukonaat en Sitraat)	3,7 mg	33%
Boor (as Sitraat)	150 mcg	-
* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer - nie vagestel nie		

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.

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 bestanddele.

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:

- Kalsiumaanvullings: Hoë dosisse van Vitamiën D3 kan Bloedverduunners (Antikoagulanter): Vitamiën K, teenwoordig in hierdie multivitamiën, kan inmeng met die werking van bloedverduunners soos Warfarin.

- Skildkliermedikasie: Kalsium en jodium in die aanvulling mag inmeng met skildkliermedikasie, wat hul absorpsie en effektiwiteit kan beïnvloed.

DOSIS EN GEBRUIKSAANWYSINGS:

Die aanbevole gebruik is:

Volwasse nes: 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:

- Hyperkalsemie: Kalsium en Vitamiën D3 kan kalsiumvlakke in die bloed verhoog, wat tot potensiële komplikasies kan lei.
- Niervorming: Vitamiën C en D3 kan die risiko verhoog vir die vorming van niere by vatbare individue.

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:

- Gastro-intestinale ongemak, naarheid, braking, hardlywigheid, oormatige dors en gereelde urinering, swaakheid en verwarring.

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

Adress: Cnr Parkin & Delson Street

North End, Gqeberha, 6001, Suid Afrika.

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DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNT INLIGTING

PAMFLET: Julie 2023

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**WOMEN
ADULT GUMMIES (60)
MULTIVITAMIN & MINERAL**

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 ₅ (as Calcium D-Pantothenate)	2,5 mg	50%
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* 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.

WHAT IS THIS SUPPLEMENT USED FOR:

These multivitamin gummies provide a range of essential vitamins and minerals that support overall health and well-being.

- Immune System Function: Vitamins A, C, D, and zinc are known to play roles in immune system function, helping the body fend off illnesses.
- Skin, Hair, and Nail Health: The vitamins and minerals in these gummies can contribute to the health and appearance of skin, hair, and nails, promoting a youthful and vibrant look.
- Energy and Metabolism: B vitamins (B₆, B₇, B₉, B₁₂) are essential for energy production and metabolism.
- Bone Health: Vitamins D₃ and K, as well as minerals like calcium and zinc, are important for maintaining strong and healthy bones.
- Antioxidant Protection: Vitamins C and E provide antioxidant protection, reducing the risk of chronic diseases.

- Thyroid Support: Iodine in this supplement supports healthy thyroid function.
- Blood Sugar Regulation: Chromium plays a role in blood sugar regulation.
- Immune System Function: Selenium supports immune system function.
- Mineral Support: The gummies include essential minerals like zinc, boron, molybdenum, and selenium, which play various roles in maintaining 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.
- 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:

- Gastrointestinal discomfort, nausea, vomiting, constipation, excessive thirst and 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
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ADULT GUMMIES (60)
MULTIVITAMIN & MINERAL**

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 2 gummies bevat:

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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.

WAARVOOR WORD HIERDIE AANVULLING GEBUIK:

Verskaf essensiële vitamieë en minerale vir algehele gesondheid en welstand.

- Ondersteun 'n gesonde immuunfunksie met Vitamiën C, Vitamiën D₃, en Sink.
- Help om gesonde vel, oë, en visie te handhaaf met Vitamiën A en Vitamiën E.
- Bevorder energieproduksie en verminder moegheid met Vitamiën B₅, B₆, B₇, B₉, B₁₂, en Chroom.
- Ondersteun gesonde hare en naels met Biotien en Sink.
- Help om hormonale aktiwiteit te reguleer met Vitamiën B₆ en B₉.
- Kan help met been gesondheid en ontwikkeling met Vitamiën D₃, Boron, en Jodium.
- Ondersteun gesonde kognitiewe funksie met Sink.

- Verskaf antioksidant ondersteuning met Vitamiën C, Vitamiën E, en Selenium.
- 'n Faktor in die handhawing van goeie gesondheidVoordat jy hierdie aanvulling neem:

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 «VOUBILJET interaksies»

HOE OM DIT TE GEBUIK:

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 simptomaties en ondersteunend.

MOONTLIKE NEWE-EFFEKTE:

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

- Gastro-intestinale ongemak, naarheid, braking, hardlywigheid, oormatige dors en gereelde urinerig, swakheid en verwarring.

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:

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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