

PROPRIETARY NAME AND DOSAGE FORM:

CALCIUM TABLETS (30)

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 tablet contains:

Ingredients	Elemental value	*NRV
Calcium (as Carbonate)	260 mg	20%
Vitamin D ₃ (as Cholecalciferol)	15 mcg / 600 IU	100%
* South African Nutrient reference values for individuals 4 years and older		

Other Ingredients: Microcrystalline cellulose, magnesium stearate, silicon dioxide & coating.

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 exist.

CONTRA-INDICATIONS:

- Hypersensitivity to any of the ingredients.

WARNINGS AND SPECIAL PRECAUTIONS:

- Large doses may give rise to hypercalcemia.

INTERACTIONS:

No known interactions with existing conditions at recommended dose.

Calcium tablets with Vitamin D₃ may interact with certain medications and supplements, including:

- Bisphosphonates (e.g., alendronate, risedronate): Calcium may interfere with their absorption.
- Certain antibiotics (e.g., tetracyclines, quinolones): Calcium can affect antibiotic absorption.
- Thyroid medications: Calcium may reduce their effectiveness.
- Magnesium supplements: Calcium and magnesium may compete for absorption.
- Vitamin D supplements: Care should be taken not to exceed safe levels of Vitamin D intake.

DOSAGE AND DIRECTIONS FOR USE:

The recommended usage is:

- Adults take 1 tablet daily with meals.

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: Excessive calcium intake can lead to elevated calcium levels in the blood.
- Kidney disorders: Patients with kidney problems should consult their healthcare provider before taking calcium supplements.

- Hypersensitivity: Individuals with known hypersensitivity to calcium or Vitamin D should avoid using these tablets.

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:

White oblong pressed tablet.

PRESENTATION:

Packaged as a printed box with tamperproof seal, labelled with clear, detailed information printed on the box. Contents are 3 blister packs of 10 oblong tablets each, containing 30 tablets 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:

July 2023

vitatech® NAPPI CODE:

3001498001

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HANDELSNAAM EN DOSERINGSVORM:**KALSIUM TABLETTE (30)**

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 diagnosering, behandeling, genesing of voorkoming van enige siekte nie.

SKEDULERINGSTATUS: Ongeskeduleerd

SAMESTELLING: Elke tablet bevat:

Bestandele	Elementeel waarde	*NRV
Kalsium (as Karbonaat)	260 mg	20%
Vitamiën D ₃ (as Cholekalsiferol)	15 mcg/ 600 IU	100%
* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer		

Ander bestanddele is: Mikrokristallyn sellulose, magnesiumstearaat, silikoondioksied & omhulsel.

FARMAKOLOGIESE KLASSEFIKASIE:

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:

- Hipersensitiwiteit vir enige van die bestanddele.

WAASKUWINGS EN SPESIALE VOORSORGMATREËLS:

- Groot dosisse mag lei tot hyperkalsemie.

INTERAKSIES:

Geen bekende interaksies teen die aanbevole dosis.

Kalsiumtablette met Vitamiën D₃ kan interaksie hê met sekere medisyne en aanvullings, insluitend:

- Bisfosfonate (bv. alendronaat, risedronaat): Kalsium kan met hul absorpsie inmeng.
- Sekere antibiotika (bv. tetrasisliene, kwinolone): Kalsium kan antibiotika-absorpsie beïnvloed.
- Skildkliermedikasie: Kalsium mag hul effektiwiteit verminder.
- Magnesiumaanvullings: Kalsium en magnesium kan meeding vir absorpsie.
- Vitamiën D-aanvullings: Moet sorgvuldig wees om nie veilige vlakke van Vitamiën D-inname te oorskry nie.

DOSIS EN GEBRUIKSAANWYSINGS:

Die aanbevole gebruik is:

- Volwasse nes neem daaglik 1 tablet saam met etes.

Moenie die aanbevole dosis oorskry nie. Die produk moenie 'n gebalanseerde dieet vervang nie.

NEWE-EFFEKTE EN SPESIALE VOORBEHOUD:

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

- Hiperkalsemie: Oormatige kalsiuminname kan tot verhoogde kalsiumvlakke in die bloed lei.
- Nierversteurings: Pasiënte met nierprobleme moet hul gesondheidsorgverskaffer raadpleeg voordat hulle kalsiumaanvullings gebruik.

- Hipersensitiwiteit: Individue met bekende hipersensitiwiteit vir kalsium of Vitamiën D moet die gebruik van hierdie tablette vermy.

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:

- naarheid, braking, hardlywigheid, buitensporige dors, gereelde urinering, swakheid en verwardheid.

IDENTIFIKASIE:

Wit langwerpige gedrukte tablet.

AANBIEDING:

Verpak as 'n gedrukte boks met 'n verseëelde sertifikaat, gemerk met duidelike, gedetailleerde inligting wat op die boks gedruk is. Die inhoud bestaan uit 3 blaaspakke met elk 10 langwerpige tablette, wat 'n totaal van 30 tablette bevat.

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:

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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PROPRIETARY NAME AND DOSAGE FORM:

CALCIUM TABLETS (30)

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

CONTAINS: Each tablet contains:

Ingredients	Elemental value	*NRV
Calcium (as Carbonate)	260 mg	20%
Vitamin D ₃ (as Cholecalciferol)	15 mcg / 600 IU	100%
* South African Nutrient reference values for individuals 4 years and older		

Other Ingredients: Microcrystalline cellulose, magnesium stearate, silicon dioxide & coating.

WHAT IS THIS SUPPLEMENT USED FOR:

Calcium offers several benefits, including:

- Healthy Bones and Teeth: Essential for maintaining strong bones and teeth.
- Movement of Muscles: Calcium plays a role in muscle contraction.
- Nerve Messaging: Supports nerve function and messaging.
- Healthy Blood Flow: Aids in blood vessel constriction and dilation.
- Hormone & Enzyme Release: Supports various hormone and enzyme functions.
- Maximum Absorption with Vitamin D₃: Vitamin D₃ enhances calcium absorption, maximizing its benefits.

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**.

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 tablet daily with meals.

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.

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

IDENTIFICATION:

White oblong pressed tablet.

PRESENTATION:

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HANDELSNAAM EN DOSERINGSVORM:

KALSIMUM TABLETTE (30)

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 tablet bevat:

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Ander bestanddele is: Mikrokristallyn sellulose, magnesiumstearaat, silikoondioksied & omhulsel.

WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:

Kalsium bied verskeie voordele, insluitend:

- Gesonde Bene en Tande: Essensieel vir die handhawing van sterk bene en tande.
- Beweging van Spiere: Kalsium speel 'n rol in spierkontrakisie.
- Senuweebodskappe: Ondersteun senuweefunksie en boodskapverspreiding.
- Gesonde Bloedvloei: Help met bloedvat samentrekking en verwyte.
- Hormoon- en Ensienvrystelling: Ondersteun verskeie hormoon- en ensienfunksies.
- Maksimum Absorpsie met Vitamien D₃: Vitamien D₃ verbeter kalsiumabsorpsie en maksimeer sy voordele.

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

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 daagliks 1 tablet saam met etes.

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 urinerig, swakheid en verwardheid.

IDENTIFIKASIE:

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