

PROPRIETARY NAME AND DOSAGE FORM:

CHOLESTEROL SUPPORT 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
Vitamin B3 (as Nicotinamide)	16,0 mg	100%
Beta-Phytosterols - Glycine max L. Merr. (Parts: Seed)	150 mg	-
Inulin (Fructooligosaccharides)	200 mg	-
Soy Lecithin - Glycine max L. Merr. (Parts: Seed)	20 mg	-
* South African Nutrient reference values for individuals 4 years and older - Not established		

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

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 gastrointestinal discomfort, and or skin flushing e.g. redness, tingling or itching.

INTERACTIONS:

No known interactions with existing conditions at recommended dose.

Here are potential interactions to be aware of:

- Anticonvulsant Medication: Raised medication levels possible.
- Anti-acids (e.g., Alzetamine, Cisplatin): Reduced vitamins/minerals absorption.
- Certain Antibiotics (e.g., Chloramphenicol): Possible impact on antibiotic efficacy.
- Anticoagulants/Antiplatelet Medicines (e.g., Warfarin): Potential increased anticoagulant effects.
- Hormone Replacement Therapy: Potential interference with therapy.
- Immunosuppressant Medicines: Possible
- Anti-Seizure Drugs (e.g., Phenytoin): Potential effectiveness impact.

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:

- Allergic Reactions: If you have allergies to soy or soy-based products, be aware that this supplement contains soy lecithin.
- Gastrointestinal Sensitivity: Some individuals may experience mild gastrointestinal discomfort, like gas or bloating, due to the presence of inulin. Start with a lower dose if you have a history of such sensitivity.
- Diabetes: Inulin may affect blood sugar levels. Vitamin B3 might increase blood sugar. Diabetic individuals should monitor their glucose levels when using this supplement. Gallbladder disease: Vitamin B₃ may worsen it.
- Gout: High Vitamin B₃ may raise gout risk.
- Kidney disease: High Vitamin B₃ can harm kidneys.
- Liver disease: High Vitamin B₃ may harm the liver, avoid with liver issues.
- Low blood pressure: High Vitamin B₃ may lower it.
- Stomach/intestinal ulcers: May worsen ulcers, avoid high doses.

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, and or skin flushing e.g. redness, tingling or itching.

IDENTIFICATION:

Pale brown 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:

3001492001

Claim it from your medical aid.

HANDELSNAAM EN DOSERINGSVORM:

CHOLESTEROL SUPPORT 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 diagnoseering, behandeling, genesing of voorkoming van enige siekte nie.

SKEDULERINGSSTATUS: Ongeskeduleerd

SAMESTELLING: Elke tablet bevat:

Bestanddele	Elementeel waarde	*NRV
Vitamiene B3 (as Nikotinamied)	16,0 mg	100%
Beta-fitosterole - Glycine max L. Merr. (Deel: Sade)	150 mg	-
Inulien (Fruktooligosakkariede)	200 mg	-
Soja Lesitien - Glycine max L. Merr. (Deel: Sade)	20 mg	-
* Suid Afrikaanse Voedingswaardes vir persone 4 jaar en ouer - Nie vasgestel nie		

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

FARMAKOLOGIESE KLASSIFIKASIE:

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 bestanddele.

WAASKUWINGS EN SPESIALE VOORSORGMATREËLS:

- Groot dosisse mag lei tot gastro-intestinale ongemak, en/of velwarmte soos rooiheid, prikkeling of jeuk.

INTERAKSIES:

Hier is potensieël interaksies om bewus van te wees:

- Antikonvulsiemedikasie: Verhoogde medikasievlakke moontlik.
- Antisuurmiddels (bv. Alzetamien, Cisplatin): Verminderde opname van vitamieën/minerale.
- Sekere antibiotika (bv. Chloramfenikol): Moontlike impak op antibiotikadoeltreffendheid.
- Antikoagulant/Antiplateletmedisyne (bv. Warfarien): Moontlike verhoogde antikoagulantefekte.
- Hormoonvervangingsterapie: Moontlike interferensie met terapie.
- Immunosuppressantmedisyne: Moontlik
- Antikonvulsiemedisyne (bv. Fenitoien): Moontlike impak op doeltreffendheid.

DOSIS EN GEBRUIKSAANWYSINGS:

Die aanbevole gebruik is:

Volwassenes neem daagliks 1 tablet saam met etes.

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

MOONTLIKE NEWE-EFFEKTE EN SPESIALE VOORBERGING:

Hierdie aanvulling moet met sorg gebruik word in individue met die volgende mediese toestande:

- Allergiese Reaksies: As u allergies het vir soja of sojagebaseerde produkte, wees bewus dat hierdie aanvulling soja lecithin bevat.
- Gastrointestinale Sensitiwiteit: Sommige mense kan milde gastrointestinale ongemak ervaar, soos gas of opgeblase gevoel, as gevolg van die teenwoordigheid van inulien. Begin met 'n laer dosis as u 'n geskiedenis van sulke sensitiwiteit het.
- Diabetes: Inulien kan bloedsuiker vlakke beïnvloed. Vitamiene B3 mag bloedsuiker verhoog. Diabetiese individue moet hul glukosevlakke monitor wanneer hulle hierdie aanvulling gebruik.
- Galblaas-siekte: Vitamiene B3 kan dit vererger.
- Jigt: 'n Hoë dosis vitamien B₃ mag die risiko van jigt verhoog.
- Niersiekte: 'n Hoë dosis vitamien B₃ kan die niere skade berokken.
- Lewersiekte: 'n Hoë dosis vitamien B₃ mag die lewer beskadig, vermy dit met lewerprobleme.
- Lae bloeddruk: 'n Hoë dosis vitamien B₃ mag dit verlaag.
- Maag/darmseer: Kan sere vererger, vermy hoë dosisse.

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, en/of velwarmte soos rooiheid, prikkeling of jeuk.

IDENTIFIKASIE:

Vaalbruin langwerpige gedrukte tablet.

AANBIEDING:

Verpak as 'n gedrukte boks met 'n verseëldde 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.

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:

Vitatech

Adress: Cnr Parkin & Delson Street

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**PROPRIETARY NAME AND DOSAGE FORM:
CHOLESTEROL SUPPORT 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
Vitamin B3 (as Nicotinamide)	16,0 mg	100%
Beta-Phytosterols - Glycine max L. Merr. (Parts: Seed)	150 mg	-
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* South African Nutrient reference values for individuals 4 years and older - Not established		

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

WHAT IS THIS SUPPLEMENT USED FOR:

Cholesterol Support may offer several benefits:

- Healthy Cholesterol Levels: It supports the maintenance of healthy cholesterol levels.
- Cardiovascular Health: By promoting healthy cholesterol levels, it contributes to overall cardiovascular well-being.
- Improved Blood Circulation: Healthy cholesterol levels are essential for good blood circulation
- Lowering of LDL Cholesterol: Cholesterol Support may help reduce LDL (bad) cholesterol levels.
- Natural Cholesterol Management: It provides a natural approach to managing cholesterol, complementing a healthy lifestyle.

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**.
If allergic to soy or soy-based products, be aware that this supplement contains soy lecithin
- 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, do not use this product - **beta-sitosterol/ phytosterols should be avoided in pregnant women due to demonstrated uterine stimulant effects.**

- 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 as well as Side Effects and Special Precautions".

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:

gastrointestinal discomfort, and or skin flushing e.g. redness, tingling or itching.

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

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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 tablet bevat:

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Vitamien B3 (as Nikotinamied)	16,0 mg	100%
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Anders bestanddele is: Mikrokristallyn sellulose, magnesiumstearaat, silikoondioksied & omhulsel

WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:

Cholesterol Support mag verskeie voordele bied:

- Gesonde Cholesterolvlakke: Dit ondersteun die instandhouding van gesonde cholesterolvlakke.
 - Kardiovaskulêre Gesondheid: Deur gesonde cholesterolvlakke te bevorder, dra dit by tot algehele kardiovaskulêre welstand.
 - Verbeterde Bloedsirkulasie: Gesonde cholesterolvlakke is noodsaaklik vir goeie bloedsirkulasie.
 - Verlagings van LDL-cholesterol: Cholesterol Support mag help om LDL (slegte) cholesterolvlakke te verminder.
- Natuurlike Cholesterolbestuur: Dit bied 'n natuurlike benadering tot die bestuur van cholesterol, as aanvulling op 'n gesonde lewenstyl.

VOORDAT JY HIERDIE AANVULLING NEEM:

Moenie gebruik as jy allergies is vir enige van die bestanddele nie.

Neem spesiale sorg wanneer jy enige aanvulling gebruik:

- Moet nie die daaglikse aanbevole hoeveelheid oorskry nie.
- Soek professionele advies as jy aan enige **allergies** ly. **As jy allergies is vir soja of sojagebaseerde produkte, wees bewus dat hierdie aanvulling soja lechitien bevat.**
- Soek professionele advies as jy enige **ander medikasie** gebruik of 'n **ander mediese toestand** het.
- As jy ander aanvullings gebruik, lees die etiket, want hierdie aanvullings mag dieselfde bestanddele bevat.

- As jy **swanger is of borsvoeding** gee, moenie hierdie produk gebruik nie - **beta-sitosterol/fitosterole moet vermy word in swanger vroue as gevolg van gedemonstreerde baarmoederstimulerende effekte.**
- Hierdie aanvulling behoort nie jou vermoë om te **ry of swaar masjinerie** te bedryf,

INTERAKSIES MET ANDER MEDISYNE:

Daar is geen bekende interaksies by die aanbevole dosis vir gesonde individue nie. Verwys na die "VOUBILJET Interaksies sowel as Nieuwe-Effekte En Spesiale Voorbehoud"

HOE OM DIT TE GEBRUIK:

Die aanbevole gebruik is:

- Volwassenes neem daaglik 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:

- gastro-intestinale ongemak, en/of velwarmte soos rooiheid, prikkeling of jeuk.

IDENTIFIKASIE:

Vaalbruin langwerpige gedrukte tablet.

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