

PROPRIETARY NAME AND DOSAGE FORM:

COLLAGEN
EFFERVESCENT TABLETS (10)

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 effervescent contains:

Ingredients	Elemental value	*NRV
Bovine Hydrolysed Collagen Peptides	250 mg	–
Bovine Hydrolysed Gelatine	250 mg	–
Collagen Type II	150 mg	–
Contains Sugar: Dextrose	1050 mg	–
Artificial sweetener: sucralose	20 mg	–
* South African Nutrient reference values for individuals 4 years and older - not established HALAL CERTIFIED AT SOURCE.		

Other Ingredients: Citric acid, sodium bicarbonate, polyethylene glycol, flavourant & colourant.

Contains: Monosaccharide: dextrose monohydrate of which sugar: 0,978 g and Non-nutritive sweetener (artificial sweetener): Sucralose

PHARMACOLOGICAL CLASSIFICATION:

34. 3 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.

DOSAGE AND DIRECTIONS FOR USE:

The recommended usage is:

- Adults: Dissolve 1 tablet in a glass of water until fully dissolved. Only consume once tablet is fully dissolved. May be consumed up to 3 times a day if necessary.

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:

- Individuals with a history of allergies to collagen or gelatin should exercise caution when using this supplement.
- People with certain medical conditions, such as kidney problems, should consult a healthcare professional before taking collagen supplements, as excessive protein intake may exacerbate their condition.

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.

Collagen peptide overdose symptoms are not documented.

However, excessive protein intake may lead to digestive discomfort, including bloating and gas.

IDENTIFICATION:

Light orange coloured round pressed effervescent tablets with a Pink Berry flavour.

PRESENTATION:

Ten effervescent tablets packed in a white polypropylene tube, with green snap on lid. Tube is packed into an outer cardboard carton in pack sizes of either 10 or 30 effervescent tablets, with clear, detailed information printed on the box.

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:

3004423001

Claim it from your medical aid.

HANDELSNAAM EN DOSERINGSVORM:

COLLAGEN
BRUISTABLETTE (10)

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

SKEDULERINGSSTATUS: Ongeskeduleerd

SAMESTELLING: Elke bruistablet bevat:

Bestanddele	Elementeel waarde	*NRV
Bees Gehidroliseerde Kollageen Peptiede	250 mg	–
Bees Gehidroliseerde Gelatien	250 mg	–
Kollageen tipe II	150 mg	–
Bevat suiker: Dekstrose	1050 mg	–
Kunsmatige versoeter: sukaralose	20 mg	–
* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer - nie vagestel nie HALAL GESERTIFISEER BY DIE BRON.		

Ander bestanddele is: Citroensuur, natriumbikarbonaat, poliëtileenglikol, geurmiddel en kleurstof.

Bevat: Monosakkaried: dekstrosemonohidraat waarvan suiker: 0,978 g and Nie-voedsame versoeter (kunsmatige versoeter): Sukralose

FARMAKOLOGIESE KLASSEFIKASIE:

34.3 Kategorie D (Gesondheidsaanvuller) [S0]

FARMAKOLOGIESE WERKING: Gesondheidsaanvuller

INDIKASIES: Aangedui as 'n aanvulling waar swak dieetname 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.

DOSIS EN GEBRUIKSaanwysings:

Die aanbevole gebruik is:

- Volwasse nes: Los 1 tablet op in 'n glas water tot heeltemal opgelos. Neem slegs sodra die tablet heeltemal opgelos is. Mag tot 3 keer per dag gebruik word indien nodig.

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:

- Individue met 'n geskiedenis van allergieë vir kollageen of gelatien moet versigtig wees wanneer hulle hierdie aanvulling gebruik.
- Mense met sekere mediese toestande, soos nierprobleme, moet 'n gesondheidsorgprofessional raadpleeg voordat hulle kollageenaanvullings neem, aangesien 'n oormaat van proteiene hul toestand kan vererger.

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.

Daar is geen gedokumenteerde simptome van 'n oordosis van kollageenpeptiede nie. Oormatige proteïenname kan egter tot spysverteringsongemak lei, insluitend opgeblaseheid en gasvorming.

IDENTIFIKASIE:

Ligoranje ronde gedrukte bruistablette met 'n bessie geur.

AANBIEDING:

Tien bruistablette verpak in 'n wit polipropileenbuis, met 'n groen knipdeksel. Die buis is in 'n buitekartonverpakking in pakkette van 10 of 30 bruistablette, met duidelike, gedetailleerde inligting wat op die boks gedruk is.

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

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DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNT INLIGTING**PAMFLET:**

Julie 2023

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**COLLAGEN
EFFERVESCENT TABLETS (10)**

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 effervescent contains:

Ingredients	Elemental value	*NRV
Bovine Hydrolysed Collagen Peptides	250 mg	–
Bovine Hydrolysed Gelatine	250 mg	–
Collagen Type II	150 mg	–
Contains Sugar: Dextrose	1050 mg	–
Artificial sweetener: sucralose	20 mg	–
* South African Nutrient reference values for individuals 4 years and older - not established HALAL CERTIFIED AT SOURCE.		

Other Ingredients: Citric acid, sodium bicarbonate, polyethylene glycol, flavourant & colourant.

Contains: Monosaccharide: dextrose monohydrate of which sugar: 0,978 g and Non-nutritive sweetener (artificial sweetener): Sucralose

WHAT IS THIS SUPPLEMENT USED FOR:

Collagen supports the following benefits:

- Skin elasticity: Collagen is a key component of skin, helping maintain its firmness and youthful appearance.
- Hair health: May contribute to stronger, healthier hair.
- Nail strength: Can improve the condition of nails.
- Joint health: Collagen supports joint mobility and can alleviate joint discomfort.
- Gut Health: May help improve gut lining integrity and digestive function.
- Muscle Recovery: Can aid in muscle repair and recovery post-exercise.
- May reduce fine lines & wrinkles: Supports overall skin health, potentially reducing visible signs of aging.

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 effervescent 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: Dissolve 1 tablet in a glass of water until fully dissolved. Only consume once tablet is fully dissolved. May be consumed up to 3 times a day if necessary.

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:

- upset stomach, nausea, vomiting, gas, or diarrhoea

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

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BRUISTABLETTE (10)**

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 2dvise2t weggooi nie, dit mag dalk nodig wees om dit weer te lees
- Vra jou apteker indien jy meer inligting of 2dvise nodig het
- Besoek die dokter indien daar kommerwekkende simptome is.

SKEDULERINGSTATUS: Ongeskeduleerd

SAMESTELLING: Elke bruistablet bevat:

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Ander bestanddele is: Sitroensuur, natriumbikarbonaat, poliëtileenglikol, geurmiddel en kleurstof.

Bevat: Monosakkaried: dektrostemonohidraat waarvan suiker: 0,978 g and Nie-voedsame versoeter (kunsmatige versoeter): Sukralose

WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:

Kollageen ondersteun die volgende voordele:

- Vel-elsheid: Kollageen is 'n belangrike komponent van die vel en help om dit styf en jeugdig te hou.
- Haar-gesondheid: Dit kan bydra tot sterker, gesonder hare.
- Naels-sterkte: Dit kan die toestand van naels verbeter.
- Gewrig-gesondheid: Kollageen ondersteun gewrigsbeweging en kan gewrigsongemak verlig.
- Derms-gesondheid: Dit kan help om die integriteit van die dermswand en spysverteringsfunksie te verbeter.
- Spierherstel: Dit kan help met spierherstel na uitoefening.
- Moontlik minder fyn lyntjies en rimpels: Dit ondersteun algemene velgesondheid en kan moontlik sigbare tekens van veroudering verminder.

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 bruisende tablette bevat suiker en word daarom nie aanbeveel vir diabele 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: Los 1 tablet op in 'n glas water tot heeltemal opgelos. Neem slegs sodra die tablet heeltemal opgelos is. Mag tot 3 keer per dag gebruik word indien nodig.

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:

- maagklip, naarheid, braking, gas of diarree

IDENTIFIKASIE:

Ligoranje: ronde gedrukte bruistablette met 'n bessie geur.

AANBIEDING:

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BERGINGSAAANWYSINGS:

Bêre op 'n koel, droë plek onder 25 °C. Moenie die houer oop laat. HOU BUITE BEREIK VAN KINDERS

REGISTRASIE NOMMER:

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