

PROPRIETARY NAME AND DOSAGE FORM:

COMPLETE SHAKE

Flavours: Chocolate, Vanilla, Strawberry

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

TYPICAL NUTRITIONAL INFORMATION (AS PACKED)

Servings Per container: 8

Single Serving size: ±50 g (3 scoops)

	Per 100 g	Per 50 g Serving	%* NRV
Energy (kJ)	1558	779	-
Protein (g)	23,6	11,8	42%
Glycaemic carbohydrate (g)	60	30	-
of which total sugar (g)	26,5	13,3	-
of which sucrose (g)	17,0	8,5	-
of which fructose (g)	1,2	0,6	-
of which lactose (g)	0,0	0,0	-
of which mono- and disaccharides (g)	3,1	1,6	-
of which polysaccharides (g)	0,6	0,3	-
Total fat (g)	5,5	2,8	-
of which saturated fatty acids (g)	2,7	1,4	-
of which polyunsaturated fatty acids (g)	0,3	0,2	-
of which omega-3 fatty acids (mg)	321,8	160,9	-
of which ALA (mg)	321,8	160,9	-
omega-6 fatty acids (mg)	2397,4	1198,7	-
of which monounsaturated fat (g)	1,6	0,8	-
of which cholesterol (mg)	29,3	14,7	-
Dietary fibre (g)	8,0	4,0	-
Total sodium (mg)	466	233	-
Vitamin A (mcg RE)	900,0	450,0	50%
Vitamin B1 (mg)	1,2	0,6	50%
Vitamin B2 (mg)	1,3	0,7	50%
Vitamin B3 (mg)	16,0	8,0	50%
Vitamin B6 (mg)	1,7	0,9	50%
Vitamin B12 (mcg)	2,4	1,2	50%
Biotin (mcg)	30,0	15,0	50%
Vitamin C (mg)	100,0	50,0	50%
Vitamin D (mcg)	15,0	7,5	50%
Vitamin E (mg)	15,0	7,5	50%
Folic acid (mcg)	400,0	200,0	50%
Pantothenic acid (mg)	5,0	2,5	50%
Calcium (mg)	362,8	181,4	14%
Chromium (mcg)	35,0	17,5	50%
Copper (mg)	0,9	0,5	50%
Iodine (mcg)	150,0	75,0	50%
Iron (mg)	18,0	9,0	50%
Magnesium (mg)	76,0	38,0	9%
Manganese (mg)	2,3	1,2	50%
Molybdenum (mcg)	45,0	22,5	50%
Phosphorus (mg)	294,2	147,1	12%
Selenium (mcg)	55,0	27,5	50%
Zinc (mg)	11,0	5,5	50%

*South African Nutrient reference values for individuals 4 years and older

Ingredients: Maltodextrin, protein blend (pea protein isolate and soy protein isolate), sucrose, inulin (oligofructose), vegetable oil powder (refined palm oil and glucose syrup), minerals (dicalcium phosphate, magnesium oxide, molybdenum AAC, copper AAC, potassium iodide, ferrous fumarate, chromium AAC, manganese sulphate, zinc picolinate, selenium AAC), sodium chloride, vitamins (vitamin A, B1, B2, B3, B6, B12, C, D, E, folic acid, pantothenic acid, biotin), stabiliser and flavourant.

Contains: Soy

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 gastrointestinal discomfort.

INTERACTIONS:

No known interactions with existing conditions at recommended dose.

DOSAGE AND DIRECTIONS FOR USE:

The recommended usage is:

Mix 3 level scoops (approx. 50g) with 200 ml of water in a glass, shaker or blender. Mix, shake or blend thoroughly and drink.

Take 1-3 servings per day, or as required to satisfy your daily dietary needs.

SIDE EFFECTS AND SPECIAL PRECAUTIONS:

This supplement should be used with caution in individuals with the following conditions:

- **People with allergies to soy or any listed ingredients should avoid this product.**
- May cause bloating, gas, or diarrhoea in individuals sensitive to fiber or inulin.
- Excessive intake may lead to digestive discomfort due to maltodextrin and sucrose.
- Excessive intake of maltodextrin and sucrose can lead to elevated blood sugar levels, and individuals with diabetes or insulin sensitivity should consult a healthcare provider.
- Pregnant or breastfeeding individuals and those on medication should consult a healthcare provider before use.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT:

There are no known symptoms of overdose. Excessive intake may cause nausea, bloating, diarrhoea, or abdominal discomfort. Discontinue use immediately and seek medical attention. Treatment is symptomatic and supportive.

IDENTIFICATION:

Chocolate- brown coloured fine powder

Vanilla – cream coloured fine powder

Strawberry- light pink coloured fine powder

PRESENTATION:

Packaged in a tub with clear label and all-in-one tamperproof seal.

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:

January 2025

vitatech® NAPPI CODE:

CHOCOLATE - 3001762001

VANILLA - 3001764001

STRAWBERRY - 3001763001

Claim it from your medical aid.

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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

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Contains: Soy

WHAT IS THIS SUPPLEMENT USED FOR:

Vitatech® Complete Shake Mix has been developed to support nutrition, immunity, digestion, energy and manage dietary needs. During times of illness, injury, surgery, recovery, stress and age, our bodies require more nutritional assistance than usual to support both physical and mental wellbeing. Consisting of a blend of macronutrients (proteins, carbohydrates and fats), micronutrients (vitamins and minerals) and prebiotics (inulin), Vitatech® Complete Shake Mix can be used to either maintain or increase weight. Containing 184 nutritious calories, Vitatech® Complete Shake Mix can be used as a full meal replacement or to partially substitute a meal.

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 supplement.
- This supplement should not impair or affect your ability to **drive or operate heavy machinery**.
- This shake contains sugar **and is 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:

Mix 3 level scoops (approx. 50g) with 200 ml of water in a glass, shaker or blender. Mix, shake or blend thoroughly and drink.

Take 1-3 servings per day, or as required to satisfy your daily dietary needs.

To achieve a thicker milkshake taste and texture, use whole milk – just be aware it will alter the nutritional values.

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. There are no known symptoms of overdose. Excessive intake may cause nausea, bloating, diarrhoea, or abdominal discomfort. Discontinue use immediately and seek medical attention.

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