

PROPRIETARY NAME AND DOSAGE FORM:

ENERGY & FOCUS

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 |
|-----------------------------------------------------------------------------------------------|-----------------|------|
| Vitamin B <sub>1</sub> (as Thiamine Hydrochloride)                                            | 1,2 mg          | 100% |
| Vitamin B <sub>2</sub> (as Riboflavin)                                                        | 1,3 mg          | 100% |
| Vitamin B <sub>3</sub> (as Nicotinamide)                                                      | 16 mg           | 100% |
| Vitamin B <sub>5</sub> (as Pantothenic Acid)                                                  | 2,5 mg          | 100% |
| Vitamin B <sub>6</sub> (as Pyridoxine Hydrochloride)                                          | 1,7 mg          | 100% |
| Vitamin B <sub>7</sub> (as D-Biotin)                                                          | 30 mcg          | 100% |
| Vitamin B <sub>9</sub> (as Folic Acid)                                                        | 400 mcg         | 100% |
| Vitamin B <sub>12</sub> (as Cyanocobalamin)                                                   | 2,4 mg          | 100% |
| Yerba Maté - Ilex paraguariensis A.St.-Hil                                                    | 300 mg          | -    |
| Maca Extract - Lepidium meyenii Walp.                                                         | 250 mg          | -    |
| L-Theanine - Camellia thea (LINK.)                                                            | 200 mg          | -    |
| Caffeine                                                                                      | 100 mg          | -    |
| Contains Sugar: Dextrose (monosaccharide)                                                     | 1050 mg         | -    |
| Artificial sweetener: sucralose                                                               | 20 mg           | -    |
| * South African Nutrient reference values for individuals 4 years and older - not established |                 |      |

**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:** 34.13 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 and restlessness.

**INTERACTIONS:**

No known interactions with existing conditions at recommended dose.

Medicines that will interact with this effervescent are:

- Antidepressant Medications: The ingredient L-Theanine may potentially interact with certain antidepressant medications, such as SSRIs.
- Blood Pressure Medications: Caffeine can affect blood pressure. If you are on blood pressure medications, monitor your blood pressure regularly.
- Stimulant Medications: Combining caffeine with stimulant medications can increase the risk of overstimulation and potential side effects.

**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:

- Anxiety Disorders: Individuals with anxiety disorders may be more sensitive to caffeine and other stimulants in this supplement. Monitor for increased anxiety and consult a healthcare provider if necessary.
- Insomnia: Due to the presence of caffeine and other stimulating ingredients, this supplement should not be taken close to bedtime to avoid sleep disturbances.
- Pregnancy and Nursing: Pregnant or nursing individuals should limit caffeine intake. Consult with a healthcare provider before using this supplement.
- Sensitive Stomach: Some individuals may experience gastrointestinal discomfort due to the ingredients, especially caffeine. Start with a lower dose if you have a sensitive stomach.

**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:

- upset stomach, restlessness, rapid heartbeat (tachycardia), nausea and vomiting, tremors, nervousness and anxiety.

**IDENTIFICATION:**

Light orange coloured round pressed effervescent tablets with a 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](mailto:ask@vitatechhealth.com)

Website: [www.vitatechhealth.com](http://www.vitatechhealth.com)

**DATE OF PUBLICATION OF THE PACKAGE INSERT:**

July 2023

HANDELSNAAM EN DOSERINGSVORM:

ENERGY & FOCUS

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

**SKEDULERINGSTATUS:** Ongeskeduleerd

SAMESTELLING: Elke bruistablet bevat:

| Bestanddele                                                                                | Elementeel waarde | *NRV |
|--------------------------------------------------------------------------------------------|-------------------|------|
| Vitamiën B <sub>1</sub> (as Thiamienhidrokloried)                                          | 1,2 mg            | 100% |
| Vitamiën B <sub>2</sub> (as Riboflavoön)                                                   | 1,3 mg            | 100% |
| Vitamiën B <sub>3</sub> (as Nikotinamied)                                                  | 16 mg             | 100% |
| Vitamiën B <sub>5</sub> (as Pantoteensuur)                                                 | 2,5 mg            | 100% |
| Viamiën B <sub>6</sub> (as Piridoksienhidrokloried)                                        | 1,7 mg            | 100% |
| Vitamiën B <sub>7</sub> (as D-Biotien)                                                     | 30 mcg            | 100% |
| Vitamiën B <sub>9</sub> (as Foliensuur)                                                    | 400 mcg           | 100% |
| Vitamiën B <sub>12</sub> (as Sianokobalamien)                                              | 2,4 mg            | 100% |
| Yerba Maté - Ilex paraguariensis A.St.-Hil                                                 | 300 mg            | -    |
| Maca Ekstrak - Lepidium meyenii Walp.                                                      | 250 mg            | -    |
| L-Theanine - Camellia thea (LINK.)                                                         | 200 mg            | -    |
| Kafeïne                                                                                    | 100 mg            | -    |
| Bevat suiker: Dekstrose (monosakkaried)                                                    | 1050 mg           | -    |
| Kunsmatige versoeter: sukaralose                                                           | 20 mg             | -    |
| * Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer - nie vagestel nie |                   |      |

**Anders bestanddele is:** Sitroensuur, natriumbikarbonaat, poliëtileenglikol, geurmiddel en kleurstof.

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

**FARMAKOLOGIESE KLASSIFIKASIE:** 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 bestandele.

**WAASKUWINGS EN SPESIALE VOORSORGMATREËLS:**

- Groot dosisse mag lei tot spijsverteringsongemak en rusteloosheid.

**INTERAKSIES:**

Geen bekende interaksies teen die aanbevole dosis.

Medisyne wat kan interaksie hê met die bruistablet is:

- Antidepressantmiddels: Die bestanddeel L-Theanine kan potensieel interaksie hê met sekere antidepressantmiddels, soos SSRI's.
- Bloeddrukmiddels: Kafeïen kan bloeddruk beïnvloed. As jy op bloeddrukmiddels is, monitor gereeld jou bloeddruk.
- Stimulerende middels: Kafeïen saam met stimulerende middels kan die risiko van oorstimulasie en potensieële nuwe-effekte verhoog.

**DOSIS EN GEBRUIKSAANWYSINGS:**

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.

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

**MOONTLIKE NEWE-EFFEKTE EN SPESIALE VOORBERGING:**

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

- Angstigsindroom: Individue met angstigsindrome mag meer sensitief wees vir kafeïen en ander stimulanter in hierdie aanvulling. Monitor vir verhoogde angs en raadpleeg 'n gesondheidsorgverskaffer indien nodig.
- Slapeloosheid: As gevolg van die teenwoordigheid van kafeïen en ander stimulerende bestanddele, moet hierdie aanvulling nie naby aan slaaptid geneem word om slaapversteurings te voorkom nie.
- Swangerskap en Laktasie: Swanger of lakterende individue moet kafeïeninname beperk. Raadpleeg 'n gesondheidsorgverskaffer voordat hierdie aanvulling gebruik word.
- Sensitiewe Maag: Sommige individue kan gastro-intestinale ongemak ervaar as gevolg van die bestanddele, veral kafeïen. Begin met 'n laer dosis as u 'n sensitiewe maag het.

**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:

- maagongemak, onrus, vinnige hartklop (takikardie), naarheid en braking, bewing, senuweeagtigheid en angs.

**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.

**BERGINGSANWYSINGS:**

Bêre op 'n koel, droë plek onder 25 °C. Moenie die houer oop laat.

**HOU BUITE BEREIK VAN KINDERS**

**REGISTRASIE NOMMER:**

Word ge-allocer.

**NAAM EN BESIGHEIDS ADRES VAN DIE APPLIKANT:**

Vitatech

Adress: Cnr Parkin & Delson Street

North End, Gqeberha, 6001, Suid Afrika.

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E-pos: [ask@vitatechhealth.com](mailto:ask@vitatechhealth.com)

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

Julie 2023

**PROPRIETARY NAME AND DOSAGE FORM:**

**ENERGY & FOCUS  
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 |
|--------------------------------------------------------------------------------------------------|-----------------|------|
| Vitamin B <sub>1</sub> (as Thiamine Hydrochloride)                                               | 1.2 mg          | 100% |
| Vitamin B <sub>2</sub> (as Riboflavin)                                                           | 1.3 mg          | 100% |
| Vitamin B <sub>3</sub> (as Nicotinamide)                                                         | 16 mg           | 100% |
| Vitamin B <sub>5</sub> (as Pantothenic Acid)                                                     | 2.5 mg          | 100% |
| Vitamin B <sub>6</sub> (as Pyridoxine Hydrochloride)                                             | 1.7 mg          | 100% |
| Vitamin B <sub>7</sub> (as D-Biotin)                                                             | 30 mcg          | 100% |
| Vitamin B <sub>9</sub> (as Folic Acid)                                                           | 400 mcg         | 100% |
| Vitamin B <sub>12</sub> (as Cyanocobalamin)                                                      | 2.4 mg          | 100% |
| Yerba Maté - Ilex paraguariensis A.St.-Hil                                                       | 300 mg          | -    |
| Maca Extract - Lepidium meyenii Walp.                                                            | 250 mg          | -    |
| L-Theanine - Camellia thea (LINK.)                                                               | 200 mg          | -    |
| Caffeine                                                                                         | 100 mg          | -    |
| Contains Sugar: Dextrose (monosaccharide)                                                        | 1050 mg         | -    |
| Artificial sweetener: sucralose                                                                  | 20 mg           | -    |
| * South African Nutrient reference values for individuals 4 years and older<br>- not established |                 |      |

**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:**

- Energy Boost: The combination of B vitamins, caffeine, and natural ingredients like Yerba Maté and Maca Extract provides a quick and sustained energy boost, helping you stay alert and focused throughout the day.
- Enhanced Focus: L-Theanine, found in tea leaves, promotes relaxation without drowsiness and complements the stimulating effects of caffeine, enhancing mental focus and clarity.
- Improved Mood: Yerba Maté and Maca Extract have mood-enhancing properties that can help improve overall well-being.
- Mental Alertness: The combination of ingredients supports mental alertness and can be particularly useful during periods of increased cognitive demand.

**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, restlessness, rapid heartbeat (tachycardia), nausea and vomiting, tremors, nervousness, and anxiety.

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

**IDENTIFICATION:**

Light orange coloured round pressed effervescent tablets with a 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:**

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**DATE OF PUBLICATION OF THE PACKAGE INSERT:**

July 2023

**HANDELSNAAM EN DOSERINGSVORM:**

**ENERGY & FOCUS  
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 **adviseer** weggooi nie, dit mag dalk nodig wees om dit weer te lees
- Vra jou apteker indien jy meer inligting of **advise** nodig het
- Besoek die dokter indien daar kommerwekkende simptome is.

**SKEDULERINGSSTATUS:** Ongeskeduleerd

**SAMESTELLING:** Elke bruistablet bevat:

| Bestanddele                                                                                   | Elementeel waarde | *NRV |
|-----------------------------------------------------------------------------------------------|-------------------|------|
| Vitamiën B <sub>1</sub> (as Thiamienhidrokloried)                                             | 1,2 mg            | 100% |
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| Kafeïne                                                                                       | 100 mg            | -    |
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| Kunsmatige versoeter: sukaralose                                                              | 20 mg             | -    |
| * Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer<br>- nie vagestel nie |                   |      |

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

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

**WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:**

- Energie-Opkikker: Die kombinasie van B-vitamiene, kafeïen en natuurlike bestanddele soos Yerba Maté en Maca-ekstrak bied 'n vinnige en volgehoue energie-impuls wat jou help om deur die dag waaksaam en gefokus te bly.
- Verbeterde Fokus: L-Theanine, wat in teelewens gevind word, bevorder ontspanning sonder slaaprigting en komplementeer die stimulerende effekte van kafeïen, wat die geestelike fokus en helderheid versterk.
- Verbeterde Gemoed: Yerba Maté en Maca-ekstrak het gemoedverbeterende eienskappe wat algehele welstand kan help verbeter.
- Geestelike Waaksaamheid: Die kombinasie van bestanddele ondersteun geestelike waaksaamheid en kan veral nuttig wees tydens periodes van verhoogde kognitiewe aanvraag.

**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 diabeete 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:

- maagongemak, onrus, vinnige hartklop (takikardie), naarheid en braking, bewing, senuweeagtigheid en angs.

**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:**

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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E-pos: [ask@vitatechhealth.com](mailto:ask@vitatechhealth.com)

Webwerf: [www.vitatechhealth.com](http://www.vitatechhealth.com)

**DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNT INLIGTING**

**PAMFLET:**

Julie 2023