

PROPRIETARY NAME AND DOSAGE FORM:

EYE 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 C (as L-Ascorbic Acid)	400mg	400%
Vitamin E (as dl-Alpha Tocopherol Acetate)	2.3 mg	15%
Copper (as Glysinate)	2 mg	60%
Zinc (as Oxide)	11 mg	100%
Lutein 5% (Tagetes erecta L.) (Parts: flower)	6 mg	-
Zeaxanthin 5% (Tagetes erecta L. (Asteraceae)) (Parts: flowers)	2 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 hypervitaminosis.

INTERACTIONS:

No known interactions with existing conditions at recommended dose.

Medicines that will interact with Eye Support are:

- Blood Thinners: Vitamin E can slightly increase the risk of bleeding when taken with blood-thinning medications like Warfarin. Close monitoring may be needed.
- Copper Interaction: High doses of copper can interact with Zinc absorption. Check Zinc levels if copper supplementation is high.

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 ingredients are well-tolerated. There are no specific medical conditions known to be adversely affected by these ingredients at recommended doses.

However, individuals with known allergies or sensitivities to any of these ingredients should avoid use. If you have any concerns, consult a healthcare professional.

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 of overdose are unlikely when used as directed. In rare cases of excessive intake, symptoms may include: nausea, stomach cramps, or diarrhoea.

IDENTIFICATION:

Light blue 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:

3001515001

Claim it from your medical aid.

HANDELSNAAM EN DOSERINGSVORM:

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

SKEDULERINGSSTATUS: Ongeskeduleerd

SAMESTELLING: Elke tablet bevat:

Bestanddele	Elementeel waarde	*NRV
Vitamiën C (as L-Askorbiensuur)	400mg	400%
Vitamiën E (as dl-Alfa Tokoferol Asetaat)	2.3 mg	15%
Koper (as Glisinaat)	2 mg	60%
Sink (as Oksied)	11 mg	100%
Luteien 5% (Tagetes erecta L. (Dele: blomme))	6 mg	-
Zeaxanthin 5% (Tagetes erecta L. (Asteraceae)) (Dele: blomme))	2 mg	-
* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer - Nie vasgestel nie		

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

FARMAKOLOGIESE KLASSEFIKASIE:

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 bestanddele.

WAASKUWINGS EN SPESIALE VOORSORGBAATREËLS:

- Groot dosisse mag lei tot hipervitaminose.

INTERAKSIES:

Geen bekende interaksies teen die aanbevole dosis.

Medikasie wat met Oogondersteuning kan interaksioneer is:

- Bloedverduunners: Vitamiën E kan die risiko van bloeding effens verhoog wanneer dit saam met bloedverduinnende medikasie soos Warfarin gebruik word. Nabye monitoring mag benodig word.
- Koperverbinding: Hoë dosisse koper kan met sinkabsorpsie interaksioneer. Kontroleer sinkvlakke as kopersupplementasie hoog is.

DOSIS EN GEBRUIKSAANWYSINGS:

Die aanbevole gebruik is:

Volwassenes neem daaglik 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 se bestanddele word goed verdra. Daar is geen spesifieke mediese toestande wat bekend is om negatief beïnvloed te word deur hierdie bestanddele by die aanbevole dosisse nie.

Individue met bekende allergies of sensitiwiteit vir enige van hierdie bestanddele moet egter gebruik vermy. As u enige bekommernisse het, raadpleeg 'n gesondheidsorg professioneel.

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 is onwaarskynlik wanneer die produk volgens die aanwysings gebruik word. In seldsame gevalle van oormatige inname, kan simptome insluit:

- nausie, maagskrampe of diarree.

IDENTIFIKASIE:

Lig blou langwerpige gedrukte tablet.

AANBIEDING:

Verpak as 'n gedrukte boks met 'n verseëde 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

vitatech® NAPPI CODE:

3001515001

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PROPRIETARY NAME AND DOSAGE FORM:

EYE 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 C (as L-Ascorbic Acid)	400mg	400%
Vitamin E (as dl-Alpha Tocopherol Acetate)	2.3 mg	15%
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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:

Eye Support Tablets are based on AREDS 2 Formulation: a clinical trial, which found that specific nutrients can help reduce the risk of age-related macular degeneration (AMD).

The formulation is designed to support eye health and may:

- Promote Vision Clarity: Ingredients like Lutein and Zeaxanthin support clear vision.
- Enhance Macular Health: These nutrients are associated with macular health and may reduce the risk of age-related eye conditions.
- Maintain Eye Moisture: Vitamin C and E contribute to eye moisture.
- Provide Blue Light Protection: These ingredients may help protect the eyes from the harmful effects of blue light emitted by screens.

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 are unlikely when used as directed. In rare cases of excessive intake, symptoms may include:

- nausea, stomach cramps, or diarrhoea.

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

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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:

Bestanddele	Elementeel waarde	*NRV
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WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:

Oogondersteuningstablette is gebaseer op die AREDS 2-formulerings: 'n kliniese proef wat bevind het dat spesifieke voedingstowwe kan help om die risiko van ouderdomsverwante makuladegenerasie (AMD) te verminder.

Die samestelling is ontwerp om ooggesondheid te ondersteun en mag dit dalk doen:

- Bevorder Visie Klarheid: Bestanddele soos Luteien en Zeaxanthin ondersteun duidelike visie.
 - Verbeter Maculêre Gesondheid: Hierdie voedingstowwe word geassosieer met maculêre gesondheid en mag die risiko van ouderdomsverwante oogandoenings verminder.
 - Handhaaf Oog Vochtigheid: Vitamiene C en E dra by tot oog vog.
- Verskaf Blou Lig Beskerming: Hierdie bestanddele mag help om die oë te beskerm teen die skadelike effekte van blou lig wat deur skerms uitgestraal word.

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 beïnvloed 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:

- Volwasse nes 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 is onwaarskynlik wanneer die produk volgens die aanwysings gebruik word. In seldsame gevalle van oormatige inname, kan simptome insluit:

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