

PROPRIETARY NAME AND DOSAGE FORM:

HAIR SKIN NAILS 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 A (as Palmitate)	900mcg RE	100%
Vitamin B ₁ (as Thiamine Hydrochloride)	0,6 mg	50%
Vitamin B ₂ (as Riboflavin)	0,7 mg	50%
Vitamin B ₃ (as Nicotinamide)	8,0 mg	50%
Vitamin B ₆ (as Pyridoxine Hydrochloride)	0,9 mg	50%
Vitamin B ₁₂ (as Cyanocobalamin)	1,2 mcg	50%
Vitamin B ₇ (as D-Biotin)	15,0 mcg	50%
Vitamin C (as L-Ascorbic Acid)	100,0 mg	100%
Vitamin D ₃ (as Cholecalciferol)	15,0 mcg	100%
Vitamin E (as dl-Alpha Tocopherol Asetate)	15,0 mg	100%
Vitamin B ₉ (as Folic Acid)	200,0 mcg	50%
Vitamin B ₅ (as Calcium D-Pantothenate)	2,5 mg	50%
Iron (as Fumarate)	18,0 mg	100%
Magnesium (as Magnesium Glycinate and Oxide)	215,0 mg	15%
Selenium (as Glycinate)	55,0 mcg	100%
Zinc (as Gluconate)	11,0 mg	100%
Hydrolysed Collagen Type II (Gallus gallus cartilage)	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 hypervitaminosis, gastrointestinal discomfort and mineral imbalances.

INTERACTIONS:

No known interactions with existing conditions at recommended dose. Medicines that could interact with Hair Skin Nails are:

- Anticoagulant Medications (e.g., Warfarin): Vitamin E may increase the risk of bleeding when used with anticoagulant medications.
- Iron Absorption: Iron supplementation may interfere with the absorption of certain medications, like antibiotics and thyroid medications, when taken together.
- Mineral Supplements: Taking this supplement alongside other mineral supplements, especially zinc and

magnesium, may lead to excess intake, potentially causing mineral imbalances.

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:

- Hypervitaminosis: Excessive intake of fat-soluble vitamins like Vitamin A and Vitamin E may lead to hypervitaminosis, causing symptoms such as nausea, vomiting, dizziness, and fatigue.
- Iron Overload: High doses of iron can lead to iron toxicity, potentially causing symptoms like nausea, vomiting, abdominal pain, and constipation. Keep this supplement out of the reach of children, as iron overdose can be life-threatening in children.
- Mineral Imbalances: High intake of minerals like magnesium, selenium, and zinc can lead to mineral imbalances, causing symptoms such as diarrhoea, nausea, and stomach cramps.

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:

nausea, vomiting, constipation, excessive thirst, frequent urination, weakness, and confusion.

IDENTIFICATION:

Light pink 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:

3001511001

Claim it from your medical aid.

HANDELSNAAM EN DOSERINGSVORM:

HAIR SKIN NAILS 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 A (as Palmitaat)	900mcg RE	100%
Vitamiën B ₁ (as Thiamienhidrokloried)	0,6 mg	50%
Vitamiën B ₂ (as Riboflavoön)	0,7 mg	50%
Vitamiën B ₃ (as Nikotinamied)	8,0 mg	50%
Viamiën B ₆ (as Piridoksienhidrokloried)	0,9 mg	50%
Vitamiën B ₁₂ (as Sianokobalamien)	1,2 mcg	50%
Vitamiën B ₇ (as D-Biotien)	15,0 mcg	50%
Vitamiën C (as L-A-skorbiensuur)	100,0 mg	100%
Vitamiën D ₃ (as Cholecalciferol)	15,0 mcg	100%
Vitamiën E (as dl-Alpha Tokoferolasetaat)	15,0 mg	100%
Vitamiën B ₉ (as Foliensuur)	200,0 mcg	50%
Vitamiën B ₅ (as Kalium D-Pantoteensuur)	2,5 mg	50%
Yser (as Fumeraat)	18,0 mg	100%
Magnesium (as Magnesiumglisinaat en Oksied)	215,0 mg	15%
Selenium (as Amonisuurchelaat)	55,0 mcg	100%
Sink (as Glykonaat)	11,0 mg	100%
Gehidroliseerde Kollageen Tipe II (Gallus kraakbeen)	20 mg	-
* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer - Nie vasgestel nie		

Ander bestanddele is: Mikrokristallyn sellulose, magnesiumstearaat, silikoondiksied & 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 bestandele.

WAASKUWINGS EN SPESIALE VOORSORGMATREËLS:

- Groot dosisse mag lei tot hipervitaminose, gastro-intestinale ongemak en mineraliese wanbalanse.

INTERAKSIES:

Geen bekende interaksies teen die aanbevole dosis.

- Medisyne wat kan interageer met Haar Vel Naels sluit in:
- Antikoagulant Medikasie (bv. Warfarin): Vitamiën E kan die risiko van bloeding verhoog wanneer dit saam met antikoagulant medikasie gebruik word.
- Ysterabsorpsie: Ystersupplementasie mag interfereer met die absorpsie van sekere medikasies, soos antibiotika en schildkliermedikasies, wanneer dit saam gebruik word.
- Mineraalaanvullings: Hierdie aanvulling saam met ander mineraalaanvullings, veral sink en magnesium, kan tot

oormatige inname lei en moontlik mineraalwanbalanse veroorsaak.

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 dieët vervang nie.

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

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

- Hipervitaminose: Oormatige inname van vetoplosbare vitamienene soos Vitamiën A en Vitamiën E kan lei tot hipervitaminose, met simptome soos naarheid, braking, duiseligheid en uitputting.
- Ysteroorlading: Hoë dosisse van yster kan ystertoksikiteit veroorsaak, met moontlike simptome soos naarheid, braking, buikpyn en hardlywigheid. Hou hierdie aanvulling buite die bereik van kinders, aangesien yster-oor dosering lewensgevaarlik vir kinders kan wees.
- Mineraalwanbalanse: 'n Hoë inname van minerale soos magnesium, selenium en sink kan lei tot mineraalwanbalanse, met simptome soos diarree, naarheid en maagsamptrekking.

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:

- naarheid, braking, hardlywigheid, buitensporige dors, gereelde urinering, swakheid en verwardheid.

IDENTIFIKASIE:

Ligpienk 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.

BERGINGSAAWYSINGS:

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.

Tel: 041 816 3100

E-pos: ask@vitatechhealth.com

Webwerf: www.vitatechhealth.com

DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNT INLIGTING

PAMFLET: Julie 2023

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PROPRIETARY NAME AND DOSAGE FORM:

HAIR SKIN NAILS 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 A (as Palmitate)	900mcg RE	100%
Vitamin B ₁ (as Thiamine Hydrochloride)	0,6 mg	50%
Vitamin B ₂ (as Riboflavin)	0,7 mg	50%
Vitamin B ₃ (as Nicotinamide)	8,0 mg	50%
Vitamin B ₆ (as Pyridoxine Hydrochloride)	0,9 mg	50%
Vitamin B ₁₂ (as Cyanocobalamin)	1,2 mcg	50%
Vitamin B ₇ (as D-Biotin)	15,0 mcg	50%
Vitamin C (as L-Ascorbic Acid)	100,0 mg	100%
Vitamin D ₃ (as Cholecalciferol)	15,0 mcg	100%
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Magnesium (as Magnesium Glycinate and Oxide)	215,0 mg	15%
Selenium (as Glycinate)	55,0 mcg	100%
Zinc (as Gluconate)	11,0 mg	100%
Hydrolysed Collagen Type II (Gallus gallus cartilage)	20 mg	-
* 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:

Hair Skin Nails Tablets are designed to support:

- Healthy Hair Growth and Strength: The combination of vitamins and minerals, including Biotin, Vitamin A, and Iron, promotes healthy hair growth and strengthens hair strands.
- Nourished and Vibrant Skin: Vitamins C and E, along with collagen, support skin health, providing nourishment and contributing to a vibrant complexion.
- Strong and Resilient Nails: Biotin, Iron, and other nutrients help in maintaining strong and resilient nails.
- Skin Elasticity and Hydration: Vitamin C aids in maintaining skin elasticity and hydration, reducing the appearance of fine lines and wrinkles.
- Protection Against Free Radical Damage: Vitamins C and E act as antioxidants, protecting the skin from free radical damage and promoting overall skin health.

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 may include:

- nausea, vomiting, constipation, excessive thirst, frequent urination, weakness, and confusion.

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

IDENTIFICATION:

Light pink 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:

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KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER:

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HANDELSNAAM EN DOSERINGSVORM:

HAIR SKIN NAILS TABLETTE (30)

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
Vitamen A (as Palmitaat)	900mcg RE	100%
Vitamen B ₁ (as Thiamienhidrokloried)	0,6 mg	50%
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* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer - Nie vasgestel nie		

Anders bestanddele is: Mikrokristallyn selulose, magnesiumstearaat, silikoondioksied & omhulsel

WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:

Die Hair Skin Nails-tablette is ontwerp om die volgende te ondersteun:

- Gesonde haargroei en sterkte: Die kombinasie van vitamien en minerale, insluitend Biotien, Vitamen A, en Yster, bevorder 'n gesonde haargroei en versterk haartjies.
- Gevoede en lewendige vel: Vitamien C en E, saam met kollageen, ondersteun velgesondheid, verskaf voeding en dra by tot 'n lewendige voorkoms.
- Sterk en veerkragtige naels: Biotien, Yster, en ander voedingstowwe help om naels sterk en veerkragtig te hou.
- Vel elastisiteit en hidrasie: Vitamen C dra by tot die handhawing van vel elastisiteit en hidrasie, en verminder die voorkoms van fyn lyntjies en rimpels.
- Beskerming teen skade deur vrye radikale: Vitamien C en E tree op as antioksidante, beskerm die vel teen skade deur vrye radikale en bevorder algemene velgesondheid.

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:

- 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 simptomaties en ondersteunend.

MOONTLIKE NEWE-EFFEKTE:

Hierdie aanvullings word gewoonlik goed verdra as dit soos voorgeskryf geneem word. Simptome van 'n oordosis kan insluit:

- naarheid, braking, hardlywigheid, buitensporige dors, gereelde urinering, swakheid en verwardheid.

IDENTIFIKASIE:

Ligpienk langwerpige gedrukte tablet.

AANBIEDING:

Verpak as 'n gedrukte boks met 'n verseëelde 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-allokeer.

NAAM EN BESIGHEIDS ADRES VAN DIE APPLIKANT:

Vitatech

Address: 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

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