

PROPRIETARY NAME AND DOSAGE FORM:

IRON 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)	150 mg	150%
Iron (as Ferrous Fumarate)	18 mg	100%
* South African Nutrient reference values for individuals 4 years and older		

Other Ingredients: Microcrystalline cellulose, calcium carbonate, magnesium stearate, silicon dioxide & coating.

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.

Iron tablets (Ferrous Fumarate) may interact with certain medications and supplements, including:

- Antacids: Calcium-containing antacids may reduce iron absorption.
- Proton pump inhibitors (PPIs): These medications can reduce stomach acid, potentially affecting iron absorption.
- Antibiotics (e.g., tetracyclines): Iron may interfere with antibiotic absorption.
- Certain medications for Parkinson's disease: Iron can affect the absorption of these drugs.
- Calcium supplements: Calcium may inhibit iron absorption when taken together.

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:

- Iron overload disorders (e.g., hemochromatosis): Excessive iron intake can be harmful in these conditions.
- Gastrointestinal disorders (e.g., peptic ulcer disease, gastritis): Iron can worsen these conditions; consult a healthcare provider.
- Hypersensitivity: Individuals with known hypersensitivity to iron should avoid using these tablets.

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, diarrhoea, abdominal pain, lethargy.

IDENTIFICATION:

Green round 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 round 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:

3001486001

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HANDELSNAAM EN DOSERINGSVORM:

YSTER 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 diagnoseering, behandeling, genesing of voorkoming van enige siekte nie.

SKEDULERINGSSTATUS: Ongeskeduleerd

SAMESTELLING: Elke tablet bevat:

Bestanddele	Elementeel waarde	*NRV
Vitamiën C (as Askorbiensuur)	150 mg	150%
Yster (as Fumaraat)	18 mg	100%
* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer		

Ander bestanddele is: Mikrokristallyn sellulose, kalsium karbonaat, magnesiumstearaat, silikoondioksied & omhulsel.

FARMAKOLOGIESE KLASSEFIKASIE:

34.12 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 maag-darmongemak.

INTERAKSIES:

Geen bekende interaksies teen die aanbevole dosis.

Ystertablette (Ferrosofumaraat) kan interaksie hê met sekere medisyne en aanvullings, insluitend:

- Antasiedmiddels: Antasiedmiddels wat kalsium bevat, kan ysterabsorpsie verminder.
- Protonpompinhibeerders (PPI's): Hierdie medikasies kan maagsuur verminder en moontlik ysterabsorpsie beïnvloed.
- Antibiotika (bv. tetrasisliene): Yster kan interferensie met antibiotika-absorpsie veroorsaak.
- Sekere medisyne vir Parkinson se siekte: Yster kan die absorpsie van hierdie medisyne beïnvloed.
- Kalsiumaanvullings: Kalsium kan ysterabsorpsie inhibeer wanneer dit saam geneem word.

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.

NEWE-EFFEKTE EN SPESIALE VOORBEHOUD:

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

- Ysteroorladingstoestande (bv. hemokromatose): Oormatige ysterinname kan skadelik wees in hierdie toestande.

- Gastroïntestinale versteurings (bv. peptiese ulkus siekte, gastritis): Yster kan hierdie toestande vererger; raadpleeg 'n gesondheidsorgverskaffer.
- Hipersensitiwiteit: Individue met bekende hipersensitiwiteit vir yster moet die gebruik van hierdie tablette vermy.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN

In geval van 'n toevallige oordosis, staak die gebruik en seek onmiddellik mediese hulp. Behandeling is simptome en ondersteunend.

Simptome van 'n oordosis kan insluit:

- Naarheid, braking, diarree, buikpyn, lusteloosheid.

IDENTIFIKASIE:

Groen ronde 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 ronde tablette, wat 'n totaal van 30 tablette bevat.

BERGINGSANWYSINGS:

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:

IRON 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)	150 mg	150%
Iron (as Ferrous Fumarate)	18 mg	100%
* South African Nutrient reference values for individuals 4 years and older		

Other Ingredients: Microcrystalline cellulose, calcium carbonate, magnesium stearate, silicon dioxide & coating.

WHAT IS THIS SUPPLEMENT USED FOR:

Iron serves several essential functions in the body, including:

- Making Red Blood Cells: Vital for the production of hemoglobin and red blood cells.
- Oxygen Transport: Hemoglobin carries oxygen from the lungs to tissues throughout the body.
- Energy Production: Supports energy metabolism.
- Cognitive Function: Adequate iron levels are essential for optimal brain function.
- Immune System Function: Iron is necessary for immune system health and function.

Iron is crucial for maintaining overall health and ensuring the proper functioning of various bodily processes, particularly in blood formation and energy production.

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, diarrhoea, abdominal pain, lethargy.

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

IDENTIFICATION:

Green round pressed tablet.

PRESENTATION:

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HANDELSNAAM EN DOSERINGSVORM:**YSTER 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.

SKEDULERINGSTATUS: Ongeskeduleerd

SAMESTELLING: Elke tablet bevat:

Bestanddele	Elementeel waarde	*NRV
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WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:

Yster dien verskeie noodsaaklike funksies in die liggaam, insluitend:

- Vorming van Rooi Bloedselle: Onontbeerlik vir die produksie van hemoglobien en rooi bloedselle.
- Suurstofvervoer: Hemoglobien dra suurstof van die longe na weefsels deur die hele liggaam.
- Energieproduksie: Ondersteun energiemetabolisme.
- Kognitiewe Funksie: Voldoende ystervlakke is noodsaaklik vir optimale breinfunksie.
- Funksie van die Immuunstelsel: Yster is noodsaaklik vir die gesondheid en funksie van die immuunstelsel.

Yster is noodsaaklik vir die handhawing van algemene gesondheid en versekering van die behoorlike funksionering van verskeie liggaamsprosesse, veral in die vorming van bloed en energieproduksie.

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 simptome 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, diarree, buikpyn, lusteloosheid.

IDENTIFIKASIE:

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