

PROPRIETARY NAME AND DOSAGE FORM:

JOINT 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 B ₂ (as Riboflavin)	900mcg RE	100%
Vitamin B ₃ (as Nicotinamide)	0,6 mg	50%
Vitamin B ₆ (as Pyridoxine Hydrochloride)	0,7 mg	50%
Vitamin B ₁₂ (as Cyanocobalamin)	8,0 mg	50%
Vitamin B ₇ (as D-Biotin)	0,9 mg	50%
Vitamin C (as L-Ascorbic Acid)	1,2 mcg	50%
Vitamin D ₃ (as Cholecalciferol)	15,0 mcg	50%
Vitamin E (as dl-Alpha Tocopherol Asetate)	100,0 mg	100%
Vitamin B ₉ (as Folic Acid)	15,0 mcg	100%
Vitamin B ₅ (as Calcium D-Pantothenate)	15,0 mg	100%
Chromium (as Glycinate)	200,0 mcg	50%
Iron (as Fumarate)	2,5 mg	50%
Magnesium (as Magnesium Glycinate and Oxide)	35,0 mcg	100%
Selenium (as Glycinate)	18,0 mg	100%
Zinc (as Gluconate)	64,5 mg	15%
Glucosamine (as Hydrochloride)	55,0 mcg	100%
OptiMSM® (as Methylsulphonylmethane)	11,0 mg	100%
* 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 stomach upset or gastrointestinal discomfort.

INTERACTIONS:

Interactions between medications and the ingredients in this supplement are minimal, but healthcare professionals should be aware of potential effects:

- Anti-acids (e.g., Altreptamine, Cisplatin): Take at least 2 hours before or after to avoid reducing the absorption of vitamins and minerals.
- Certain Antibiotics (e.g., Chloramphenicol): Interaction may affect antibiotic efficacy.
- Anticoagulants/Antiplatelet Medicines (e.g., Warfarin): Use with caution, as it may potentially increase anticoagulant effects.
- Hormone Replacement Therapy: May have estrogenic effects and may interfere with hormone replacement therapy.
- Immunosuppressant Medicines: Exercise caution as it may interact with immunosuppressant drugs.

- Certain Anti-seizure Drugs (e.g., Phenytoin): Interaction may potentially affect the effectiveness of anti-seizure medications.
- Anti-diabetic Medications: Chromium supplementation may enhance the effects of anti-diabetic medications, potentially leading to hypoglycemia. Patients on anti-diabetic medications should monitor their blood glucose levels carefully when taking this supplement.

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:

- Bacterial Infections: Vitamin B₁₂ (Cyanocobalamin) and/or iron may contribute to bone marrow suppression.
- Heart Conditions: Vitamin D may contribute to irregular heartbeat and reduced response to calcium channel blockers with elevated calcium levels.
- High Blood Pressure (Hypertension): Vitamin D and/or iron, when, may lead to hypercalcemia
- Seizures and Epilepsy: Vitamin B₆ (Pyridoxine), may reduce absorption.
- Iron Overdose or Deficiency: especially with additional zinc, may affect antibiotic absorption and the absorption of osteoporosis or bone density medications. Monitoring iron levels is important.
- Thyroid Treatment: Iron should be used cautiously.

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:

- stomach discomfort, nausea, or diarrhoea.

IDENTIFICATION:

Pale orange 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:

3001512001

Claim it from your medical aid.

HANDELSNAAM EN DOSERINGSVORM:

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

SKEDULERINGSTATUS: Ongeskeduleerd

SAMESTELLING: Elke tablet bevat:

Ingredients	Elemental value	*NRV
Vitamiën B ₂ (as Riboflavoön)	900mcg RE	100%
Vitamiën B ₃ (as Nikotinamied)	0,6 mg	50%
Viamiën B ₆ (as Piridoksienhidrokloried)	0,7 mg	50%
Vitamiën B ₁₂ (as Sianokobalamien)	8,0 mg	50%
Vitamiën B ₇ (as D-Biotien)	0,9 mg	50%
Vitamiën C (as L-Askorbiensuur)	1,2 mcg	50%
Vitamiën D ₃ (as Cholecalciferol)	15,0 mcg	50%
Vitamiën E (as dl-Alpha Tokoferolasetaat)	100,0 mg	100%
Vitamiën B ₉ (as Foliensuur)	15,0 mcg	100%
Vitamiën B ₅ (as Kalium D-Pantoteensuur)	15,0 mg	100%
Chromium (as Aminosuurchelaat)	200,0 mcg	50%
Yser (as Fumeraat)	2,5 mg	50%
Magnesium (as Magnesiumglisinaat en Oksied)	35,0 mcg	100%
Selenium (as Amonisuurchelaat)	18,0 mg	100%
Sink (as Glykonaat)	64,5 mg	15%
Glukosamien (as Hidrochloried)	55,0 mcg	100%
OptiMSM® (as Metielsulfonielmetaan)	11,0 mg	100%
* South African Nutrient reference values for individuals 4 years and older - Not established		

Ander bestanddele is: Mikrokrystallyn 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 VOORSORGMATREËLS:

- Groot dosisse mag lei tot maagpyn of gastro-intestinale ongemak.

INTERAKSIES:

Interaksies tussen medikasie en die bestanddele in hierdie aanvulling is minimaal, maar gesondheidsorgprofessionals moet bewus wees van moontlike effekte.

- Antisuurmiddels (bv. Altreptamien, Cisplatin): Neem minstens 2 uur voor of na om die absorpsie van vitamien e en minerale nie te verminder nie.
- Sekere antibiotika (bv. Chloramphenicol): Interaksie kan die doeltreffendheid van antibiotika beïnvloed.
- Antikoagulerende/Antiplateletmiddels (bv. Warfarin): Gebruik met omsigtigheid, aangesien dit moontlik antikoagulerende effekte kan verhoog.

- Hormoonvervangings terapie: Dit kan estrogeenagtige effekte hê en kan inmeng met hormoonvervangings terapie.
- Immunosuppressante medikasie: Wees versigtig, aangesien dit moontlik met immuunonderdrukkende medikasie kan interageer.
- Sekere anti-aanval medikasie (bv. Fenitoin): Interaksie kan moontlik die doeltreffendheid van anti-aanval medikasie beïnvloed.
- Anti-diabetiese medikasie: Chroomaanvulling kan die effekte van anti-diabetiese medikasie versterk en moontlik tot hipoglisemie lei. Pasiënte op anti-diabetiese medikasie moet sorgvuldig hul bloedglukosevlakke monitor wanneer hulle hierdie aanvulling gebruik.

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

- Bakteriële Infeksies: Vitamiën B₁₂ (Cyanokobalamien) en/of yster kan bydra tot beenmurg-onderdrukking.
- Hartoestande: Vitamiën D kan bydra tot onreëlmatige hartklop en 'n verminderde reaksie op kalsiumkanaalblokkeerders met verhoogde kalsiumvlakke.
- Hoë Bloeddruk (Hipertensie): Vitamiën D en/of yster, wanneer dit oordosser word, kan lei tot hiperkalsemie.
- Krampaanvalle en Epilepsie: Vitamiën B₆ (Pyridoksien) kan absorpsie verminder.
- Yster Oordosis of Tekort: Veral met addisionele sink kan dit die absorpsie van antibiotika en die absorpsie van osteoporose- of been digtheidsmedikasie beïnvloed. Monitering van ystervlakke is belangrik.
- Skildklierbehandeling: Yster moet met omsigtigheid gebruik word.

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 simptomaties en ondersteunend.

Simptome van 'n oordosis kan insluit:

- maagongemak, naarheid, of diarree.

IDENTIFIKASIE:

Vaalaranje 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 houër 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:

JOINT 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:

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Vitamin B ₂ (as Riboflavin)	900mcg RE	100%
Vitamin B ₃ (as Nicotinamide)	0,6 mg	50%
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OptiMSM® (as Methylsulphonylmethane)	11,0 mg	100%
* 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:

The Joint support formulation aims to:

- Joint Flexibility and Mobility: Glucosamine and OptiMSM® help maintain and improve joint flexibility and mobility, making it easier to move comfortably.
- Cartilage Health: Glucosamine supports the health and maintenance of cartilage, a crucial component of joint health.
- Easing of Joint Discomfort: The combination of vitamins and minerals in this supplement can help alleviate joint discomfort and promote overall joint comfort.

- Connective Tissue: The vitamins and minerals in this supplement contribute to the health of connective tissues, which are vital for joint function.
- Overall Joint Health and Comfort: Regular use of this supplement can support long-term joint health and provide a greater sense of comfort in daily activities.

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:

- stomach discomfort, nausea, or diarrhoea.

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

IDENTIFICATION:

Pale orange oblong pressed tablet.

PRESENTATION:

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HANDELSNAAM EN DOSERINGSVORM:

JOINT SUPPORT 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:

Ingredients	Elemental value	*NRV
Vitamien B ₂ (as Riboflavoön)	900mcg RE	100%
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* South African Nutrient reference values for individuals 4 years and older - Not established		

Ande Bestanddele is: Mikrokristallyn sellulose, magnesiumstearaat, silikoondioksied & omhulsel

WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:

Die Gewrigsondersteuningsformule het ten doel om:

- Gewrigsrekbaarheid en Beweglikheid: Glukosamien en OptiMSM® help om gewrigsrekbaarheid en beweglikheid te handhaaf en te verbeter, wat dit makliker maak om gemaklik te beweeg.
- Kraakbeen Gesondheid: Glukosamien ondersteun die gesondheid en instandhouding van kraakbeen, 'n belangrike komponent van gewrigsgesondheid.

- Vermindering van Gewrigsongemak: Die kombinasie van vitamien e en minerale in hierdie aanvulling kan help om gewrigsongemak te verlig en algemene gewrigsgemak te bevorder.
- Verbindingsweefsel: Die vitamien e en minerale in hierdie aanvulling dra by tot die gesondheid van verbindingsweefsel, wat noodsaaklik is vir gewrigsfunksie.
- Algemene Gewrigsgesondheid en Gemak: Die gereelde gebruik van hierdie aanvulling kan langtermyn gewrigsgesondheid ondersteun en 'n groter gevoel van gemak in daaglikse aktiwiteite bied.

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:

- maagongemak, naarheid, of diarree.

IDENTIFIKASIE:

Vaaloranje 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.

BERGINGSAAFWYSINGS:

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:

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