

PROPRIETARY NAME AND DOSAGE FORM:

KIDS GREENS POWDER (200g)
Flavoured Plant-Based Superfoods

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

TYPICAL NUTRITIONAL INFORMATION (AS PACKED)

Servings Per container: 30

Single Serving size: ±6.6 g (1 scoop)

	Per 100 g	Per 6.6 g Serving	%NRV
Energy (kJ)	1242	82	-
Energy (kcal)	303	20	-
Protein (g)	18	1.2	-
Carbohydrate (g)	19.7	1.3	-
Of which sugars (g)	1.5	0.1	-
Fat (g)	4.5	0.3	-
Of which saturates (g)	0	0	-
Fibre (g)	53	3.5	-
Total sodium (mg)	1136	75	-
Green Superfood Blend	34,8 g	2,3 g	
Fibre & Prebiotic Blend	17.4 g	1.15 g	
Fruit & Veg Blend	15.1 g	1.0 g	
Antioxidant & Beauty Blend	12.5 g	825 mg	
Digestion & Probiotic Blend	2.2 g	150mg	

Ingredients: **Greens Superfood Blend:** Spirulina, Moringa, Wheat Grass, Barley Grass, Chlorella, Broccoli & Spinach Powders. **Fibre & Prebiotic Blend:** Inulin (From Chicory Root Fibre) & Apple Fibre Powder **Fruit & Veg Blend:** Carrot, Beetroot, Pomegranate, Ginger Root, Acerola Cherry & Tomato Powders. **Immunity Protection Blend:** Cranberry Fruit, Elderberry Fruit & Grape Seed Extracts and Bilberry Fruit Powder **Digestion & Probiotic Blend:** Ginger Root Extract & Bacillus Coagulans **Other Ingredients:** Flavour, citric acid, silica, stevia and monk fruit.

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 gastrointestinal discomfort.

INTERACTIONS:

No known interactions with existing conditions at recommended dose.

DOSAGE AND DIRECTIONS FOR USE:

The recommended usage is:

Add one heaped scoop (approx 6.6g) daily to a glass of water, smoothie, or beverage of your choice.

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:

- Allergies: Avoid if allergic to any of the listed ingredients, particularly wheat grass, barley grass, or fruit extracts.
- Digestive Sensitivity: Inulin and apple fibre may cause bloating, gas, or mild diarrhea in sensitive individuals.
- Immune Disorders: Elderberry and other immune-boosting ingredients may stimulate the immune system; consult a healthcare provider if your child has an autoimmune condition.
- Iron Absorption: High fibre content and certain plant compounds may interfere with iron absorption; monitor intake if your child has an iron deficiency.
- Blood Thinning Effects: Cranberry, grape seed, and bilberry extracts may have mild blood-thinning properties; consult a healthcare provider if your child is on anticoagulant medication.
- Probiotic Considerations: Bacillus Coagulans may cause mild digestive discomfort as the gut adjusts to the probiotic.

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.

Overdose symptoms for greens powders are not well-documented. However, excessive intake may cause digestive discomfort, including bloating, gas, or diarrhoea. High doses of certain ingredients may result in headaches, or nausea.

IDENTIFICATION:

Dark Green powder with fruity jellybean flavour.

PRESENTATION:

Packaged in a tub with clear label and tamperproof seal.

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:

January 2025

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DISCLAIMER: This medicine has not been evaluated by SAHPRA. 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

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WHAT IS THIS SUPPLEMENT USED FOR:

Vitatech Kids Greens Powder supports the following benefits:

- Energy & Vitality: Provides natural energy from superfoods like spinach and broccoli to keep kids active and focused.
- Gut Health: Probiotics, prebiotics, and fibre support healthy digestion and a happy tummy.
- Immune Support: Acerola cherry and elderberry deliver antioxidants to help kids fight off germs and stay strong.

- Detoxification: Spirulina and barley grass support the body's natural cleansing process.
- Healthy Growth: Packed with fruits, veggies, and greens to fill nutritional gaps for growing bodies.
- Overall Well-being: A fun and easy way to support kids' daily nutrition with real food ingredients.

This greens powder is made to help kids stay energized, healthy, and thriving with natural, delicious nutrition!

BEFORE YOU TAKE THIS SUPPLEMENT:

Do not administer if your child is allergic to any of the ingredients. Take special care when giving children any supplement:

- Do not exceed the daily recommended amount.
- Seek professional advice if they suffer from any allergies.
- Seek professional advice if any other medications are being taken or another medical condition is present.
- If they are taking other supplements, read the label, as these supplements may contain the same ingredients.

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:

Add one heaped scoop (approx 6.6g) daily to a glass of water, smoothie, or beverage of your choice.

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. Overdose symptoms for greens powders are not well-documented. However, excessive intake may cause digestive discomfort, including bloating, gas, or diarrhoea. High doses of certain ingredients may result in headaches, or nausea.

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

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