

PROPRIETARY NAME AND DOSAGE FORM:

**FRUIT & VEG
KIDS GUMMIES (60)**

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 2 gummies contain:

Ingredients	Elemental value	*NRV
Healthy Veggies Blend Spirulina Powder Broccoli Powder Spinach Powder Carrot Powder Beetroot Powder Tomato Powder	100 mg	-
Super Fruits Blend Cranberry Fruit Extract Pomegranate Powder Acerola Cherry Powder Elderberry Fruit Extract Bilberry Fruit Powder	100 mg	-
* South African Nutrient reference values for individuals 4 years and older - not established		

Other Ingredients: Glucose syrup, sucrose, purified water, gelatine (bovine), citric acid, flavourant, sodium citrate, colourant. Contains no artificial sweetener. Contains sugar: glucose (1 g), sugar (0.75g)

Gelatine is Halal certified at source.

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 digestive discomfort.

INTERACTIONS:

No known interactions with existing conditions at recommended dose.

Medicines that might interact with these gummies are:

- There are no known significant interactions at the recommended dosage.
- However, as with any supplement, consult a healthcare provider if your child is taking prescription medications, such as blood thinners, antibiotics, or immunosuppressants, to ensure there are no potential interactions.

DOSAGE AND DIRECTIONS FOR USE:

The recommended usage is:

Children ages 2-3: Take 1 gummy daily.

Children ages 4-12: Take 2 gummies daily.

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: Individuals with known allergies to any of the ingredients should avoid these gummies.
- Digestive Upset: Excessive consumption may lead to digestive discomfort. Stick to the recommended dosage.
- Immune Disorders: If you have an autoimmune disease, consult with a healthcare professional before taking supplements that boost the immune system.
- Iron Absorption: High doses of zinc could potentially interfere with iron absorption. If you have an iron deficiency, consult a healthcare provider.

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:

- excessive gas, bloating, diarrhoea, or stomach discomfort.

IDENTIFICATION:

Dark purple, dome shaped gummy with a tropical flavour.

PRESENTATION:

Clear jar with green lid, packaged with tamperproof induction seal, labelled with clear, detailed information printed on the label. Containing 60 gummies.

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:

Jan 2025

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KIDS GUMMIES (60)**

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

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WHAT IS THIS SUPPLEMENT USED FOR:

- Filling Nutritional Gaps: Helps complement diets that may lack adequate fruit and vegetable intake.
- Immune Function: Supports a healthy immune system with a blend of super fruits and veggies.
- Healthy Digestion: Promotes gut health with natural plant-based ingredients.
- Vision and Bone Health: Contains nutrients that contribute to healthy vision and strong bones.
- Antioxidant Protection: Provides antioxidants to help protect cells from free radical damage.
- Overall Well-being: Features a blend of 11 fruits, vegetables, and greens to support balanced nutrition and vitality.

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.
- These gummies contain sugar **and are therefore not recommended for diabetics**.

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:

Children ages 2-3: Take 1 gummy daily.

Children ages 4-12: Take 2 gummies daily.

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:

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