

PROPRIETARY NAME AND DOSAGE FORM:

**OMEGA
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
Omega Flaxseed Oil	100 mg	-
Omega-3 Alpha Linolenic Acid	63 mg	
Omega-6 Linoleic Acid	15.5 mg	
Omega-9 Oleic Acid	12.8 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. 6 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:

- Blood Thinners (e.g., Warfarin, Aspirin): Flaxseed-derived Omega-3s may have mild blood-thinning effects, which could enhance the action of anticoagulants.
- Diabetes Medications: Omega-3s may slightly affect blood sugar levels. Consult a healthcare provider if your child is on insulin or other diabetes medications.
- Blood Pressure Medications: Omega-3s may contribute to lower blood pressure, which could enhance the effects of antihypertensive drugs.
- Consult a healthcare provider if your child is taking prescription medications 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 flaxseed or any listed ingredients should avoid these gummies.
- Blood Thinning Effects: Omega-3s from flaxseed may have mild blood-thinning properties. If your child is on anticoagulants, consult a healthcare provider.
- Immune Disorders: Omega-3s can influence immune function. If your child has an autoimmune condition, seek medical advice before use.
- Surgery Precaution: Discontinue use at least two weeks before surgery due to potential effects on blood clotting.

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:

Red, dome shaped gummy with a mixed berry 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)**

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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.

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WHAT IS THIS SUPPLEMENT USED FOR:

- Supports brain development, vision, and heart health with essential Omega-3, 6, and 9 fatty acids.
- Enhances cognitive function, memory, and learning abilities to aid in brain growth.
- Boosts immune function and promotes overall well-being.
- Supports healthy inflammation response and cardiovascular health.
- Nourishes growing bodies with essential fatty acids for optimal development.
- No fishy aftertaste – made from flaxseed for a clean, kid-friendly taste.
- Easy and delicious – a fun way for kids to get their daily Omega 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.

- 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:

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

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