

PROPRIETARY NAME AND DOSAGE FORM:

MARINE COLLAGEN CAPSULES (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 capsule contains:

Ingredients	Per capsule	*NRV
Fish Collagen Peptides (Parts: skin)	400 mg	-
* South African Nutrient reference values for individuals 4 years and older - Not established		

Other Ingredients: Magnesium stearate, silicon dioxide and capsule shell (HPMC and purified water)

FROM SUSTAINABLY SOURCED 100% WILDCAUGHT WHITE FISH

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:

- Adults take 1 capsule 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:

- Individuals with a history of allergies to collagen should exercise caution when using this supplement.
- People with certain medical conditions, such as kidney problems, should consult a healthcare professional before taking collagen supplements, as excessive protein intake may exacerbate their condition.

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.

Marine Collagen overdose symptoms are not documented.

However, excessive protein intake may lead to digestive discomfort, including bloating and gas.

IDENTIFICATION:

White capsule.

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 capsules each, containing 30 capsules 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:

3003654001

Claim it from your medical aid.

HANDELSNAAM EN DOSERINGSVORM:

MARINE COLLAGEN KAPSULES (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 kapsule bevat:

Bestanddele	Per kapsule	*NRV
Vis Kollageen Peptiedes (Dele: Vis)	400 mg	-
* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer - Nie vasgestel nie		

Ander bestanddele is: Magnesiumstearaat, silikoondioksied en kapsule-dop (HPMC en gesuiwerde water)

VAN DUURSAAM VERKREGENE 100% WILDBEVANGE WIT VIS

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 maag-darmongemak.

INTERAKSIES:

Geen bekende interaksies teen die aanbevole dosis.

DOSIS EN GEBRUIKSAANWYSINGS:

Die aanbevole gebruik is:

- Volwassenes neem daaglik 1 kapsule saam met etes.

Moenie die aanbevole dosis oorskry nie. Die produk moenie 'n gebalanseerde dieët vervang nie.

MOONTLIKE NEWE-EFFEKTE EN SPESIALE**VOORBERGING:**

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

- Individue met 'n geskiedenis van allergieë vir kollageen of moet versigtig wees wanneer hulle hierdie aanvulling gebruik.
- Mense met sekere mediese toestande, soos nierprobleme, moet 'n gesondheidsorgprofessional raadpleeg voordat hulle kollageenaanvullings neem, aangesien 'n oormaat van proteïene hul toestand kan vererger.

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.

Daar is geen gedokumenteerde simptome van 'n oordosis van see-kollageen nie. Oormatige proteïeninnname kan egter tot

spysverteringsongemak lei, insluitend opgeblaseheid en gasvorming.

IDENTIFIKASIE:

Wit kapsule.

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 kapsules wat 'n totaal van 30 kapsules bevat.

BERGINGSAAANWYSINGS:

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.

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MARINE COLLAGEN CAPSULES (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 capsule contains:

Ingredients	Per capsule	*NRV
Fish Collagen Peptides (Parts: skin)	400 mg	-
* South African Nutrient reference values for individuals 4 years and older - Not established		

Other Ingredients: Magnesium stearate, silicon dioxide and capsule shell (HPMC and purified water)

FROM SUSTAINABLY SOURCED 100% WILDCAUGHT WHITE FISH

WHAT IS THIS SUPPLEMENT USED FOR:

Marine Collagen supports the following benefits:

- Skin elasticity: Collagen is a key component of skin, helping maintain its firmness and youthful appearance.
- Hair health: May contribute to stronger, healthier hair.
- Nail strength: Can improve the condition of nails.
- Joint health: Collagen supports joint mobility and can alleviate joint discomfort.
- Gut Health: May help improve gut lining integrity and digestive function.
- Muscle Recovery: Can aid in muscle repair and recovery post-exercise.
- May reduce fine lines & wrinkles: Supports overall skin health, potentially reducing visible signs of aging.

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 capsule 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. Marine Collagen overdose symptoms are not documented. However, excessive protein intake may lead to digestive discomfort, including bloating and gas. If you experience any unusual or severe side effects, discontinue use, and seek medical attention.

IDENTIFICATION:

White capsule.

PRESENTATION:

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STORAGE INSTRUCTIONS:

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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.

SKEDULERINGSSTATUS: Ongeskeduleerd

SAMESTELLING: Elke kapsule bevat:

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VAN DUURSAAM VERKREGENE 100% WILDBEVANGE WIT VIS

WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:

See-kollageen ondersteun die volgende voordele:

- Vel elasticiteit en vog: See-kollageen help om velstyfheid en vog te behou.
- Haar- en naelsterkte: Kan bydra tot sterker, gesonder hare en naels.
- Gewrigsgesondheid en buigsaamheid: Ondersteun gewrigsbeweging en kan gewrigsongemak verlig.
- Bottedigheid: Kan been- en digtheid bevorder.
- Wondbehandeling: Kan help met weefselherstel en wondbehandeling.
- Anti-veroudering: Ondersteun algehele velgesondheid en kan moontlik sigbare tekens van veroudering verminder.

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

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 kapsule 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. Daar is geen gedokumenteerde simptome van 'n oordosis van see-kollageen nie. Oormatige proteïeninnam kan egter tot spysverteringsongemak lei, insluitend opgeblaseheid en gasvorming.

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