

PROPRIETARY NAME AND DOSAGE FORM:

MULTI VITAMIN & MINERAL ACTIVE
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 A (as Palmitate)	900 mcg RE	100%
Vitamin B ₁ (as Thiamine Hydrochloride)	1,2 mg	100%
Vitamin B ₂ (as Riboflavin)	1,3 mg	100%
Vitamin B ₃ (as Nicotinamide)	16,0 mg	100%
Vitamin B ₆ (as Pyridoxine Hydrochloride)	1,7 mg	100%
Vitamin B ₁₂ (as Cyanocobalamin)	2,4 mcg	100%
Vitamin B ₇ (as D-Biotin)	30,0 mcg	100%
Vitamin B ₉ (as Folic Acid)	400,0 mcg	100%
Vitamin B ₅ (as Calcium D-Pantothenate)	5,0 mg	100%
Vitamin C (as L-Ascorbic Acid)	100,0 mg	100%
Vitamin D ₃ (as Cholecalciferol)	15,0 mcg	100%
Vitamin E (as dl-Alpha Tocopherol Asetate)	15,0 mg	100%
Calcium (as Carbonate)	65 mg	5 %
Chromium (as Picolinate)	35,0 mcg	100%
Copper (as Glysinate)	0,9 mg	100%
Iodide (as Potassium Iodide)	150 mcg	100%
Iron (as Fumarate)	18,0 mg	100%
Manganese (as Sulphate)	2,3 mg	100%
Molybdenum (as Glycinate)	45,0 mcg	100%
Selenium (as Glysinate)	55,0 mcg	100%
Zinc (as Gluconate)	11,0 mg	100%

* South African Nutrient reference values for individuals 4 years and older

Other Ingredients: Microcrystalline cellulose, magnesium stearate, silicon dioxide & coating.

PHARMACOLOGICAL CLASSIFICATION:

34.12 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 headache, dizziness, and insomnia in some individuals.

INTERACTIONS:

Medicines that might interact with ingredients in this Multivitamin and Mineral are:

- Tetracycline antibiotics - Calcium may inhibit absorption
- Thiazide diuretics - Vitamin B6 may reduce efficacy
- Levodopa - Vitamin B6 may inhibit absorption
- Blood thinning medication - Vitamin E may increase bleeding risk

- Thyroxine drugs - Calcium may decrease absorption
- 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:

- Kidney stones - Vitamin C may increase risk in prone individuals
- Iron overload - Iron may exacerbate condition
- Manganese toxicity - High doses may cause toxicity

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:

- nausea, vomiting, stomach pain, diarrhoea, headache, insomnia

IDENTIFICATION:

Teal 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:

3001517001

Claim it from your medical aid.

HANDELSNAAM EN DOSERINGSVORM:MULTI VITAMIN & MINERAL ACTIVE
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 diagnoseer, behandeling, genesing of voorkoming van enige siekte nie.

SKEDULERINGSSTATUS: Ongeskeduleerd

SAMESTELLING: Elke tablet bevat:

Bestanddele	Elementeel waarde	*NRV
Vitamiën A (as Palmitaat)	900 mcg RE	100%
Vitamiën B ₁ (as Thiamienhidrokloried)	1,2 mg	100%
Vitamiën B ₂ (as Riboflavoön)	1,3 mg	100%
Vitamiën B ₃ (as Nikotinamied)	16,0 mg	100%
Viamien B ₆ (as Piridoksienhidrokloried)	1,7 mg	100%
Vitamiën B ₁₂ (as Sianokobalamien)	2,4 mcg	100%
Vitamiën B ₇ (as D-Biotien)	30,0 mcg	100%
Vitamiën B ₉ (as Foliensuur)	400,0 mcg	100%
Vitamiën B ₅ (as Kalium D-Pantoteensuur)	5,0 mg	100%
Vitamiën C (as L-Askorbiensuur)	100,0 mg	100%
Vitamiën D ₃ (as Cholecalciferol)	15,0 mcg	100%
Vitamiën E (as dl-Alpha Tokoferolasetaat)	15,0 mg	100%
Kalsium (as Karbonaat)	65 mg	5 %
Chroom (as Pikolinaat)	35,0 mcg	100%
Koper (as Glisinaat)	0,9 mg	100%
Jodium (as Kaliumjodied)	150 mcg	100%
Yser (as Fumeraat)	18,0 mg	100%
Mangaan (as Sulfaat)	2,3 mg	100%
Molibdeen (as Glisinaat)	45,0 mcg	100%
Selenium (as Glisinaat)	55,0 mcg	100%
Sink (as Glykonaat)	11,0 mg	100%

* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer

Ander bestanddele is: Mikrokristallyn sellulose, magnesiumstearaat, silikoondioksied & omhulsel.

FARMAKOLOGIESE KLASSEFIKASIE:

34.12 Kategorie D (Gesondheidsaanvuller) [S0]

FARMAKOLOGIESE WERKING: Gesondheidsaanvuller

INDIKASIES: Aangedui as 'n aanvulling waar swak dieetiname van die genoemde aktiewe bestanddele voorkom.

KONTRA-LNDIKASIES:

- Hipersensitiwiteit vir enige van die bestanddele.

WAASKUWINGS EN SPESIALE VOORSORGMATREËLS:

- Groot dosisse kan hoofpyn, duiseligheid en slaaploosheid in sommige individue veroorsaak.

INTERAKSIES:

Medikasie wat moontlik kan interageer met die bestanddele in hierdie Multivitaminen en Minerale is:

- Tetrasislienvoorskriptantibiotika - Kalsium mag absorpsie inhibeer

- Thiazied-diuretika - Vitamiën B6 mag effektiwiteit verminder
- Levodopa - Vitamiën B6 mag absorpsie inhibeer
- Bloedverduunningsmedikasie - Vitamiën E mag die risiko van bloeding verhoog
- Tirosienmedisyne - Kalsium mag absorpsie verminder

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:

- Nierstene - Vitamiën C mag die risiko verhoog in vatbare individue
- Ysteroorlading - Yster mag die toestand vererger
- Mangaangif - Hoë dosisse mag toksisiteit veroorsaak

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:

- naarheid, braking, maagspyn, diarree, hoofpyn, slapeloosheid

IDENTIFIKASIE:

Blougroen 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 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.

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:
MULTI VITAMIN & MINERAL ACTIVE 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:

Ingredients	Elemental value	*NRV
Vitamin A (as Palmitate)	900 mcg RE	100%
Vitamin B ₁ (as Thiamine Hydrochloride)	1,2 mg	100%
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* South African Nutrient reference values for individuals 4 years and older		

Other Ingredients: Microcrystalline cellulose, magnesium stearate, silicon dioxide & coating.

WHAT IS THIS SUPPLEMENT USED FOR:

Provides 100% of the daily value for most of essential vitamins and minerals to support overall health and wellbeing. Getting the full spectrum of key micronutrients ensures optimal functioning of all physiological systems for example:

- Supports active lifestyles - B vitamins provide cellular energy to power activity.
- Boosts energy production - Iron carries oxygen throughout the body.
- Promotes bone and joint health - Calcium strengthens bones and joints.
- Bolsters immune system function - Vitamin C, Zinc support immune cell production.

- Aids metabolism - B vitamins help metabolize fats, carbs, proteins.
- Provides antioxidant defence - Vitamin E, Selenium neutralise damaging free radicals.

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:

- nausea, vomiting, stomach pain, diarrhoea, headache, insomnia

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

IDENTIFICATION:

Teal oblong pressed tablet.

PRESENTATION:

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STORAGE INSTRUCTIONS:

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REGISTRATION NUMBER:

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HANDELSNAAM EN DOSERINGSVORM:
MULTI VITAMIN & MINERAL ACTIVE 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:

Bestanddele	Elementeel waarde	*NRV
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* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer		

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

WAARVOOR WORD HIERDIE AANVULLING GEBUIK:

Verskaf 100% van die daaglikse waarde vir mees van die noodsaaklike vitamieene en minerale om algemene gesondheid en welstand te ondersteun. Om die volledige spektrum van sleutelmikronutriënte te kry, verseker optimale funksionering van alle fisiologiese stelsels, byvoorbeeld:

- Ondersteun aktiewe lewenstyle - B-vitamieene voorsien selenergie om aktiviteit aan te dryf.
- Verhoog energieproduksie - Yster dra suurstof deur die liggaam.
- Bevorder been- en gewigs gesondheid - Kalsium versterk bene en gewigte.

- Versterk die immuunstelsel - Vitamien C, Sink ondersteun immuunselfproduksie.
- Help met metabolisme - B-vitamieene help om vet, koolhidrate, proteïene te metaboliseer.
- Bied antioksidante verdediging - Vitamien E, Selenium neutraliseer skadelike vrye radikale.

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 «VOUBIJET interaksies «

HOE OM DIT TE GEBUIK:

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 simptome en ondersteunend.

MOONTLIKE NEWE-EFFEKTE:

Hierdie aanvullings word gewoonlik goed verdra as dit soos voorgeskryf geneem word. Simptome van 'n oordosis kan insluit:

- naarheid, braking, maagspyn, diarree, hoofpyn, slapeeloosheid

IDENTIFIKASIE:

Blourgroen 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 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

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