

PROPRIETARY NAME AND DOSAGE FORM:

MULTI VITAMIN & MINERAL MEN
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)	450mcg RE	50%
Vitamin B ₁ (as Thiamine Hydrochloride)	0.6 mg	50%
Vitamin B ₂ (as Riboflavin)	0.7 mg	50%
Vitamin B ₃ (as Nicotinamide)	8 mg	50%
Vitamin B ₆ (as Pyridoxine Hydrochloride)	0.9 mg	50%
Vitamin B ₁₂ (as Cyanocobalamin)	1,2 mcg	50%
Vitamin B ₇ (as D-Biotin)	15 mcg	50%
Vitamin B ₉ (as Folic Acid)	200,0 mcg	50%
Vitamin B ₅ (as Calcium D-Pantothenate)	2,5 mg	50%
Vitamin C (as L-Ascorbic Acid)	100,0 mg	100%
Vitamin D ₃ (as Cholecalciferol)	7,5 mcg	50%
Vitamin E (as dl-Alpha Tocopherol Asetate)	7,5 mg	50%
Calcium (as Carbonate)	65 mg	5 %
Chromium (as Picolinate)	17,5 mcg	50%
Copper (as Glysinate)	0,5 mg	50%
Iodide (as Potassium Iodide)	75 mcg	50%
Iron (as Fumarate)	9 mg	50%
Manganese (as Sulphate)	1,2 mg	50%
Molybdenum (as Glycinate)	22,5 mcg	50%
Selenium (as Glysinate)	27,5 mcg	50%
Zinc (as Gluconate)	5,5 mg	50%
Maca Root Extract 4:1 - Lepidium meyenii Walp (Parts: Root)	100,0 mg	-
* South African Nutrient reference values for individuals 4 years and older - Not established		

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
- Maca - May affect hormone-sensitive conditions

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:

Turquoise 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:

3001478001

Claim it from your medical aid.

HANDELSNAAM EN DOSERINGSVORM:MULTI VITAMIN & MINERAL MEN
TABLETTE (30)

VRYSWARING: 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 diagnosering, behandeling, genesing of voorkoming van enige siekte nie.

SKEDULERINGSSTATUS: Ongeskeduleerd

SAMESTELLING: Elke tablet bevat:

Bestanddele	Elementeel waarde	*NRV
Vitamiën A (as Palmitaat)	450mcg RE	50%
Vitamiën B ₁ (as Thiamienhidrokloried)	0.6 mg	50%
Vitamiën B ₂ (as Riboflavoön)	0.7 mg	50%
Vitamiën B ₃ (as Nikotinamied)	8 mg	50%
Viamien B ₆ (as Piridoksienhidrokloried)	0.9 mg	50%
Vitamiën B ₁₂ (as Sianokobalamien)	1,2 mcg	50%
Vitamiën B ₇ (as D-Biotien)	15 mcg	50%
Vitamiën B ₉ (as Foliensuur)	200,0 mcg	50%
Vitamiën B ₅ (as Kalium D-Pantoteensuur)	2,5 mg	50%
Vitamiën C (as L-Askorbiensuur)	100,0 mg	100%
Vitamiën D ₃ (as Cholecalciferol)	7,5 mcg	50%
Vitamiën E (as dl-Alpha Tokoferolasetaat)	7,5 mg	50%
Kalsium (as Karbonaat)	65 mg	5 %
Chroom (as Pikolinaat)	17,5 mcg	50%
Koper (as Glisinaat)	0,5 mg	50%
Jodium (as Kaliumjodied)	75 mcg	50%
Yser (as Fumeraat)	9 mg	50%
Mangaan (as Sulfaat)	1,2 mg	50%
Molibdeen (as Glisinaat)	22,5 mcg	50%
Selenium (as Glisinaat)	27,5 mcg	50%
Sink (as Glykonaat)	5,5 mg	50%
Maca Wortel-ekstrak 4:1 - Lepidium meyenii Walp (Dele: Wortel)	100,0 mg	-
* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer - Nie vasgestel nie		

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

FARMAKOLOGIESE KLASSIFIKASIE:

34.12 Kategorie D (Gesondheidsaanvuller) [S0]

FARMAKOLOGIESE WERKING: Gesondheidsaanvuller

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

KONTRA-LNDIKASIES:

- Hipersensitiwiteit vir enige van die bestandele.

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 Multivitamiën en Minerale is:

- Tetrasiliëvoorskifantibiotika - 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 daagliks 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
- Mangaan gif - Hoë dosisse mag toksisiteit veroorsaak
- Maca - Mag hormoonsensitiewe toestande beïnvloed.

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, slapeeloosheid

IDENTIFIKASIE:

Blou langwerpige gedrukte tablet.

AANBIEDING:

Verpak as 'n gedrukte boks met 'n verseëde 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-allockeer.

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

vitatech® NAPPI CODE:

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PROPRIETARY NAME AND DOSAGE FORM:

**MULTI VITAMIN & MINERAL MEN
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)	450mcg RE	50%
Vitamin B ₁ (as Thiamine Hydrochloride)	0.6 mg	50%
Vitamin B ₂ (as Riboflavin)	0.7 mg	50%
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Vitamin B ₇ (as D-Biotin)	15 mcg	50%
Vitamin B ₉ (as Folic Acid)	200,0 mcg	50%
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Chromium (as Sulphate)	17,5 mcg	50%
Copper (as Glysinate)	0,5 mg	50%
Iodide (as Potassium Iodide)	75 mcg	50%
Iron (as Fumarate)	9 mg	50%
Manganese (as Sulphate)	1.2 mg	50%
Molybdenum (as Glycinate)	22,5 mcg	50%
Selenium (as Glysinate)	27,5 mcg	50%
Zinc (as Gluconate)	5,5 mg	50%
Maca Root Extract 4:1 - Lepidium meyenii Walp (Parts: Root)	100,0 mg	-
* South African Nutrient reference values for individuals 4 years and older		
- Not established		

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

WHAT IS THIS SUPPLEMENT USED FOR:

Maca root has traditionally been used to enhance libido, fertility, and vitality in men. The compounds in maca support healthy testosterone levels and improve sexual function.

This supplement also provides 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 energy and vitality - B vitamins provide cellular energy
- Boosts immune function - Vitamin C, Zinc support immune cells
- Promotes muscle health - Magnesium aids protein synthesis

- Prostate health - Selenium, Vitamin E support prostate function
- Heart health - Magnesium maintains heart rhythm
- Overall wellbeing - Complete vitamin/mineral profile nourishes body.

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:

Blue 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:

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HANDELSNAAM EN DOSERINGSVORM:

**MULTI VITAMIN & MINERAL MEN
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 2dvice2t weggooi nie, dit mag dalk nodig wees om dit weer te lees
- Vra jou apteker indien jy meer inligting of 2dvice nodig het
- Besoek die dokter indien daar kommerwekkende simptome is.

SKEDULERINGSTATUS: Ongeskeduleerd

SAMESTELLING: Elke tablet bevat:

Bestanddele	Elementeel waarde	*NRV
Vitamien A (as Palmitaat)	450mcg RE	50%
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Maca Wortel-ekstrak 4:1 - Lepidium meyenii Walp (Dele: Wortel)	100,0 mg	-
* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer		
- Nie vasgestel nie		

Ande­r bestanddele is: Mikro­kristal­lyn sellulose, mag­ne­sium­stearaat, siik­oon­diok­sied & om­hulsel

WAARVOOR WORD HIERDIE AANVULLING GEBUIK:

Makawortel is tradisioneel gebruik om libido, vrugbaarheid, en lewenskrag in mans te verhoog. Die verbindings in makawortel ondersteun gesonde testosteroonvlakke en verbeter seksuele funksie. Hierdie aanvulling bied ook essensiële vitamie­ne en minerale om algemene gesondheid en welstand te ondersteun. Die verkryging van die volledige spektrum van sleutelmikronutriënte verseker die optimale werking van alle fisiologiese stelsels, byvoorbeeld:

- Ondersteun energie en lewenskrag - B-vitamie­ne verskaf selenergie
- Versterk immuunfunksie - Vitamien C, Sink ondersteun immuunselle

- Promote spiersgesondheid - Magnesium help proteiensintese
- Prosta­atgesondheid - Selen, Vitamien E ondersteun prosta­atfunksie
- Har­tgesondheid - Magnesium handhaaf har­tritme
- Algehele welstand - 'n Volledige vitamien/mineraalprofiel voed die liggaam.

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 «VOUBILJET interaksies »

HOE OM DIT TE GEBUIK:

Die aanbevole gebruik is:

- Volwassenes neem daaglik­s 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 simptome­ties 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, slape­loosheid

IDENTIFIKASIE:

Blou langwerpige gedrukte tablet.

AANBIDING:

Verpak as 'n gedrukte boks met 'n verse­eide 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.

BERGINGS­AANWYSINGS:

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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