

PROPRIETARY NAME AND DOSAGE FORM:

MULTI VITAMIN & MINERAL WOMEN
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%
Cranberry Extract 4:1 - Vaccinium macrocarpon Ait. (Parts: Fruit)	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

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:

Pink 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:

3001509001

Claim it from your medical aid.

HANDELSNAAM EN DOSERINGSVORM:MULTI VITAMIN & MINERAL WOMEN
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 diagnoseering, 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%
Viamiën 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%
Cranberry-ekstrak 4:1 - Vaccinium macrocarpon Ait. (Dele: Vrugte)	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 KLASSEFIKASIE:

34.12 Kategorie D (Gesondheidsaanvuller) [S0]

FARMAKOLOGIESE WERKING: Gesondheidsaanvuller

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

KONTRA-INDIKASIES:

- Hipersensitiwiteit vir enige van die bestandele.

WAASKUWINGS EN SPESIALE VOORSORGMAATREËLS:

- 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:

- Tetrasislienvoorskrifantibiotika - Kalsium mag absorpsie inhibeer

- Thiazied-diuretika - Vitamien B6 mag effektiwiteit verminder
- Levodopa - Vitamien B6 mag absorpsie inhibeer
- Bloedverdunningsmedikasie - Vitamien 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 dieët vervang nie.

MOONTLIKE NEWE-EFFEKTE EN SPESIALE VOORBERGING:

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

- Nierstene - Vitamien 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 simptome en ondersteunend.

Simptome van 'n oordosis kan insluit:

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

IDENTIFIKASIE:

Pienk langwerpige gedrukte tablet.

AANBIEDING:

Verpak as 'n gedrukte boks met 'n verseëldesertifikaat, 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.

BERGINGSAAWWSINGS:

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

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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 WOMEN
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%
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Cranberry Extract 4:1 - Vaccinium macrocarpon Ait. (Parts: Fruit)	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:

Cranberry extract supports women's health by maintaining urinary tract health and offering antioxidant protection. It helps prevent and manage UTIs with proanthocyanidins that inhibit bacterial adhesion. This supplement provides essential vitamins and minerals for overall well-being, including:

- Energy and Stamina: B vitamins boost energy and endurance.
- Immune System Function: Vitamins C, D, and minerals like selenium and zinc support immunity.
- Bone Health: Calcium and vitamin D keep bones strong.
- Skin, Hair, and Nails: Promote a youthful appearance.

- Hormonal Balance: B₅ and B₆ help maintain balance.
- Healthy Urinary System: Cranberry extract supports urinary tract health.

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:

Pink oblong pressed tablet.

PRESENTATION:

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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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MULTI VITAMIN & MINERAL WOMEN
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 2dvise2t weggooi nie, dit mag dalk nodig wees om dit weer te lees
- Vra jou apteker indien jy meer inligting of 2dvise nodig het
- Besoek die dokter indien daar kommerwekkende simptome is.

SKEDULERINGSSTATUS: Ongeskeduleerd

SAMESTELLING: Elke tablet bevat:

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* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer - Nie vasgestel nie		

Anders bestanddele is: Mikrokrystalyn sellulose, magnesiumstearaat, silikoondioksied & omhulsel

WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:

Kransebessie-ekstrak ondersteun vrouesgesondheid deur urinêre stelselgesondheid te handhaaf en antioksidantbeskerming te bied. Dit help om urineveginfeksies te voorkom en te bestuur met proantosianidiene wat bakterieë aanhegting inhibeer.

Hierdie aanvulling voorsien essensiële vitamieë en minerale vir algehele welstand, insluitend:

- Energie en Uithouvermoë: B-vitamieë verhoog energie en uithouvermoë.
- Imuunstelsel Funksie: Vitamieë C, D, en minerale soos selenium en sink ondersteun immuniteit.
- Bots Gesondheid: Kalsium en vitamien D hou bene sterk.

- Vel, Hare, en Nael: Bevorder 'n jeugdige voorkoms.
- Hormonale Balans: B₅ en B₆ help om balans te handhaaf.
- Gesonde Urinêre Stelsel: Kransebessie-ekstrak ondersteun die gesondheid van die urinêre stelsel.

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 GEBRUIK:

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, slapeloosheid

IDENTIFIKASIE:

Pienk 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.

BERGINGSAAFWYSINGS:

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

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