

PROPRIETARY NAME AND DOSAGE FORM:

PROBIOTIC
EFFERVESCENT TABLETS (10)

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 effervescent contains:

Ingredients	Elemental value	*NRV
Total probiotics count per billion cfu** 16 Strain Probiotic blend Lactobacillus acidophilus (LA-G80) Lactobacillus plantarum (Lp-G18) Lactobacillus casei (LC-G11) Lactobacillus reuteri (LR-G100) Lactobacillus rhamnosus (Lr-G14) Lactobacillus fermentum (LF-G89) Lactobacillus salivarius (LS-G60) Lactobacillus paracasei (LPc-G110) Lactobacillus bulgaricus (LB-G40) Lactobacillus helveticus (LH-G51) Bifidobacterium lactis (BI-G101) Bifidobacterium infantis (BI-G201) Bifidobacterium breve (BB-G95) Bifidobacterium bifidum (BB-G90) Bifidobacterium longum (BL-G301) Streptococcus thermophilus (St-G30)	5 Billion	-
Prebiotic (Fructooligosaccharides)	50 mg	-
Contains Sugar: Dextrose (monosaccharide)	1050 mg	-
Artificial sweetener: sucralose	20 mg	-
* South African Nutrient reference values for individuals 4 years and older ** cfu - colony forming units - not established		

Other Ingredients: Citric acid, sodium bicarbonate, polyethylene glycol, flavourant & colourant.

Contains: Monosaccharide: dextrose monohydrate of which sugar: 0,978 g and Non-nutritive sweetener (artificial sweetener): Sucralose

PHARMACOLOGICAL CLASSIFICATION:

34. 9 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 will interact with this effervescent are:

- Medications that have immunosuppressive effects may reduce the effectiveness of probiotics.

- Caution is advised when combining probiotics with antibiotics, as they may diminish the probiotic benefits.

DOSAGE AND DIRECTIONS FOR USE:

The recommended usage is:

- Adults: Dissolve 1 tablet in a glass of water until fully dissolved. Only consume once tablet is fully dissolved. May be consumed up to 3 times a day if necessary.

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:

- Patients with compromised immune systems should use probiotics with care due to potential risks.
- Patients with severe underlying medical conditions, such as pancreatitis or leaky gut syndrome, should consult a healthcare provider before using probiotics.

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:

Light orange coloured round pressed effervescent tablets with a berry flavour.

PRESENTATION:

Ten effervescent tablets packed in a white polypropylene tube, with green snap on lid. Tube is packed into an outer cardboard carton in pack sizes of either 10 or 30 effervescent tablets, with clear, detailed information printed on the box.

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:

3004422001

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HANDELSNAAM EN DOSERINGSVORM:

PROBIOTIC
BRUISTABLETTE (10)

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 diagnose, behandeling, genesing of voorkoming van enige siekte nie.

SKEDULERINGSSTATUS: Ongeskeduleerd

SAMESTELLING: Elke bruistablet bevat:

Bestanddele	Elementeel waarde	*NRV
Totale probiotika telling per miljard cfu** 16 Stamme Probiotika mengsel Lactobacillus acidophilus (LA-G80) Lactobacillus plantarum (Lp-G18) Lactobacillus casei (LC-G11) Lactobacillus reuteri (LR-G100) Lactobacillus rhamnosus (Lr-G14) Lactobacillus fermentum (LF-G89) Lactobacillus salivarius (LS-G60) Lactobacillus paracasei (LPc-G110) Lactobacillus bulgaricus (LB-G40) Lactobacillus helveticus (LH-G51) Bifidobacterium lactis (BI-G101) Bifidobacterium infantis (BI-G201) Bifidobacterium breve (BB-G95) Bifidobacterium bifidum (BB-G90) Bifidobacterium longum (BL-G301) Streptococcus thermophilus (St-G30)	5 /Miljard	-
Prebiotika (Fruktooligosakkaried)	50 mg	-
Bevat suiker: Dekstrose (monosakkaried)	1050 mg	-
Kunsmatige versoeter: sukaralose	20 mg	-
* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer ** cfu - kolonievormende eenhede - nie vagestel nie		

Ander bestanddele is: Citroensuur, natriumbikarbonaat, poliëtileenglikol, geurmiddel en kleurstof.

Bevat: Monosakkaried: dekstrosemonohidraat waarvan suiker: 0,978 g en Nie-voedsame versoeter (kunsmatige versoeter): Sukralose

FARMAKOLOGIESE KLASSEFIKASIE:

34. 9 Kategorie D (Gesondheidsaanvuller) [S0]

FARMAKOLOGIESE WERKING: Gesondheidsaanvuller

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

KONTRA-INDIKASIES:

- Hipersensitiwiteit vir enige van die bestanddele.

WAASKUWINGS EN SPESIALE VOORSORGMAATREËLS:

- Groot dosisse mag lei tot maag ongemak.

INTERAKSIES:

Geen bekende interaksies teen die aanbevole dosis.

Medisyne wat kan interaksie hê met idie bruistablet is:

- Medisyne met immuun-onderdrukkende effekte, wat die effektiwiteit van probiotika kan verminder.

- Versigtigheid word aanbeveel wanneer probiotika saam met antibiotika gebruik word, aangesien antibiotika die voordele van probiotika mag verminder.

DOSIS EN GEBRUIKSAANWYSINGS:**DOSIS EN GEBRUIKSAANWYSINGS:**

Die aanbevole gebruik is:

- Volwassenes: Los 1 tablet op in 'n glas water tot heeltemal opgelos. Neem slegs sodra die tablet heeltemal opgelos is. Mag tot 3 keer per dag gebruik word indien nodig.

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:

- Pasiente met verswakte immuunstelsels moet versigtig wees met die gebruik van probiotika as gevolg van potensiele risiko's.
- Pasiente met ernstige onderliggende mediese toestande, soos pankreatitis of deurslaande dermsindroom, moet 'n gesondheidsorgverskaffer raadpleeg voordat hulle probiotika gebruik.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN:

In geval van 'n toevallige oordosis, staak die gebruik en seek onmiddellik mediese hulp. Behandeling is simptomaties en ondersteunend.

Simptome van 'n oordosis kan insluit:

- oormatige gas, opgeblaseheid, diarree of maagongemak.

IDENTIFIKASIE:

Ligoranje ronde gedrukte bruistablette met 'n bessie geur.

AANBIEDING:

Tien bruistablette verpak in 'n wit polipropileenbuis, met 'n groen knipdeksel. Die buis is in 'n buitekartonverpakking in pakkette van 10 of 30 bruistablette, met duidelike, gedetailleerde inligting wat op die boks gedruk is.

BERGINGSAAANWYSINGS:

Bêre op 'n koel, droë plek onder 25 °C. Moenie die houër 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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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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PROBIOTIC
EFFERVESCENT TABLETS (10)

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

COMPOSITION: Each effervescent contains:

Ingredients	Elemental value	*NRV
Total probiotics count per billion cfu** 16 Strain Probiotic blend Lactobacillus acidophilus (LA-G80) Lactobacillus plantarum (Lp-G18) Lactobacillus casei (LC-G11) Lactobacillus reuteri (LR-G100) Lactobacillus rhamnosus (Lr-G14) Lactobacillus fermentum (LF-G89) Lactobacillus salivarius (LS-G60) Lactobacillus paracasei (LpC-G110) Lactobacillus bulgaricus (LB-G40) Lactobacillus helveticus (LH-G51) Bifidobacterium lactis (BI-G101) Bifidobacterium infantis (BI-G201) Bifidobacterium breve (BB-G95) Bifidobacterium bifidum (BB-G90) Bifidobacterium longum (BL-G301) Streptococcus thermophilus (St-G30)	5 Billion	-
Prebiotic (Fructooligosaccharides)	50 mg	-
Contains Sugar: Dextrose (monosaccharide)	1050 mg	-
Artificial sweetener: sucralose	20 mg	-
* South African Nutrient reference values for individuals 4 years and older ** cfu - colony forming units - not established		

Other Ingredients: Citric acid, sodium bicarbonate, polyethylene glycol, flavourant & colourant.

Contains: Monosaccharide: dextrose monohydrate of which sugar: 0,978 g and Non-nutritive sweetener (artificial sweetener): Sucralose

WHAT IS THIS SUPPLEMENT USED FOR:

- Probiotics help maintain a balanced gut microbiome, supporting healthy digestion.
- They contribute to a robust immune system, aiding in defense against infections.
- Probiotics enhance nutrient absorption, ensuring you get the most from your food.
- By reducing inflammation, they help alleviate discomfort.
- Probiotics promote the gut-brain connection, potentially benefiting mood and cognitive function.
- The gut-skin connection suggests probiotics may contribute to healthy skin.

- For women, optimal female flora supports urinary and reproductive 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.
- These effervescent 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:

- Adults: Dissolve 1 tablet in a glass of water until fully dissolved. Only consume once tablet is fully dissolved. May be consumed up to 3 times a day if necessary.

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.

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

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PRESENTATION:

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HANDELSNAAM EN DOSERINGSVORM:
PROBIOTIC
BRUISTABLETTE (10)

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 bruistablet bevat:

Bestanddele	Elementeel waarde	*NRV
Totale probiotika telling per miljard cfu** 16 Stamme Probiotika mengsel Lactobacillus acidophilus (LA-G80) Lactobacillus plantarum (Lp-G18) Lactobacillus casei (LC-G11) Lactobacillus reuteri (LR-G100) Lactobacillus rhamnosus (Lr-G14) Lactobacillus fermentum (LF-G89) Lactobacillus salivarius (LS-G60) Lactobacillus paracasei (LpC-G110) Lactobacillus bulgaricus (LB-G40) Lactobacillus helveticus (LH-G51) Bifidobacterium lactis (BI-G101) Bifidobacterium infantis (BI-G201) Bifidobacterium breve (BB-G95) Bifidobacterium bifidum (BB-G90) Bifidobacterium longum (BL-G301) Streptococcus thermophilus (St-G30)	5 /Miljard	-
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Ander bestanddele is: Sitroensuur, natriumbikarbonaat, poliëtileenglikol, geurmiddel en kleurstof.

Bevat: Monosakkaried: dektrosemonohidraat waarvan suiker: 0,978 g en Nie-voedsame versoeter (kunsmatige versoeter): Sukralose

WAARVOOR WORD HIERDIE AANVULLING GEBUIK:

- Probiotika help om 'n gebalanseerde dermmikrobiome te handhaaf, wat 'n gesonde spysvertering ondersteun.
- Hulle dra by tot 'n sterk immuunstelsel, wat help om teen infeksies te beskerm.
- Probiotika bevorder die absorpsie van voedingstowwe, wat verseker dat jy die meeste uit jou kos haal.
- Deur inflammasie te verminder, help hulle om ongemak te verlig.
- Probiotika bevorder die derm-brein verbinding en kan moontlik 'n positiewe invloed op gemoed en kognitiewe funksie hê.

- Die derm-vel verbinding dui daarop dat probiotika kan bydra tot 'n gesonde vel.
Vir vroue ondersteun 'n optimale vroulike flora urinêre en reprodktiewe gesondheid

VOORDAT JY HIERDIE AANVULLING NEEM:

Moenie neem indien jy allergies is vir enige van die bestanddele. Neem spesiale sorg wanneer jy enige aanvulling neem:

- Oorskry nie die daaglikse aanbevole hoeveelheid nie.
- Raadpleeg 'n professionele persoon as jy aan allergieë ly.
- Soek professionele advies as enige ander medikasie geneem word of as daar 'n ander mediese toestand aanwesig is.
- As jy ander aanvullings neem, lees die etiket aangesien hierdie aanvullings dieselfde bestanddele mag bevat.
- As jy swanger is of jou baba borsvoed, raadpleeg asseblief jou gesondheidsorgverskaffer vir advies voordat jy hierdie medisyne gebruik.
- Hierdie bruisende tablette bevat suiker en word daarom nie aanbeveel vir diabetie nie

INTERAKSIES MET ANDER MEDISYNE:

Daar is geen bekende interaksies by die aanbevole dosis vir gesonde individue nie. Verwys na die « VOUBIJLET interaksies »

HOE OM DIT TE GEBUIK:

Die aanbevole gebruik is:

- Volwassenes: Los 1 tablet op in 'n glas water tot heeltemal opgelos. Neem slegs sodra die tablet heeltemal opgelos is. Mag tot 3 keer per dag gebruik word indien nodig.

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 simptomaties en ondersteunend.

MOONTLIKE NEWE-EFFEKTE:

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

- oormatige gas, opgeblaseheid, diarree of maagongemak.

IDENTIFIKASIE:

Ligoranje ronde gedrukte bruistablette met 'n bessie geur.

AANBIEDING:

Tien bruistablette verpak in 'n wit polipropileenbuis, met 'n groen knipdeksel. Die buis is in 'n buitekartonverpakking in pakkette van 10 of 30 bruistablette, met duidelike, gedetailleerde inligting wat op die boks gedruk is.

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:

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DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNT INLIGTING PAMFLET: Julie 2023

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