

PROPRIETARY NAME AND DOSAGE FORM:

SELENIUM 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
Selenium (as Glycinate)	55,0 mcg	100%
* South African Nutrient reference values for individuals 4 years and older		

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

PHARMACOLOGICAL CLASSIFICATION:

34.7 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.

Selenium supplements may interact with certain medications and supplements, including:

- Anticoagulants (e.g., warfarin): Selenium may enhance their effects, increasing the risk of bleeding.
- Certain medications for underactive thyroid (hypothyroidism): Selenium can affect thyroid hormone levels.
- Vitamin C: High doses of Vitamin C may decrease selenium levels.

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:

Individuals with certain medical conditions (e.g., thyroid disorders, kidney disease) should consult a healthcare provider before taking selenium supplements.

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, abdominal pain, diarrhoea, hair loss, and, in severe cases, muscle tremors.

IDENTIFICATION:

Light purple round 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 round 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:

3002070001

Claim it from your medical aid.

HANDELSNAAM EN DOSERINGSVORM:

SELENIUM 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.

SKEDULERINGSTATUS: Ongeskeduleerd

SAMESTELLING: Elke tablet bevat:

Bestanddele	Elementeel waarde	*NRV
Selenium (as Aminosuurchelaat)	55,0 mcg	100%
* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer		

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

FARMAKOLOGIESE KLASSEFIKASIE:

34.7 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 bestandele.

WAASKUWINGS EN SPESIALE VOORSORGMATREËLS:

- Groot dosisse mag lei tot spysverteringsongemak.

INTERAKSIES:

Geen bekende interaksies teen die aanbevole dosis.

Seleniaanvullings kan interaksie hê met sekere medisyne en aanvullings, insluitend:

- Antikoagulant (bv. warfarin): Seleniaanvullings mag hul effekte versterk, wat die risiko van bloeding verhoog.
- Sekere medisyne vir 'n lae aktiewe skildklier (hipotiroïedisme): Seleniaanvullings kan skildklierhormoongehaltes beïnvloed.
- Vitamiën C: Hoë dosisse van Vitamiën C mag seleniumpvlakke verlaag.

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 VOORBEHOUD:

Hierdie aanvulling moet met versigtigheid gebruik word by individue met die volgende mediese toestande: Individue met sekere mediese toestande (bv. skildklierprobleme, nierversteurings) moet 'n gesondheidsorgverskaffer raadpleeg voordat hulle seleniaanvullings 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 simptome en ondersteunend.

Simptome van 'n oordosis kan insluit:

- Naarheid, braking, maagsampyne, diarree, hareverlies en, in ernstige gevalle, spiertrillings

IDENTIFIKASIE:

Ligers ronde gedrukte tablet.

AANBIEDING:

Verpak as 'n gedrukte boks met 'n verseëld sertifikaat, gemerk met duidelike, gedetailleerde inligting wat op die boks gedruk is. Die inhoud bestaan uit 6 blaaspakke met 10 ronde tablette. Bevat 30 tablette.

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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SELENIUM 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
Selenium (as Glycinate)	55,0 mcg	100%
* South African Nutrient reference values for individuals 4 years and older		

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

WHAT IS THIS SUPPLEMENT USED FOR:

Selenium is a vital mineral that offers several health benefits, including:

- Immune System Health: Supports a healthy immune response.
- Thyroid, Heart, and Reproductive Health: Important for thyroid function and overall cardiovascular and reproductive health.
- Metabolism Support: Helps regulate metabolism.
- DNA Repair and Synthesis: Essential for DNA repair and synthesis processes.
- Glowing Healthy Skin: May contribute to skin health.
- Protection from Oxidative Stress: Acts as an antioxidant, helping protect cells from oxidative damage.

Selenium supplements are essential for maintaining overall health and supporting various bodily functions, including immune system health and protection from oxidative stress.

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, abdominal pain, diarrhoea, hair loss, and, in severe cases, muscle tremors.

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

IDENTIFICATION:

Light purple round pressed tablet.

PRESENTATION:

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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 tablet bevat:

Bestanddele	Elementeel waarde	*NRV
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Anders bestanddele is: Mikrokristallyn selulose, kalsium karbonaat, magnesiumstearaat, silikoondioksied & omhulsel.

WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:

Selenium is 'n noodsaaklike mineraal wat verskeie gesondheidsvoordele bied, insluitend:

- Immuunstelselgesondheid: Ondersteun 'n gesonde immuunrespons.
- Skildklier-, Hart- en Voortplantingsgesondheid: Belangrik vir skildklierfunksie en algehele kardiovaskulêre en voortplantingsgesondheid.
- Metabolismesteun: Help om metabolisme te reguleer.
- DNS-herstel en -sintese: Essensieel vir DNS-herstel- en -sinteseprosesse.
- Stralende Gesonde Vel: Mag bydra tot velgesondheid.
- Beskerming teen Oksidatiewe Stres: Tree op as 'n antioksidant en help om selle teen oksidatiewe skade te beskerm.

Seleniaanvullings is noodsaaklik vir die handhawing van algemene gesondheid en die ondersteuning van verskeie liggaamsfunksies, insluitend die gesondheid van die immuunstelsel en beskerming teen oksidatiewe stres.

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 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 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, maagsampyne, diarree, hareverlies en, in ernstige gevalle, spiertrillings

IDENTIFIKASIE:

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