

**PROPRIETARY NAME AND DOSAGE FORM:**

**THYROID SUPPORT 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 B <sub>1</sub> (as Thiamine Hydrochloride)	1,2 mg	100%
Vitamin B <sub>2</sub> (as Riboflavin)	1,3 mg	100%
Vitamin B <sub>3</sub> (as Nicotinamide)	16,0 mg	100%
Vitamin B <sub>5</sub> (as Calcium D-Pantothenate)	2,5 mg	100%
Vitamin B <sub>6</sub> (as Pyridoxine Hydrochloride)	1,7 mg	100%
Vitamin B <sub>7</sub> (as D-Biotin)	30,0 mcg	100%
Vitamin B <sub>9</sub> (as Folic Acid)	200 mcg	100%
Vitamin B <sub>12</sub> (as Cyanocobalamin)	2,4 mcg	100%
Selenium (as Glysinate)	55,0 mcg	100%
L-Tyrosine	100 mg	-
Kelp Powder – Ascophyllum nodosum (Parts: Whole plant)	100 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:**

34.13 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 nausea, vomiting, heart palpitations, tremors, anxiety, weight loss.

**INTERACTIONS:**

No known interactions with existing conditions at recommended dose.

Medicines that could interact with Thyroid Support are:

- Levothyroxine - Selenium, iodine, and kelp may interact with synthetic thyroid medications reducing their effectiveness
- Calcium supplements - High calcium intake can interfere with absorption of selenium, B vitamins, and L-tyrosine
- Diabetes medications - High levels of B vitamins like niacin/B3 may impact blood sugar control in diabetics
- Lithium - L-tyrosine supplementation may reduce lithium levels leading to diminished treatment effects
- Antacids - Medications containing magnesium, aluminum or calcium hydroxide can decrease absorption of B vitamins, selenium and L-tyrosine if taken simultaneously.

**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:

- Hyperthyroidism - Those with overactive thyroid should consult a healthcare practitioner before use.
- Pregnancy/breastfeeding - Not recommended unless guided by a doctor.

**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, heart palpitations, tremors, anxiety, weight loss.

**IDENTIFICATION:**

Light brown 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](mailto:ask@vitatechhealth.com)

Website: [www.vitatechhealth.com](http://www.vitatechhealth.com)

**DATE OF PUBLICATION OF THE PACKAGE INSERT:**

July 2023

**vitatech® NAPPI CODE:**

**3001495001**

Claim it from your medical aid.

**HANDELSNAAM EN DOSERINGSVORM:**

**THYROID SUPPORT 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 B <sub>1</sub> (as Thiamienhidrokloried)	1,2 mg	100%
Vitamiën B <sub>2</sub> (as Riboflavoön)	1,3 mg	100%
Vitamiën B <sub>3</sub> (as Nikotinamied)	16,0 mg	100%
Vitamiën B <sub>5</sub> (as Kalium D-Pantoteensuur)	2,5 mg	100%
Viamien B <sub>6</sub> (as Piridoksienhidrokloried)	1,7 mg	100%
Vitamiën B <sub>7</sub> (as D-Biotien)	30,0 mcg	100%
Vitamiën B <sub>9</sub> (as Foliensuur)	200 mcg	100%
Vitamiën B <sub>12</sub> (as Sianokobalamien)	2,4 mcg	100%
Selenium (as Glisinaat)	55,0 mcg	100%
L-Tirosien	100 mg	-
Seewierpoeier - Ascophyllum nodosum (Dele: Hele plant)	100 mg	-
* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer - Nie vasgestel nie		

**Ander bestanddele is:** Mikrokrystallyn sellulose, magnesiumstearaat, silikoondioksied & omhulsel

**FARMAKOLOGIESE KLASSIFIKASIE:**

34.13 Kategorie D (Gesondheidsaanvuller) [S0]

**FARMAKOLOGIESE WERKING:** Gesondheidsaanvuller

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

**KONTRA-LNDIKASIES:**

- Hipersensitiwiteit vir enige van die bestanddele.

**WAASKUWINGS EN SPESIALE VOORSORGMATREËLS:**

- Groot dosisse mag lei tot nausea, braking, hartkloppings, trillings, angs, gewigsverlies.

**INTERAKSIES:**

Geen bekende interaksies teen die aanbevole dosis.

Medisyne wat met 'n skildklierondersteuningsaanvulling kan interageer, sluit in:

- Levotiroksien - Selenium, jodium en kelp kan met sintetiese skildkliermedikasie interageer en hulle doeltreffendheid verminder.
- Kalsiumaanvullings - 'n Hoë inname van kalsium kan interferensie met die absorpsie van selenium, B-vitamiene en L-tirosien veroorsaak.
- Diabetesmedikasie - Hoë vlakke van B-vitamiene soos niacien/B3 kan bloedsuikerkontrole by diabetici beïnvloed.
- Litium - L-tirosienaanvulling kan litiumvlakke verlaag en lei tot verminderde behandelingseffekte.

- Antasiedmiddels - Medisyne wat magnesium, aluminium of kalsiumhidroksied bevat, kan die absorpsie van B-vitamiene, selenium en L-tirosien verminder as dit gelyktydig geneem word.

**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:

- Hiperterioïdisme - Diegene met 'n oorkantiewe skildklier behoort 'n gesondheidsorgpraktisyn te raadpleeg voordat hulle dit gebruik.
- Swangerskap/borsvoeding - Dit word nie aanbeveel tensy dit deur 'n dokter gelei word.

**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:

- nausea, braking, hartkloppings, trillings, angs, gewigsverlies.

**IDENTIFIKASIE:**

Ligbruin 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 houër 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

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**DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNT INLIGTING PAMFLET:**

Julie 2023

**vitatech® NAPPI CODE:**

**3001495001**

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**PROPRIETARY NAME AND DOSAGE FORM:**

**THYROID SUPPORT 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 B <sub>1</sub> (as Thiamine Hydrochloride)	1,2 mg	100%
Vitamin B <sub>2</sub> (as Riboflavin)	1,3 mg	100%
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Selenium (as Glycinate)	55,0 mcg	100%
L-Tyrosine	100 mg	-
Kelp Powder – Ascophyllum nodosum (Parts: Whole plant)	100 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:**

Promotes balanced thyroid function and healthy metabolism through thyroid supporting vitamins and minerals.

- Healthy thyroid function - B vitamins, selenium and kelp support normal thyroid hormone production
- Metabolism and energy production - Balanced thyroid assists with metabolic rate and energy levels
- Hair and skin health - Thyroid supports collagen and keratin production for healthy hair, skin and nails

**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, use of this supplement is not advised**. Please consult your health care provider for advice before taking this supplement.
- 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, heart palpitations, tremors, anxiety, weight loss.

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

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**PRESENTATION:**

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**REGISTRATION NUMBER:**

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**THYROID SUPPORT 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.

**SKEDULERINGSSTATUS:** Ongeskeduleerd

**SAMESTELLING:** Elke tablet bevat:

Bestanddele	Elementeel waarde	*NRV
Vitamien B <sub>1</sub> (as Thiamienhidrokloried)	1,2 mg	100%
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\* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer - Nie vasgestel nie

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

**WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:**

Bevorder 'n gebalanseerde skildklierfunksie en 'n gesonde metabolisme deur skildklierondersteunende vitamien en minerale

- Gesonde skildklierfunksie - B-vitamiene, selenium en kelp ondersteun normale skildklierhormoonproduksie
- Metabolisme en energieproduksie - 'n Gebalanseerde skildklier dra by tot metaboliese tempo en energievlakke
- Haar- en velgesondheid - Die skildklier ondersteun die produksie van kollageen en keratien vir gesonde hare, vel en naels

**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, word die gebruik van hierdie aanvulling nie aanbeveel nie**. Raadpleeg asseblief jou gesondheidsorgverskaffer vir advies voordat jy hierdie aanvulling 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:

- nausea, braking, hartkloppings, trillings, angs, gewigsverlies.

**IDENTIFIKASIE:**

Ligbruin 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.

**BERGINGSAAWYSINGS:**

Bêre op 'n koel, droë plek onder 25 °C. Moenie die houer oop laat. HOU BUIE BEREIK VAN KINDERS

**REGISTRASIE NOMMER:**

Word ge-allokeer.

**NAAM EN BESIGHEIDS ADRES VAN DIE APPLIKANT:**

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Adress: Cnr Parkin & Delson Street  
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**DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNT INLIGTING PAMFLET:** Julie 2023

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