

PROPRIETARY NAME AND DOSAGE FORM:

VITAMIN C
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
Vitamin C (as L-Ascorbic Acid)	1000 mg	1000 %
Contains Sugar: Dextrose (monosaccharide)	1050 mg	-
Artificial sweetener: sucralose	20 mg	-
* South African Nutrient reference values for individuals 4 years and older - 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. 11 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:

- Acetaminophen (Paracetamol): High doses of Vitamin C may increase the elimination of acetaminophen from the body, which could lead to decreased pain relief.
- Warfarin Vitamin C may decrease the effectiveness of warfarin by decreasing its absorption in the body.
- Aluminum containing antacids: Vitamin C may increase the amount of aluminum absorbed by the body, which could lead to toxicity in people with kidney problems.
- Statins: Taking Vitamin C supplements with statins may decrease the effectiveness of statins and increase the risk of muscle damage.
- Chemotherapy drugs: High doses of Vitamin C may interfere with the effectiveness of certain chemotherapy drugs.

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. Take once a day.

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: Excessive Vitamin C intake may increase the risk in susceptible individuals.
- Hemochromatosis: Vitamin C can enhance iron absorption, potentially problematic in this condition.
- Glucose-6-phosphate dehydrogenase (G6PD) deficiency: High doses may cause red blood cell breakdown in some individuals.
- Kidney disease: Doses over 2000mg per day should be used with caution.

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:

- diarrhoea, nausea, stomach cramps, headache, flushing of the skin, insomnia.

IDENTIFICATION:

Light orange coloured round pressed effervescent tablets with a organe 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:

3003418001

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HANDELSNAAM EN DOSERINGSVORM:VITAMIN C
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
Vitamiën C (as L-Askorbiensuur)	1000 mg	1000 %
Bevat suiker: Dekstrose (monosakkaried)	1050 mg	-
Kunsmatige versoeter: sukaralose	20 mg	-
* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer - nie vagestel nie		

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

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

FARMAKOLOGIESE KLASSIFIKASIE:

34. 11 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 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:

- Acetaminofen (Parasetamol): Hoë dosisse van Vitamiën C kan die uitskeiding van asetaminofen uit die liggaam verhoog, wat tot 'n afname in pynverligting kan lei.
- Warfarin: Vitamiën C kan die effektiwiteit van warfarin verminder deur die absorpsie daarvan in die liggaam te verminder.
- Antasiedmiddels wat aluminium bevat: Vitamiën C kan die hoeveelheid aluminium wat deur die liggaam geabsorbeer word, verhoog, wat tot toksisiteit by mense met nierprobleme kan lei.
- Statins: Die gebruik van Vitamiën C-aanvullings saam met statins kan die effektiwiteit van statins verminder en die risiko van spierskade verhoog.
- Chemoterapie medisyne: Hoë dosisse van Vitamiën C kan die effektiwiteit van sekere chemoterapie medisyne beïnvloed.

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. Neem een keer per dag.

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: Oormatige inname van Vitamiën C mag die risiko verhoog by vatbare individue.
- Hemochromatose: Vitamiën C kan ysterabsorpsie versterk, moontlik problematies in hierdie toestand.
- Glukose-6-fosfaatdehidrogenase (G6PD)-tekort: Hoë dosisse kan rooi bloedselafbreek in sommige individue veroorsaak.
- Niersiekte: Dosisse van meer as 2000 mg per dag moet met sorg gebruik 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 simptome en ondersteunend.

Simptome van 'n oordosis kan insluit:

- diarree, naarheid, maagsampyne, hoofpyn, velrooiheid en slaapproosheid insluit.

IDENTIFIKASIE:

Ligoranje ronde gedrukte bruistablet met 'n lemoen 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 bruistablet, met duidelike, gedetailleerde inligting wat op die boks gedruk is.

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

North End, Gqeberha, 6001, Suid Afrika.

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E-pos: ask@vitatechhealth.com

Webwerf: www.vitatechhealth.com

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

Julie 2023

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PROPRIETARY NAME AND DOSAGE FORM:

**VITAMIN C
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
Vitamin C (as L-Ascorbic Acid)	1000 mg	1000 %
Contains Sugar: Dextrose (monosaccharide)	1050 mg	-
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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:

- Serves several vital functions in the body, including:
- Supports the immune system, helping to fight off illnesses and infections.
 - Acts as an antioxidant, protecting cells from free radical damage.
 - Aids in collagen formation, promoting healthy skin, bones, and blood vessels.
 - Enhances the absorption of iron from plant-based foods.
 - May reduce the duration and severity of common cold symptoms.
 - Supports wound healing and tissue repair.
 - Helps maintain healthy gums.
 - Plays a role in the synthesis of neurotransmitters, aiding mood regulation.
 - Supports overall health and vitality.

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. Take once a day.

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:

- diarrhoea, nausea, stomach cramps, headache, flushing of the skin, insomnia.

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:

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

WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:

Dien verskeie noodsaaklike funksies in die liggaam, insluitend:

- Ondersteun die immuunstelsel, wat help om siektes en infeksies te beveg.
- Tree op as 'n antioksidant, wat selle teen skadelike vrye radikale beskerm.
- Help met die vorming van kollageen, wat gesonde vel, bene en bloedvate bevorder.
- Versterk die absorpsie van yster uit plantgebaseerde voedsel.
- Mag die duur en erns van simptome van die gewone verkoue verminder.
- Ondersteun wondegenesing en weefselherstel.
- Help om gesonde tandvleise te handhaaf.
- Speel 'n rol in die sintese van neurotransmitters, wat help met humeur regulering.
- Ondersteun algemene gesondheid en lewenskrag.

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 «VOUBILJET interaksies»

HOE OM DIT TE GEBRUIK:

Die aanbevole gebruik is:

- Volwassenes: Los 1 tablet op in 'n glas water tot heeltemal opgelos. Neem slegs sodra die tablet heeltemal opgelos is. Neem een keer per dag.

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:

- diarree, naarheid, maagsampyne, hoofpyn, velrooiheid en slaaploosheid insluit.

IDENTIFIKASIE:

Ligoranje, ronde gedrukte bruistablette met 'n lemoen geur.

AANBIEDING:

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BERGINGSAANWYSINGS:

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REGISTRASIE NOMMER:

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