

PROPRIETARY NAME AND DOSAGE FORM:

VITAMIN C ENERGY GEL

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:

Typical Nutritional Information (as packed)

Servings per sachet: 1

Serving size: 30 ml

Ingredients	Per 100 ml	Per Single Serving 30 ml	*NRV
Energy (kJ)	77	23	-
Protein (g)	0	0.0	0
Glycaemic carbohydrate (g)	33	10	-
of which total sugar (g)	0	0	-
of which polyols (mg)	33	10	-
Total fat (g)	0	0	-
of which saturated fat (g)	0	0	-
Dietary fibre (g)	0	0	-
Total sodium (mg)	109	32.8	-
Vitamin C (mg)	3333	1000	1000
Caffeine Anhydrous	333	100	-
* South African Nutrient reference values for individuals 4 years and older			

Ingredients:

Maltitol, purified water, vitamin C, flavourant, caffeine anhydrous, sodium chloride, stabiliser (carboxymethyl cellulose), preservative (sodium benzoate) and colourant. Contains: Polyols (sugar-alcohol)

Allergens: No known. Product is manufactured in a facility using whey, lactose and milk.

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 hypervitaminosis.

INTERACTIONS:

No known interactions with existing conditions at recommended dose.

- Acetaminophen (Paracetamol):** High doses of Vitamin C may increase its elimination, potentially reducing pain relief.
- Warfarin:** Vitamin C may decrease its effectiveness by reducing absorption in the body.
- Aluminum-containing antacids:** Vitamin C may increase aluminum absorption, posing a risk for those with kidney issues.
- Statins:** Vitamin C may reduce the effectiveness of statins and increase the risk of muscle damage.
- Chemotherapy drugs:** High doses of Vitamin C could interfere with their effectiveness.
- Stimulants:** Caffeine may amplify the effects of other stimulants, raising heart rate or blood pressure.

- Sedatives:** Caffeine may counteract their effectiveness, reducing sedation.
- Blood pressure medications:** Caffeine could diminish their impact by increasing blood pressure.
- MAOIs:** Caffeine may intensify side effects like rapid heartbeat or headaches when combined with monoamine oxidase inhibitors.

DOSAGE AND DIRECTIONS FOR USE:

The recommended usage is that adults take 1 sachet daily with meals or as needed, but not more than 1 per 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.
- Sensitivity to caffeine:** Caffeine anhydrous may cause jitteriness, rapid heartbeat, or insomnia in sensitive individuals.

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 of overdose may include diarrhoea, nausea, stomach cramps, headache, flushing of the skin, insomnia and palpitations..

IDENTIFICATION:

Gel liquid format

PRESENTATION:

Packaged as a printed 30ml sachet with a tearaway top, labelled with clear, detailed product information.

The sachets are presented in a display box containing multiple sachets, with vibrant orange and green branding and clear labelling for easy identification.

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:

January 2025

PROPRIETARY NAME AND DOSAGE FORM:

VITAMIN C ENERGY GEL

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.

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WHAT IS THIS SUPPLEMENT USED FOR:

Serves several vital functions in the body, including:

- Boosting the immune system to fight off illnesses and infections.
- Acting as an antioxidant to protect cells from free radical damage.
- Supporting collagen production for healthy skin, bones, and blood vessels.
- Improving iron absorption from plant-based foods.
- Potentially reducing the duration and severity of colds.
- Promoting wound healing and tissue repair.
- Maintaining healthy gums.
- Supporting neurotransmitter synthesis, aiding in mood regulation.
- Enhancing overall health and energy levels.

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.

See **PACKAGE INSERT** Interactions.

HOW TO TAKE

The recommended usage is that adults take 1 sachet daily with meals or as needed, but not more than 1 per 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.

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