

PROPRIETARY NAME AND DOSAGE FORM:
WOMEN MULTIVITAMIN & MINERAL
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 A (as Palmitate)	450mcg RE	50%
Vitamin B ₁ (as Thiamine Hydrochloride)	0.6 mg	50%
Vitamin B ₂ (as Riboflavin)	0.7 mg	50%
Vitamin B ₃ (as Nicotinamide)	8 mg	50%
Vitamin B ₆ (as Pyridoxine Hydrochloride)	0.9 mg	50%
Vitamin B ₁₂ (as Cyanocobalamin)	1.2 mcg	50%
Vitamin B ₇ (as D-Biotin)	15 mcg	50%
Vitamin B ₉ (as Folic Acid)	200.0 mcg	50%
Vitamin B ₅ (as Panthenoic Acid)	2.5 mg	50%
Vitamin C (as L-Ascorbic Acid)	100.0 mg	100%
Vitamin D ₃ (as Cholecalciferol)	7.5 mcg	50%
Vitamin E (as dl-Alpha Tocopherol Acetate)	7.5 mg	50%
Calcium (as Carbonate)	65 mg	5 %
Chromium (as Glycinate)	17.5 mcg	50%
Copper (as Glysinate)	0.5 mg	50%
Iodine (as Potassium)	75 mcg	50%
Iron (as Fumarate)	9 mcg	50%
Magensium (as Oxide)	75 mg	11%
Manganese (as Sulphate)	1.2 mg	50%
Molybdenum (as Glycinate)	22.5 mcg	50%
Selenium (as Glysinate)	27.5 mcg	50%
Zinc (as Gluconate)	5.5 mcg	50%
Isoflavones 40% Glycine Max (L.) Merr (Parts: seed) as total Aglycone Isoflavones of which Genistein of which Genistin of which Daidzein of which Diadzin of which Glycitein	112,5 mg	
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. 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 headache, dizziness, and insomnia in some individuals.

INTERACTIONS:
No known interactions with existing conditions at recommended dose.

Medicines that will interact with this effervescent are:

- Tetracycline antibiotics - Calcium may inhibit absorption
- Thiazide diuretics - Vitamin B6 may reduce efficacy
- Levodopa - Vitamin B6 may inhibit absorption
- Blood thinning medication - Vitamin E may increase bleeding risk
- Thyroxine drugs - Calcium may decrease absorption

DOSEAGE 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:

- Kidney stones - Vitamin C may increase risk in prone individuals
- Iron overload - Iron may exacerbate condition
- Manganese toxicity - High doses may cause toxicity

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, stomach pain, diarrhoea, headache, insomnia

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:
Vitatch
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

HANDELSNAAM EN DOSERINGSVORM:
WOMEN MULTIVITAMIN & MINERAL
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 diagnoseer, behandeling, genesing of voorkoming van enige siekte nie.
SKEDULERINGSSTATUS: Ongeskeduleerd

SAMESTELLING: Elke bruistablet bevat:		
Bestanddele	Elementeel waarde	*NRV
Vitamiem A (as Palmitaat)	450mcg RE	50%
Vitamiem B ₁ (as Thiamienhidrokloried)	0.6 mg	50%
Vitamiem B ₂ (as Riboflavoov)	0.7 mg	50%
Vitamiem B ₃ (as Nikotinamied)	8 mg	50%
Viamien B ₄ (as Piridoksienhidrokloried)	0.9 mg	50%
Vitamiem B ₁₂ (as Sianokobalamien)	1.2 mcg	50%
Vitamiem B ₇ (as D-Biotien)	15 mcg	50%
Vitamiem B ₉ (as Foliensuur)	200.0 mcg	50%
Vitamiem B ₅ (as Pantoteensuur)	2.5 mg	50%
Vitamiem C (as L-Askorbiensuur)	100.0 mg	100%
Vitamiem D ₃ (as Cholecalciferol)	7.5 mcg	50%
Vitamiem E (as dl-Alpha Tokoferolasetaat)	7,5 mg	50%
Kalsium (as Karbonaat)	65 mg	5 %
Chroom (as Glisinaat)	17.5 mcg	50%
Koper (as Glisinaat)	0,5 mg	50%
Jodied (as Kalium)	75 mcg	50%
Yser (as Fumeraat)	9 mcg	50%
Magnesium (as Oksied)	75 mg	11%
Mangaan (as Sulfaat)	1,2 mg	50%
Molibdeen (as Glisinaat)	22,5 mcg	50%
Selenium (as Glisinaat)	27,5 mcg	50%
Sink (as Glukonaat)	5,5 mcg	50%
Isoflavone 40% Glycine Max (L.) Merr (Dele: saad) as totale Aglikoon-isoflavone waarvan Genistein waarvan Genistin waarvan Daidzein waarvan Diadzin waarvan Glyciteen	112,5 mg	
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 KLASSEKASIE:
34. 12 Kategorie D (Gesondheidsaanvuller) [S0]
FARMAKOLOGIESE WERKING: Gesondheidsaanvuller
INDIKASIES: Aangedui as 'n aanvulling waar swak dieetinnam van die genoemde aktiewe bestanddele voorkom.
KONTRA-INDIKASIES:

- Hipersensitiwiteit vir enige van die bestandele.

WAASKUWINGS EN SPESIALE VOORSORGMATREËLS:

- Groot dosisse mag lei tot maag ongemak.

INTERAKSIES:
Geen bekende interaksies teen die aanbevole dosis.
Medisyne wat kan interaksie hê met idie bruistablet is:

- Tetrasilienvoorskriantibiotika - Kalsium mag absorpsie inhibeer
- Thiazied-diuretika - Vitamiem B6 mag effektiwiteit verminder
- Levodopa - Vitamiem B6 mag absorpsie inhibeer
- Bloedverduunningsmedikasie - Vitamiem E mag die risiko van bloeding verhoog
- Tirosienmedisyne - Kalsium mag absorpsie verminder

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:

- Nierstene - Vitamiem C mag die risiko verhoog in vatbare individue
- Ysteroorlading - Yster mag die toestand vererger
- Mangaangif - Hoë dosisse mag toksisiteit veroorsaak

BEKEDE 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:

- naarheid, braking, maagspyn, diarree, hoofpyn, slapeeloosheid

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 houer oop laat.
HOU BUITE BEREIK VAN KINDERS
REGISTRASIE NOMMER:
Word ge-allockeer.

NAAM EN BESIGHEIDS ADRES VAN DIE APPLIKANT:
Vitatch
Adress: Cnr Parkin & Delson Street
North End, Gqeberha, 6001, Suid Afrika.
Tel: 041 816 3100
E-pos: ask@vitatechhealth.com
Webwerf: www.vitatechhealth.com

DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNT INLIGTING PAMFLET:
Julie 2023

PROPRIETARY NAME AND DOSAGE FORM:
WOMEN MULTIVITAMIN & MINERAL 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 A (as Palmitate)	450mcg RE	50%
Vitamin B ₁ (as Thiamine Hydrochloride)	0.6 mg	50%
Vitamin B ₂ (as Riboflavin)	0.7 mg	50%
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Copper (as Glysinate)	0,5 mg	50%
Iodine (as Potassium)	75 mcg	50%
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Selenium (as Glysinate)	27,5 mcg	50%
Zinc (as Gluconate)	5,5 mcg	50%
Isoflavones 40% Glycine Max (L.) Merr (Parts: seed) as total Aglycone Isoflavones of which Genistein of which Daidzein of which Diadzin of which Glycitein	112,5 mg	
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

WHAT IS THIS SUPPLEMENT USED FOR:
Provides most of essential vitamins and minerals to support overall health and wellbeing. Getting the full spectrum of key micronutrients ensures optimal functioning of all physiological systems for example:

- Supports active lifestyles - B vitamins provide cellular energy to power activity.

- Boosts energy production - Iron carries oxygen throughout the body.
- Promotes bone and joint health - Calcium strengthens bones and joints.
- Bolsters immune system function - Vitamin C, Zinc support immune cell production.
- Aids metabolism - B vitamins help metabolize fats, carbs, proteins.
- Provides antioxidant defence - Vitamin E, Selenium neutralise damaging free radicals.

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:

- nausea, vomiting, stomach pain, diarrhoea, headache, insomnia

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

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.

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DATE OF PUBLICATION OF THE PACKAGE INSERT:
July 2023

HANDELSNAAM EN DOSERINGSVORM:
WOMEN MULTIVITAMIN & MINERAL 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.

SKEDULERINGSSTATUS: Ongeskeduleerd		
SAMESTELLING: Elke bruistablet bevat:		
Bestanddele	Elementeel waarde	*NRV
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Mangaan (as Sulfaat)	1,2 mg	50%
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Sink (as Glukonaat)	5,5 mcg	50%
Isoflavone 40% Glycine Max (L.) Merr (Dele: saad) as totale Aglikoon- isoflavone waarvan Genistein waarvan Genistin waarvan Daidzein waarvan Diadzin waarvan Glyciteen	112,5 mg	
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

WAARVOOR WORD HIERDIE AANVULLING GEBRUIK:
Verskaf mees van die noodsaaklike vitamieni en minerale om algemene gesondheid en welstand te ondersteun. Om die volledige spektrum van sleutelmikronutriënte te kry, verseker optimale funksionering van alle fisiologiese stelsels, byvoorbeeld:

- Ondersteun aktiewe leefstyl - B-vitamiene voorsien selenergie om aktiwiteit aan te dryf.
- Verhoog energieproduksie - Yster dra suurstof deur die liggaam.
- Bevorder been- en gewigs gesondheid - Kalsium versterk bene en gewigte.
- Versterk die immuunstelsel - Vitamien C, Sink ondersteun immuunselselproduksie.
- Help met metabolisme - B-vitamiene help om vet, koolhidrate, proteïene te metaboliseer.
- Bied antioksidante verdediging - Vitamien E, Selenium neutraliseer skadelike vrye radikale.

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 bruiseende 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. 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:

- naarheid, braking, maagspyn, diarree, hoofpyn, slapeloosheid

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.

BERGINGSAAFWYSINGS:
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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Julie 2023