

PROPRIETARY NAME AND DOSAGE FORM:

DAILY GREENS
EFFERVESCENT 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 effervescent contains:

Ingredients	Elemental value	*NRV
Daily Greens Blend Spirulina Wheat Grass Barley Grass Chlorella Kale Spinach Alfalfa Grass Broccoli	855 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 digestive discomfort.

INTERACTIONS:

No known interactions with existing conditions at recommended dose.

Medicines that might interact with this effervescent are:

- Blood Thinners: Chlorella, alfalfa, and spirulina may enhance anticoagulant effects.
- Immunosuppressants: Chlorella, spirulina, and wheatgrass may reduce their effectiveness.
- Thyroid Medications: Kale, spinach, and broccoli may interfere with hormone absorption.
- Diabetes Medications: Spirulina and chlorella may lower blood sugar, increasing hypoglycemia risk.
- Blood Pressure Medications: Alfalfa and chlorella may enhance antihypertensive effects

If you are taking any of these medications, consult a healthcare provider before use to avoid potential interactions.

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:

- Allergies: Avoid if allergic to any listed ingredients.
- Blood Thinning Effects: Chlorella, spirulina, and alfalfa may have mild blood-thinning properties, which could increase the risk of bleeding in individuals on anticoagulants.
- Immune Disorders: Spirulina, chlorella, and wheatgrass may stimulate the immune system. Consult a healthcare provider if you have an autoimmune condition.
- Thyroid Conditions: Kale, spinach, and broccoli contain goitrogens, which may interfere with thyroid function when consumed in excessive amounts.
- Kidney Disorders: Spinach and kale are high in oxalates, which may contribute to kidney stone formation in susceptible individuals.

Stick to the recommended dosage and consult a healthcare provider if you have any medical conditions or are taking medication.

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, vomiting, muscle weakness, and confusion.

IDENTIFICATION:

Dark green coloured round pressed effervescent tablets with a Raspberry Lime, Orange Peach or Dragon Fruit Pineapple flavour.

PRESENTATION:

Ten effervescent tablets packed in 3 white polypropylene tubes, with green snap on lid. 3 Tubes are packed into an outer cardboard box, 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:

February 2025

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EFFERVESCENT 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.

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WHAT IS THIS SUPPLEMENT USED FOR:

- Metabolism Support: Helps boost energy levels and supports a healthy metabolism.
- Debloating & Digestion: Packed with natural greens to ease bloating and promote gut health.
- Immune Boost: Rich in antioxidants and essential nutrients to strengthen immune function.
- Nutrient Intake: Provides a daily dose of essential vitamins and minerals from superfoods.
- Detox & Cleansing: Supports liver and kidney function for natural detoxification.

Enjoy a refreshing, all-natural greens effervescent for daily wellness—just pop, drop, sip, and feel the benefits!

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:

- upset stomach, nausea, vomiting, gas, or diarrhoea

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

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