

PROPRIETARY NAME AND DOSAGE FORM

STAR KIDS™ OMEGA-3 GUMMY FISH (gummies)

COMPOSITION

Each gummie contains: Active ingredients: Fish Oil 52mg (of which DHA 13 mg and EPA 2.6 mg). Other ingredients (excipients): Fish oil, glucose syrup, sugar, pectin, apple juice concentrate, citric acid, sodium citrate, natural flavourings & colourant, vegetable oil, carnauba wax, antioxidant (vitamin E).
Contains sugar.

PHARMACOLOGICAL CLASSIFICATION

Category D 35: Fats, oils and fatty acids.
Complementary medicine - Health supplement.

INDICATIONS

STAR KIDS Omega-3 Gummies provide kids with the omega-3 essential fatty acids, DHA and EPA, that are vital for kids' growing minds and bodies. Kids enjoy the great citrus flavour and parents love the on-the-go convenience. Delicious omega-3 nutrients, in a fun, fish-shaped gummy – who can resist?

CONTRA-INDICATIONS

Do not use this medicine if you or your child are hypersensitive (allergic) to any of the ingredients in the formulation, fish or iodine.

WARNINGS AND SPECIAL PRECAUTIONS

If you or your child suffer from any serious ailments or conditions; or taking any prescribed medication including blood thinning medication, please check with your healthcare provider before taking / giving this medicine.

- Do not give gummies to your child if he / she is sick or on any medication. Consult with your doctor first.
- Do not swallow gummies whole; chew them completely.
- Do not exceed the recommended dose.
- No studies on the effect on the ability to drive and use machines have been performed. Please exercise care when driving or operating machinery until you know how it affects you.
- Porphyria: Safety has not been established.
- Gummy appearance may change over time due to naturally sourced colour. This does not alter potency of the gummy.

Nutritional supplementation should not replace a balanced diet. Do not exceed the recommended dose without consulting a healthcare provider.

PREGNANCY AND LACTATION

If you are pregnant or breastfeeding, please consult your doctor, pharmacist or other healthcare provider for advice before taking this product.

INTERACTIONS

If you or your child are taking other medicines regularly, including complementary or traditional medicines, or start taking any additional medicines while taking this medicine, consult your healthcare provider for advice. This medicine may increase the effects of blood thinning medications, such as warfarin, aspirin, clopidogrel etc. and should be used under medical supervision.

DOSAGE AND DIRECTIONS FOR USE

Age 3 years & older: Chew 1-2 gummie fish daily after breakfast. Do not swallow the gummies whole; chew them completely. Do not exceed the recommended dose.

SIDE EFFECTS

Side effects may include nausea, bloating and burping. Not all side effects reported for this medicine are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, discontinue use immediately and consult your doctor, pharmacist or other healthcare provider for advice.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

In case of over dose, please consult your healthcare provider immediately. Treatment is symptomatic and supportive.

IDENTIFICATION

Yellow-orange fish.

PRESENTATION

30, 60 or 120 Gummy fish packed in a plastic container.

STORAGE INSTRUCTIONS

Store all medicines out of reach of children. Store in a cool dry place below 25 °C and keep away from direct sunlight. Keep the container tightly closed. Refrigerate once opened.

NAME AND BUSINESS ADDRESS OF THE APPLICANT

Alveta Healthcare (Pty) Ltd, 1 Greenwich Grove, Station Road, Rondebosch, 7700. Company registration number: 2004/021899/07. Pharmacy audit number: Y53008.

DATE OF PUBLICATION OF THE PACKAGE INSERT

1 January 2020

HANDELSMERKNAAM EN DOSEERVORM

STAR KIDS™ OMEGA-3 GUMMIE FISH (gummies)

SAMESTELLING

Elke gummie bevat: Aktiewe bestanddele: Visolie 52 mg (DHA 13 mg en EPA 2.6 mg).
Onaktiewe bestanddele: Visolie, glukose stroop, suiker, pektien, appelsap konsentraat, sitroensuur, natriumsitraat, natuurlike geursels & kleursel, groente-olie, carnauba wax, anti-oksidadant (vitamien E).
Bevat suiker.

FARMAKOLOGIESE KLASSIFIKASIE

Kategorie D 35: Vette, olies en vetsure
Komplimentere medisyne - Gesondheidsaanvulling

INDIKASIES

STAR KIDS Omega-3 Gummies voorsien kinders met die omega-3 vetsure, DHA en EPA, wat noodsaaklik is vir kinders se groeiende verstand en liggame. Kinders geniet die heerlike sitrusgeur en ouers is mal oor die gemaklike doseervorm. Smaaklike omega-3 nutriente in 'n prettige, visvorm gummie - wie kan dit weerstaan?

KONTRA-INDIKASIES

Verm y as jy of jou kind hipersensitief (allergies) is vir enige van die bestanddele in die formule, vis of jodium.

WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

As jy of jou kind enige voorgeskrewe medikasie, insluitend bloedverduunnings medikasie, gebruik of aan enige ernstige siektes of toestande ly, raadpleeg jou geneesheer voordat jy hierdie medisyne begin gebruik / gee.

- Moenie die gummies gee indien jou kind siek is of enige medikasie gebruik nie. Raadpleeg eers jou geneesheer.
- Kou die gummies heeltemal fyn; moenie dit heel insluk nie.
- Moenie die aanbevole dosis oorskry nie.
- Geen studies is gedoen om die effek wat die medisyne het op bestuur en die gebruik van masjinerie vas te stel nie. Wees asseblief versigtig wanneer jy bestuur of masjinerie gebruik totdat jy weet hoe die medisyne jou beïnvloed.
- Gummie voorkoms kan verander met verloop van tyd as gevolg van natuurlik afkomstige kleursel, maar dit beïnvloed nie die sterkte van die gummie nie.
- Porfirie: Veiligheid is nie vasgestel nie.

Voedingsaanvullings moet nie 'n gebalanseerde dieët vervang nie. Moenie die aanbevole dosis oorskry sonder om 'n geneesheer te raadpleeg nie.

SWANGERSKAP EN BORSVOEDING

Raadpleeg jou geneesheer as jy swanger is of borsvoed voordat jy hierdie medisyne begin gebruik.

INTERAKSIES

As jy of jou kind ander medisyne gereeld gebruik, insluitend aanvullende (komplimentêre) of tradisionele medisyne, of enige addisionele medisyne begin neem terwyl jy of jou kind hierdie medisyne gebruik, raadpleeg jou geneesheer vir raad. Hierdie medisyne kan moontlik die teenstellingseffek van bloedverduunningsmedikasies, soos bv. warfarien, aspirien, klopidogrel ens. beïnvloed en moet onder toesig van 'n geneesheer gebruik word.

DOSES EN GEBRUIKSAANWYSINGS

Ouderdom 3 jaar & ouer: Kou 1-2 vissies daaglik na ontbyt. Moenie heel insluk nie; kou die gummie deeglik fyn. Moenie die aanbevole dosis oorskry nie.

NEWE-EFFEKTE

Nuwe-effekte kan naarheid, opgeblaasheid en winde opbreek insluit. Sommige aangemelde nuwe-effekte is nie in hierdie voubiljet ingesluit nie. Indien jy enige onaangename nuwe-effekte ervaar of voel dat jou algemene gesondheid verswak, hou onmiddellik op om die medisyne te gebruik en kontak jou geneesheer.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING

In geval van oordosering, kontak onmiddellik jou geneesheer. Behandeling is simptome en ondersteunend.

IDENTIFIKASIE

Oranje-geel vis.

AANBIEDING

30, 60 of 120 Gummies verpak in 'n plastiek houer.

BERGINGSAAWYSINGS

Berg alle medisyne buite bereik van kinders. Berg in 'n koel, droë plek onder 25 °C en hou weg van direkte sonlig. Hou die houer dig toe. Bere in die yskas na opening.

NAAM EN BESIGHEIDSADRES VAN DIE APPLIKANT

Alveta Healthcare (Pty) Ltd, Greenwich Grove 1, Station weg, Rondebosch, 7700. Maatskappy registrasie nommer: 2004/021899/07. Apteek oudit nommer: Y53008.

DATUM VAN VOUBILJET PUBLIKASIE

1 Januarie 2020

Hierdie ongeregisteerde medisyne is nie deur die SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.