

WELLVITA 5-HTP

PROPRIETARY NAME AND DOSAGE FORM

WELLVITA® 5-HTP 100 mg (veggie capsules)

COMPOSITION

Each capsule contains: Active ingredient: 5-HTP (5-Hydroxytryptophan).

*Sugar free.

PHARMACOLOGICAL CLASSIFICATION

D 34.13 Other

Complementary medicine - Health supplement

INDICATIONS

5-HTP (5-Hydroxytryptophan) gained its popularity because of the ability of this supplemental amino acid to raise levels of serotonin in the brain and throughout the body. Serotonin controls a variety of functions in the human body and brain, and it's especially important for healthy mood and sleep balance.

CONTRA-INDICATIONS

Do not use this medicine if you are hypersensitive (allergic) to any of the ingredients. Not suitable for children unless under medical supervision.

WARNINGS AND SPECIAL PRECAUTIONS

If you are using any prescribed medication, or suffer from any serious ailments or conditions, use under the supervision of your healthcare provider.

- Consult a healthcare provider prior to use if you are taking carbidopa or medicines and / or supplements with serotonergic activity. These may include, but are not limited to, L-tryptophan, S-Adenosylmethionine (SAME), St. John's wort, antidepressants, pain killers, over the counter cough and cold medication containing dextromethorphan, anti-nausea medication and anti-migraine medication.
- Stop use and consult a healthcare provider if you show signs of weakness, oral ulcers, abdominal pain accompanied by severe muscle pain or if you experience skin changes.
- Avoid taking with alcohol or products that cause drowsiness.
- Stop this medicine at least two weeks before any selective surgery.
- This medicine might cause drowsiness and may have an influence on your ability to drive or use machinery. Do not drive or operate machinery until you know how it affects you.
- Porphyria: Safety has not been established.

Vitamin supplements 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, do not take this medicine.

INTERACTIONS

If you 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. Consult a healthcare provider prior to use if you are taking carbidopa or medicines and / or supplements with serotonergic activity. These may include, but are not limited to, L-tryptophan, S-Adenosylmethionine (SAME), St. John's wort, antidepressants, pain killers, over the counter cough and cold medication containing dextromethorphan, anti-nausea medication and anti-migraine medication. Avoid taking with alcohol or products that cause drowsiness.

DOSAGE AND DIRECTIONS FOR USE

Adults: Take one to two capsules daily with a meal, or as directed by your healthcare provider.

SIDE EFFECTS

Side effects can include heartburn, stomach pain, nausea, vomiting and headache. 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 an overdose, or a suspected overdose, contact your healthcare provider immediately. Treatment is symptomatic and supportive.

IDENTIFICATION

White capsule.

PRESENTATION

30 or 60 Capsules are packed in a white 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.

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: Y60123.

DATE OF PUBLICATION OF THE PACKAGE INSERT

1 October 2021

WELLVITA 5-HTP

HANDELSMERKNAAM EN DOSEERVORM
WELLVITA® 5-HTP 100 mg (veggie kapsules)

SAMESTELLING

Elke kapsule bevat: Aktiewe bestanddeel: 5-HTP (5-Hidroksitryptofaan) 100 mg.
*Kapsules bevat geen suiker nie.

FARMAKOLOGIESE KLASSEKATEGORIE

D 34.13 Ander
Komplementêre medisyne - Gesondheidsaanvulling

INDIKASIES

5-HTP (5-Hidroksitryptofaan) het gewildheid verkry omdat hierdie aanvullende aminosuur serotonienvlakke in die brein en deur die hele liggaam kan verhoog. Serotonien beheer 'n verskeidenheid funksies in die menslike liggaam en brein, en is veral belangrik vir 'n gesonde gemoedstoestand en slaapbalans.

KONTRA-INDIKASIES

Vermag jy hipersensitief (allergies) is vir enige van die bestanddele in die formule. Moenie gebruik in kinders nie, behalwe onder die toesig van 'n geneesheer.

WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

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

- Raadpleeg 'n geneesheer voor gebruik as jy karbidopa of medisyne en / of aanvullings met serotonergiese aktiwiteit gebruik. Dit kan insluit, maar is nie beperk nie tot, L-tryptofaan, S-Adenosylmethionine (SAMe), St. Janskruid, antidepressante, pynstillers, hoes- en verkoue medisyne wat dextromethorfan bevat, medisyne vir naarheid en anti-migraine medisyne.
- Hou op met gebruik en raadpleeg 'n geneesheer as u tekens toon van swakheid, orale ulkus, buikpyn vergesel met erge spierpyn, of as jy velveranderinge ervaar.
- Vermag innamie met alkohol of produkte wat lomerigheid veroorsaak.
- Stop hierdie medisyne ten minste twee weke voor 'n beplande operasie.
- Hierdie medisyne kan lomerigheid veroorsaak en kan 'n invloed hê op bestuur en die gebruik van masjinerie. Moenie bestuur of masjinerie gebruik totdat jy weet hoe die medisyne jou beïnvloed nie.
- Porfirie: Veiligheid is nie vasgestel nie.

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

SWANGERSKAP EN BORSVOEDING

Moenie hierdie medisyne gebruik indien jy swanger is of borsvoed nie.

INTERAKSIES

As jy ander medisyne gereeld gebruik, insluitend aanvullende (komplementêre) of tradisionele medisyne, of as jy enige addisionele medisyne begin neem terwyl jy hierdie produk gebruik, raadpleeg jou geneesheer vir raad. Raadpleeg 'n geneesheer voor gebruik as jy karbidopa of medisyne en / of aanvullings met serotonergiese aktiwiteit gebruik. Dit kan insluit, maar is nie beperk nie tot, L-tryptofaan, S-Adenosylmethionine (SAMe), St. Janskruid, antidepressante, pynstillers, hoes- en verkoue medisyne wat dextromethorfan bevat, medisyne vir naarheid en anti-migraine medisyne. Vermag innamie met alkohol of produkte wat lomerigheid veroorsaak.

DOSIS EN GEBRUIKSAANWYSINGS

Volwasses: Neem een tot twee kapsules daagliks met 'n ete, of soos geneesheer voorskryf.

NEWE-EFFEKTE

Nuwe-effekte kan sooi-brand, maagpyn, naarheid, braking en hoofpyn 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, of indien oordosering vermoed word, raadpleeg jou geneesheer onmiddellik. Behandeling is simptome en ondersteunend.

IDENTIFIKASIE

Wit kapsule.

AANBIEDING

30 of 60 Kapsules verpak in 'n plastiek houer.

BERGINGSANWYSINGS

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.

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: Y60123.

DATUM VAN VOUBILJET PUBLIKASIE

1 Oktober 2021