

## **PROPRIETARY NAME AND DOSAGE FORM**

A-Z MULTI ADULT ESSENTIALS (caplet)

### **COMPOSITION**

Each caplet contains: Active ingredients: Vitamin A 3500 IU, Vitamin B1 1.2 mg, Vitamin B2 2 mg, Vitamin B3 (nicotinamide) 20 mg, Vitamin B5 6 mg, Vitamin B6 3 mg, Vitamin B7 (biotin) 80 mcg, Vitamin B9 (folic acid) 200 mcg, Vitamin B12 1.5 mcg, Vitamin C (ascorbic acid) 60 mg, Vitamin D3 200 IU, Vitamin E 15 IU, Vitamin K1 20 mcg, Calcium 99.8 mg, Chromium 50 mcg, Copper 0.5 mg, Iodine 100 mcg, Iron 15 mg, Magnesium 75 mg, Manganese 1.9 mg, Molybdenum 45 mcg, Phosphorous 59.4 mg, Selenium 35 mcg, Zinc 6 mg, Astaxanthin 2 mg, Hesperidin (from citrus bioflavonoids) 5 mg, Lutein (from marigold) 2 mg, Quercetin 5 mg and Rutin 5 mg.

Other ingredients (excipients): Microcrystalline cellulose, polyethylene glycol, talc, magnesium stearate and silicon dioxide.

Minerals added as: Tri calcium phosphorus, chromium amino acid chelate, copper sulphate, potassium iodide, electrolytic iron, magnesium oxide, manganese sulphate, molybdenum amino acid chelate, di potassium phosphate, selenium amino acid chelate and zinc oxide.

### **PHARMACOLOGICAL CLASSIFICATION**

D 34.12: Multisubstance formulation.

Complementary medicine: Health supplement.

### **INDICATIONS**

Wellvita™ A-Z Multi Adult Essentials is a daily multivitamin supplement formulated with essential vitamins, minerals and antioxidants that help maintain good health and overall well-being. This all-inclusive, one-a-day formulation suffices for adults' daily nutritional requirements and supports their busy lifestyle.

### **CONTRA-INDICATIONS**

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

### **WARNINGS AND SPECIAL PRECAUTIONS**

If you suffer from any serious ailments or conditions; or if you are taking any prescribed medication (including warfarin), please check with your healthcare provider before taking this medicine.

- This medicine contains iron and should be kept out of reach of children as an accidental overdose can be fatal. With an overdose (or if an overdose is suspected), please contact your nearest healthcare provider.
- If you are taking other supplements, read the label since these supplements may contain the same ingredients.
- 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.

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 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. This supplement contains vitamin K and can influence warfarin levels, use under medical supervision. Please check the labels of all your other medicine or supplements, as they can contain the same ingredients. Check with your healthcare provider for more information.

### **DOSAGE AND DIRECTIONS FOR USE**

Adults: Take one caplet once a day, or as directed by your healthcare provider. Do not exceed the recommended dose.

### **SIDE EFFECTS**

Side effects can include diarrhoea or upset stomach. 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**

No known symptoms of overdose. Treatment is symptomatic and supportive.

### **IDENTIFICATION**

Yellow caplet.

### **PRESENTATION**

30 Caplets are packed in a plastic container inside a carton.

### **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: Y53008.

### **DATE OF PUBLICATION OF THE PACKAGE INSERT**

1 August 2019.

## **HANDELSMERKNAAM EN DOSEERVORM**

A-Z MULTI ADULT ESSENTIALS (kaplet)

### **SAMESTELLING**

Elke kaplet bevat: Aktiewe bestanddele: Vitamien A 3500 IU, Vitamien B1 1.2 mg, Vitamien B2 2 mg, Vitamien B3 (nicotienamied) 20 mg, Vitamien B5 6 mg, Vitamien B6 3 mg, Vitamien B7 (biotien) 80 mcg, Vitamien B9 (foliensuur) 200 mcg, Vitamien B12 1.5 mcg, Vitamien C (askorbiensuur) 60 mg, Vitamien D3 200 IU, Vitamien E 15 IU, Vitamien K1 20 mcg, Kalsium 99.8 mg, Chroom 50 mcg, Koper 0.5 mg, Jodium 100 mcg, Yster 15 mg, Magnesium 75 mg, Mangaan 1.9 mg, Molibdeen 45 mcg, Fosfor 59.4 mg, Seleen 35 mcg, Sink 6 mg, Astaxanthin 2 mg, Hesperidin (van sitrus bioflavonoïedes) 5 mg, Luteïen (van marigold) 2 mg, Quercetin 5 mg en Rutin 5 mg.

Onaktiewe bestanddele: Mikrokristallien sellulose, polietileen glikol, talk, magnesium stearaat en silikondioksied.

Minerale bygevoeg as: Tri kalsiumfosfaat, chroom aminosuur chelaat, kopersulfaat, kaliumjodied, elektrolitiese yster, magnesiumoksied, mangaansulfaat, molibdeen aminosuur chelaat, dikalsiumfosfaat, seleen aminosuur chelaat en sinkoksied.

### **FARMAKOLOGIESE KLASSIFIKASIE**

D 34.12: Multi bestanddeel formulاسie.

Komplimentêre medisyne: Gesondheidsaanvulling.

### **INDIKASIES**

Wellvita™ A-Z Multi Adult Essentials is 'n daaglikse multivitamiënaanvulling geformuleer met essensiële vitamienes, minerale en antioksidante wat help om goeie gesondheid te handhaaf. Hierdie allesomvattende een-'n-dag formule bied voldoende voedingstowwe om aan volwassenes se daaglikse nutrient vereistes te voldoen en hul besige lewens te ondersteun.

### **KONTRA-INDIKASIES**

Verm y as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule of jodium. Dit is nie geskik vir kinders nie, behalwe onder die toesig van 'n geneesheer.

### **WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS**

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

- Hierdie medisyne bevat yster en moet buite bereik van kinders geberg word omdat 'n oordosering moontlik noodlottig kan wees. Indien oordosering vermoed word, kontak onmiddellik jou naaste gesondheidsorg sentrum.
- Lees die etikette van al die ander aanvullings wat jy gebruik aangesien dit dieselfde bestanddele kan bevat.
- 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.
- 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**

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

### **INTERAKSIES**

As jy ander medisyne gereeld gebruik, insluitend aanvullende (komplimentêre) of tradisionele medisyne, of as jy enige addisionele medisyne begin neem terwyl jy hierdie medisyne gebruik, raadpleeg jou geneesheer vir raad. Hierdie aanvulling bevat vitamien K en kan warfarië vlakke beïnvloed, gebruik onder mediese toesig. Bestudeer die etikette van al jou ander medisyne en aanvullings aangesien dit dieselfde bestanddele kan bevat. Kontak jou gesondheidsorg verskaffer vir meer inligting.

### **DOSIS EN GEBRUIKSAANWYSINGS**

Volwassenes: Neem een kaplet daaglik, of soos jou geneesheer voorskryf. Moenie die aanbevole dosis oorskry nie.

### **NEWE-EFFEKTE**

Nuwe-effekte kan naarheid en diarree insluit. Nie alle nuwe-effekte is ingesluit in hierdie voubiljet 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**

Simptome van oordosering is onbekend. Behandeling is simptomeaties en ondersteunend.

### **IDENTIFIKASIE**

Geel kaplet.

### **AANBIEDING**

30 Kaplette is verpak in 'n plastiek houër binne-in 'n karton.

### **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 houër 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: Y53008.

### **DATUM VAN VOUBILJET PUBLIKASIE**

1 Augustus 2019.