

PROPRIETARY NAME AND DOSAGE FORM

A-Z MULTI SENIOR ESSENTIALS (caplet)

COMPOSITION

Each caplet contains: Active ingredients: Vitamin A 4000 IU, Vitamin B1 1.4 mg, Vitamin B2 1.6 mg, Vitamin B3 (Niacin) 18 mg, Vitamin B5 6 mg, Vitamin B6 2 mg, Vitamin B7 (biotin) 100 mcg, Vitamin B9 (folic acid) 195 mcg, Vitamin B12 2 mcg, Vitamin C (ascorbic acid) 60 mg, Vitamin D3 200 IU, Vitamin E 15 IU, Calcium 242 mg, Phosphorous 139 mg, Chromium 40 mcg, Copper 0.5 mg, Iodine 100 mcg, Iron 10 mg, Magnesium 118 mg, Manganese 248 mcg, Molybdenum 50 mcg, Potassium 40 mg, Selenium 60 mcg, Zinc 5 mg, Lutein (from marigold) 0.5 mg and Zeaxanthin 2 mg.

Other ingredients (excipients): Magnesium stearate, isomalt DC, talc 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: Multiple substance formulation.

Complementary medicine: Health supplement.

INDICATIONS

Wellvita™ A-Z Multi Senior Essentials is a daily multivitamin and mineral supplement enhanced with lutein and zeaxanthin. It adequately meets the unique bodily nutritional requirements of seniors over the age of fifty, which in turn, helps them maintain good health.

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, please check with your healthcare provider before taking this medicine.

- Contains Marigold (*Calendula officinalis*) extract. It can cause an allergic reaction in people allergic or sensitive to the Asteraceae/Compositae family. Please consult your healthcare provider before use.
- 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. 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 a day, or as directed by your healthcare provider. Do not exceed daily dosage level without consulting a registered healthcare provider.

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 SENIOR ESSENTIALS (kaplet)

SAMESTELLING

Elke kaplet bevat: Aktiewe bestanddele: Vitamien A 4000 IU, Vitamien B1 1.4 mg, Vitamien B2 1.6 mg, Vitamien B3 (Niasien) 18 mg, Vitamien B5 6 mg, Vitamien B6 2 mg, Vitamien B7 (biotien) 100 mcg, Vitamien B9 (foliensuur) 195 mcg, Vitamien B12 2 mcg, Vitamien C (askorbiensuur) 60 mg, Vitamien D3 200 IU, Vitamien E 15 IU, Kalsium 242 mg, Fosfor 139 mg, Chroom 40 mcg, Koper 0,5 mg, Jodium 100 mcg, Yster 10 mg, Magnesium 118 mg, Mangaan 248 mcg, Molibdeen 50 mcg, Kalium 40 mg, Seleen 60 mcg, Sink 5 mg, Luteien (van marigold) 0.5 mg en Zeaxanthin 2 mg.

Onaktiewe bestanddele: Magnesium stearaat, isomalt DC, talk en silikondioksied. Minerale bygevoeg as: Tri kalsiumfosfaat, chroom aminosuur chelaat, kopersulfaat, kaliumjodied, elektrolitiese yster, magnesiumoksied, mangaansulfaat, molibdeen aminosuur chelaat, dikaliumfosfaat, seleen aminosuur chelaat en sinkoksied.

FARMAKOLOGIESE KLASSIFIKASIE

D 34.12: Multi bestanddeel formulisie.

Komplimentêre medisyne: Gesondheidsaanvulling.

INDIKASIES

Wellvita™ A-Z Multi Senior Essentials is 'n daaglikse multivitamien- en mineraalaanvulling versterk met lutein en zeaxanthin. Dit help voldoen aan die unieke nutriënt vereistes van seniors oor die ouderdom van vyftig en sodoende dus goeie gesondheid ondersteun.

KONTRA-INDIKASIES

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

- Bevat Marigold (*Calendula officinalis*) uittreksel. Dit kan 'n allergiese reaksie veroorsaak in persone wat allergies of sensitief is vir Asteracea/Compositae familie. Raadpleeg eers 'n geneesheer voor gebruik.
- 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 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 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. Bestudeer die etikette van al jou ander medisyne en aanvullings aangesien dit dieselfde bestanddele kan bevat. Kontak jou gesondheidsorg verskaffer vir meer inligting.

DOSES EN GEBRUIKSAANWYSINGS

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

NEWE-EFFEKTE

Nuwe-effekte kan diarree en omgekrapte maag 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 houer 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 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 audit nommer: Y53008.

DATUM VAN VOUBILJET PUBLIKASIE

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