

WELLVITA BURNOUT & ENERGY

PROPRIETARY NAME AND DOSAGE FORM

WELLVITA® BURNOUT & ENERGY (capsule)

COMPOSITION

Each capsule contains: Active ingredients: Siberian ginseng (*Eleutherococcus senticosus*, root as a 10:1 extract) 100 mg, Maca (*Lepidium meyenii*, root as a 10:1 extract) 40 mg, Ashwagandha (*Withania somnifera L.*, root as a 15:1 extract) 33 mg, Vitamin C 60 mg, Magnesium hydrogen citrate 40 mg, Nicotinamide 9 mg, Vitamin B5 6.5 mg, Zinc citrate 16 mg, Vitamin B6 2 mg, Vitamin B2 1.6 mg, Vitamin B1 1.4 mg, Folic acid 200 mcg, Biotin 100 mcg.

PHARMACOLOGICAL CLASSIFICATION

D 33.7 Combination product.
Complementary medicine - Western herbal.

INDICATIONS

Wellvita® Burnout & Energy formula combines important adaptogenic and traditional herbs, vitamins and minerals to support adrenal health and assist in the recovery of over-stressed adrenal glands for optimal energy levels.

CONTRA-INDICATIONS

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

WARNINGS AND SPECIAL PRECAUTIONS

If you suffer from any serious ailments or conditions (such as hypertension or stomach ulcers) ; or if you are taking any prescribed medication (including blood thinning medication or immunosuppressants) , please check with your healthcare provider before taking this product.

- If you suffer from diabetes, hormone sensitive cancer (such as breast cancer), auto-immune disease or thyroid problems, please consult your healthcare provider before use.
- No studies on the effect on the ability to drive and use machines have been performed. Do not drive or operate 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

Do not use if you are pregnant or breastfeeding.

INTERACTIONS

If you are taking other medicines regularly, including complementary or traditional medicines, or start taking any additional medicines while taking this product, consult your healthcare provider for advice. If you are taking herbs and supplements that may increase the risk of bleeding (such as *Ginkgo biloba* or garlic), anticoagulant or antiplatelet medication (such as aspirin, warfarin, heparin or clopidogrel) and/or non-steroidal anti-inflammatory medications (such as ibuprofen or naproxen), please check with your healthcare provider before taking this medicine.

DOSAGE AND DIRECTIONS FOR USE

Adults: Take one capsule in the morning after breakfast or as directed by your healthcare provider.

SIDE EFFECTS AND SPECIAL PRECAUTIONS

Side effects can include nausea, vomiting, diarrhoea, insomnia and irritability. 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 Capsules are 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.

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

October 2022

WELLVITA BURNOUT & ENERGY

HANDELSMERKNAAM EN DOSEERVORM
WELLVITA® BURNOUT & ENERGY (kapsule)

SAMESTELLING

Elke kapsule bevat: Aktiewe bestanddele: Siberian ginseng (*Eleutherococcus senticosus*, wortel as 'n 10:1 uittreksel) 100 mg, Maca (*Lepidium meyenii*, wortel as 'n 10:1 uittreksel) 40 mg, Ashwagandha (*Withania somnifera L.*, wortel as 'n 15:1 uittreksel) 33 mg, Vitamien C 60 mg, Magnesium waterstof-sitraat 40 mg, Nicotienamied 9 mg, Vitamien B5 6.5 mg, Sinksitraat 16 mg, Vitamien B6 2 mg, Vitamien B2 1.6 mg, Vitamien B1 1.4 mg, Foliensuur 200 mcg, Biotien 100 mcg.

FARMAKOLOGIESE KLASSIFIKASIE

D 33.7 Kombinasie Produk.
Komplementêre medisyne - Westerse kruie.

INDIKASIES

Wellvita® Burnout & Energy formula kombineer belangrike adaptogeniese en tradisionele kruie, vitamie en minerale om bynieresondheid te help herstel en te ondersteun vir optimale energievlakke.

KONTRA-INDIKASIES

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

WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

As jy enige voorgeskrye medikasie (insluitend bloedverduunningsmedikasie of immuunonderdrukkers) gebruik of aan enige ernstige siektes of toestande (soos bv. hipertensie of 'n maagseer) ly, raadpleeg jou geneesheer voordat jy hierdie medisyne begin gebruik.

- As jy aan diabetes, hormoonsensitiewe kanker (soos borskanker), outo-immuun siektes of skildklierprobleme ly, raadpleeg asseblief jou gesondheidsorgverskaffer voor gebruik.
- Geen studies is gedoen om die effek wat die medisyne het op bestuur en die gebruik van masjinerie vas te stel nie. 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 gebruik as 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 medisyne gebruik, raadpleeg jou geneesheer vir raad. Indien jy kruie of aanvullings gebruik wat die risiko van bloeding verhoog (soos *Ginkgo biloba* of knoffel), stollingsteenmiddels of bloedverduunningsmedikasie (soos aspirien, warfarien, heparien of klopidogrel) of nie-steroidale anti-inflammatoriese medikasie (soos ibuprofen of naproksen), raadpleeg eers 'n geneesheer voordat jy die medikasie gebruik.

DOSIS EN GEBRUIKSAANWYSINGS

Volwassenes: Neem een kapsule soggens na ontbyt, of soos voorgeskryf deur jou geneesheer.

NEWE-EFFEKTE

Nuwe-effekte sluit naarheid, braking, diaree, slaaploosheid en geïrriteerdheid in. 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

In geval van oordosering, of indien oordosering vermoed word, raadpleeg jou geneesheer onmiddellik. Behandeling is simptomaties en ondersteunend.

IDENTIFIKASIE

Wit kapsule.

AANBIEDING

30 Kapsules is in 'n plastiekhouer verpak.

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, 1 Greenwich Grove, Station Road, Rondebosch, 7700. Company registration number: 2004/021899/07. Pharmacy audit number: Y60123.

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