

# WELLVITA CALCIUM COMPLEX

## PROPRIETARY NAME AND DOSAGE FORM

WELLVITA® CALCIUM COMPLEX (tablet)

## COMPOSITION

Each tablet contains: Active ingredients: Calcium carbonate 1388 mg (equivalent to 500 mg elemental calcium), magnesium oxide 166 mg (equivalent to 100 mg elemental magnesium) and vitamin D3 400 IU.

\*Tablets are sugar free.

## PHARMACOLOGICAL CLASSIFICATION

D34.12: Multiple substance formulation.

Complementary medicine: Health supplement.

## INDICATIONS

Calcium is a mineral that's well-known for its key role in bone health. Wellvita® Calcium Complex provides daily calcium essential for maintenance of strong bones. It's especially formulated with magnesium and vitamin D3 to help with calcium absorption.

## 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 under the age of 12 years, 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.

- 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. It is unlikely to cause drowsiness.
- 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 (such as digoxin and calcium channel blockers) regularly, including complementary or traditional medicines, or start taking any additional medicines while taking this medicine, consult your healthcare provider for advice. This medicine can affect the absorption of certain medicines like certain antibiotics, bisphosphonates, synthetic thyroid hormones, etc. Consult your healthcare provider for more information.

## DOSAGE AND DIRECTIONS FOR USE

Adults: Take one tablet a day, or as directed by your healthcare provider.

## SIDE EFFECTS

Side effects can include nausea, vomiting and diarrhoea. 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 if an overdose is suspected, contact your healthcare provider immediately. Treatment is symptomatic and supportive.

## IDENTIFICATION

White tablet.

## PRESENTATION

30 Tablets 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

1 October 2022

# WELLVITA CALCIUM COMPLEX

## HANDELSMERKNAAM EN DOSEERVORM

WELLVITA® CALCIUM COMPLEX (tablet)

## SAMESTELLING

Elke tablet bevat: Aktiewe bestanddele: Kalsiumkarbonaat 1388 mg (ekwivalent aan 500 mg elementêre kalsium), magnesiumoksied 166 mg (ekwivalent aan 100 mg elementêre magnesium) en vitamien D3 400 IU.

\*Tablette is suikervry.

## FARMAKOLOGIESE KLASSIFIKASIE

D 34.12: Multibestanddeel formule.

Komplementêre medisyne: Gesondheidsaanvulling.

## INDIKASIES

Kalsium is 'n mineraal wat bekend is vir sy sleutelrol in beegesondheid. Wellvita® Calcium Complex verskaf daaglikse kalsium wat noodsaaklik is vir die instandhouding van sterk bene. Dit is spesifiek geformuleer met magnesium en vitamien D3 om te help met kalsium absorpsie.

## KONTRA-INDIKASIES

Vermy as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule. Dit is nie geskik vir kinders onder die ouderdom van 12 jaar 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.

- 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. Dis onwaarskynlik dat dit lomerigheid gaan veroorsaak.
- 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

Indien jy ander medisyne (soos digoksien en kalsium kanaal blokkers) 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. Hierdie medisyne kan die absorpsie van ander medikasie beïnvloed soos sekere antibiotika, bisfosfonate, sintetiese tiroïed hormone, ens. Raadpleeg jou geneesheer vir meer inligting.

## DOSES EN GEBRUIKSAANWYSINGS

Volwassenes: Neem een tablet per dag, of soos jou geneesheer voorskryf.

## NEWE-EFFEKTE

Nuwe-effekte kan naarheid, braking 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

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

## IDENTIFIKASIE

Wit tablet.

## AANBIEDING

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

## DATUM VAN VOUBILJET PUBLIKASIE

1 Oktober 2022

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