

WELLVITA CINNAMON COMPLEX

PROPRIETARY NAME AND DOSAGE FORM

WELLVITA CINNAMON COMPLEX (capsule)

COMPOSITION

Each capsule contains: Active ingredients: Cinnamon extract (*Cinnamomum cassia*) 20 mg, Cinnamon powder (*Cinnamomum cassia*) 400 mg, Pyridoxine (Vitamin B6) 6 mg, Ca D-Pantothenate (Vitamin B5) 1.2 mg, Biotin 100 mcg, Chromium polynicotinate 25 mcg and Cyanocobalamin (Vitamin B12) 6 mcg.

PHARMACOLOGICAL CLASSIFICATION

D 33.7: Combination product.

Complementary medicine: Combination Product-Western Herbal

INDICATIONS

Maintaining blood sugar levels within a healthy range is a cornerstone of overall health. Cinnamon Complex contains well researched ingredients known to assist glucose metabolism and normal insulin response, thus sustaining blood sugar levels within healthy limits.

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 (such as liver or thyroid problems); or if you are taking any prescribed medication, please check with your healthcare provider before taking this medicine.

- This medicine can lower blood sugar levels. Diabetics should monitor blood sugar levels closely. Discontinue use at least two weeks before any scheduled surgery.
- 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

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 any other medicines, including complementary or traditional medicines, or start taking any additional medicines while taking this medicine, consult your healthcare provider for advice. This medicine may increase the blood glucose lowering properties of insulin and other hypoglycaemic medicines.

DOSAGE AND DIRECTIONS FOR USE

Adults: Take one capsule daily, or as directed by your healthcare provider.

SIDE EFFECTS

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

IDENTIFICATION

White capsule.

PRESENTATION

60 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: Y53008

DATE OF PUBLICATION OF THE PACKAGE INSERT

1 September 2020.

WELLVITA CINNAMON COMPLEX

HANDELSMERKNAAM EN DOSEERVORM
WELLVITA CINNAMON COMPLEX (kapsule)

SAMESTELLING

Elke kapule bevat: Aktiewe bestanddele: Kaneel uittreksel (*Cinnamomum cassia*) 20 mg, Kaneel poeier (*Cinnamomum cassia*) 400 mg, Piridoksien HCL (Vitamiën B6) 6 mg, Ca D-Pantothenate (Vitamiën B5) 1.2 mg, Biotien 100 mcg, Chroom polynicotinate 25 mcg en Sianokobalamien (Vitamiën B12) 6 mcg.

FARMAKOLOGIESE KLASSIFIKASIE

D 33.7: Kombinasie produk.

Komplementêre medisyne: Kombinasie produk – Westerse kruie.

INDIKASIES

'n Hoeksteen van algemene gesondheid is om bloedsuikervlakke binne normale grense te handhaaf. Cinnamon Complex bevat deeglik nagevorste bestanddele, bekend vir hul rol in glukose metabolisme en normale insulien reaksie, wat sodoende help om bloedsuikervlakke binne gesonde grense te handhaaf.

KONTRA-INDIKASIES

Vermyn 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 (insluitend lewer of skildklier probleme) ly, raadpleeg jou geneesheer voordat jy hierdie medisyne begin gebruik.

- Hierdie medisyne kan bloedsuikervlakke verlaag en diabete moet hulle bloedsuikervlakke noukeurig dop hou. Staak gebruik ten minste twee weke voor enige beplande sjirurgie.
- 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 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

As jy ander medisyne 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 effek van insulien en ander hipoglisemiese middels verhoog.

DOSIS EN GEBRUIKSAANWYSINGS

Volwassenes: Neem een kapsule daaglik, of soos jou geneesheer voorskryf.

NEWE-EFFEKTE

Nuwe-effekte kan naarheid, abdominale pyn 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, kontak jou geneesheer onmiddellik. Behandeling is simptome en ondersteunend.

IDENTIFIKASIE

Wit kapsule.

AANBIEDING

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

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