

WELLVITA CRANBERRY

PROPRIETARY NAME AND DOSAGE FORM

WELLVITA CRANBERRY (tablet)

COMPOSITION

Each tablet contains: Active ingredient: Cranberry powder extract 4:1 (*Vaccinium macrocarpon*) 800 mg.

PHARMACOLOGICAL CLASSIFICATION

D 33.6 Western herbal medicine.
Complementary medicine - Western herbal.

INDICATIONS

This product is used for prevention of bladder and kidney ailments. This is based on traditional use only.

CONTRA-INDICATIONS

Do not use this medicine if you are hypersensitive (allergic) to any of the ingredients in the formulation or aspirin. Not suitable for children younger than 12 years, unless under medical supervision.

WARNINGS AND SPECIAL PRECAUTIONS

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

- This medicine might slow blood clotting and should be used cautiously with any other blood thinning medication. Discontinue use two weeks prior to any scheduled surgery.
- Cranberries might increase the risk of kidney stones if taken for long periods.
- 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, do not use this medicine. Consult your healthcare provider for more information.

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. Cranberries contain significant amounts of salicylic acid which is similar to aspirin and may have antiplatelet effects. If you are taking herbs and supplements that may increase the risk of bleeding (such as *Ginkgo biloba* and 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

Adult: Take one tablet daily with a meal and plenty of water, or as directed by your healthcare provider.

SIDE EFFECTS

Side effects may include mild stomach upset 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

Pink tablet.

PRESENTATION

30,60 or 90 Tablets 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 August 2020

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

WELLVITA CRANBERRY

HANDELSMERKNAAM EN DOSEERVORM
WELLVITA CRANBERRY (tablet)

SAMESTELLING

Elke tablet bevat: Aktiewe bestanddeel: Bosbessie poeier uittreksel 4:1 (*Vaccinium macrocarpon*) 800 mg.

FARMAKOLOGIESE KLASSIFIKASIE

D33.6 Westerse kruie medisyne
Komplementêre medisyne - Westerse kruie.

INDIKASIES

Hierdie produk word gebruik om nier en blaas kwale te voorkom. Hierdie is slegs gebaseer op tradisionele gebruik.

KONTRA-INDIKASIES

Verm y as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule of aspirien. Dit is nie geskik vir kinders jonger as 12 jaar nie, behalwe onder die toesig van 'n geneesheer.

WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

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

- Hierdie medisyne kan moontlik bloedstolling vertraag en moet met sorg gebruik word in pasiënte wat enige ander bloedverduunningsmedikasie gebruik. Staak gebruik ten minste twee weke voor enige beplande sjirurgie.
- Bosbessie kan moontlik die risiko van niersteenvorming verhoog indien dit vir 'n lang tydperk gebruik word.
- 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

Verm y indien jy swanger is of borsvoed. Raadpleeg jou geneesheer vir meer inligting.

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. Bosbessie bevat beduidende hoeveelhede salisieluur wat soortgelyk is aan aspirien en kan anti-plaatjie-effekte hê. 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 tablet daagliks met 'n ete en genoegsame water, of soos jou geneesheer voorskryf.

NEWE-EFFEKTE

Newe-effekte kan ligte gastro-intestinale effekte en diarree insluit. Sommige aangemelde newe-effekte is nie in hierdie voubiljet ingesluit nie. Indien jy enige onaangename newe-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

Pienk tablet.

AANBIEDING

30,60 of 90 Tablette verpak in 'n plastiek houer.

BERGINGSAAANWYSINGS

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 oudit nommer: Y53008.

DATUM VAN VOUBILJET PUBLIKASIE

1 Augustus 2020

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