

WELLVITA ECHINACEA IMMUNE SUPPORT

PROPRIETARY NAME AND DOSAGE FORM

WELLVITA® ECHINACEA IMMUNE SUPPORT (capsule)

COMPOSITION

Each capsule contains: Active ingredients: *Echinacea purpurea* 4:1 leaf extract 70 mg, Folic acid 200 mcg, Vitamin A 2500 IU, Vitamin B6 2 mg, Vitamin B12 2 mcg, Vitamin C 500 mg, Vitamin D3 500 IU, Vitamin E 10 mg, Selenium (elemental) 25 mcg and Zinc (elemental) 25 mg. Minerals added as selenium amino acid chelate and zinc oxide.

*Sugar free.

PHARMACOLOGICAL CLASSIFICATION

D 33.7 Combination Product

Complementary medicine - Western herbal

INDICATIONS

Wellvita Echinacea Immune Support is formulated with well-researched *Echinacea purpurea* and other immune-supportive nutrients such as zinc, vitamin D3 and C. This formulation can assist your body with seasonal and environmental health challenges, including the common cold.

CONTRA-INDICATIONS

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

WARNINGS AND SPECIAL PRECAUTIONS

If you suffer from any serious ailments (such as stomach ulcers, haemochromatosis or iron overload) or conditions (including autoimmune diseases such as HIV, kidney disease or diabetes); or if you are taking any prescribed medication (such as immune suppressants or blood thinning 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. Do not drive or operate machinery until you know how it affects you. Echinacea might cause dizziness.
- 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. If 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. Medication that decrease the immune system (such as prednisone, cyclosporine, tacrolimus, etc.) might be less effective. Avoid using this medication with immune suppressants, unless under medical supervision.

DOSAGE AND DIRECTIONS FOR USE

Adults: Take one capsule daily, or as directed by your healthcare provider. Do not exceed the recommended dose.

SIDE EFFECTS

Side effects can include nausea, indigestion, diarrhoea, dizziness, skin irritations, metallic taste or 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, please contact your healthcare provider immediately. Treatment is symptomatic and supportive.

IDENTIFICATION

White capsule

PRESENTATION

30 or 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: Y60123.

DATE OF PUBLICATION OF THE PACKAGE INSERT

March 2021

Bp

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

WELLVITA ECHINACEA IMMUNE SUPPORT

HANDELSMERKNAAM EN DOSEERVORM

WELLVITA® ECHINACEA IMMUNE SUPPORT (kapsule)

SAMESTELLING

Elke kapsule bevat: Aktiewe bestanddele: *Echinacea purpurea* 4:1 blaar uittreksel 70 mg, Foliensuur 200 mcg, Vitamien A 2500 IU, Vitamien B6 2 mg, Vitamien B12 2 mcg, Vitamien C 500 mg, Vitamien D3 500 IU, Vitamien E 10 mg, Selenium (elementêr) 25 mcg en Sink (elementêr) 25 mg.

Minerale bygevoeg as Selenium aminosuur-chelate en sinkoksied.

*Suikervry.

FARMAKOLOGIESE KLASIFIKASIE

D 33.7 Kombinasie Produk

Komplementêre medisyne - Westerse kruie

INDIKASIES

Wellvita Echinacea Immune Support is geformuleer met deeglik nagevorsde *Echinacea purpurea* en ander immuunondersteunende voedingstowwe soos sink, vitamien D3 en C. Hierdie formulering kan jou liggaam help met seisoenale- en omgewing-gesondheidsuitdagings, insluitend verkoues.

KONTRA-INDIKASIES

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

WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

As jy enige voorgeskrewe medikasie (soos byvoorbeeld immuunonderdrukkers of bloedverdunningsmedikasie) gebruik, of aan enige ernstige siektes (insluitend maagulkusse, hemochromatose of verhoogde ystervlakke) of toestande (insluitend outo-immuun siektes soos MIV, niersiektes of diabetes) 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. Moenie bestuur of masjinerie gebruik totdat jy weet hoe die medisyne jou beïnvloed nie. Echinacea kan moonlik duiseligheid veroorsaak.
- 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

Raadpleeg jou geneesheer as jy swanger is of borsvoed voordat jy hierdie medisyne begin gebruik.

INTERAKSIES

As jy ander medisyne gereeld gebruik, insluitend aanvullende (komplementêre) of tradisionele medisyne, of as jy enige addisionele medisyne begin neem terwyl jy hierdie produk 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 bloedverdunningsmedikasie (soos aspirien, warfarin, heparien of klopidogrel) of nie-steroidale anti-inflammatoriese medikasie (soos ibuprofen of naproksen), raadpleeg eers 'n geneesheer voordat jy die medikasie gebruik. Medikasie wat die immuunstelsel onderdruk (byvoorbeeld kortikosteroïede, siklosporine, tacrolimus ens.) kan moontlik minder effektief wees. Moenie gebruik saam met immuunonderdrukkers nie, tensy onder die toesig van jou geneesheer.

DOSES EN GEBRUIKSAANWYSINGS

Volwassenes: Neem een kapsule daaglik, of soos geneesheer voorskryf. Moenie die aanbevole dosis oorskry nie.

NEWE-EFFEKTE

Nuwe-effekte kan naarheid, swak spysvertering, diarree, duiseligheid, velirritasies, metaalsmaak 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 simptomaties en ondersteunend.

IDENTIFIKASIE

Wit kapsule

AANBIEDING

30 of 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

Alveta Healthcare (Pty) Ltd, Greenwich Grove 1, Station weg, Rondebosch, 7700. Maatskappy registrasie nommer: 2004/021899/07. Apteek oudit nommer: Y60123.

DATUM VAN VOUBILJET PUBLIKASIE

Maart 2021

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