

## SCHEDULING STATUS S0

### PROPRIETARY NAME AND DOSAGE FORM

EYE HEALTH (tablet)

### COMPOSITION

Each tablet contains: Active ingredients: Vitamin A 4000 IU, Vitamin B1 1.4 mg, Vitamin B2 1.6 mg, Vitamin B3 (Niacin) 18 mg, Vitamin B5 6 mg, Vitamin B6 2 mg, Vitamin B7 (Biotin) 100 mcg, Vitamin B9 (Folic acid) 195 mcg, Vitamin B12 2 mcg, Vitamin C (Ascorbic acid) 60 mg, Vitamin D3 200 IU, Vitamin E 15 IU, Vitamin K2 30 mcg, Lutein (from Marigold *Tagetes erecta L.*) 10 mg, Zeaxanthin 2 mg, Chromium 40 mcg, Copper 0.5 mg, Iron 10 mg, Magnesium 100 mg, Manganese 1 mg, Molybdenum 50 mcg, Selenium 60 mcg, Zinc 5 mg, Iodine 100 mcg, Calcium 243 mg and Phosphorus 125 mg.

Other ingredients (excipients): Magnesium stearate, isomalt DC, talc and silicon dioxide. Minerals added as: Chromium AAC 10%, Copper sulphate 25%, Potassium iodide, Electrolytic iron, Magnesium oxide, Manganese sulphate, Molybdenum AAC, Selenium AAC 2%, Zinc oxide and Tricalcium phosphate (TCP DC; providing calcium and phosphorus)

\*Tablets are free of sugar, gluten, preservatives and lactose.

### PHARMACOLOGICAL CLASSIFICATION

D 34.12: Multiple substance formulation

Discipline: Complementary medicine - Health supplement

### INDICATIONS

Wellvita™ Eye Health is an expertly-formulated daily multivitamin and mineral supplement enhanced with lutein and zeaxanthin, antioxidants essential for eye health.

### CONTRA-INDICATIONS

Do not use this medicine if you are hypersensitive (allergic) to any of the ingredients in the formulation or iodine; or if you are pregnant or breastfeeding. 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.

- Contains Marigold (*Tagetes erecta L.*) extract. It can cause an allergic reaction in people allergic or sensitive to the Asteraceae/Compositae family. Please consult your healthcare provider before use.
- 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.
- 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.

### DOSAGE AND DIRECTIONS FOR USE

Take one tablet a day. Do not exceed daily dosage level without consulting a healthcare provider.

### SIDE EFFECTS

Side effects can include diarrhoea or upset stomach. 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

No known symptoms of overdose. Treatment is symptomatic and supportive.

### IDENTIFICATION

Yellow tablet.

### PRESENTATION

30 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.

### NAPPI CODE

723610001

### REGISTRATION NUMBER

To be allocated.

### NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE REGISTRATION CERTIFICATE

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

31 October 2017.

## SKEDULERINGSSTATUS

### HANDELSMERKNAAM EN DOSEERVORM

EYE HEALTH (tablet)

### SAMESTELLING

Elke tablet bevat: Aktiewe bestanddele: Vitamien A 4000 IU, Vitamien B1 1.4 mg, Vitamien B2 1.6 mg, Vitamien B3 (Niasien) 18 mg, Vitamien B5 6 mg, Vitamien B6 2 mg, Vitamien B7 (Biotien) 100 mcg, Vitamien B9 (Foliensuur) 195 mcg, Vitamien B12 2 mcg, Vitamien C (Askorbiensuur) 60 mg, Vitamien D3 200 IU, Vitamien E 15 IU, Vitamien K2 30 mcg, Luteien (van Marigold *Tagetes erecta L.*) 10 mg, Zeaxantien 2 mg, Chroom 40 mcg, Koper 0.5 mg, Yster 10 mg, Magnesium 100 mg, Mangaan 1 mg, Molybdenum 50 mcg, Selenium 60 mcg, Sink 5 mg, Jodium 100 mcg, Kalsium 243 mg en Fosfor 125 mg.

Ander bestanddele: Magnesium stearaat, isomalt DC, talk en silikoondioksied.

Minerale bygevoeg as: Chroom AAC 10%, Kopersulfaat 25%, Kaliumjodide, Elektrolitiese yster, Magnesiumoksied, Mangaansulfaat, Molybdenum AAC, Selenium AAC 2%, Sinkoksied en Trikalسيومfosfaat (TCP DC; voorsien kalsium en fosfor).

\*Tablette bevat geen suiker, gluten, preserveermiddels of laktose nie.

### FARMAKOLOGIESE KLASSIFIKASIE

D 34.12: Multi bestanddeel formulاسie.

Dissipline: Komplimentêre medisyne - Gesondheidsaanvulling.

### INDIKASIES

Wellvita™ Eye Health is 'n kundig geformuleerde multivitamien- en mineraalaanvulling, versterk met luteien en zeaxantien, noodsaaklike anti-oksidante vir ooggesondheid.

### KONTRA-INDIKASIES

Vermyn as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule of jodium; en as jy swanger is of borsvoed. 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.

- Bevat Marigold (*Tagetes erecta L.*) uittreksel. Dit kan 'n allergiese reaksie veroorsaak in persone wat allergies of sensitief is vir Asteracea/Compositae familie. Raadpleeg eers 'n geneesheer voor 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.
- 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 (komplimentêre) of tradisionele medisyne, of as jy enige addisionele medisyne begin neem terwyl jy hierdie medisyne gebruik, raadpleeg jou geneesheer vir raad.

### DOSES EN GEBRUIKSAANWYSINGS

Neem een tablet per dag. Moenie die aanbevole dosis oorskry sonder om 'n geneesheer te raadpleeg nie.

### NEWE-EFFEKTE

Nuwe-effekte kan diarree en omgekepte maag 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

Simptome van oordosering is onbekend. Behandeling is simptomaties en ondersteunend.

### IDENTIFIKASIE

Geel tablet.

### AANBIEDING

30 Tablette is verpak in 'n plastiek houer.

### BERGINGS- EN AANWYSINGS

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.

### NAPPI KODE

723610001

### REGISTRASIE NOMMER

Sal toegeken word.

### NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

Alveta Healthcare (Pty) Ltd, Greenwich Grove 1, Station weg, Rondebosch, 7700. Maatskapy registrasie nommer: 2004/021899/07. Apteek oudit nommer: Y53008.

### DATUM VAN VOUBILJET PUBLIKASIE

31 Oktober 2017

Die medisyne is nie deur die Medisyne Beheerraad geëvalueer nie.

Die medisyne is nie bedoel om te diagnoseer, behandel, voorkom of enige siekte toestand te genees nie.