

## **PROPRIETARY NAME AND DOSAGE FORM**

FOLIC ACID & VITAMIN B12 (capsule)

## **COMPOSITION**

Each capsule contains: Active ingredients: Folic acid 500 mcg and Vitamin B12 100 mcg.

Other ingredients (excipients): Starch

\*Capsules are free of sugar.

## **PHARMACOLOGICAL CLASSIFICATION**

D 34.11: Vitamins

Complementary medicine: Health supplement.

## **INDICATIONS**

Vitamin B12 and folic acid are very closely connected and are essential for maintaining good health. Both vitamins fulfil important functions such as blood formation, cell division, protein and fat metabolism. Wellvita™ Folic Acid & Vitamin B12 provides adequate amounts of both nutrients in a one-a-day formula.

## **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 (including anemia); 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.
- 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**

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

## **SIDE EFFECTS**

Side effects can include nausea, vomiting 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**

White capsule.

## **PRESENTATION**

60 Capsules 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**

3001069001

## **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 2019.

## **HANDELSMERKNAAM EN DOSEERVORM**

FOLIC ACID & VITAMIN B12 (kapsule)

### **SAMESTELLING**

Elke kapsule bevat: Aktiewe bestanddele: Foliensuur 500 mcg en Vitamien B12 100 mcg.

Onaktiewe bestanddeel: Stysel

\*Kapsules bevat geen suiker nie.

### **FARMAKOLOGIESE KLASIFIKASIE**

D 34.11: Vitamiene

Komplimentêre medisyne: Gesondheidsaanvulling

### **INDIKASIES**

Vitamien B12 en foliensuur is baie nou verwant en noodsaaklik vir goeie gesondheid. Albei vitamienes vervul belangrike funksies soos bloedvorming, seldeling en proteïen- en vetmetabolisme. Wellvita™ Folic Acid & Vitamin B12 bied voldoende hoeveelhede van dié nutriënte in 'n een-'n-dag-formule.

### **KONTRA-INDIKASIES**

Verm y as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule. 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 gebruik of aan enige ernstige siektes (soos anemie of bloedarmoede) 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.
- 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.

### **DOSIS EN GEBRUIKSAANWYSINGS**

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

### **NEWE-EFFEKTE**

Nuwe-effekte kan naarheid, braking en omgekrapte 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 simptome en ondersteunend.

### **IDENTIFIKASIE**

Wit kapsule.

### **AANBIEDING**

60 Kapsules is verpak in 'n plastiek houër.

### **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 houër dig toe.

### **NAPPI KODE**

3001069001

### **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 2019.