

# HAIR, SKIN & NAILS LIQUI-SHOT



## PATIENT INFORMATION LEAFLET SCHEDULING STATUS: S0

WELLVITA® HAIR, SKIN & NAILS LIQUI-SHOT 10 ml SACHETS (LIQUID)  
Contains sugars & sweetener

Category D 33.7 Combination product – Western herbal  
Complementary medicine – Health supplement  
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

### Read all of this leaflet carefully, because it contains important information for you.

WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT is available without a doctor's prescription for you to maintain your health. Nevertheless you still need to use WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

### What is in this leaflet

1. What WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT is and what it is used for
2. What you need to know before you take WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT
3. How to take WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT
4. Possible side effects
5. How to store WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT
6. Contents of the pack and other information

#### 1. What WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT is and what it is used for:

WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT is enriched with vital beauty nutrients that can help maintain beautiful hair, skin and nails by supporting a healthy foundation on the inside. Each 10 ml berry flavoured syrup is packed in a convenient sachet, ideal to use on-the-go.

#### 2. What you need to know before you use WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT:

Do not take WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT:

- If you are hypersensitive (allergic) to any of the ingredients (including excipients) in the formulation listed in section 6;
- If you are allergic to aspirin, peaches, nuts or tomato;
- If you are pregnant or breastfeeding;
- Do not use in children, unless under medical supervision.

#### Warnings and Precautions:

Special care should be taken with WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT:

- If you are taking any prescribed medication (including digoxin) as this product can change the elimination of certain medications metabolised by the cytochrome P450 enzyme system (this medication can include amiodarone, warfarin, ACE-inhibitors, certain antibiotics, flecainide, etc.);
  - If you suffer from kidney stones;
  - When taking blood thinning medications as this product might slow blood clotting;
  - When you suffer from any serious ailments or conditions (such as porphyria, diabetes or hypertension);
- Consult your healthcare provider before taking this medicine.

#### Other medicines and WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT:

Always tell your health care provider if you are taking any other medicine (including digoxin). This includes all complementary or traditional medicines. Always read the labels of all supplements as they can contain the same ingredients. This medicine can alter the elimination of certain medications metabolised by the cytochrome P450 enzyme system. Consult your healthcare provider if you are taking any medication before taking this product. Medications metabolised by the cytochrome P450 enzyme system can include amiodarone, warfarin, ACE-inhibitors, certain antibiotics, etc. This medicine might also slow blood clotting and increase your risk of bleeding when taking with other blood thinning medications.

#### WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT with food:

This medicine can be taken after food.

#### Pregnancy, breastfeeding and fertility:

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, do not take this product.

#### Driving and using machines:

It is not always possible to predict to what extent WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT may interfere with the daily activities of a patient. Patients should ensure that they do not engage in activities requiring mental alertness, judgement and / or sound coordination and vision e.g. driving, riding, flying, sailing, operating machines / equipment until they are aware of the measure to which WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT affects them.

#### 3. How to take WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT:

Do not share medicines prescribed for you with any other person. Always take WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT exactly as described in the leaflet or as your doctor, pharmacist or other health care provider has told you to use it. You should check with your doctor, pharmacist or other health care provider if you are unsure.

The usual dose for adults is one 10 ml sachet daily.

- Do not exceed the recommended dose of one sachet per day.
- Take the liquid at the same time each day for the best results. It will also help you remember when to take it.
- Tear the sachet open at the top and drink the contents from the sachet. Drink all the liquid in the sachet. Do not store any leftover liquid in the sachet, instead discard any leftover liquid with the sachet.

#### If you take more WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT than you should:

In the event of overdose, consult your doctor or pharmacist immediately. If neither is available, contact the nearest hospital or poison control centre.

#### If you forget to take WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT:

Always take WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT as prescribed. If you miss a dose, take it as soon as you remember. If you do not remember the missed dose until the next dose is due, skip the missed dose and go back to your regular dosing schedule. Do not take a double dose to make up for forgotten individual doses.

#### 4. Possible side effects:

WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT can have side effects. Not all side effects reported for WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT, please consult your doctor, pharmacist or other health care provider for advice. If any of the following happens, stop taking WELLVITA HAIR, SKIN & NAILS and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in swallowing or breathing;
- Fainting.

These are all very serious side effects. If you have them, you may have had a serious reaction to WELLVITA HAIR, SKIN & NAILS. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

- Stomach upset such as cramps and diarrhoea;
- Vomiting;
- Headache.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

#### Reporting of side effects:

If you get side effects, talk to your health care provider. You can also report side effects to SAHPRA via the "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA publications: <https://www.sahpra.org.za/Publications/Index/8> . By reporting side effects, you can help provide more information on the safety of WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT.

#### 5. How to store WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT:

- Store all medicines out of reach of children.
- Store in a cool, dry place below 25° C.
- Do not freeze.
- Keep away from direct sunlight.
- Do not store in the bathroom.
- Do not use after the expiry date stated on the sachet.
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).
- Return all unused medicine to your pharmacist.

#### 6. Contents of the pack and other information:

What WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT contains:

The active substances, per 10 ml sachet, are: Biotin 30 mcg, Vitamin B6 1.7 mg, Vitamin D3 1000 IU, Zinc (as citrate) 25 mg, Folic acid 400 mcg, *Aloe vera* [(Aloe vera), leaf as 15 mg of a 200:1 extract] 15 mg, *Lycium barbarum* [(Goji berry), fruit as 15 mg of a 4:1 extract] 15 mg, *Aspalathus linearis* [(Rooibos), leaf as 7.5 mg standardised to 35% polyphenols] 7.5 mg and *Vaccinium macrocarpon* [(Cranberry), fruit as 30 mg of a 4:1 extract] 30 mg.

The other ingredients are: Water, xanthan gum, citric acid, malic acid, colourant & flavourant.

Preservatives: Sodium benzoate 0.1% m/v and Potassium sorbate 0.01% m/v.

Contains sugars (sorbitol 100 mg & glycerine 0.9 mg) per 10 ml.

Contains sweetener (sucralose 6 mg) per 10 ml.

#### What WELLVITA HAIR, SKIN & NAILS LIQUI-SHOT looks like and contents of the pack

24 x 10 ml sachets are packed into a caddy. The liquid is red with a berry flavour.

#### Applicant of Certificate of Registration:

Alveta Healthcare (Pty) Ltd, 1 Greenwich Grove, Station Road, Rondebosch, 7700. Company registration number:

2004/021899/07. Pharmacy audit number: Y60123.

The leaflet was last revised in: August 2023

Access to the corresponding Professional Information: Professional information is electronically available at [www.wellvita.co.za](http://www.wellvita.co.za) Customer care number: 0861 999 004