

## PROPRIETARY NAME AND DOSAGE FORM

HAIR, SKIN & NAILS (softgel)

## COMPOSITION

Each softgel contains: Active ingredients: Vitamin E 5 IU, Folic acid 400 mcg, Vitamin B12 25 mcg, Biotin 200 mcg, Vitamin B5 25 mg, Calcium carbonate 50 mg, Iron (Ferrous fumarate) 5 mg, Magnesium 30 mg, Zinc 10 mg, Selenium 25 mcg, L-Methionine 25 mg and Omega 3 250 mg.

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

## PHARMACOLOGICAL CLASSIFICATION

D 34.12 Multiple substance formulation.

Discipline: Health supplement.

## INDICATIONS

This product is a daily multivitamin supplement, enriched with vital vitamins, minerals and omega 3 fatty acids. It contributes to the maintenance of healthy hair, skin and nails.

## CONTRA-INDICATIONS

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

## WARNINGS AND SPECIAL PRECAUTIONS

If you suffer from any serious ailments or conditions (such as Leber disease); 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

Take one softgel daily with a meal, or as directed by your healthcare provider.

## SIDE EFFECTS

Side effects can include mild gastrointestinal upset. 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

Brown softgel.

## PRESENTATION

30,60 or 90 Softgels 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.

## NAPPICODE

30's:721453001

60's:721453002

90's:721453003

## 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

April 2017.

## **HANDELSMERKNAAM EN DOSEERVORM**

HAIR, SKIN & NAILS (sagte jel)

## **SAMESTELLING**

Elke sagte jel bevat: Aktiewe bestanddele: Vitamien E 5 IU, Foliensuur 400 mcg, Vitamien B12 25 mcg, Biotien 200 mcg, Vitamien B5 25 mg, Kalsium 50 mg, Yster (fumaraat) 5 mg, Magnesium 30 mg, Sink 10 mg, Selenium 25 mcg, L-Methionine 25 mg en Omega 3 250 mg. \*Sagte jels bevat geen gluteen, preserveermiddels, suiker of laktose nie.

## **FARMAKOLOGIESE KLASSIFIKASIE**

D 34.12 Multibestanddeel formulee.

Dissipline: Gesondheidsaanvulling.

## **INDIKASIES**

Hierdie produk is 'n daaglikse multivitamien aanvulling, versterk met noodsaaklike vitamene, minerale en omega 3 vetsure. Dit help om hare, vel en naels se gesondheid te handhaaf.

## **KONTRA-INDIKASIES**

Vermag as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule, vis of jodium.

## **WAARSKUWINGS EN SPESIALE VOORSORGMAATREËLS**

As jy enige voorgeskrewe medikasie gebruik of aan enige ernstige siektes of toestande (soos bv. Leber's) 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 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**

Neem een sagte jel daaglik met 'n ete, of soos jou geneesheer voorskryf.

## **NEWE-EFFEKTE**

Nuwe-effekte kan ligte gastro-intestinale ongemak 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**

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

## **IDENTIFIKASIE**

Bruin sagte jel.

## **AANBIEDING**

30,60 of 90 Sagte jels 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.

## **NAPPIKODE**

30's:721453001

60's:721453002

90's:721453003

## **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**

April 2017.