

WELLVITA IRON

PROPRIETARY NAME AND DOSAGE FORM

WELLVITA IRON (capsule)

COMPOSITION

Each capsule contains: Active ingredient: Iron bisglycinate chelate 88 mg (equivalent to 24 mg elemental iron).

PHARMACOLOGICAL CLASSIFICATION

D 34.7 Minerals.

Complementary medicine: Health supplement.

INDICATIONS

This product is formulated with iron bisglycinate, a less-constipating form of iron, providing enhanced iron absorption with fewer GI side effects. This essential mineral contributes to normal formation of red blood cells and haemoglobin, reduction of tiredness, fatigue and iron deficiency.

CONTRA-INDICATIONS

Do not use this medicine if you are hypersensitive (allergic) to any of the ingredients in the formulation. Avoid use if you suffer from stomach ulcers, intestinal inflammation (such as ulcerative colitis) or haemoglobin disease (such as thalassemia).

WARNINGS AND SPECIAL PRECAUTIONS

If you suffer from any serious ailments (such as liver or kidney disease) or conditions (such as diabetes or hypothyroidism); or if you are taking any prescribed medication, please check with your healthcare provider before taking this medicine.

- This medicine contains iron and should be kept out of reach of children as an accidental overdose can be fatal. With an overdose (or if an overdose is suspected), please contact your nearest healthcare provider immediately.
- Consult your healthcare provider before using this medicine to confirm that you need iron supplementation and to exclude any underlying causes of iron deficiency.
- 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.
- Porphyrria: 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. Iron can interfere with the amount of medicine that's absorbed from the body. Take iron supplements at least two hours before or two hours after any other medication to avoid any interactions.

DOSAGE AND DIRECTIONS FOR USE

Adults: Take one capsule daily or as directed by your healthcare provider. Iron is best absorbed on an empty stomach. If gastrointestinal side-effects occur, it can be taken with food. Avoid taking with dairy, coffee, tea or cereal or two hours after.

SIDE EFFECTS

Side effects can include stomach upset, stomach pain, constipation, darkening of stool, diarrhoea, nausea, vomiting, metallic taste and 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

Symptoms of overdose include stomach pain, nausea and vomiting (sometimes with blood) resulting in metabolic acidosis and damage to the brain and liver. If overdose is suspected, immediately proceed to the nearest emergency room. 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.

NAME AND BUSINESS ADDRESS OF THE APPLICANT

Alveta Healthcare (Pty) Ltd, Rapha Regimen, 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 September 2020

WELLVITA IRON

HANDELSMERKNAAM EN DOSEERVORM

WELLVITA IRON (kapsule)

SAMESTELLING

Elke kapule bevat: Aktiewe bestanddeel: Yster bisglisinaat chelaat 88 mg (ekwivalent aan 24 mg elementêre yster).

FARMAKOLOGIESE KLASSEFIKASIE

D 34.7 Minerale.

Komplementêre medisyne: Gesondheidsaanvulling.

INDIKASIES

Hierdie produk is geformuleer met yster bisglisinaat, 'n vorm van yster, wat beter absorpsie en minder GI newe-effekte veroorsaak. Hierdie noodsaaklike mineraal dra by tot normale vorming van rooibloedselle en hemoglobien, die vermindering van moegheid, uitputting en ystertekort.

KONTRA-INDIKASIES

Vermyn as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule. Moenie gebruik indien jy 'n maagseer, intestinale inflammasie (soos ulseratiewe kolitis) of enige hemoglobien afwykings (soos talassemie) het nie.

WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

As jy enige voorgeskrewe medikasie gebruik of aan enige ernstige siektes (soos diabetes of hipotireose) of toestande (soos lewer- of nierversaking) ly, raadpleeg jou geneesheer voordat jy hierdie medisyne begin gebruik.

- Hierdie medisyne bevat yster en moet buite bereik van kinders geberg word omdat 'n oordosering moontlik noodlottig kan wees. Indien oordosering vermoed word, kontak onmiddellik jou naaste gesondheidsorg sentrum.
- Raadpleeg jou geneesheer voor gebruik om te bevestig dat jy wel 'n yster aanvulling benodig en om enige ander oorsake vir die yster tekort uit te sluit.
- 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.
- Porfirie: Veiligheid is nie vasgestel nie.

Voedingsaanvullings moet nie 'n gebalanseerde dieët 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 medisyne gebruik, raadpleeg jou geneesheer vir raad. Yster kan die hoeveelheid medisyne wat geabsorbeer word, beïnvloed. Om hierdie rede moet enige yster aanvullings ten minste twee ure voor of twee ure na enige ander medikasie geneem word.

DOSES EN GEBRUIKSAANWYSINGS

Volwassenes: Neem een kapsule daaglik of soos jou geneesheer voorskryf. Yster word beter geabsorbeer op 'n leë maag, maar indien gastro-intestinale newe-effekte ervaar word, kan dit met kos geneem word. Vermyn suiwel, koffie, tee en graan vir ten minste twee ure na die tyd.

NEWE-EFFEKTE

Newe-effekte kan omgekrapte maag, maagpyn, konstipasie, verdonkering van stoelgang, diarree, naarheid, braking, metaalsmaak en hoofpyn insluit. Nie alle newe-effekte is ingesluit in hierdie voubiljet nie. Indien jy enige onaangename newe-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 sluit in: Maagpyn, naarheid en braking (soms is bloed teenwoordig) wat lei tot metaboliese asidose met brein- en lewerskade. Indien oordosering vermoed word, gaan onmiddellik na die naaste ongevalle afdeling. Behandeling is simptomaties en ondersteunend.

IDENTIFIKASIE

Wit kapsule.

AANBIEDING

60 Kapsules is verpak in 'n plastiek houer.

BERGINGSAAWYSINGS

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, Rapha Regimen, Greenwich Grove 1, Station weg, Rondebosch 7700, Maatskappy registrasie nommer 2004/021899/07. Apteek audit nommer: Y53008

DATUM VAN VOUBILJET PUBLIKASIE

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