

MEGA MINERAL COMPLEX



PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

WELLVITA® MEGA MINERAL COMPLEX FILM-COATED TABLETS
Sugar free

Category D 34.7 - Minerals

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 MEGA MINERAL COMPLEX is available without a doctor's prescription for you to maintain your health. Nevertheless you still need to use WELLVITA MEGA MINERAL COMPLEX carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share WELLVITA MEGA MINERAL COMPLEX 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 MEGA MINERAL COMPLEX is and what it is used for
2. What you need to know before you take WELLVITA MEGA MINERAL COMPLEX
3. How to take WELLVITA MEGA MINERAL COMPLEX
4. Possible side effects
5. How to store WELLVITA MEGA MINERAL COMPLEX
6. Contents of the pack and other information

1. What WELLVITA MEGA MINERAL COMPLEX is and what it is used for:

WELLVITA MEGA MINERAL COMPLEX is a perfectly balanced blend of eleven essential minerals formulated for multiple overall health benefits such as immune support, blood chemistry and healthy nervous system function.

2. What you need to know before you use WELLVITA MEGA MINERAL COMPLEX:

Do not take WELLVITA MEGA MINERAL COMPLEX:

- If you are hypersensitive (allergic) to any of the ingredients (including excipients) in the formulation listed in section 6;
- 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 MEGA MINERAL COMPLEX:

- If you are taking any prescribed medication (including levothyroxine, penicillamine and amiodarone);
 - If you are taking medication for diabetes as MEGA MINERAL COMPLEX can interfere with blood sugar levels;
 - If you suffer from auto-immune diseases (such as rheumatoid arthritis, lupus, multiple sclerosis, etc.) or HIV as certain minerals might stimulate the immune system;
 - If you have kidney or liver problems;
 - When you suffer from any serious ailments or conditions (such as porphyria, diabetes, thyroid disorders, Wilsons disease, liver problems or kidney ailments);
- Consult your healthcare provider before taking this medicine.

Other medicines and WELLVITA MEGA MINERAL COMPLEX:

Always tell your health care provider if you are taking any other medicine (including warfarin) before taking this medicine. This includes all complementary or traditional medicines. Speak to your healthcare provider if you are taking medication for your thyroid, diabetes, certain antibiotics (such as penicillamine or quinolones), immune suppressants or amiodarone.

WELLVITA MEGA MINERAL COMPLEX with food:

Tablets can be taken with or without food.

Pregnancy and breastfeeding:

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before taking this medicine.

Driving and using machinery:

It is not always possible to predict to what extent WELLVITA MEGA MINERAL COMPLEX 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 MEGA MINERAL COMPLEX affects them.

3. How to take WELLVITA MEGA MINERAL COMPLEX:

Do not share medicines prescribed for you with any other person. Always take WELLVITA MEGA MINERAL COMPLEX 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 tablet daily.

- Take the tablet with a glass of water without regards to a meal.
- Do not exceed the recommended dose.
- Take your tablet at the same time each day for the best results. It will also help you remember when to take the tablet.
- To open the container, push down on the child proof lid and turn as illustrated on the lid.

If you take more WELLVITA MEGA MINERAL COMPLEX 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 MEGA MINERAL COMPLEX:

Always take WELLVITA MEGA MINERAL COMPLEX 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 MEGA MINERAL COMPLEX can have side effects. Not all side effects reported for WELLVITA MEGA MINERAL COMPLEX are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking WELLVITA MEGA MINERAL COMPLEX, please consult your doctor, pharmacist or other health care provider for advice.

If any of the following happens, stop taking WELLVITA MEGA MINERAL COMPLEX 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 and you may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

- Stomach upset;
- Vomiting;
- Headache.

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

Reporting 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 MEGA MINERAL COMPLEX.

5. How to store WELLVITA MEGA MINERAL COMPLEX:

- 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.
- Keep the container tightly closed.
- Do not store in the bathroom.
- Do not use after the expiry date stated on the container.
- 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 MEGA MINERAL COMPLEX contains:

The active substances, per tablet, are: Boron (as amino acid chelate) 1.5 mg, Calcium (as carbonate) 100 mg, Chromium (as amino acid chelate) 35 mcg, Copper (as sulphate) 0.9 mg, Iodine (as potassium iodide) 150 mcg, Iron (electrolytic) 18 mg, Magnesium (as oxide) 100 mg, Manganese (as sulphate) 2.3 mg, Molybdenum (as amino acid chelate) 45 mcg, Selenium (as amino acid chelate) 55 mcg and Zinc (as oxide) 11 mg.

The other ingredients: Polyethylene glycol, microcrystalline cellulose, magnesium stearate, silicon dioxide and coating.

Contains no sugar.

What WELLVITA MEGA MINERAL COMPLEX looks like and contents of the pack:

30 Tablets are packed in a plastic container. The tablets are white.

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. Customer care number: 0861 999 004

MEGA MINERAL COMPLEX



PASIËNTINLIGTINGSBLAD:
SKEDULERINGSSTATUS: S0
WELLVITA® MEGA MINERAL COMPLEX FILMBEDEKTE TABLETTE
Suikervry

Kategorie D 34.7 - Minerale
Komplementêre medisyne - Gesondheidsaanvulling
Hierdie ongeregistreerde medisyne is nie deur die SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.

Lees hierdie voubiljet deeglik want dit bevat belangrike inligting vir jou.

WELLVITA MEGA MINERAL COMPLEX is beskikbaar sonder 'n voorskrif om 'n geringe kwaal te behandel. Maar jy moet nogsteeds WELLVITA MEGA MINERAL COMPLEX versigtig gebruik om die beste resultate te verkry.

- Hou hierdie voubiljet; jy mag dit dalk weer moet lees.
- Moenie WELLVITA MEGA MINERAL COMPLEX deel met enige ander persoon nie.
- Vra jou apteker of gesondheidsorg verskaffer indien jy meer inligting of advies benodig.

Wat is in hierdie inligtingsblad

1. Wat WELLVITA MEGA MINERAL COMPLEX is en waarvoor dit gebruik word
2. Wat jy moet weet voordat jy WELLVITA MEGA MINERAL COMPLEX begin gebruik
3. Hoe om WELLVITA MEGA MINERAL COMPLEX te gebruik
4. Moontlike nuwe-effekte
5. Hoe om WELLVITA MEGA MINERAL COMPLEX te bêre
6. Inhoud van die verpakking en meer inligting

1. Wat WELLVITA MEGA MINERAL COMPLEX is en waarvoor dit gebruik word:

WELLVITA MEGA MINERAL COMPLEX is 'n perfek gebalanseerde mengsel van elf noodsaaklike minerale, geformuleer vir verskeie algemene gesondheidsvoordele soos immuunondersteuning, bloedchemie en gesonde senuweestelsel funksie.

2. Wat jy moet weet voordat jy WELLVITA MEGA MINERAL COMPLEX begin gebruik:

Moenie WELLVITA MEGA MINERAL COMPLEX gebruik:

- As jy hipersensitief (allergies) is vir enige van die bestanddele (insluitend onaktiewe bestanddele) in die formulering gelys in afdeling 6 nie;
- Indien jy swanger is of borsvoed nie;
- In kinders nie, tensy onder mediese toesig.

Waarskuwings en voorsorgmaatreëls:

Spesiale sorg moet geneem word met WELLVITA MEGA MINERAL COMPLEX:

- As jy enige voorgeskrewe medikasie gebruik (insluitend levotiroksien, amiodaron en penisiellamien);
 - As jy aan outo-immuun siektes (soos lupus, rumatoïede artritis, multiple sklerosis, ens.) of MIV ly, aangesien hierdie medisyne die immuunstelsel meer aktief kan maak;
 - As jy medikasie neem vir diabetes aangesien dit met bloedsuikervlakke kan inmeng;
 - As jy nier- of leverprobleme het;
 - Wanneer jy aan enige ernstige kwale of toestande ly (soos porfirie, diabetes, skildklierafwykings, Wilson's siekte, leverprobleme of nierkwale);
- Raadpleeg u gesondheidsorgverskaffer voordat u hierdie medisyne gebruik.

Ander medisyne en WELLVITA MEGA MINERAL COMPLEX:

Lig altyd jou gesondheidsorgverskaffer in as jy enige ander medisyne (insluitend warfarin) neem voordat jy hierdie medisyne neem. Dit sluit alle komplementêre of tradisionele medisyne in. Praat met jou gesondheidsorgverskaffer as jy medikasie neem vir jou skildklier, diabetes, sekere antibiotika (soos penisillamien of kinolone), immuunonderdrukkers of amiodaron.

WELLVITA MEGA MINERAL COMPLEX met kos:

Tablette kan met of sonder kos geneem word.

Swangerskap, borsvoeding en vrugbaarheid:

As jy swanger is of borsvoed, dink jy is dalk swanger of beplan om 'n baba te hê, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat jy hierdie medisyne gebruik.

Bestuur en gebruik van masjinerie:

Dit is nie altyd moontlik om te voorspel tot watter mate WELLVITA MEGA MINERAL COMPLEX met daaglikse aktiwiteite van 'n pasiënt kan inmeng nie. Pasiënte moet verseker dat hulle nie betrokke raak by aktiwiteite wat geestelike waaksaamheid, oordeel en/of gesonde koördinasie en visie vereis nie, bv. ry, vlieg, seil, bestuur van masjien en / of toerusting, totdat hulle weet tot watter mate WELLVITA MEGA MINERAL COMPLEX hulle beïnvloed.

3. Hoe om WELLVITA MEGA MINERAL COMPLEX te gebruik:

Moenie medisyne wat vir jou voorgeskryf is met enige ander persoon deel nie. Neem WELLVITA MEGA MINERAL COMPLEX altyd presies soos voorgeskryf in die pamflet of soos jou dokter, apteker of ander gesondheidsorgverskaffer jou aanbeveel het om dit te gebruik. Raadpleeg jou dokter, apteker of ander gesondheidsorgverskaffer indien jy onseker is. Die gewone dosis vir volwassenes is een tablet per dag.

- Neem die tablet met 'n glas water sonder inagneming van 'n maaltyd.
- Moenie die aanbevole dosis oorskry nie.
- Neem jou tablet elke dag op dieselfde tyd vir die beste resultate. Dit sal jou ook help om te onthou wanneer om die tablet te neem.
- Om die houër oop te maak, druk af op die deksel en draai terselfdertyd soos geïllustreer bo-op die deksel.

As jy meer WELLVITA MEGA MINERAL COMPLEX neem as wat jy moes:

In die geval van oordosis, raadpleeg dadelik jou dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifinligtingsentrum.

As jy vergeet om WELLVITA MEGA MINERAL COMPLEX te neem:

Neem altyd WELLVITA MEGA MINERAL COMPLEX soos voorgeskryf. As jy 'n dosis mis, neem dit so gou as moontlik. As jy nie die gemiste dosis onthou totdat dit tyd is vir die volgende dosis nie, slaan die gemiste dosis oor en gaan aan met jou normale doseringskedule. Moenie 'n dubbele dosis neem om vergete individuele dosisse in te haal nie.

4. Moontlike nuwe-effekte:

WELLVITA MEGA MINERAL COMPLEX kan nuwe-effekte hê. Nie alle nuwe-effekte is in die voubiljet ingesluit nie. Indien jy enige onaangename nuwe-effekte ervaar of voel dat jou algemene gesondheid verswak, hou onmiddellik op om die produk te gebruik en kontak jou geneesheer.

As jy enige van die volgende simptome ervaar, hou onmiddellik op om WELLVITA MEGA MINERAL COMPLEX te gebruik en kontak dadelik jou dokter of gaan na die ongevalle afdeling van die naaste hospitaal:

- Swelling van hande, voete, enkels, gesig, lippe, keel of mond wat dit moeilik maak om te sluk of asem te haal;
- Flou val.

Hierdie is alles ernstige nuwe-effekte en jy mag dringend hulp benodig.

Rapporteer die volgende nuwe-effekte aan jou geneesheer:

- Omgekeerde maag;
- Braking;
- Hoofpyn.

Indien jy enige nuwe-effekte opmerk wat nie in hierdie inligtingsblad genoem word nie, stel asseblief jou dokter of apteker in kennis.

Rapportering van nuwe-effekte:

As jy nuwe-effekte kry, praat met jou gesondheidsorgverskaffer. Jy kan ook nuwe-effekte aan SAHPRA rapporteer via die "6.04 Adverse Drug Reaction Reporting Form", aanlyn gevind onder SAHPRA publikasies: <https://www.sahpra.org.za/Publications/Index/8>. Deur nuwe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van WELLVITA MEGA MINERAL COMPLEX te verskaf.

5. Hoe om WELLVITA MEGA MINERAL COMPLEX te bêre:

- Berg alle medisyne buite bereik van kinders.
- Berg in 'n koel, droë plek onder 25°C.
- Moenie die medisyne vries nie.
- Hou weg van direkte sonlig.
- Hou die houër dig toe.
- Moenie in die badkamer bêre nie.
- Moenie gebruik na die vervaldatum op die produk nie.
- Moenie ongebruikte medisyne in die drein gooi nie (bv. in die toilet).
- Bring alle ongebruikte medisyne na jou apteker toe.

6. Inhoud van die verpakking en meer inligting:

Wat WELLVITA MEGA MINERAL COMPLEX bevat:

Die aktiewe bestanddele, per tablet, is: Boor (as aminosuurchelaat) 1.5 mg, Kalsium (as karbonaat) 100 mg, Chroom (as aminosuurchelaat) 35 mcg, Koper (as sulfaat) 0.9 mg, Jodium (as kaliumjodied) 150 mcg, Yster (elektrolities) 18 mg, Magnesium (as oksied) 100 mg, Mangaan (as sulfaat) 2.3 mg, Molibdeen (as aminosuurchelaat) 45 mcg, Selenium (as aminosuurchelaat) 55 mcg en Sink (as oksied) 11 mg.

Die ander bestanddele is: Poliëteenglikol, mikrokristallyne sellulose, magnesiumstearaat, silikondioksied en deklaag. Bevat geen suiker nie.

Hoe lyk WELLVITA MEGA MINERAL COMPLEX en inhoud van die verpakking

30 Filmbedekte tablette word in 'n plastiekhouer verpak. Die tablette is wit.

Aansoeker van Sertifikaat van Registrasie:

Alveta Healthcare (Pty) Ltd, Greenwich Grove 1, Stasieweg, Rondebosch, 7700. Maatskappyregistrasienommer: 2004/021899/07. Apteek ouditnommer: Y60123.

Die pamflet is laas hersien in: Augustus 2023

Toegang tot die ooreenstemmende professionele inligting:

Professionele inligting is elektronies beskikbaar by www.wellvita.co.za. Kliëntediensnommer: 0861 999 004