

MULTIVITAMIN LIQUI-SHOT



PATIENT INFORMATION LEAFLET SCHEDULING STATUS: S0

WELLVITA® MULTIVITAMIN LIQUI-SHOT 10 ml SACHETS (LIQUID)
Contains sugars & sweetener

Category D 34.12 Multiple substance formulation
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 MULTIVITAMIN LIQUI-SHOT is available without a doctor's prescription for you to maintain your health. Nevertheless you still need to use WELLVITA MULTIVITAMIN LIQUI-SHOT carefully to get the best results from it.

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

1. What WELLVITA MULTIVITAMIN LIQUI-SHOT is and what it is used for:

WELLVITA MULTIVITAMIN LIQUI-SHOT is formulated with essential vitamins and minerals that help maintain good health and overall well-being. This perfectly balanced formulation provides 100% recommended daily intake of nutrients that suffices for adults' nutritional requirements and supports their busy lifestyle. Each 10 ml tropical flavoured syrup is packed in a convenient daily sachet, ideal to use on-the-go.

2. What you need to know before you use WELLVITA MULTIVITAMIN LIQUI-SHOT:

Do not take WELLVITA MULTIVITAMIN LIQUI-SHOT:

- 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 MULTIVITAMIN LIQUI-SHOT:

- If you are taking any prescribed medication;
 - When you suffer from any serious ailments or conditions (such as porphyria);
- Consult your healthcare provider before taking this medicine.

Other medicines and WELLVITA MULTIVITAMIN LIQUI-SHOT:

Always tell your healthcare provider if you are taking any other medicine (including warfarin). This includes all complementary or traditional medicines. Always read the labels of all supplements as they can contain the same ingredients.

WELLVITA MULTIVITAMIN 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, please consult your doctor, pharmacist or other health care provider for advice before taking this medicine.

Driving and using machines:

It is not always possible to predict to what extent WELLVITA MULTIVITAMIN 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, sailing, operating machines / equipment until they are aware of the measure to which WELLVITA MULTIVITAMIN LIQUI-SHOT affects them.

3. How to take WELLVITA MULTIVITAMIN LIQUI-SHOT:

Do not share medicines prescribed for you with any other person. Always take WELLVITA MULTIVITAMIN LIQUI-SHOT exactly as described in the leaflet or as your doctor, pharmacist or other healthcare provider has told you to use it. You should check with your doctor, pharmacist or other healthcare 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 MULTIVITAMIN 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 MULTIVITAMIN LIQUI-SHOT:

Always take WELLVITA MULTIVITAMIN 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 MULTIVITAMIN LIQUI-SHOT can have side effects. Not all side effects reported for WELLVITA MULTIVITAMIN LIQUI-SHOT are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking WELLVITA MULTIVITAMIN LIQUI-SHOT, please consult your doctor, pharmacist or other healthcare provider for advice. If you experience any of the following symptoms, you must stop using WELLVITA MULTIVITAMIN LIQUI-SHOT and contact your doctor immediately or go to the emergency department of the nearest hospital:

- Swelling of hands, feet, ankles, face, lips, throat or mouth that makes it difficult to swallow or breathe;
- Fainting.

These are all serious side effects and you may need urgent help.

Report the following side effects to your healthcare provider:

- Upset stomach;
- Nausea;
- 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 healthcare 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 MULTIVITAMIN LIQUI-SHOT.

5. How to store WELLVITA MULTIVITAMIN 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 MULTIVITAMIN LIQUI-SHOT contains:

The active substances, per 10 ml sachet, are: Vitamin B1 1.2 mg, Vitamin B2 1.3 mg, Vitamin B3 (niacinamide) 16 mg, Vitamin B5 (calcium d-pantothenate) 5 mg, Vitamin B6 1.7 mg, Vitamin B12 2.4 mcg, Biotin 30 mcg, Folic acid 400 mcg, Vitamin D3 600 IU, Boron (as amino acid chelate) 1.5 mg, Chromium (as amino acid chelate) 35 mcg, Copper (as amino acid chelate) 900 mcg, Iodine (as potassium iodide) 150 mcg, Manganese (as amino acid chelate) 2.3 mg, Molybdenum (as amino acid chelate) 45 mcg and Selenium (as amino acid chelate) 55 mcg.

The other ingredients are: Water, xanthan gum, citric 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 12 mg) per 10 ml.

What WELLVITA MULTIVITAMIN LIQUI-SHOT looks like and contents of the pack

24 x 10 ml sachets are packed into a caddy. The liquid is yellow with a tropical 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 Customer care number: 0861 999 004