

WELLVITA MULTIVITAMIN MEN

PROPRIETARY NAME AND DOSAGE FORM

WELLVITA MULTIVITAMIN MEN (softgel)

COMPOSITION

Each softgel contains: Active ingredients: Ascorbic acid 60 mg, Biotin 0,2 mg, Calcium 80 mg, Cholecalciferol 200 IU, Copper 2 mg, Cyanocobalamin 10 mcg, d-alpha-tocopheryl 13 IU, Folic acid 0,14 mg, Iron 10 mg, Lecithin 66 mg, Manganese 4 mg, Nicotinamide 18 mg, *Panax ginseng* root 200 mg, Pyridoxine 2 mg, Riboflavin 2 mg, Selenium 20 mcg, Thiamine 2 mg, Vitamin A 4000 IU and Zinc 1 mg.

PHARMACOLOGICAL CLASSIFICATION

D 34.12 Multiple substance formulation.

Complementary medicine: Combination product-Western herbal.

INDICATIONS

This product is a daily multivitamin supplement, enriched with vital vitamins, minerals and ginseng, that can help meet the body's nutritional requirements and maintain good health, especially during times of physical and mental stress.

CONTRA-INDICATIONS

Do not use this medicine if you are hypersensitive (allergic) to any of the ingredients in the formulation. Not suitable for children younger than 12 years, unless under medical supervision.

WARNINGS AND SPECIAL PRECAUTIONS

If you suffer from any serious ailments or conditions; or if you are taking any prescribed medication, please check with your healthcare provider before taking this medicine.

- Use under medical supervision if you suffer from diabetes, mental illness, hypertension, insomnia, arrhythmias or any immune disease.
- 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. It is unlikely to cause drowsiness.
- 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

This medicine is indicated for men.

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. If you are taking herbs and supplements that might increase the risk of bleeding (such as *Ginkgo biloba* and garlic), anticoagulant or antiplatelet medication (such as aspirin, warfarin, heparin or clopidogrel) and/or non-steroidal anti-inflammatory medications (such as ibuprofen or naproxen), please check with your healthcare provider before taking this medicine. Do not use this medicine if you are taking MAO's (monoamine oxidase inhibitor drugs).

DOSAGE AND DIRECTIONS FOR USE

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

SIDE EFFECTS

Side effects can include insomnia, skin rash, nausea, vomiting and upset stomach. 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

In case of an overdose, or if an overdose is suspected, contact your healthcare provider immediately. Treatment is symptomatic and supportive.

IDENTIFICATION

Brown softgel.

PRESENTATION

30 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.

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

1 September 2020.

Bp

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

WELLVITA MULTIVITAMIN MEN

HANDELSMERKNAAM EN DOSEERVORM
WELLVITA MULTIVITAMIN MEN (sagte jel)

SAMESTELLING

Elke sagte jel bevat: Aktiewe bestanddele: Askorbiensuur 60 mg, Biotien 0,2 mg, Kalsium 80 mg, Cholecalciferol 200 IU, Koper 2 mg, Cyanocobalamien 10 mcg, d-alpha-tocopheryl 13 IU, Foliensuur 0,14 mg, Yster 10 mg, Lesitien 66 mg, Mangaan 4 mg, Nikotinamied 18 mg, *Panax ginseng* wortel 200 mg, Piridoksien 2 mg, Riboflaviën 2 mg, Selenium 20 mcg, Thiamien 2mg, Vitamien A 4000 IU en Sink 1 mg.

FARMAKOLOGIESE KLASSEKASIE

D 34.12 Multibestanddeel formule.
Komplementêre medisyne: Kombinasie produk-Westerse kruie.

INDIKASIES

Hierdie produk is 'n daaglikse multivitamien aanvulling, versterk met noodsaaklike vitamien, minerale en ginseng, wat kan help om aan die liggaam se voedingsbehoefes te voldoen en goeie gesondheid te handhaaf, veral gedurende tye van fisiese- en geestelike spanning.

KONTRA-INDIKASIES

Vermyn as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule. Dit is nie geskik vir kinders jonger as 12 jaar nie, behalwe onder die toesig van 'n geneesheer.

WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

As jy enige voorgeskrewe medikasie gebruik of aan enige ernstige siektes of toestande ly, raadpleeg jou geneesheer voordat jy hierdie medisyne begin gebruik.

- Gebruik onder mediese toesig indien jy ly aan diabetes, geestes verstourings, hipertensie, slaaploosheid, aritmieë of immuun verstourings.
- 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. Dis onwaarskynlik dat dit lomerigheid gaan veroorsaak.
- 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

Hierdie medisyne is bedoel vir mans.

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. Indien jy kruie of aanvullings gebruik wat die risiko van bloeding verhoog (soos *Ginkgo biloba* of knoffel), stollingsteemiddels of bloedverduunningsmedikasie (soos aspirien, warfariën, heparien of klopidogrel) of nie-steroidale anti-inflammatoriese medikasie (soos ibuprofen of naproksen), raadpleeg eers 'n geneesheer voordat jy die medikasie gebruik. Moenie hierdie medisyne gebruik indien jy op enige MAOI's (mono-amien oksidase inhibeerders) is nie.

DOSES EN GEBRUIKSAANWYSINGS

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

NEWE-EFFEKTE

Nuwe-effekte kan slaaploosheid, veluitslag, naarheid, braking en omgekrapte maag 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

In geval van oordosering, of indien oordosering vermoed word, kontak jou geneesheer onmiddellik. Behandeling is simptomaties en ondersteunend.

IDENTIFIKASIE

Bruin sagte jel.

AANBIEDING

30 Sagte jels verpak in 'n plastiek houër.

BERGINGSANWYSINGS

Berg alle medisyne buite bereik van kinders. Berg in 'n koel, droë plek onder 25 °C en hou weg van direkte sonlig. Hou die houër dig toe.

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

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