WELLVITA MULTIVITAMIN WOMEN (softgel)

PROPRIETARY NAME AND DOSAGE FORM
WELLVITA MULTIVITAMIN WOMEN (softgel)

COMPOSITION
Each softgel contains: Active ingredients: Vitamin A 4000 IU, Vitamin B1 2 mg, Vitamin B2 2 mg, Vitamin B3 (nicotinamide) 18 mg, Vitamin B6 2 mg, Vitamin B9 0,14 mg, Vitamin B12 10 mcg, Vitamin C (ascorbic acid) 60 mg, Vitamin D3 200 IU, Vitamin E 13 IU, Vitamin H 0,2 mg, Calcium 80 mg, Copper 2 mg, Iron 10 mg, Manganese 4 mg, Selenium 20 mcg, Zinc 1 mg, Lecithin 66 mg and *Panax ginseng* root extract (5:1) 40 mg.

PHARMACOLOGICAL CLASSIFICATION
D 34.12 Multiple substance formulation.
Complementary medicine: Combination product-Western herbal.

INDICATIONS
This product is a daily multivitamin supplement, enhanced with essential vitamins and minerals, that can help meet the body’s nutritional requirements and maintain good health.

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
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. 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 MAOI’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 WOMEN (sagtejel)

HANDELSMERKNAAM EN DOSEERVORM
WELLVITA MULTIVITAMIN WOMEN (sagte jel)

SAMESTELLING
Elke sagte jel bevat: Aktiewe bestanddele: Vitamien A 4000 IU, Vitamien B1 2mg, Vitamien B2 2 mg, Vitamien B3 (nikotienamied) 18 mg, Vitamien B6 2 mg, Vitamien B9 0,14 mg, Vitamien B12 10 mcg, Vitamien C (askorbiensuur) 60 mg, Vitamien D3 200 IU, Vitamien E 13 IU, Vitamien H 0,2 mg, Kalsium 80 mg, Koper 2 mg, Yster 10 mg, Manganese 4 mg, Selenium 20 mcg, Sink 1 mg, Lesitien 66 mg en *Panax ginseng* wortelekstrak (5:1) 40 mg.

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

INDIKASIES
Hierdie produk is 'n daaglikse multivitamien aanvulling, versterk met noodsaaklike vitamiene en minerale, wat kan help om aan die liggaam se voedingsbehoeftes te voldoen en goeie gesondheid te handhaaf.

KONTRA-INDIKASIES
Vermy 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 VOORSORGMAATREËLS
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 versteurings, hipertensie, slaaploosheid, aritmieë of immuun versteurings.
- 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. Dis onwaarskynlik dat dit lomerigheid gaan veroorsaak.
- 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 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. Indien jy kruie of aanvullings gebruik wat die risiko van bloeding verhoog (soos *Ginkgo biloba* of knoffel), stollingsteenmiddels of bloedverdunningsmedikasie (soos aspirien, warfarien, heparien of klopidogrel) of nie-steroïdale 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.

DOSIS EN GEBRUIKSAANWYSINGS
Volwassenes: Neem een sagte jel daagliks met 'n ete, of soos jou geneesheer voorskryf.

NEWE-EFFEKTE
Newe-effekte kan slaaploosheid, veluitslag, naarheid, braking en omgekrapte maag insluit. Sommige aangemelde newe-effekte is nie in hierdie voubiljet ingesluit 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
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 houer.

BERGINGSAANWYSINGS
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, Greenwich Grove 1, Station weg, Rondebosch, 7700. Maatskappy registrasie nommer: 2004/021899/07. Apteek oudit nommer: Y53008.

DATUM VAN VOUBILJET PUBLIKASIE
1 September 2020.

Hierdie ongeregistreerde medisyne is nie deur die
SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.