WELLVITA OMEGA 3&6

PROPRIETARY NAME AND DOSAGE FORM
WELLVITA OMEGA 3 & 6 (softgel)

COMPOSITION
Each softgel contains: Active ingredients: Fish oil 500 mg [of which EPA (eicosapentaenoic acid) 90 mg and DHA (docosahexaenoic acid) 60 mg], Evening primrose oil 10% 500 mg [of which Omega 6 (gamma-linolenic acid) 50 mg].

PHARMACOLOGICAL CLASSIFICATION
D 34.6: Fats, oils and fatty acids.
Complementary medicine - Health supplement.

INDICATIONS
This product is a source of fatty acids, which are vital nutrients for anyone with poor eating habits.

CONTRA-INDICATIONS
Do not use this medicine if you are hypersensitive (allergic) to any of the ingredients in the formulation, fish or iodine. Use under medical supervision if you have high triglycerides. 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 (such as liver disease or diabetes); or if you are taking any other medication (including blood pressure medication or blood thinning medication), please check with your healthcare provider before taking this medicine.

- This medicine might slow blood clotting and should be used cautiously with any other blood thinning medication. Discontinue use at least two weeks prior to any scheduled surgery.
- This medicine might also alter blood pressure and should be use under medical supervision if you suffer from high blood pressure.
- No studies on the effect on the ability to drive and used 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 taking herbs and supplements that may increase the risk of bleeding (such as *Ginkgo biloba* or garlic), anticoagulant or antiplatelet medication (such as aspirin, warfarin, heparin or clopidogrel) and/or non-steriodal anti-inflammatory medications (such as ibuprofen or naproxen), please check with your healthcare provider before taking this medicine. This medicine might also lower your blood pressure and should be used cautiously with blood pressure medication.

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 fishy aftertaste, fishy breath, stomach upset, loose stools and nausea. 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
Yellow softgel.

PRESENTATION
30,60,90 or 120 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 OMEGA 3&6

HANDELSMERKNAAM EN DOSEERVORM
WELLVITA OMEGA 3 & 6 (sagte jel)

SAMESTELLING
Elke sagte jel bevat: Aktiewe bestanddele: Visolie 500 mg [waarvan EPA (eicosapentaënoësuur) 90 mg en DHA (dokosahexaënoësuur) 60 mg], Evening primrose oil 10% 500 mg [waarvan Omega 6 (gamma-linoleensuur) 50 mg].

FARMAKOLOGIESE KLASSIFIKASIE
D 34.6: Vette, olies en vetsure.
Komplementêre medisyne - Gesondheidsaanvulling.

INDIKASIES
Hierdie produk is 'n bron van vetsure, wat noodsaaklike nutriënte is vir enigeen met swak eetgewoontes.

KONTRA-INDIKASIES
Vermy as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule, vis of jodium. Gebruik onder mediese toesig indien jy hoë trigliseriede het. 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 (insluitend bloeddrukmedikasie of bloedverdunningsmedikasie) gebruik of aan enige ernstige siektes of toestande (soos lewersiektes of diabetes) ly, raadpleeg jou geneesheer voordat jy hierdie medisyne begin gebruik.

- Hierdie medisyne kan moontlik bloedstolling vertraag en moet omsigtig gebruik word saam met bloedverdunningsmedikasie. Staak gebruik ten minste twee weke voor enige geskeduleerde sjirurgie.
- Hierdie medisyne kan ook moontlik bloeddruk beïnvloed en moet onder mediese toesig gebruik word indien jy aan hipertensie ly.
- 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 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. Hierdie medisyne kan ook moontlik bloeddruk verlaag en moet met omsigtigheid gebruik word indien bloeddrukmedikasie gebruik word.

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

NEWE-EFFEKTE
Newe-effekte kan viserige nasmaak, viserige asem, omgekrapte maag, los stoelgang en naarheid 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
Geel sagte jel.

AANBIEDING
30,60,90 of 120 Sagte jels is 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.