

WELLVITA POWER PACK 50 PLUS MULTIVIT + CALCIUM

PROPRIETARY NAME AND DOSAGE FORM

WELLVITA® CALCIUM COMPLEX (tablet)
WELLVITA® MULTIVITAMIN 50 PLUS (softgel)

COMPOSITION

Wellvita® Calcium Complex: Each tablet contains: Active ingredients: Calcium carbonate 1388 mg (equivalent to 500 mg elemental calcium), magnesium oxide 166 mg (equivalent to 100 mg elemental magnesium) and vitamin D3 400 IU.

Wellvita® Multivitamin 50 Plus: Each softgel contains: Active ingredients: Vitamin A 1200 IU, Vitamin B2 5 mg, Vitamin B3 (Nicotinamide) 10 mg, Vitamin B6 5 mg, Vitamin B9 500 mcg, Vitamin B12 5 mcg, Vitamin C 100 mg, Vitamin D 120 IU, Vitamin E 10 IU, Calcium 80 mg, Copper 0,5 mg, Magnesium 20 mg, Selenium 25 mcg, Zinc 3 mg, DHA 47 mg, EPA 31 mg, Rutin 10 mg, Beta Carotene 555 IU, L-Carnitine 5 mg, Lecithin 50 mg, Lutein 0,75 mg and Zeaxanthin 0,25 mg.

PHARMACOLOGICAL CLASSIFICATION

Wellvita® Calcium Complex:
D34.12: Multiple substance formulation.
Complementary medicine: Health supplement.

Wellvita® Multivitamin 50 Plus:
D 34.12 Multiple substance formulation.
Complementary medicine - Health supplement.

INDICATIONS

Wellvita® Calcium Complex: Calcium is a mineral that's well-known for its key role in bone health. Wellvita® Calcium Complex provides daily calcium essential for maintenance of strong bones. It's especially formulated with magnesium and vitamin D3 to help with calcium absorption.

Wellvita® Multivitamin 50 Plus: This product is a daily multivitamin supplement, enhanced with essential vitamins, minerals and omega 3 fatty acids, that can help meet the nutritional requirements of adults over fifty, and help them maintain good health.

CONTRA-INDICATIONS

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

WARNINGS AND SPECIAL PRECAUTIONS

If you suffer from any serious ailments or conditions (such as Leber's disease); or if you are taking any prescribed medication, please check with your healthcare provider before taking this medicine.

- Use under medical supervision if you have just received a coronary stent.
- Use under medical supervision if you suffer from renal or heart disease.
- No studies on the effect on the ability to drive and use machines have been performed. Please exercise care when driving or operating 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 (including digoxin and calcium channel blockers) regularly, including complementary or traditional medicines, or start taking any additional medicines while taking this medicine, consult your healthcare provider for advice. This medicine can affect the absorption of certain medicines like antibiotics. Consult your healthcare provider for more information.

DOSAGE AND DIRECTIONS FOR USE

Adults:

Wellvita® Calcium Complex: Take one tablet a day, or as directed by your healthcare provider.
Wellvita® Multivitamin 50 Plus: Take one softgel daily with a meal, or as directed by your healthcare provider.

SIDE EFFECTS

Wellvita® Calcium Complex: Side effects can include nausea, vomiting and diarrhoea.
Wellvita® Multivitamin 50 Plus: Side effects can include 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

Wellvita® Calcium Complex: White tablet.
Wellvita® Multivitamin 50 Plus: Brown softgel.

PRESENTATION

30 Tablets and 30 softgels are packed in separate plastic containers. The 2 containers are packed into a unit carton.

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.

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: Y60123.

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