

WELLVITA POWER PACK ADULT PLUS MULTIVIT + VITAMIN C

PROPRIETARY NAME AND DOSAGE FORM

WELLVITA® VITAMIN C (capsule)

WELLVITA® MULTIVITAMIN ADULT PLUS (tablet)

COMPOSITION

Wellvita® Vitamin C: Each capsule contains: Active ingredient: Vitamin C (ascorbic acid) 1 000 mg.

Wellvita® Multivitamin Adult Plus: Each tablet contains: Active ingredients: Vitamin A 3500 IU, Vitamin B1 1.2 mg, Vitamin B2 2 mg, Vitamin B3 (nicotinamide) 20 mg, Vitamin B5 6 mg, Vitamin B6 3 mg, Vitamin B7 (biotin) 80 mcg, Vitamin B9 (folic acid) 200 mcg, Vitamin B12 1.5 mcg, Vitamin D3 200 IU, Vitamin E 15 IU, Vitamin K1 20 mcg, Calcium 99.8 mg, Chromium 50 mcg, Copper 0.5 mg, Iodine 100 mcg, Iron 15 mg, Magnesium 75 mg, Manganese 1.9 mg, Molybdenum 45 mcg, Phosphorous 59.4 mg, Selenium 35 mcg, Zinc 6 mg, Astaxanthin 2 mg, Hesperidin (from citrus bioflavonoids) 5 mg, Lutein (from marigold) 2 mg, Quercetin 5 mg and Rutin 5 mg.

PHARMACOLOGICAL CLASSIFICATION

Wellvita® Vitamin C:

D 34.11 Vitamins

Complementary medicine - Health supplement

Wellvita® Multivitamin Adult Plus:

D 34.12: Multisubstance formulation.

Complementary medicine: Health supplement.

INDICATIONS

Wellvita® Vitamin C: Vitamin C is an essential element to maintaining good health. It contributes to collagen formation for the normal function of gums, teeth, skin and cartilage while also maintaining normal immune system function during and after intense physical stress.

Wellvita® Multivitamin Adult Plus: It is a daily multivitamin supplement formulated with essential vitamins, minerals and antioxidants that help maintain good health and overall well-being. This all-inclusive, one-a-day formulation suffices for adults' daily nutritional requirements and supports their busy lifestyle.

CONTRA-INDICATIONS

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

WARNINGS AND SPECIAL PRECAUTIONS

If you suffer from any serious ailments (such as kidney stones) or conditions (such as blood-iron disorders sickle cell disease or immune disorders); or if you are taking any prescribed medication (including warfarin and immunosuppressants), please check with your healthcare provider before taking this medicine.

- This medicine contains iron and should be kept out of reach of children as an accidental overdose can be fatal. With an overdose (or if an overdose is suspected), please contact your nearest healthcare provider.
- If you are taking other supplements, read the label since these supplements may contain the same ingredients.
- 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 regularly, including complementary or traditional medicines, or start taking any additional medicines while taking this medicine, consult your healthcare provider for advice. Vitamin C might affect the metabolism of certain medicines. These can include, but are not limited to protease inhibitors, estrogen, fluphenazine, warfarin and statins. Consult your healthcare provider for more information.

Wellvita® Multivitamin Adult Plus contains vitamin K and can influence warfarin levels, use under medical supervision. Please check the labels of all your other medicine or supplements, as they can contain the same ingredients. Check with your healthcare provider for more information.

DOSAGE AND DIRECTIONS FOR USE

Adults:

Wellvita® Vitamin C: Take one capsule daily, or as directed by your healthcare provider.

Wellvita® Multivitamin Adult Plus: Take one tablet once a day, or as directed by your healthcare provider.

SIDE EFFECTS

Wellvita® Vitamin C: Side effect may include heartburn, nausea, diarrhoea, headache or stomach cramps.

Wellvita® Multivitamin Adult Plus: Side effects can include diarrhoea or 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 suspected overdose, contact your healthcare provider immediately. Treatment is symptomatic and supportive.

IDENTIFICATION

Wellvita® Vitamin C: White capsule.

Wellvita® Multivitamin Adult Plus: Yellow tablet.

PRESENTATION

30 Tablets and 30 capsules 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.

DATE OF PUBLICATION

October 2022