

WELLVITA POWER PACK 100% NRV MULTIVIT + MINERAL

PROPRIETARY NAME AND DOSAGE FORM

WELLVITA® Multimineral 100% NRV (veggie capsules)

WELLVITA® Daily Multivit 100% NRV (veggie capsules)

COMPOSITION

Wellvita® Multimineral 100% NRV: Each capsule contains: Active ingredients: Boron 1.5 mg, Chromium 35 mcg, Iron 13 mg, Manganese 2.3 mg, Molybdenum 45 mcg, Zinc 10 mg, Iodine 150 mcg, Selenium 55 mcg and Copper 0.9 mg.

Wellvita® Daily Multivit 100% NRV: Each capsule contains: Active ingredients: Vitamin A (palmitate) 800 mcg, Vitamin D3 600 IU, Vitamin E 22 IU, Vitamin B1 1.2 mg, Vitamin B2 1.3 mg, Nicotinamide 16 mg, Vitamin B6 1.7 mg, Vitamin B12 2.4 mcg, Folic acid 400 mcg, Biotin 30 mcg, Vitamin B5 5 mg and Vitamin C 100 mg.

PHARMACOLOGICAL CLASSIFICATION

Wellvita® Multimineral 100% NRV:

Category D 34.7 Minerals

Complementary medicine - Health supplement

Wellvita® Daily Multivit 100% NRV:

D 34.11 Vitamins

Complementary medicine - Health supplement

INDICATIONS

Wellvita® Multimineral 100% NRV is a perfectly balanced blend of essential minerals & trace elements, and is a great addition to one's daily nutritional regimen for overall health and well-being.

Wellvita® Daily Multivit 100% NRV is a perfectly balanced, one-a-day supplement, formulated with all essential vitamins to meet 100% of one's daily recommended vitamin intake for good health and everyday well-being.

CONTRA-INDICATIONS

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

WARNINGS AND SPECIAL PRECAUTIONS

If you are using any prescribed medication (including warfarin), or suffer from any serious ailments or conditions, use under the supervision of your healthcare provider.

- This medicine contains iron and should be kept out of reach of children as an accidental overdose can be fatal.
- Always read the labels of all supplements as they can contain the same ingredients.
- 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.
- Porphyria: Safety has not been established.

Vitamin supplements should not replace a balanced diet. Do not exceed the recommended dose without consulting a healthcare provider.

PREGNANCY AND LACTATION

If you are pregnant, breastfeeding or planning to have a baby, consult with your healthcare provider before use.

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. Always read the labels of all supplements as they can contain the same ingredients.

DOSAGE AND DIRECTIONS FOR USE

Adults:

Wellvita® Multimineral 100% NRV: Take one capsule daily with a meal, or as directed by your healthcare provider.

Wellvita® Daily Multivit 100% NRV: Take one capsule daily with a meal, or as directed by your healthcare provider.

SIDE EFFECTS

Side effects can include nausea and vomiting. 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 a suspected overdose, contact your healthcare provider immediately. Treatment is symptomatic and supportive.

IDENTIFICATION

Wellvita® Multimineral 100% NRV: White veggie capsule.

Wellvita® Daily Multivit 100% NRV: White veggie capsule.

PRESENTATION

2 x 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.

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