

WELLVITA POWER PACK OMEGA 3 & MULTIVIT DAILY A-Z

PROPRIETARY NAME AND DOSAGE FORM

WELLVITA® OMEGA 3 (softgel)

WELLVITA® MULTIVITAMIN DAILY A-Z (softgel)

COMPOSITION

Wellvita® Omega 3: Each softgel contains: Active ingredients: Fish oil 1000 mg [of which EPA (eicosapentaenoic acid) 180 mg and DHA (docosahexaenoic acid) 120 mg].

Wellvita® Multivitamin Daily A-Z: Each softgel contains: Active ingredients: Biotin 0,2 mg, Calcium 80 mg, Copper 2 mg, Folic acid 0,14 mg, Iron 10 mg, Lecithin 66 mg, Manganese 4 mg, *Panax ginseng* 200 mg, Selenium 20 mcg, Vitamin A 4 000 IU, Vitamin B1 2 mg, Vitamin B2 2 mg, Vitamin B3 (Nicotinamide) 18 mg, Vitamin B6 2 mg, Vitamin B12 10 mcg, Vitamin C 60 mg, Vitamin D3 200 IU, Vitamin E 13 IU and Zinc 1 mg.

PHARMACOLOGICAL CLASSIFICATION

Wellvita® Omega 3:

D 34.6: Fats, oils and fatty acids.

Wellvita® Multivitamin Daily A-Z:

D 33.7 Combination Product.

Complementary medicine: Combination product - Western herbal.

INDICATIONS

Wellvita® Omega 3: This product is a source of the polyunsaturated fatty acids EPA and DHA, which are vital nutrients for anyone with poor eating habits.

Wellvita® Multivitamin Daily A-Z: This product is a daily multivitamin supplement, formulated with essential vitamins, minerals, trace elements and vitality-enhancing ginseng to maintain good health. This all-inclusive formulation helps meet one's daily nutritional requirements and supports everyday well-being.

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 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 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.
- 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 used under medical supervision if you suffer from high blood pressure.
- 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. 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. 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-steroidal anti-inflammatory medications (such as ibuprofen or naproxen), please check with your healthcare provider before taking this medicine.

Omega 3 might also lower your blood pressure and should be used cautiously with blood pressure medication. Do not use Multivitamin Daily A-Z if you are taking MAOI's (monoamine oxidase inhibitor drugs).

DOSAGE AND DIRECTIONS FOR USE

Adults:

Wellvita® Omega 3: Take one softgel daily with a meal, or as directed by your healthcare provider.

Wellvita® Multivitamin Daily A-Z: Take one softgel daily with a meal, or as directed by your healthcare provider.

SIDE EFFECTS

Wellvita® Omega 3: Side effects can include fishy aftertaste, fishy breath, stomach upset, loose stools and nausea.

Wellvita® Multivitamin Daily A-Z: 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

Wellvita® Omega 3: Yellow softgel.

Wellvita® Multivitamin Daily A-Z: Brown softgel.

PRESENTATION

2 x 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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This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.