WELLVITA STUDY & FOCUS

PROPRIETARY NAME AND DOSAGE FORM
WELLVITA® STUDY & FOCUS (capsule)

COMPOSITION
Each capsule contains: Active ingredients: Ginkgo biloba *(Ginkgo biloba L., leaf)* 200 mg, N-Acetyl L-Carnitine HCl 200 mg, Pyridoxine (Vitamin B6) 10 mg, Folic acid 400 mcg and Cyanocobalamin (Vitamin B12) 12.5 mcg.

PHARMACOLOGICAL CLASSIFICATION
D 33.7 Combination product.
Complementary medicine - Western herbal.

INDICATIONS
Wellvita® Study & Focus formula contains a herbal extract, an amino acid and vitamins that can help enhance cognitive functions such as concentration, clarity and focus.

CONTRA-INDICATIONS
Do not use this medicine if you are hypersensitive (allergic) to any of the ingredients. Avoid if you are suffering from seizures or blood clotting disorders.

WARNINGS AND SPECIAL PRECAUTIONS
If you are taking other medicines (such as blood thinners) regularly, including complementary or traditional medicines, or if you suffer from any serious ailments or conditions (such as hypertension, liver or kidney disease), consult with your healthcare provider before taking this medicine.

- There is a possible cross-sensitivity in people allergic to urushiols (an allergen found in plants such as mango, poison ivy or cashews).
- This medicine might slow blood clotting and should be used under medical supervision with any other blood thinning medication. Discontinue use two weeks prior to any scheduled surgery.
- People suffering from hypertension, diabetes, seizures and liver or kidney disease should use this medicine under medical supervision
- 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.

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

PREGNANCY AND LACTATION
Do not use if you are pregnant or breastfeeding.

INTERACTIONS
Always tell our healthcare provider if you are taking any other medicine. This includes complementary or traditional medicines. If taking herbs or supplements that may increase the risk of bleeding (such as garlic), anticoagulant or antiplatelet medication (such as aspirin, warfarin, heparin or clopidogrel) or non-steroidal anti-inflammatory medications (such as ibuprofen or naproxen), check with your healthcare provider before taking this medicine. Ginkgo biloba may interfere with the way the body processes certain drugs using the liver's ‘cytochrome P450' enzyme system. As a result, the levels of these drugs may be altered in the blood, and may cause decreased in efficacy or potentially serious adverse reactions. Anyone using other medications is advised to consult with their healthcare provider about possible interactions before taking this medicine.

DOSAGE AND DIRECTIONS FOR USE
Adults: Take one capsule daily or as directed by your healthcare provider.

SIDE EFFECTS
Side effects may include nausea, diarrhoea, gastric discomfort, headache, palpitations, constipation, allergic skin reactions, vertigo, anxiety, sleep disturbances, sweating, muscle cramping and twitching, high blood pressure, hyperactivity, anorexia and decreased heart rate. 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, please 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
White capsule.

PRESENTATION
30 Capsules 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: Y60123.

DATE OF PUBLICATION OF THE PACKAGE INSERT
1 October 2022

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

WELLVITA STUDY & FOCUS

HANDELSMERKNAAM EN DOSEERVORM
WELLVITA® STUDY & FOCUS (kapsule)

SAMESTELLING
Elke kapsule bevat: Aktiewe bestanddele: Ginkgo biloba (*Ginkgo biloba L., blaar*) 200 mg, N-asetiel L-karnitien HCl 200 mg, Piridoksien (Vitamien B6) 10 mg, Foliensuur 400 mcg en Sianokobalamien (Vitamien B12) 12,5 mcg.

FARMAKOLOGIESE KLASSIFIKASIE
D 33.7 Kombinasie produk
Komplementêre medisyne - Westerse kruie.

INDIKASIES
Wellvita® Study & Focus bevat 'n kruie-uittreksel, 'n aminosuur en vitamienes wat kan help om kognitiewe funksies soos konsentrasie, geheue en verstandelike helderheid te ondersteun.

KONTRA-INDIKASIES
Vermy as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule. Vermy indien jy aan epilepsie of bloedstollingsteurnisse ly.

WAARSKUWINGS EN SPESIALE VOORSORGMAATREËLS
As jy enige voorgeskrewe medikasie (soos bloedverdunners) gebruik, insluitend komplementêre of tradisionele medikasie, of aan enige ernstige siektes of toestande (byvoorbeeld hipertensie, lewer of nier siektes) ly, raadpleeg jou geneesheer voordat jy hierdie medisyne begin gebruik.

- Daar is 'n moontlike kruissensitiwiteit by mense wat allergies is vir urushiols ('n allergeen wat in plante voorkom soos mango, gif klimop of kasjoeneute).
- Hierdie medisyne kan bloedstolling vertraag en moet onder mediese toesig saam met enige ander bloedverdunningsmedikasie gebruik word. Staak die gebruik twee weke voor enige geskeduleerde operasie.
- Mense wat aan hipertensie, diabetes, epilepsie en lewer of nier siektes ly, moet hierdie medisyne onder mediese toesig gebruik
- 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.
- 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
Moenie gebruik as jy swanger is of borsvoed nie.

INTERAKSIES
As jy ander medisyne gereeld gebruik, insluitende komplementêre of tradisionele medisyne, of as jy enige addisionele medisyne begin neem terwyl jy hierdie medisyne gebruik, raadpleeg jou geneesheer vir raad. Ginkgo biloba kan inmeng met die manier waarop die liggaam sekere middels metaboliseer deur die lewer se 'sitochroom P450'-ensiemstelsel. As gevolg hiervan kan die vlakke van sekere middels in die bloed verander word, en dit kan verminderde doeltreffendheid of moontlik ernstige nadelige reaksies veroorsaak. Enigeen wat ander medikasie gebruik, word aangeraai om met hul gesondheidsorgverskaffer te konsulteer oor moontlike interaksies voordat hierdie medisyne geneem word. Indien jy kruie of aanvullings gebruik wat die risiko van bloeding verhoog (soos knoffel), stollingsteenmiddels of bloedverdunningsmedikasie (soos aspirien, warfarien, heparien en klopidogrel) of nie-steroïed anti-inflammatoriese medikasie (soos ibuprofen en naprosyn), raadpleeg eers ‘n geneesheer.

DOSIS EN GEBRUIKSAANWYSINGS
Volwassenes: Neem een kapsule daagliks of soos jou geneesheer voorskryf.

NEWE-EFFEKTE
Newe-effekte kan naarheid, diarree, maagongemak, hoofpyn, hartkloppings, hardlywigheid, allergiese velreaksies, vertigo, angs, slaapversteurings, sweet, spierkrampe of sametrekking, hoë bloeddruk, hiperaktiwiteit, anoreksie en ‘n afname in hartkloptempo 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, raadpleeg jou geneesheer onmiddellik. Behandeling is simptomaties en ondersteunend.

IDENTIFIKASIE
Wit kapsule.

AANBIEDING
30 Kapsules verpak in ‘n plastiekhouer.

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: Y60123.

DATUM VAN VOUBILJET PUBLIKASIE
1 Oktober 2022

Hierdie ongeregistreerde medisyne is nie deur die SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.