

# WELLVITA VEGAN B-COMPLEX

## PROPRIETARY NAME AND DOSAGE FORM

WELLVITA® VEGAN B-COMPLEX (tablet)

## COMPOSITION

Each tablet contains: Active ingredients: Vitamin B1 (as thiamine hydrochloride) 1.2 mg, Vitamin B2 (as riboflavin) 1.3 mg, Vitamin B3 (as nicotinamide) 16 mg, Vitamin B5 (as calcium d-pantothenate) 5 mg, Vitamin B6 (as pyridoxine hydrochloride) 1.7 mg, Vitamin B7 (as biotin) 30 mcg, Vitamin B9 (as folic acid) 400 mcg and Vitamin B12 (as cyanocobalamin) 2.4 mcg. Other ingredients: Microcrystalline cellulose, magnesium stearate, silicon dioxide, polyethylene glycol and coating.

\*Sugar free.

## PHARMACOLOGICAL CLASSIFICATION

D 34.11 Vitamins

Complementary medicine - Health supplement

## INDICATIONS

Wellvita Vegan B-Complex is formulated without any animal derived ingredients to support special dietary choices. It contains eight essential vitamin B's that are vital in maintaining good health. They help metabolise proteins, fats and carbohydrates, and contribute to normal energy metabolism. Suitable for vegans & vegetarians.

## CONTRA-INDICATIONS

Do not use this medicine if you are hypersensitive (allergic) to any of the ingredients in the formulation. Not suitable for children younger than 18 years, unless under medical supervision.

## WARNINGS AND SPECIAL PRECAUTIONS

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

- 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

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.

## DOSAGE AND DIRECTIONS FOR USE

Adults: Take one tablet daily, or as directed by your healthcare provider.

## SIDE EFFECTS

Side effects can include upset stomach, abdominal pain, itching and redness of the skin. 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, please contact your healthcare provider immediately. Treatment is symptomatic and supportive.

## IDENTIFICATION

Yellow tablet.

## PRESENTATION

30 Tablets 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

March 2021

# WELLVITA VEGAN B-COMPLEX

## HANDELSMERKNAAM EN DOSEERVORM

WELLVITA® VEGAN B-COMPLEX (tablet)

## SAMESTELLING

Elke tablet bevat: Aktiewe bestanddele: Vitamien B1 (as tiamien hidrochloried) 1.2 mg, Vitamien B2 (as riboflavin) 1.3 mg, Vitamien B3 (as nikotienamied) 16 mg, Vitamien B5 (as kalsium d-pantoteenaat) 5 mg, Vitamien B6 (as piridoksien hidrochloried) 1.7 mg, Vitamien B7 (as biotien) 30 mcg, Vitamien B9 (as foliensuur) 400 mcg en Vitamien B12 (sianokobalamien) 2.4 mcg.

Onaktiewe bestanddele: Mikrokristallien sellulose, magnesium stearaat, silikondioksied, polietileen glikol en deklaag.

\*Suikervry.

## FARMAKOLOGIESE KLASSEKASIE

D 34.11 Vitamienes

Komplementêre medisyne - Gesondheidsaanvulling

## INDIKASIES

Wellvita Vegan B-Complex is geformuleer sonder enige bestanddele wat afkomstig is van diere om spesiale dieetkeuses te ondersteun. Dit bevat agt noodsaaklike vitamien B's wat noodsaaklik is vir die handhawing van goeie gesondheid. Hulle help om koolhidrate, vette en proteïene te metaboliseer en dra by tot normale energie metabolisme. Geskik vir veganiste en vegetariërs.

## KONTRA-INDIKASIES

Verm y as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule. Nie geskik vir kinders jonger as 18 jaar nie, behalwe onder die toesig van 'n geneesheer.

## WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

As jy enige voorgeskrewe medikasie (soos bv. levodopa) gebruik of aan enige ernstige siektes of toestande (soos bv. anemie) ly, raadpleeg jou geneesheer voordat jy hierdie medisyne begin 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 dieet vervang nie. Moenie die aanbevole dosis oorskry sonder om 'n geneesheer te raadpleeg nie.

## SWANGERSKAP EN BORSVOEDING

Raadpleeg jou geneesheer as jy swanger is of borsvoed voordat jy hierdie medisyne gebruik.

## INTERAKSIES

As jy ander medisyne gereeld gebruik, insluitend aanvullende (komplementêre) of tradisionele medisyne, of as jy enige addisionele medisyne begin neem terwyl jy hierdie medisyne gebruik, raadpleeg jou geneesheer vir raad.

## DOSIS EN GEBRUIKSAANWYSINGS

Volwassenes: Neem een tablet daaglik, of soos jou geneesheer voorskryf.

## NEWE-EFFEKTE

Newe-effekte kan omgekrapte maag, abdominale pyn, jeuk en rooiheid van die vel 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, kontak jou geneesheer onmiddellik. Behandeling is simptome en ondersteunend.

## IDENTIFIKASIE

Geel tablet.

## AANBIEDING

30 Tablette is verpak in 'n plastiek houer.

## BERGINGSANWYSINGS

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

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