WELLVITA VEGAN C-1000 mg

PROPRIETARY NAME AND DOSAGE FORM
WELLVITA® VEGAN C-1000 mg (tablet)

COMPOSITION
Each tablet contains: Active ingredient: Vitamin C (ascorbic acid) 1 000 mg.
Other ingredients: Silicon dioxide, magnesium stearate, microcrystalline cellulose and coating.
*Sugar free.

PHARMACOLOGICAL CLASSIFICATION
D 34.11 Vitamins
Complementary medicine - Health supplement

INDICATIONS
Wellvita Vegan C-1000 is formulated without any animal derived ingredients to support special dietary choices. Vitamin C helps collagen formation for the normal function of gums, teeth, skin and cartilage as well as maintaining normal immune system function. 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 9 years, 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 or sickle cell disease); or if you are taking any prescribed medication (including warfarin), 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. 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.

DOSAGE AND DIRECTIONS FOR USE
Adults: Take one tablet daily with a meal and plenty of water, or as directed by your healthcare provider.

SIDE EFFECTS
Side effect may include heartburn, nausea, diarrhoea, headache or stomach cramps. 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
Symptoms of overdose include diarrhoea, nausea, vomiting and abdominal cramps. In case of an overdose or if an overdose is suspected, 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

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

WELLVITA VEGAN C-1000 mg

HANDELSMERKNAAM EN DOSEERVORM
WELLVITA® VEGAN C-1000 mg (tablet)

SAMESTELLING
Elke tablet bevat: Aktiewe bestanddeel: Vitamien C (askorbiensuur) 1000 mg.
Onaktiewe bestanddele: Silikondioksied, magnesium stearaat, mikrokristallien sellulose en deklaag.
*Suikervry.

FARMAKOLOGIESE KLASSIFIKASIE
D 34.11 Vitamienes
Komplementêre medisyne - Gesondheidsaanvulling

INDIKASIES
Wellvita Vegan C-1000 is geformuleer sonder enige bestanddele van dierlike oorsprong om spesiale dieetkeuses te ondersteun. Vitamien C help met kollageenvorming vir die normale funksionering van tandvleis, tande, vel en kraakbeen asook om normale immuunstelsel funksie te ondersteun. Geskik vir veganiste en vegetariërs.

KONTRA-INDIKASIES
Vermy as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule. Nie geskik vir kinders jonger as 9 jaar nie, behalwe onder die toesig van 'n geneesheer.

WAARSKUWINGS EN SPESIALE VOORSORGMAATREËLS
As jy enige voorgeskrewe medikasie (insluitend warfarien) gebruik of aan enige ernstige siektes (soos bloed-yster versteurings of sekelsel siekte) of toestande (soos bv. nierstene) 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 dieët 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 begin 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. Vitamien C kan moontlik veroorsaak dat sekere medisyne vinniger of stadiger gemetaboliseer word. Hierdie medikasie kan, onder andere, insluit: Protease inhibeerders, estrogeen, fluphenasien, warfarien, statins, ens. Raadpleeg jou geneesheer vir meer inligting.

DOSIS EN GEBRUIKSAANWYSINGS
Volwassenes: Neem een tablet daagliks met 'n ete en genoegsame water, of soos jou geneesheer voorskryf.

NEWE-EFFEKTE
Newe-effekte kan sooibrand, naarheid, diaree, hoofpyn of maag krampe 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
Simptome van oordosering kan diaree, naarheid, braking en maag krampe insluit. In geval van oordosering, of indien oordosering vermoed word, kontak jou geneesheer onmiddellik. Behandeling is simptomaties en ondersteunend.

IDENTIFIKASIE
Geel tablet.

AANBIEDING
30 Tablette is verpak in 'n wit plastiek houer.

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
Maart 2021

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