WELLVITA VEGAN D3 1000 IU

PROPRIETARY NAME AND DOSAGE FORM
WELLVITA® VEGAN D3 1000 IU (veggie capsule)

COMPOSITION
Each capsule contains: Active ingredient: Vitamin D3 1000 IU.
Other ingredients: Microcrystalline cellulose, magnesium stearate and capsule housing (hypromellose & titanium dioxide).
*Sugar free.

PHARMACOLOGICAL CLASSIFICATION
D 34.11 Vitamins
Complementary medicine - Health supplement

INDICATIONS
Wellvita Vegan D3 1000 IU is formulated with Vitashine D3™, a registered plant based source of vitamin D3. Vitamin D contributes to normal muscle function and maintains strong bones and teeth. It aslo aids in the absorption of calcium and phosphorous. Suitable for vegans & vegetarians.

CONTRA-INDICATIONS
Do not use this medicine if you are hypersensitive (allergic) to any of the ingredients. Not suitable for children younger than 12 years unless under medical supervision.

WARNINGS AND SPECIAL PRECAUTIONS
If you are using any prescribed medication, or suffer from any serious ailments or conditions, use under the supervision of your healthcare provider.

- Consult your healthcare provider before taking this medication if you are on digoxin, thiazide diuretics (such as indapamide, hydrochlorothiazide, chlorthalidone and chlorothiazide) or using magnesium-containing antacids.
- This medicine might cause dizziness and may have an influence on your ability to drive or use machinery. 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. Hypermagnesemia (high blood levels of magnesium) may develop if you use this medicine with magnesium-containing antacids, particulary in patients with chronic renal failure. Vitamin D should be used with caution in patients taking digoxin, because hypercalcemia (high blood calcium levels) may precipitate abnormal heart rhythms. Concurrent administration of thiazide diuretis (such as chlorothiazide, chlorthalidone, hydrochlorothiazide and indapamide) and vitamin D to hypoparathyroid patients may cause hypercalcemia, which may be transient or may require discontinuation of vitamin D.

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

SIDE EFFECTS
Side effects may include hypercalcemia and anaemia. Some symptoms of hypercalcemia include fatigue, headache, loss of appetite, dry mouth, metallic taste, nausea, vomiting, abdominal cramps, constipation, diarrhoea, dizziness, muscle pain and irritability. 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
Symptoms of overdosage include anorexia, decreased energy, nausea and vomiting, constipation or diarrhoea, polyuria (excessive urination), nocturia (urination at night), sweating, skin irritation, headache, thirst, vertigo, increased phosphate and calcium levels. 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 white 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 D3 1000 IU

HANDELSMERKNAAM EN DOSEERVORM
WELLVITA® VEGAN D3 1000 IU (veggie kapsule)

SAMESTELLING
Elke kapsule bevat: Aktiewe bestanddeel: Vitamien D3 1000 IU.
Onaktiewe bestanddele: Mikrokristallien sellulose, magnesium stearaat en kapsuuldoppie (hypromellose & titanium dioksied).
*Suikervry.

FARMAKOLOGIESE KLASSIFIKASIE
D 34.11 Vitamienes
Komplementêre medisyne - Gesondheidsaanvulling

INDIKASIES
Wellvita Vegan D3 1000 IU is geformuleer met Vitashine D3™, 'n geregistreerde plantaardige bron van vitamien D3. Vitamien D dra by tot normale spierfunksie en handhawing van sterk bene en tande. Dit help ook met die opname van kalsium en fosfor. 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 12 jaar nie, behalwe onder die toesig van 'n geneesheer.

WAARSKUWINGS EN SPESIALE VOORSORGMAATREËLS
As jy enige voorgeskrewe medikasie gebruik of aan enige ernstige siektes of toestande ly, raadpleeg jou geneesheer voordat jy hierdie medisyne begin gebruik.

- Raadpleeg jou geneesheer voordat jy die medisyne gebruik indien jy digoksien, tiasieddiaretika (soos byvoorbeeld indapamied, chloortiasied, chloortalidoon en hidrochloortiasied) of magnesium bevattende teensuurmiddels gebruik.
- Hierdie medisyne kan moontlik duiseligheid veroorsaak wat jou vermoë om te bestuur of masjinerie te gebruik kan beïnvloed. 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. Hipermagnesia (hoë magnesium bloedvlakke) kan ontwikkel wanneer magnesium bevattende teensuurmiddels saam met Vitamien D3 gebruik word, veral by pasiënte met kroniese nierversaking. Vitamien D3 behoort met omsigtigheid gebruik te word by pasiënte wat digoksien neem omdat hiperkalsemie (hoë kalsium bloedvlakke) abnormale hartritmes kan veroorsaak. Hiperkalsemie (wat verbygaande mag wees of die staking van vitamien D3 kan vereis) kan ook voorkom as vitamien D3 saam met tiasieddiaretika (soos byvoorbeeld chloortiasied, chloortalidoon, hidrochloortiasied en indapamied) aan hipoparatiroïedpasiente gegee word.

DOSIS EN GEBRUIKSAANWYSINGS
Volwassenes: Neem een kapsule daagliks met 'n ete, of soos jou geneesheer voorskryf.

NEWE-EFFEKTE
Newe-effekte kan hiperkalsemie en anemie insluit. Sommige simptome van hiperkalsemie sluit in moegheid, hoofpyn, verlies van aptyt, droë mond, metaalsmaak, naarheid, vomering, maagkrampe, hardlywigheid, diarree, duiseligheid, spierpyn en prikkelbaarheid. 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 oordosis sluit in anoreksie, verlaagde energie, naarheid en braking, hardlywigheid of diarree, onreelmatige hartklop, poliurie (oormatige urinering), nokturie (urinering snags), sweet, velirritasie, hoofpyn, dors, vertigo en verhoogde fosfaat- en kalsiumvlakke. In geval van oordosering, kontak jou geneesheer onmiddellik. Behandeling is simptomaties en ondersteunend.

IDENTIFIKASIE
Wit kapsule.

AANBIEDING
30 Kapsules 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.