

WELLVITA VEGAN MULTIVITAMIN

PROPRIETARY NAME AND DOSAGE FORM

WELLVITA® VEGAN MULTIVITAMIN (tablets)

COMPOSITION

Each tablet contains: Active ingredients: Vitamin A (as palmitate) 3500 IU, Vitamin B1 (as thiamine hydrochloride) 1.2 mg, Vitamin B2 (riboflavin) 2 mg, Vitamin B3 (nicotinamide) 20 mg, Vitamin B6 (as pyridoxine hydrochloride) 3 mg, Folic acid 200 mcg, Vitamin B12 1.5 mcg, Biotin 80 mcg, Vitamin B5 (as pantothenic acid) 6 mg, Vitamin C (as ascorbic acid) 60 mg, Vitamin D3 200 IU, Vitamin E 14 IU, Lutein (from Marigold) 100 mcg, Chromium (as amino acid chelate) 50 mcg, Copper (as sulphate) 0.5 mg, Iron (electrolytic) 15 mg, Magnesium (as oxide) 75 mg, Manganese (as sulphate) 1 mg, Zinc (as oxide) 6 mg, Calcium (from tri calcium phosphate) 100 mg, Iodine (as potassium iodide) 100 mcg, Phosphorous (from tri calcium phosphate & di potassium phosphate) 59 mg, Vitamin K1 1 mcg and Potassium (as di potassium phosphate) 20 mg.

Other ingredients: Microcrystalline cellulose, magnesium stearate, silicon dioxide, polyethylene glycol and coating.

*Sugar free.

PHARMACOLOGICAL CLASSIFICATION

D 34.12 Multiple substance formulation

Complementary medicine - Health supplement

INDICATIONS

Wellvita Vegan Multivitamin is a daily multivitamin complex formulated without any animal derived ingredients to support special dietary choices. This all-inclusive formulation contains essential vitamins, minerals and trace elements that can help meet one's daily nutritional needs and support everyday health. Suitable for vegans & vegetarians.

CONTRA-INDICATIONS

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

WARNINGS AND SPECIAL PRECAUTIONS

If you suffer from any serious ailments or conditions; or if you are taking any prescribed 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.
- Always read the labels of all supplements as they can contain the same ingredients.
- 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. Check the labels of all your other medicine or supplements, as they can contain the same ingredients.

DOSAGE AND DIRECTIONS FOR USE

Adults: Take one tablet once a day, or as directed by your healthcare provider. Do not exceed the recommended dose.

SIDE EFFECTS

Side effects can include nausea and diarrhoea. 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 suspected overdose, 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 MULTIVITAMIN

HANDELSMERKNAAM EN DOSEERVORM
WELLVITA® VEGAN MULTIVITAMIN (tablette)

SAMESTELLING

Elke tablet bevat: Aktiewe bestanddele: Vitamien A (as palmitaat) 3500 IU, Vitamien B1 (as tiamien hidrochloried) 1.2 mg, Vitamien B2 (riboflavien) 2 mg, Vitamien B3 (nikotienamied) 20 mg, Vitamien B6 (as piridoksien hidrochloried) 3 mg, Foliensuur 200 mcg, Vitamien B12 1.5 mcg, Biotien 80 mcg, Vitamien B5 (as pantoteensuur) 6 mg, Vitamien C (as askorbien-suur) 60 mg, Vitamien D3 200 IU, Vitamien E 14 IU, Lutëin (vanaf Gousblom) 100 mcg, Chroom (as aminosuur chelaat)) 50 mcg, Koper (as kopersulfaat) 0.5 mg, Yster (as elektrolitiese yster) 15 mg, Magnesium (as oksied) 75 mg, Mangaan (as sulfaat) 1 mg, Sink (as oksied) 6 mg, Kalsium (as trikalsium fosfaat) 100 mg, Jodium (as Kaliumjodied) 100 mcg, Fosfor (as trikalsium fosfaat & dikalium fosfaat) 59 mg, Vitamien K1 1 mcg en Kalium (as dikalium fosfaat) 20 mg.

Die onaktiewe bestanddele is: Mikrokrystallien sellulose, magnesium stearaat, silikondioksied, polietileenlikol en deklaag.

*Suikervry.

FARMAKOLOGIESE KLASSEKASIE

D34.12 Multi bestanddeel formule
Komplementêre medisyne - Gesondheidsaanvulling

INDIKASIES

Wellvita Vegan Multivitamin is 'n daaglikse multivitamien kompleks, geformuleer sonder enige bestanddele van dierlike afkoms om spesiale dieetkeuses te ondersteun. Hierdie allesomvattende formule bevat noodsaaklike vitamienes, minerale en spoorelemente om aan die volwassene se daaglikse nutrient vereistes te voldoen. Geskik vir veganiste en vegetariërs.

KONTRA-INDIKASIES

Vermý as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule, swanger is of borsvoed. Dit is nie geskik vir kinders onder die ouderdom van 18 jaar nie, behalwe onder die toesig van 'n geneesheer.

WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

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

- Hierdie medisyne bevat yster en moet buite bereik van kinders gebêre word omdat 'n oordosis moontlik noodlottig kan wees. In geval van oordosering (of as oordosering vermoed word) kontak jou geneesheer onmiddellik.
- Lees altyd die etikette van alle aanvullings aangesien dit dieselfde bestanddele kan bevat.
- 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. Lees altyd die etikette van alle aanvullings aangesien dit dieselfde bestanddele kan bevat.

DOSIS EN GEBRUIKSAANWYSINGS

Volwassenes: Neem een tablet daagliks, of soos jou geneesheer voorskryf. Moenie die aanbevole dosis oorskry nie.

NEWE-EFFEKTE

Newe-effekte kan naardeurheid en diaree insluit. Nie alle newe-effekte is ingesluit in hierdie voubiljet 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 simptomaties en ondersteunend.

IDENTIFIKASIE

Geel tablet.

AANBIEDING

30 Tablette is verpak in 'n plastiek houer.

BERGINGSANWYSINGS

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