WELLVITA VEGAN ZINC

PROPRIETARY NAME AND DOSAGE FORM
WELLVITA® VEGAN ZINC (veggie capsule)

COMPOSITION
Each capsule contains: Active ingredient: Zinc amino acid chelate 250 mg (equivalent to 25 mg elemental zinc).
The other ingredients are starch and capsule housing (hypromellose & titanium dioxide).
*Sugar free.

PHARMACOLOGICAL CLASSIFICATION
D 34.7 Minerals
Complementary medicine - Health supplement

INDICATIONS
Wellvita Vegan Zinc is formulated with an advanced amino acid chelate for optimal absorption. It doesn't contain any animal derived ingredients and can be used daily to support special dietary choices. Zinc contributes to the maintenance of normal immune function, skin and nails. Suitable for vegans and vegetarians.

CONTRA-INDICATIONS
Do not use this medicine if you are hypersensitive (allergic) to any of the ingredients in the formulation. Avoid use if you suffer from kidney disease. Not suitable for use in children, unless under medical supervision.

WARNINGS AND SPECIAL PRECAUTIONS
If you suffer from any serious ailments or conditions (such as HIV or diabetes); or if you are taking any prescribed medication (including antibiotics, immune suppressants and cisplatin), please check with your healthcare provider before taking this medicine.

- Zinc might lower blood sugar levels. Use cautiously if you are suffering from diabetes.
- People with haemochromatosis may absorb larger amounts of zinc.
- Zinc might also interfere with the absorption of iron, copper, magnesium and calcium. Consult your healthcare provider for further advice.
- 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. Zinc can affect the absorption of certain antibiotics (such as tetracycline, penicillamine and quinolone). Take this medicine either two hours before or four hours after any other medication to prevent absorption problems. Do not take zinc if you are taking a medicine called cisplatin. Medication that suppress the immune system (such as prednisone, cyclosporine, tacrolimus, etc.) might be less effective. Avoid using this medication with immune suppressants, unless under medical supervision.

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

SIDE EFFECTS
Side effects can include stomach upset, nausea, vomiting, metallic taste, headache, irritability, lethargy 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
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
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 ZINC

HANDELSMERKNAAM EN DOSEERVORM
WELLVITA® VEGAN ZINC (veggie kapsule)

SAMESTELLING
Elke kapsule bevat: Aktiewe bestanddeel: Sink aminosuur-chelaat 250 mg (ekwivalent aan 25 mg elementêre sink).
Onaktiewe bestanddele: Stysel en kapsuuldoppie (hypromellose & titanium dioksied).
*Suikervry.

FARMAKOLOGIESE KLASSIFIKASIE
D 34.7 Minerale
Komplementêre medisyne - Gesondheidsaanvulling

INDIKASIES
Wellvita Vegan Zinc is geformuleer met 'n aminosuur-chelaat vir optimale absorpsie. Dit bevat geen bestanddele van dierlike oorsprong nie en kan daagliks gebruik word om spesiale dieetkeuses te ondersteun. Sink dra by tot die instandhouding van normale immuunfunksie, vel en naels. Geskik vir veganiste en vegetariërs.

KONTRA-INDIKASIES
Vermy as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule. Vermy indien jy aan nierkwale ly. Nie geskik vir kinders, behalwe onder die toesig van 'n geneesheer.

WAARSKUWINGS EN SPESIALE VOORSORGMAATREËLS
As jy enige voorgeskrewe medikasie (insluitend antibiotikas, immuunonderdrukkers of cisplatin) gebruik of aan enige ernstige siektes of toestande (soos bv. MIV of diabetes) ly, raadpleeg jou geneesheer voordat jy hierdie medisyne begin gebruik.

- Sink kan moontlik bloedsuikervlakke verlaag en moet versigtig gebruik word in diabetes.
- Meer sink kan geabsorbeer word in mense wat haemochromatosis het.
- Sink kan ook moontlik die absorpsie van yster, koper, magnesium en kalsium beïnvloed. Raadpleeg jou geneesheer vir meer inligting.
- 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 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. Sink kan die absorpsie van sekere antibiotikas (soos bv. tetrasikliene, quinolone of penisillienamien) beïnvloed. Neem hierdie aanvulling twee ure voor of vier ure na enige ander medisyne om absorpsie probleme te voorkom. Moenie hierdie medisyne gebruik indien jy 'n medisyne genaamd ciplastin gebruik nie. Medikasie wat die immuunstelsel onderdruk (byvoorbeeld kortikosteroiede, siklosporine, tacrolimus, ens.) kan moontlik minder effektief wees. Moenie gebruik saam met immuunonderdrukkers nie, tensy onder die toesig van jou geneesheer.

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

NEWE-EFFEKTE
Newe-effekte kan omgekrapte maag, naarheid, braking, diarree, metaalsmaak, hoofpyn, geïrriteerdheid en lusteloosheid 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 simptomaties en ondersteunend.

IDENTIFIKASIE
Wit kapsule.

AANBIEDING
30 Kapsules is verpak in 'n 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.