

WELLVITA VEGAN IRON

PROPRIETARY NAME AND DOSAGE FORM

WELLVITA® VEGAN IRON (veggie capsule)

COMPOSITION

Each capsule contains: Active ingredients: Iron bisglycinate chelate 88 mg (equivalent to 24 mg elemental iron), Vitamin B9 (folic acid) 500 mcg, Vitamin B12 (cyanocobalamin) 15 mcg and Vitamin C (ascorbic acid) 60 mg.
Other ingredients: Microcrystalline cellulose and capsule housing (hypromellose & titanium dioxide).

*Sugar free.

PHARMACOLOGICAL CLASSIFICATION

D 34.12 Multiple substance formulation
Complementary medicine - Health supplement

INDICATIONS

Wellvita Vegan Iron is formulated with iron chelate, added vitamins B12, C and folic acid. It doesn't contain any animal derived ingredients and can be used daily to support special dietary choices. Iron is an essential mineral known to contribute to normal formation of red blood cells and haemoglobin, reducing tiredness, fatigue and deficiency. 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 ulcers, intestinal inflammation (such as ulcerative colitis) or haemoglobin disease (such as thalassemia). Not suitable for children under the age of 18 years, unless under medical supervision.

WARNINGS AND SPECIAL PRECAUTIONS

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

- Consult your healthcare provider before using this medicine to confirm that you need iron supplementation and to exclude any underlying causes of iron deficiency.
 - This medicine contains iron and should be kept out of reach of children as an accidental overdose can be fatal. In case of an overdose or suspected overdose, immediately proceed to the nearest emergency room.
 - 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. It is unlikely to cause drowsiness.
 - 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 product, consult your healthcare provider for advice. Iron can interfere with the amount of medicine that's absorbed from the body. These can include certain antibiotics such as quinolone or tetracycline, and supplements such as calcium. Take iron supplements at least two hours before or two hours after any other medication to avoid interactions. Speak to your healthcare provider for advice.

DOSAGE AND DIRECTIONS FOR USE

Adults: Take one capsule daily or as directed by your healthcare provider. Iron is best absorbed on an empty stomach. If gastrointestinal side-effects occur, it can be taken with food. Avoid taking with dairy, coffee, tea or cereal; or two hours after.

SIDE EFFECTS

Side effects can include stomach upset, stomach pain, constipation, diarrhoea, nausea, vomiting, metallic taste, change in colour of stool (black) and headache. 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 stomach pain, nausea and vomiting (sometimes with blood present) resulting in metabolic acidosis and damage to the brain and liver. In case of an overdose, or if an overdose is suspected, immediately proceed to the nearest emergency room. Treatment is symptomatic and supportive.

IDENTIFICATION

White capsule.

PRESENTATION

30 Capsules 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 IRON

HANDELSMERKNAAM EN DOSEERVORM
WELLVITA® VEGAN IRON (veggie kapsule)

SAMESTELLING

Elke kapsule bevat: Aktiewe bestanddele: Yster bisglycinate chelaat 88 mg (ekwivalent aan 24 mg elementêre yster), Vitamien B9 (foliensuur) 500 mcg, Vitamien B12 (sianokobalamin) 15 mcg en Vitamien C (askorbiensuur) 60 mg.
Onaktiewe bestanddele: Mikrokristallien sellulose en kapsuldoopie (hypromellose & titanium dioksied).

*Suikervry.

FARMAKOLOGIESE KLASSEKASIE

D 34.12 Multi bestanddeel formule
Komplementêre medisyne - Gesondheidsaanvulling

INDIKASIES

Wellvita Vegan Iron is geformuleer met 'n ysterchelaat en vitamienes B12, C en foliensuur. Dit bevat geen bestanddele van dierlike oorsprong nie en kan daaglik gebruik word om spesiale dieetkeuses te ondersteun. Yster is 'n noodsaaklike mineraal wat daarvoor bekend is om by te dra tot normale vorming van rooibloedselle en hemoglobien, asook om uitputting, moegheid en yster tekort te verminder. Geskik vir veganiste en vegetariërs.

KONTRA-INDIKASIES

Moenie gebruik indien jy 'n maagseer, intestinale inflammasie (soos ulseratiewe kolitis) of enige hemoglobien afwykings (soos talassemie) het nie. Dit is nie geskik vir kinders onder die ouderdom van 18 jaar nie, behalwe onder die toesig van 'n geneesheer. Vermoedlik hipersensitief (allergies) is vir enige van die bestanddele in die formule.

WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

As jy enige voorgeskrewe medikasie gebruik of aan enige ernstige siektes (soos diabetes of hipotireose) of toestande (soos lewer- of nierversaking) ly, raadpleeg jou geneesheer voordat jy hierdie medisyne begin gebruik.

- Raadpleeg jou geneesheer voor gebruik om te bevestig dat jy wel 'n yster aanvulling benodig en om enige onderliggende oorsaak vir die yster tekort uit te sluit.
- 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), gaan onmiddellik na die naaste ongevalle afdeling.
- 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. Dis onwaarskynlik dat dit lomerigheid gaan veroorsaak.
- 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 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. Yster kan die hoeveelheid medisyne wat geabsorbeer word, beïnvloed. Dis kan insluit sekere antibiotika soos quinolone of tetrasikliene en aanvullings soos kalsium. Om hierdie rede moet enige yster aanvullings ten minste twee ure voor of twee ure na enige ander medikasie geneem word. Raadpleeg jou geneesheer vir meer inligting.

DOSIS EN GEBRUIKSAANWYSINGS

Volwassenes: Neem een kapsule daaglik, of soos jou geneesheer voorskryf. Yster word beter geabsorbeer op 'n leë maag, maar indien gastro-intestinale nuwe-effekte ervaar word, kan dit met kos geneem word. Vermoedlik suiwel, koffie, tee en graan vir ten minste twee ure na die tyd.

NUWE-EFFEKTE

Nuwe-effekte kan omgekrapte maag, maagpyn, konstipasie, diarree, naarheid, braking, metaalsmaak, verandering in kleur van stoelgang (swart) en hoofpyn insluit. Nie alle nuwe-effekte is ingesluit in hierdie voubiljet nie. Indien jy enige onaangename nuwe-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 sluit in: Maagpyn, naarheid en braking (soms is bloed teenwoordig) wat lei tot metaboliese asidose met brein en lewer beskadiging. In geval van oordosering of indien oordosering vermoed word, gaan onmiddellik na die naaste ongevalle afdeling. Behandeling is simptomaties en ondersteunend.

IDENTIFIKASIE

Wit kapsule.

AANBIEDING

30 Kapsules is verpak in 'n plastiek houër.

BERGINGS- EN AANWYSINGS

Berg alle medisyne buite bereik van kinders. Berg in 'n koel, droë plek onder 25 °C en hou weg van direkte sonlig. Hou die houër 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.