

# WELLVITA VITAMIN A

## PROPRIETARY NAME AND DOSAGE FORM

WELLVITA® Vitamin A 5000 IU (veggie capsules)

## COMPOSITION

Each capsule contains: Active ingredient: Vitamin A (acetate) 5000 IU

\*Veggie capsules contain no sugar.

## PHARMACOLOGICAL CLASSIFICATION

D 34.11 Vitamins

Complementary medicine - Health supplement

## INDICATIONS

Vitamin A is a key factor for good vision, a healthy immune system and cell growth. Wellvita® Vitamin A capsules can assist with maintaining healthy eyesight, skin and normal function of the immune system.

## CONTRA-INDICATIONS

Do not use this medicine if you are hypersensitive (allergic) to any of the ingredients; or if you suffer from any liver disease or malnutrition. Not suitable for use in children unless under medical supervision.

## WARNINGS AND SPECIAL PRECAUTIONS

If you are using any prescribed medication (including warfarin), or suffer from any serious ailments or conditions, use under the supervision of your healthcare provider.

- Consult a healthcare provider prior to use if you are taking any anti-coagulant medications (such as warfarin) as Vitamin A can increase the risk of bleeding. Stop using at least two weeks before any scheduled surgery.
- Avoid using high doses of Vitamin A with tetracycline antibiotics
- Certain medication (such as orlistat or cholestyramine) can influence the absorption of Vitamin A.
- Always read the labels of all you supplements to ensure you don't take too much Vitamin A. This include Vitamin A derivatives such as retinoids that can add to Vitamin A toxicity.
- 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.

Vitamin supplements should not replace a balanced diet. Do not exceed the recommended dose without consulting a healthcare provider.

## PREGNANCY AND LACTATION

If you are pregnant, breastfeeding or planning to have a baby, do not take 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. Consult your healthcare provide before use if you are taking any anti-coagulant medication, tetracycline antibiotics, any other medication that can cause liver damage or any other vitamin A derivatives.

## DOSAGE AND DIRECTIONS FOR USE

Adults: Take one capsule daily with a fatty meal, or as directed by your healthcare provider.

## SIDE EFFECTS

Side effects can include nausea, vomiting and vertigo. 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 a suspected overdose, contact your healthcare provider immediately. Treatment is symptomatic and supportive.

## IDENTIFICATION

White veggie capsule.

## PRESENTATION

60 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

October 2022

# WELLVITA VITAMIN A

## HANDELSMERKNAAM EN DOSEERVORM

WELLVITA® Vitamin A 5000 IU (veggie kapsules)

## SAMESTELLING

Elke kapsule bevat: Aktiewe bestanddeel: Vitamien A (asetaat) 5000 IU.

\*Veggie kapsules bevat geen suiker nie.

## FARMAKOLOGIESE KLASSEKATEGORIE

D34.11 Vitamienes

Komplementêre medisyne - Gesondheidsaanvulling

## INDIKASIES

Vitamien A is 'n sleutel faktor vir goeie visie, 'n gesonde immuun stelsel and sel verdeling. Wellvita® Vitamin A kapsules kan help om gesonde visie te onderhou asook om gesonde vel en normale funksionering van die immuun stelsel te ondersteun.

## KONTRA-INDIKASIES

Vermyn as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule; aan lewersiekte of wanvoeding ly. Nie geskik vir gebruik in kinders nie, behalwe onder die toesig van 'n geneesheer.

## WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

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

- Raadpleeg 'n geneesheer voor gebruik as jy anti-koagulante medikasie (insluitend warfarin) gebruik aangesien Vitamien A die risiko van bloeding kan verhoog. Staak gebruik ten minste twee weke voor enige geskeduleerde operasie.
- Vermyn gebruik van hoë dosering Vitamien A met tetrasiklien antibiotika.
- Sekere medikasies (soos orlistat of cholestyramine) kan die absorpsie van Vitamien A beïnvloed.
- Lees altyd die etikette van enige ander aanvullings om seker te maak jy neem nie te veel Vitamien A in nie. Dit sluit in vitamien A derivate soos byvoorbeeld retinoïdes wat kan bydra tot Vitamien A toksisiteit.
- 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

Moenie hierdie medisyne gebruik indien jy swanger, borsvoed of beplan om swanger te raak nie.

## INTERAKSIES

As jy ander medisyne gereeld gebruik, insluitend aanvullende (komplementêre) of tradisionele medisyne, of as jy enige addisionele medisyne begin neem terwyl jy hierdie produk gebruik, raadpleeg jou geneesheer vir raad. Raadpleeg 'n geneesheer voor gebruik as jy anti-koagulant medikasie, tetrasiklien antibiotika, ander medikasie wat lewer skade kan veroorsaak of enige ander vitamien A derivate gebruik.

## DOSIS EN GEBRUIKSAANWYSINGS

Volwassenes: Neem een kapsule daagliks met 'n vetterige ete, of soos geneesheer voorskryf.

## NEWE-EFFEKTE

Nuwe-effekte kan naarheid, braking en vertigo insluit. Sommige aangemelde nuwe-effekte is nie in hierdie voubiljet ingesluit 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.

## BEKEDE 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 oordosering.

## IDENTIFIKASIE

Wit veggie kapsules.

## AANBIEDING

60 Kapsules verpak in 'n plastiek houer.

## BERGINGSANWYSINGS

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

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