

## PROPRIETARY NAME AND DOSAGE FORM

VITAMIN B Co Liqui-Shot 10ml (sachet)

## COMPOSITION

Each 10ml sachet contains: Active ingredients: Vitamin B1 1.2 mg, Vitamin B2 1.3 mg, Vitamin B3 (Nicotinamide) 16 mg, Vitamin B5 5 mg, Vitamin B6 1.7 mg, Vitamin B7 30 mcg, Vitamin B9 400 mcg, Vitamin B12 2.4 mcg.

Preservatives: Potassium sorbate 0.1% m/v, sodium benzoate 0.1% m/v.

Contains sweetener: Sucralose.

Other ingredients: Glycerine, xanthan gum, citric acid, colorant and flavourant.

## PHARMACOLOGICAL CLASSIFICATION

D 34.11 Vitamins

Discipline: Health supplement

## INDICATIONS

Wellvita™ Vitamin B Complex Liqui-Shot contains eight essential vitamin B's, vital elements in maintaining good health. They help metabolise carbohydrates, fats and proteins thus contributing to normal energy-yielding metabolism. Each 10 ml strawberry-flavoured syrup provides 100 % recommended daily allowance of vitamin B's in a convenient daily sachet, ideal to use on-the-go.

## CONTRA-INDICATIONS

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

## WARNINGS AND SPECIAL PRECAUTIONS

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

- No studies on the effect on the ability to drive and use machines have been performed. Please exercise care when driving or operating 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.

## DOSAGE AND DIRECTIONS FOR USE

10 ml (one sachet) once daily or as directed by your healthcare provider.

## SIDE EFFECTS

Side effects can include upset stomach, abdominal pain, itching and redness of the skin. 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

No known symptoms of overdose. Treatment is symptomatic and supportive.

## IDENTIFICATION

Yellow liquid

## PRESENTATION

10ml Liquid packed in sachet.

## 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.

## 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: Y53008.

## DATE OF PUBLICATION

1 January 2021