

## PROPRIETARY NAME AND DOSAGE FORM

VITAMIN C (tablet)

## COMPOSITION

Each tablet contains: Active ingredient: Vitamin C (ascorbic acid) 1 000 mg.  
Other ingredients: Silicon dioxide, micro cellulose, magnesium stearate, coating, castor oil, colorant (yellow) and PVP solution.

\*Tablets are free of sugar, gluten, preservatives, lactose and animal products.

## PHARMACOLOGICAL CLASSIFICATION

D 34.11 Vitamins.

Discipline: Health supplement.

## INDICATIONS

Vitamin C is an essential element to maintaining good health. It contributes to collagen formation for the normal function of gums, teeth, skin and cartilage while also maintaining normal immune system function during and after intense physical stress.

## CONTRA-INDICATIONS

Do not use this medicine if you are hypersensitive (allergic) to any of the ingredients in the formulation.

## WARNINGS AND SPECIAL PRECAUTIONS

If you suffer from any serious ailments (such as kidney stones) or conditions (such as blood-iron disorders or sickle cell disease); or if you are taking any prescribed medication (including warfarin), 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. Vitamin C might affect the metabolism of certain medicines. These can include, but are not limited to: Protease inhibitors, estrogen, fluphenazine, warfarin, statins, etc. Consult your healthcare provider for more information.

## DOSAGE AND DIRECTIONS FOR USE

Take one tablet daily with a meal and plenty of water, or as directed by your healthcare provider.

## SIDE EFFECTS

Side effects may include heartburn, nausea, diarrhoea, headache or stomach cramps. 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 tablet.

## PRESENTATION

30,60,90 or 120 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.

## NAPPI CODE

30's:721773001

60's:721773002

90's:721773003

120's:721773004

## 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 OF THE PACKAGE INSERT

April 2017.

## HANDELSMERKNAAM EN DOSEERVORM

VITAMIN C (tablet)

### SAMESTELLING

Elke tablet bevat: Aktiewe bestanddeel: Vitamien C (askorbiensuur) 1 000 mg.  
Ander bestanddele: Silikondioksied, mikro sellulose, magnesiumstearaat, deklaag, kasterolie, kleursel (geel) en PVP oplossing.

\*Tablette bevat geen suiker, gluteen, preserveermiddels, laktose of dierprodukte nie.

### FARMAKOLOGIESE KLASIFIKASIE

D 34.11 Vitamiene.

Dissipline: Gesondheidsaanvulling.

### INDIKASIES

Vitamin C is 'n essensiële element om goeie gesondheid te handhaaf. Dit dra by tot kollageen-  
vorming vir die gesonde funksie van tandvleis, tande, vel en kraakbeen, asook om gedurende  
en na tydperke van fisiese stress, normale immuunstelsel funksie te onderhou.

### KONTRA-INDIKASIES

Vermy as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule.

### WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

As jy enige voorgeskrewe medikasie (insluitend warfarien) gebruik of aan enige ernstige  
siektes (soos bv. bloed-yster versteurings of sekelsel siekte) of toestande (soos bv.  
nierstene) ly, raadpleeg jou geneesheer voordat jy hierdie medisyne begin gebruik.

- Geen studies is gedoen om die effek wat die medisyne het op bestuur en die gebruik van masjinerie vas te stel nie. Wees asseblief versigtig wanneer jy bestuur of masjinerie gebruik totdat jy weet hoe die medisyne jou beïnvloed.
- 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 (komplimentêre) of tradisionele medisyne, of as jy enige addisionele medisyne begin neem terwyl jy hierdie medisyne gebruik, raadpleeg jou geneesheer vir raad. Vitamien C kan moontlik veroorsaak dat sekere medisyne vinniger of stadiger gemetaboliseer word. Hierdie medikasie kan, onder andere, insluit: Protease inhibeerdere, estrogeen, fluphenasien, warfarien, statins, ens. Raadpleeg jou geneesheer vir meer inligting.

### DOSES EN GEBRUIKSAANWYSINGS

Neem een tablet daagliks met 'n ete en genoegsame water, of soos jou geneesheer voorskryf.

### NEWE-EFFEKTE

Newe-effekte kan sooibrand, naarheid, diarree, hoofpyn en maagkrampe 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

Simptome van oordosering is onbekend. Behandeling is simptome en ondersteunend.

### IDENTIFIKASIE

Geel tablet.

### AANBIEDING

30,60,90 of 120 Tablette verpak in 'n plastiek houer.

### BERGINGSAAWYSINGS

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.

### NAPPI KODE

30's:721773001

60's:721773002

90's:721773003

120's:721773004

### 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: Y53008.

### DATUM VAN VOUBILJET PUBLIKASIE

April 2017.