

WELLVITA VITAMIN C (tablet)

PROPRIETARY NAME AND DOSAGE FORM

WELLVITA VITAMIN C (tablet)

COMPOSITION

Each tablet contains: Active ingredient: Vitamin C (ascorbic acid) 1 000 mg.
Contains no sugar.

PHARMACOLOGICAL CLASSIFICATION

D 34.11 Vitamins

Complementary medicine - 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. Not suitable for children younger than 12 years, unless under medical supervision.

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. 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 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

Adults: 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

Symptoms of overdose can include nausea, diarrhoea and stomach cramps. In case of overdose, or suspected overdose, contact your healthcare provider immediately. 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.

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

1 August 2020.

Bp

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

WELLVITA VITAMIN C (tablet)

HANDELSMERKNAAM EN DOSEERVORM

WELLVITA VITAMIN C (tablet)

SAMESTELLING

Elke tablet bevat: Aktiewe bestanddeel: Vitamien C (askorbiensuur) 1 000 mg.
Bevat geen suiker nie.

FARMAKOLOGIESE KLASSIFIKASIE

D 34.11 Vitamienes

Komplementêre medisyne - 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. Nie
geskik vir kinder jonger as 12 jaar nie, behalwe onder toesig van 'n geneesheer.

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. Dit is onwaarskynlik dat dit
lomerigheid kan veroorsaak.
- 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. 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

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

NEWE-EFFEKTE

Newe-effekte kan sooi brand, 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 kan naarheid, diaree en maagkrampe insluit. In geval van
oordosering, of indien oordosering vermoed word, kontak jou geneesheer onmiddellik.
Behandeling is simptome en ondersteunend.

IDENTIFIKASIE

Geel tablet.

AANBIEDING

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

BERGINGSAAANWYSINGS

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: Y53008.

DATUM VAN VOUBILJET PUBLIKASIE

1 Augustus 2020.

Hierdie ongeregisteerde medisyne is nie deur die
SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.