

# WELLVITA VITAMIN D3 1000 IU

## PROPRIETARY NAME AND DOSAGE FORM

WELLVITA® VITAMIN D3 (capsule)

## COMPOSITION

Each capsule contains: Active ingredient: Vitamin D3 1000 IU.

\*Capsules contain no sugar.

## PHARMACOLOGICAL CLASSIFICATION

D 34.11 Vitamins

Complementary medicine - Health supplement

## INDICATIONS

Vitamin D3 is an essential element to maintaining good health. It contributes to normal muscle function and the development and maintenance of strong bones and teeth, while also aiding in the absorption and use of calcium and phosphorus.

## CONTRA-INDICATIONS

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

## WARNINGS AND SPECIAL PRECAUTIONS

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

- Consult your healthcare provider before taking this medicine if you are on digoxin, thiazide diuretics (such as indapamide, hydrochlorothiazide, chlorthalidone and chlorothiazide) or using magnesium-containing antacids.
- This medicine can cause dizziness and may have an influence on your ability to drive or use machinery. Do not drive or operate machinery until you know how it affects you.
- Porphyria: Safety has not been established.

Nutritional 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 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. Hypermagnesemia (high blood levels of magnesium) may develop if you use this medicine with magnesium-containing antacids, particularly in patients with chronic renal failure. Vitamin D3 should be used with caution in patients taking digoxin, because hypercalcemia (high blood calcium levels) may precipitate abnormal heart rhythms. Concurrent administration of thiazide diuretics (such as chlorothiazide, chlorthalidone, hydrochlorothiazide or indapamide) and vitamin D3 to hypoparathyroid patients may cause hypercalcemia, which may be transient or may require discontinuation of vitamin D3.

## DOSAGE AND DIRECTIONS FOR USE

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

## SIDE EFFECTS

Side effects are usually dose related and may include hypercalcemia. Some symptoms of hypercalcemia include fatigue, headache, loss of appetite, dry mouth, metallic taste, nausea, vomiting, abdominal cramps, constipation, diarrhoea, dizziness, muscle pain and irritability. 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 healthcare provider for advice.

## KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

Symptoms of overdose include anorexia, decreased energy, nausea and vomiting, constipation or diarrhoea, polyuria (excessive urination), nocturia (urination at night), sweating, skin irritation, headache, thirst, vertigo, increased phosphate and calcium levels. In case of overdose or suspected overdose, contact your healthcare provider immediately. Treatment is symptomatic and supportive.

## IDENTIFICATION

White capsule.

## PRESENTATION

30, 60, 90 or 120 Capsules 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: Y60123.

## DATE OF PUBLICATION OF THE PACKAGE INSERT

1 October 2021

# WELLVITA VITAMIN D3 1000 IU

## HANDELSMERKNAAM EN DOSEERVORM

WELLVITA® VITAMIN D3 (kapsule)

## SAMESTELLING

Elke kapsule bevat: Aktiewe bestanddeel: Vitamien D3 1000 IU.

\*Kapsules bevat geen suiker nie.

## FARMAKOLOGIESE KLASSIFIKASIE

D 34.11: Vitamienes

Komplementêre medisyne - Gesondheidsaanvulling

## INDIKASIES

Vitamin D3 is 'n essensiële element om goeie gesondheid te handhaaf. Dit dra by tot normale spierfunksie en die ontwikkeling van sterk bene en tande, asook om die absorpsie en gebruik van kalsium en fosfor te ondersteun.

## KONTRA-INDIKASIES

Verm y as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule. Nie geskik vir kinders jonger as 12 jaar nie, behalwe onder toesig van 'n geneesheer.

## WAARSKUWINGS EN SPESIALE VOORSORGMAATREËLS

Indien jy enige voorgeskrewe medikasie gebruik of aan enige siektes of toestande ly, raadpleeg jou geneesheer voordat jy die medisyne begin gebruik.

- Gebruik onder toesig van 'n geneesheer indien jy op digoksien, tiasieddiuretika (soos byvoorbeeld indapamied, chloortiasied, chloortalidoon en hidrochloortiasied) of magnesium bevattende teensuurmiddels is.
- Hierdie medisyne kan duiseligheid veroorsaak wat jou vermoë om te bestuur en masjinerie te gebruik kan beïnvloed. 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

Raadpleeg jou geneesheer as jy swanger is of borsvoed voordat jy hierdie medisyne gebruik.

## INTERAKSIES

As jy ander medisyne gereeld gebruik, insluitend komplementêre of tradisionele medisyne, of as jy enige addisionele medisyne begin neem terwyl jy hierdie medisyne gebruik, raadpleeg jou geneesheer vir raad. Hipermagnesia (hoë magnesium bloedvlakke) kan ontwikkel wanneer magnesium bevattende teensuurmiddels saam met Vitamien D3 gebruik word, veral by pasiënte met kroniese nierversaking. Vitamien D3 behoort met omsigtigheid gebruik te word by pasiënte wat digoksien neem omdat hiperkalsemie (hoë kalsium bloedvlakke) abnormale hartritmes kan veroorsaak. Hiperkalsemie (wat verbygaande mag wees of die staking van vitamien D3 kan vereis) kan ook voorkom as vitamien D3 saam met tiasieddiuretika (soos byvoorbeeld chloortiasied, chloortalidoon, hidrochloortiasied en indapamied) aan hipoparatiëdie pasiënte gegee word.

## DOSIS EN GEBRUIKSAANWYSINGS

Volwassenes: Neem een kapsule daaglik na 'n ete, of soos jou geneesheer voorskryf.

## NEWE-EFFEKTE

Newe-effekte is gewoonlik dosis verwant en kan hiperkalsemie insluit. Sommige simptome van hiperkalsemie sluit in moegheid, hoofpyn, aptyverlies, droë mond, metaalsmaak, naarheid, braking, maagkrampe, hardlywigheid, diarree, duiseligheid, spierpyn en prikkelbaarheid. 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 oordosis sluit in anoreksie, verlaagde energie, naarheid en braking, hardlywigheid of diarree, poliurie (oormatige urinering), nokturie (urinering snags), sweet, velirritasie, hoofpyn, dors, vertigo en verhoogde fosfaat- en kalsiumvlakke. In geval van oordosering, of indien oordosering vermoed word, kontak jou geneesheer onmiddellik. Behandeling is simptomaties en ondersteundend.

## IDENTIFIKASIE

Wit kapsule.

## AANBIEDING

30, 60, 90 of 120 Kapsules is 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 audit nommer: Y60123.

## DATUM VAN VOUBILJET PUBLIKASIE

1 Oktober 2021