

WELLVITA VITAMIN E

PROPRIETARY NAME AND DOSAGE FORM

Wellvita Vitamin E (softgel)

COMPOSITION

Each softgel contains: Active ingredient: Vitamin E 400 IU.

PHARMACOLOGICAL CLASSIFICATION

D 34.11 Vitamins.

Complementary medicine - Health supplement.

INDICATIONS

Vitamin E is an essential element to maintaining good health. It contributes to the protection of body's cells from oxidative stress.

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 suffer from any serious ailments or conditions (such as heart disease or diabetes); or if you are taking any prescribed medication (including warfarin), please check with your healthcare provider before taking this medicine.

- This medicine might slow blood clotting and should be used cautiously with any other blood thinning medication. Discontinue use two weeks prior to any scheduled surgery.
- This medicine might also cause blurred vision. Do not drive or operate 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. If you are taking herbs and supplements that may increase the risk of bleeding (such as garlic), anticoagulant or antiplatelet medication (such as aspirin, warfarin, heparin or clopidogrel) and/or non-steroidal anti-inflammatory medications (such as ibuprofen or naproxen), please check with your healthcare provider before taking this medicine.

DOSAGE AND DIRECTIONS FOR USE

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

SIDE EFFECTS

Side effects may include nausea, diarrhoea, stomach cramps, fatigue, weakness, headache, blurred vision, rash, bruising or bleeding. 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 if an overdose is suspected, contact your healthcare provider immediately. Treatment is symptomatic and supportive.

IDENTIFICATION

Yellow softgel

PRESENTATION

30 Softgel 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 September 2020

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WELLVITA VITAMIN E

HANDELSMERKNAAM EN DOSEERVORM

Wellvita Vitamin E (sagte jel)

SAMESTELLING

Elke sagte jel bevat: Aktiewe bestanddeel: Vitamien E 400 IU.

FARMAKOLOGIESE KLASSEKATEGORIE

D34.11 Vitamienes.

Komplementêre medisyne - Gesondheidsaanvulling.

INDIKASIES

Vitamin E is 'n essensiële element om goeie gesondheid te handhaaf. Dit help om die liggaam se selle teen oksidatiewe beskadiging te beskerm.

KONTRA-INDIKASIES

Vermy 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

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

- Hierdie medisyne kan moontlik bloedstolling vertraag en moet met sorg gebruik word in pasiënte wat enige ander bloedverduunningsmedikasie gebruik. Staak gebruik ten minste twee weke voor enige beplande sjirurgie.
- Hierdie medisyne kan ook moontlik versteurde visie veroorsaak. 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 aanvullende (komplementêre) of tradisionele medisyne, of as jy enige addisionele medisyne begin neem terwyl jy hierdie medisyne gebruik, raadpleeg jou geneesheer vir raad. Indien jy kruie of aanvullings gebruik wat die risiko van bloeding verhoog (soos knoffel), stollingsteenmiddels of bloedverduunningsmedikasie (soos aspirien, warfarien, heparien of klopidogrel) of nie-steroidale anti-inflammatoriese medikasie (soos ibuprofen of naproksen), raadpleeg eers 'n geneesheer voordat jy die medikasie gebruik.

DOSES EN GEBRUIKSAANWYSINGS

Volwasse nes: Neem een sagte jel daaglik met 'n ete, of soos jou geneesheer voorskryf.

NEWE-EFFEKTE

Nuwe-effekte kan naarheid, diarree, maagkrampe, moegheid, swakheid, hoofpyn, versteurde visie, uitslag, kneusing of bloeding 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.

BEKENDE 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.

IDENTIFIKASIE

Geel sagte jel

AANBIEDING

30 Sagte gels 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: Y53008.

DATUM VAN VOUBILJET PUBLIKASIE

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