

WELLVITA VITAMIN K2 + D3

PROPRIETARY NAME AND DOSAGE FORM

WELLVITA® Vitamin K2 + D3 (veggie capsule)

COMPOSITION

Each capsule contains: Active ingredients: Vitamin K2 100 mcg and Vitamin D3 1000 IU.

*Veggie capsules contain no sugar.

PHARMACOLOGICAL CLASSIFICATION

D 34.11 Vitamins

Complementary medicine - Health supplement

INDICATIONS

Wellvita® Vitamin K2 & D3 can help in the formation of a strong bone matrix while also aiding the transport, metabolism and absorption of calcium in your body.

CONTRA-INDICATIONS

Do not use this medicine if you are hypersensitive (allergic) to any of the ingredients or if you are on warfarin. Not suitable for children unless under medical supervision.

WARNINGS AND SPECIAL PRECAUTIONS

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

- Consult your healthcare provider before taking this medication if you are on digoxin, thiazide diuretics (such as indapamide, hydrochlorothiazide, chlorthalidone and chlorothiazide), using magnesium-containing antacids or warfarin.
- This medicine might 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.

Vitamin 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. Do not use this medicine if you are on warfarin therapy as this medicine can antagonise the working of warfarin. Hypermagnesaemia (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 hypercalcaemia (high blood calcium levels) may precipitate abnormal heart rhythms. Concurrent administration of thiazide diuretics (such as chlorothiazide, chlorthalidone, hydrochlorothiazide and indapamide) and vitamin D3 to hypoparathyroid patients may cause hypercalcaemia, which may be transient or may require discontinuation of vitamin D3.

DOSAGE AND DIRECTIONS FOR USE

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

SIDE EFFECTS

Side effects may include nausea, diarrhoea, hypercalcaemia, and anaemia. Some symptoms of hypercalcaemia 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, please consult your doctor, pharmacist or other healthcare provider for advice.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

Symptoms of overdosage 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 an overdose, or a suspected overdose, contact your healthcare provider immediately. Treatment is symptomatic and supportive.

IDENTIFICATION

White veggie capsule.

PRESENTATION

30 Veggie capsules are packed in a white 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

October 2022

WELLVITA VITAMIN K2 + D3

HANDELSMERKNAAM EN DOSEERVORM
WELLVITA® Vitamin K2 + D3 (veggie kapsule)

SAMESTELLING

Elke kapsule bevat: Aktiewe bestanddele: Vitamien K2 100 mcg, and Vitamien D3 1000 IU.
*Veggie kapsules bevat geen suiker nie

FARMAKOLOGIESE KLASSIFIKASIE

D34.11 Vitamienes
Komplementêre medisyne - Gesondheidsaanvulling

INDIKASIES

Wellvita® Vitamin K2 & D3 kan help met die vorming van 'n sterk been matriks asook om te help met die vervoer, metabolisme en absorpsie van kalsium in die liggaam.

KONTRA-INDIKASIES

Verm y as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule en as jy warfarien gebruik. Dit is nie geskik vir kinders nie, behalwe onder die toesig van 'n geneesheer.

WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

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

- Raadpleeg jou geneesheer voordat jy die medisyne gebruik indien jy digoksien, tiasieddiaretika (soos byvoorbeeld indapamied, chloortiasied, chloortalidoon en hidrochloortiasied), magnesium bevattende teensuurmiddels of warfarien gebruik.
- Hierdie medisyne kan moontlik duiseligheid veroorsaak wat jou vermoë om te bestuur of 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, insluitende komplementêre of tradisionele medisyne, of as jy enige addisionele medisyne begin neem terwyl jy hierdie medisyne gebruik, raadpleeg jou geneesheer vir raad. Vitamien K kan die werking van warfarien teenwerk en hierdie medikasie moenie gebruik word indien jy op warfarien behandeling is nie. Hiperagnesia (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 tiasieddiaretika (soos byvoorbeeld chloortiasied, chloortalidoon, hidrochloortiasied en indapamied) aan hipoparatiroïed-pasiënte gegee word.

DOSIS EN GEBRUIKSAANWYSINGS

Volwassenes: Neem een kapsule daagliks met 'n vetterige ete, of soos jou geneesheer voorskryf.

NEWE-EFFEKTE

Nuwe-effekte kan naarheid, diaree, hiperkalsemie en anemie insluit. Sommige simptome van hiperkalsemie sluit in moegheid, hoofpyn, verlies van aptyt, droë mond, metaalsmaak, naarheid, vomering, maagkrampe, hardlywigheid, diarree, duiseligheid, spierpyn en prikkelbaarheid. 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

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, kontak jou geneesheer onmiddellik. Behandeling is simptomaties en ondersteunend.

IDENTIFIKASIE

Wit veggie kapsule.

AANBIEDING

30 Veggie kapsules is 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.

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: Y60123.

DATUM VAN VOUBILJET PUBLIKASIE

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