

WELLVITA ZINC + C

PROPRIETARY NAME AND DOSAGE FORM

WELLVITA® ZINC + C (tablet)

COMPOSITION

Each tablet contains: Active ingredients: Vitamin C 1 000 mg and Zinc amino acid chelate 125 mg (equivalent to elemental zinc 25 mg).

*Sugar free

PHARMACOLOGICAL CLASSIFICATION

D 34.12 Multiple substance formulation
Complementary medicine - Health supplement

INDICATIONS

Vitamin C and zinc are two essential micronutrients that play important functional roles in nutrition, immune support and maintenance of good health. Wellvita Zinc + C film-coated tablets are formulated with an advanced zinc amino acid chelate complex for optimal absorption and the maximum strength of vitamin C.

CONTRA-INDICATIONS

Do not use this medicine if you are hypersensitive (allergic) to any of the ingredients in the formulation. Avoid use if you suffer from kidney disease. Not suitable for children, unless under medical supervision.

WARNINGS AND SPECIAL PRECAUTIONS

If you suffer from any serious ailments (such as kidney stones or stomach ulcers) or conditions (such as blood-iron disorders, sickle cell disease, autoimmune diseases, HIV or diabetes); or if you are taking any prescribed medication (including warfarin, immune suppressants or cisplatin), please check with your healthcare provider before taking this medicine.

- Zinc might lower blood sugar levels. Use cautiously if you are suffering from diabetes.
- People with haemochromatosis may absorb larger amounts of zinc.
- No studies on the effect on the ability to drive and use machines have been performed. Do not drive or operate 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 and statins. Consult your healthcare provider for more information. Zinc can affect the absorption of certain antibiotics (such as tetracycline, penicillamine and quinolone). Take this medicine either two hours before or four hours after any other medication to prevent absorption problems. Do not take zinc if you are taking a medicine called cisplatin. Medication that suppress the immune system (such as prednisone, cyclosporine, tacrolimus, etc.) might be less effective. Avoid using this medication with immune suppressants, unless under medical supervision.

DOSAGE AND DIRECTIONS FOR USE

Adults: Take one tablet daily, or as directed by your healthcare provider.

SIDE EFFECTS

Side effect may include heartburn, nausea, diarrhoea, headache, metallic taste, irritability, lethargy 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

In case of an overdose or if an overdose is suspected, contact your healthcare provider immediately. Treatment is symptomatic and supportive.

IDENTIFICATION

Yellow tablet.

PRESENTATION

30 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: Y60123.

DATE OF PUBLICATION OF THE PACKAGE INSERT

March 2021

WELLVITA ZINC + C

HANDELSMERKNAAM EN DOSEERVORM
WELLVITA® ZINC + C (tablet)

SAMESTELLING

Elke tablet bevat: Aktiewe bestanddele: Vitamien C 1000 mg en Sink aminosuur-chelaat 125 mg (ekwivalent aan 25 mg elementêre sink).

*Suikervry.

FARMAKOLOGIESE KLASSEKASIE

D 34.12 Multi bestanddeel formule
Komplementêre medisyne - Gesondheidsaanvulling

INDIKASIE

Vitamien C en sink is twee noodsaaklike voedingstowwe. Hulle speel 'n belangrike rol in voeding, immuunondersteuning en die handhawing van goeie gesondheid. Wellvita Zinc + C film-bedekte tablette word geformuleer met 'n sink aminosuur-chelaat vir optimale opname en die maksimum hoeveelheid vitamien C.

KONTRA-INDIKASIE

Vermyn as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule. Vermyn indien jy aan enige nier kwale ly. Nie geskik vir kinders nie, behalwe onder die toesig van 'n geneesheer.

WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

As jy enige voorgeskrewe medikasie (insluitend warfarien, immuunonderdrukkers en cisplatin) gebruik of aan enige ernstige siektes (soos bloedyster versteurings, sekelsel siekte, outo-immuun siektes, MIV of diabetes) of toestande (soos bv. nierstene of 'n maagseer) ly, raadpleeg jou geneesheer voordat jy hierdie medisyne begin gebruik.

- Sink kan moontlik bloedsuikervlakke verlaag en moet versigtig gebruik word in diabetes. Meer sink kan geabsorbeer word in mense wat haemochromatosis het.
- Geen studies is gedoen om die effek wat die medisyne het op bestuur en die gebruik van masjinerie vas te stel nie. 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 dieet 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 begin gebruik.

INTERAKSIE

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. Sink kan die absorpsie van sekere antibiotikas (soos bv. tetrasikline, quinolone of penisillienamien) beïnvloed. Neem hierdie aanvulling twee ure voor of vier ure na enige ander medisyne om absorpsie probleme te voorkom. Moenie hierdie medisyne gebruik indien jy 'n medisyne genaamd cisplatin gebruik nie. Medikasie wat die immuunstelsel onderdruk (byvoorbeeld kortikosteroïede, siklosporine, tacrolimus, ens.) kan moontlik minder effektiw wees. Moenie gebruik saam met immuunonderdrukkers nie, tensy onder die toesig van jou geneesheer.

DOSIS EN GEBRUIKSAANWYSINGS

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

NEWE-EFFEKTE

Nuwe-effekte kan sooibrand, naarheid, diarree, hoofpyn, metaalsmaak, geïrriteerdheid, lusteloosheid en maagkrampe 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 tablet.

AANBIEDING

30 Tablette is verpak in 'n plastiek houer.

BERGINGS- EN AANWYSINGS

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

Maart 2021

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