

WELLVITA ZINC CHELATE

PROPRIETARY NAME AND DOSAGE FORM

WELLVITA® ZINC CHELATE (capsule)

COMPOSITION

Each capsule contains: Active ingredient: Zinc amino acid chelate 250 mg (equivalent to 25 mg elemental zinc).

PHARMACOLOGICAL CLASSIFICATION

D 34.7 Minerals.

Complementary medicine: Health supplement.

INDICATIONS

Zinc is essential for cellular reproduction and is present in all tissues, organs and secretions of the body. It contributes to the maintenance of immune function, normal skin and nails. This product is provided in an advanced amino acid chelate complex for optimal absorption.

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 or conditions (such as HIV, autoimmune diseases or diabetes); or if you are taking any prescribed medication (including antibiotics, immune suppressants and 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.
- Zinc might also interfere with the absorption of iron, copper, magnesium and calcium. Consult your healthcare provider for further advice.
- 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. 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.

DOSAGE AND DIRECTIONS FOR USE

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

SIDE EFFECTS

Side effects can include nausea, vomiting, diarrhoea, metallic taste, headache, irritability and lethargy. 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

White capsule.

PRESENTATION

30, 60 or 90 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 ZINC CHELATE

HANDELSMERKNAAM EN DOSEERVORM

WELLVITA® ZINC CHELATE (kapsule)

SAMESTELLING

Elke kapsule bevat: Aktiewe bestanddeel: Sink aminosuur chelaat 250 mg (ekwivalent aan 25 mg elementêre sink).

FARMAKOLOGIESE KLASSEKASIE

D 34.7 Minerale.

Komplementêre medisyne: Gesondheidsaanvulling.

INDIKASIES

Sink is noodsaaklik vir sellulêre reproduksie en word aangetref in alle weefsel, organe en sekresies in die liggaam. Dit dra by tot die instandhouding van die immuunfunksie, normale vel en naels. Hierdie produk is gecheleer met 'n aminosuur vir maksimum absorpsie.

KONTRA-INDIKASIES

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

WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

As jy enige voorgeskrewe medikasie (insluitend antibiotikas, immuunonderdrukkers of cisplatin) gebruik of aan enige ernstige siektes of toestande (soos bv. MIV, outo-immuun siektes of diabetes) 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.
- Sink kan ook moontlik die absorpsie van yster, koper, magnesium en kalsium beïnvloed. Raadpleeg jou geneesheer vir meer inligting.
- 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. Dis onwaarskynlik dat dit lomerigheid gaan 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

Indien jy swanger is of borsvoed, raadpleeg jou geneesheer 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. Sink kan die absorpsie van sekere antibiotikas (soos bv. tetrasikliene, 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 ciplastin gebruik nie.

DOSIS EN GEBRUIKSAANWYSINGS

Volwassenes: Neem een kapsule daaglik, of soos jou geneesheer voorskryf.

NEWE-EFFEKTE

Nuwe-effekte kan naarheid, braking, diarree, metaalsmaak, hoofpyn, geïrriteerdheid en lusteloosheid 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 simptome en ondersteunend.

IDENTIFIKASIE

Wit kapsule.

AANBIEDING

30, 60 of 90 Kapsules is 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: Y60123.

DATUM VAN VOUBILJET PUBLIKASIE

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