

PROFESSIONAL INFORMATION

SCHEDULING STATUS

S0

1. NAME OF THE MEDICINE

VitaTech Vitamin C Effervescent Effervescent tablets 10

2. COMPOSITION

Each tablet contains:

Ingredients	Elemental value	NRV %
Vitamin C (as L-Ascorbic Acid)	1000 mg	1000
Contains Sugar: Dextrose (monosaccharide)	1050 mg	-
Artificial sweetener: sucralose	20 mg	-

For full list of excipients, see section 6.a

3. PHARMACEUTICAL FORM

Orange coloured, round effervescent tablet.

4. CLINICAL PARTICULARS

(a) Therapeutic indication

Vitamin C

helps with cellular antioxidant cell protection

It maintains normal immune function.

(b) Dosage and method of administration

Adults: Dissolve 1 tablet in a glass of water until fully dissolved. Only consume once tablet is fully dissolved. May be consumed up to 3 times a day if necessary.

Do not exceed the recommended dose.

Always consult your healthcare professional if you are taking any other medicine.

Only take the medication as indicated on the packet or container.

If you skip a dose, do not take a double dose.

Take at least two hours before or after taking other medication.

(c) Contraindications

Hypersensitivity to any of the ingredients or the excipients. Not for use in children under the age of 12 years.

(d) Special warnings and precautions for use

VITATECH VITAMIN C EFFERVESCENT should be used with care if patients have any of these health problems:

(1) alcoholism or medication therefor

(2) If you take kidney or kidney stone medication.

Any other supplementation consisting of vitamins and minerals should be taken into account when prescribing / suggesting **VITATECH VITAMIN C EFFERVESCENT**.

(e) Interaction with other medicines and other forms of interaction

No interaction studies have been performed on **VITATECH VITAMIN C EFFERVESCENT**, however the below information gathered from the literature on the active ingredients should be taken into consideration:

VITATECH VITAMIN C EFFERVESCENT may interact with the following medicines. Caution is advised when used concurrently:

Vitamin C (Ascorbic Acid):

- usage may have an influence on certain medication which include hormonal contraceptives, fluphenazine and warfarin.
- Omeprazole may affect the bioavailability of dietary Vitamin C
- May increase the absorption of iron in iron deficiencies conditions
- Aluminium in anti-acid medication may increase the absorption of Vitamin C
- May decrease the rate the body get rid of estrogens and/or side effects.
- Taking it with fluphenazine (Prolixin) might decrease the effectiveness of fluphenazine
- May have an effect on how long HIV medication stays in the body and decrease the effectiveness of some of these medications.
- Taking vitamin C, beta-carotene, selenium, and vitamin E together might decrease the effectiveness of some medications used for lowering cholesterol.

Anti-acids, such as altretamine, cisplatin, should be taken at least 2 hours before or after **VITATECH VITAMIN C EFFERVESCENT**, as they may reduce the absorption of vitamins and minerals.

(f) Pregnant or Breastfeeding

If you are pregnant or breastfeeding, before using **VITATECH VITAMIN C EFFERVESCENT**, please consult your health care provider. Keep a list of all the products you use (including prescription/non-prescription medicines and herbal products) and share it with your doctor and pharmacist.

(g) Ability to drive and use machines

VITATECH VITAMIN C EFFERVESCENT should not affect the ability of individuals to drive or operate machinery.

(h) Side Effects

Signs of an allergic reaction like:

- rash;
- hives;
- itching;
- red, swollen, blistered, or peeling skin with or without fever;
- wheezing;
- tightness in the chest or throat;
- trouble breathing, swallowing, or talking;
- unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat,
- upset stomach or
- throwing up.

- Not all side effects reported for this medicine are included in this leaflet. Should your general health worsen or if you experience any side-effects while taking this medicine, please consult your health care provider for advice.

(i) Overdose

In the event of over-dosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

(j) Effects when no further used

There should be no side effects or any withdrawal symptoms after you stop using **VITATECH VITAMIN C EFFERVESCENT**

(5) PHARMACOLOGICAL PROPERTIES

(a) PHARMACOLOGICAL CLASSIFICATION

34.11 Category D (Health Supplement) [S0]

(b) PHARMACOLOGICAL ACTION

Vitamin C (ascorbic acid)

- helps tissue and bone grow and repair themselves.
- When essential nutrients are in short supply or is not able to be utilized properly, a specific deficiency syndrome may be the result.
- also seems to help the body absorb the mineral iron.
- helps tissue and bone grow and repair themselves.

(6) PHARMACEUTICAL PARTICULARS

(a) Other ingredients

Citric acid, sodium bicarbonate, polyethylene glycol, flavourant, sodium benzoate & colourant

Contains: monosaccharide: dextrose monohydrate

non-nutritive sweetener (artificial sweetener): Sucralose

(b) Shelf life

2 years

(c) Storage conditions

Store at or below 25 °C.

Protect from sunlight and moisture.

Keep out of reach of children

Store in original packaging

Do not store in a fridge

Always seal the container properly before storage

(d) Presentation and packaging

White with green lid packaged container in a box. Clearly labelled with detailed information printed on the label.

Containing 10 effervescent tablets.

(e) Disposal and handling

Wrap the contents and the container properly in put in a plastic bag.

Dispose the wrapped package in the normal household waste bag after dissolving it in water.



(7) NAME AND ADDRESS OF REGISTRATION HOLDER

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Cnr Parkin & Delson Street, North End, Gqeberha 6001
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(8) REGISTRATION NUMBER

To be allocated

(9) DATE OF PUBLICATION OF PROFESSIONAL INFORMATION

July 2021

(10) COMPLEMENTARY MEDICINE

This medicine has not been evaluated by the SAHPRA for its quality, safety or intended use. This medicine is not intended to diagnose, treat, cure or prevent any disease.