

Patient Information Leaflet

SCHEDULING STATUS [S0]

Not scheduled

PROPRIETARY NAME AND DOSAGE FORM:

VitaTech Vitamin C Effervescent tablets 10

Each effervescent 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	-

* South African Nutrient reference values for individuals 4 years and older

Other ingredients:

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

Contains: monosaccharide: dextrose monohydrate

non-nutritive sweetener (artificial sweetener): Sucralose

PHARMACOLOGICAL CLASSIFICATION

34.11 Category D (Health Supplement) [S0]

INDICATIONS

Contributes to:

- iron absorption from food,
- cell protection from free radical damage,
- normal collagen for the normal function of blood vessels, the cartilage, the bones, gums, skin and teeth,
- normal energy-yielding metabolism, functioning of the nervous system, psychological function, function of the immune system,
- protection of cells from oxidative stress, reduction of tiredness and fatigue, regeneration of the reduced form of Vitamin E and
- wound healing,

Helps to metabolise fats and proteins,

Helps in connective tissue formation,

An antioxidant and factor for the maintenance of good health.

“A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.”

CONTRAINDICATIONS

Hypersensitivity to any of the ingredients.

If you are pregnant or breast feeding your baby, please consult your health care provider for advice before taking this medicine.

WARNINGS AND SPECIAL PRECAUTIONS

Do not exceed the recommended dose.

Follow all directions on your medicine label and package. Always tell your healthcare provider if you are taking any other medicine. You should not use ascorbic acid if you have ever had an allergic reaction to a vitamin C supplement.



Ask a doctor or pharmacist about using ascorbic acid if you have any of the following:

- kidney disease or a history of kidney stones;
- hereditary iron overload disorder (hematochromatosis) or
- if you smoke (smoking can make ascorbic acid less effective).

Not recommended for children < 3yrs. **KEEP OUT OF REACH OF CHILDREN.**

INTERACTIONS

Drug interactions may occur if vitamin C is taken together with:

- protease inhibitors,
- oestrogens (estrogens),
- Warfarin and
- anti-acid (aluminium) products.

These vitamin C interactions can increase your risk of developing side effects or reduce the effectiveness of the medications. Always consult your healthcare professional if you are taking any other medicine.

DOSAGE AND DIRECTIONS FOR USE

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 share medicines prescribed for you with any other person. In the event of over-dosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

SIDE EFFECTS

Ascorbic acid may cause some unwanted effects. If any side effects do occur, i.e., backpain, they may need medical attention. Seek immediate healthcare advice.

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.

STORAGE INSTRUCTIONS

Close the container properly after usage. Store in a cool, dry place below 25 °C. Do not leave container open or store in a fridge.

STORE ALL MEDICINES OUT OF REACH OF CHILDREN.

PRESENTATION

White with White lid packaged container with tamperproof induction seal, labelled with clear, detailed information printed on the label. Containing 10 effervescent tablets.

IDENTIFICATION

Orange coloured, round effervescent tablet

REGISTRATION NUMBER

To be allocated.

NAME AND BUSINESS ADDRESS OF THE APPLICANT

Serfie Imports & Exports (PTY) Ltd
Cnr Parkin & Delson Street, North End, Gqeberha 6001
Tel no: +27 (0) 41 816 3100
Email: info@vitatechhealth.com
Website: www.vitatechhealth.com

DATE OF PUBLICATION OF THIS PATIENT INFORMATION LEAFLET

June 2021



**Complementary Medicine: Health Supplement
Classification D (HS)**

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

Pasiënt Inligtingsblaadjie

SKEDULERINGSSTATUS [S0]

Nie geskeduleer nie

HANDELSNAAM EN DOSERINGSVORM:

VitaTech Vitamien C Bruistablette 10

Elke tablet bevat:

Bestanddele	Elementeel	NRV %
Vitamien C (as L-Askorbiensuur)	1000 mg	1000
Bevat suiker: Dektrose (monosakkariede)	1050 mg	-
Kunsmatige versoeter: sucralose	20 mg	-

* Suid Afrikaanse Voedings verwysingswaardes vir persone 4 jaar en ouer

Ander bestanddele

Sitroensuur, natrium bikarbonaat, poliëtileen glycol, geursel, natrium benzoate en kleursel.

Bevat: monosakkariede: dekstroze monohidraat

nie-voedsame versoeter (kunsmatige versoeter): Sucralose

FARMAKOLOGIESE KLASSIFIKASIE

34.11 Kategorie D (Gesondheidsaanvuller) [S0]

INDIKASIES

Dra by tot

- yster opname uit voedsel,
- sel beskerming teen vry-radikale skade,
- normale kollageen vir die normale funksie van bloedvate, kraakbeen, bene, tandvleis, vel en tande,
- normale energie verrykende metabolisme, funksionering van die senuweestelsel, sielkundige- en immuunstelsel funksie,
- beskerming van selle teen oksidatiewe spanning, 'n afname in moegheid & uitputting, regenerasie van 'n Vitamien E tekort en
- wondgenesing,

Help om vette en proteïene te metaboliseer,

Help met die vorming van bindweefsel en

'n Antioksidant, asook faktor in die handhawing van goeie gesondheid

“'n Omvattende en gebalanseerde eetplan is die mees doeltreffend- en veiligste manier vir die handhawing van goeie gesondheid om geestelike en fisiese doelwitte te bereik.”

KONTRAINDIKASIES

Hipersensitiwiteit vir enige van die bestanddele.

Indien swanger of borsvoed, raadpleeg jou gesondheidsorgverskaffer voordat hierdie medisyne gebruik word.

WAARSKUWINGS EN SPESIALE VOORSORGMAATREËLS

Moenie die aanbevole dosis oorskry nie.

Volg altyd die aanwysings op die etiket of verpakking. Raadpleeg altyd u gesondheidsorgverskaffer indien u enige ander medikasie gebruik. Indien u al voorheen enige allergiese reaksie getoon het met die gebruik van askorbiensuur, raadpleeg u gesondheidsorgverskaffer.



Vra 'n dokter of apteker oor die gebruik van askorbiensuur as u een van die volgende het;

- niersiekte of 'n niersteen geskiedenis,
- oorerflike en/of Yster wanbalans (hematochromatose) of
- as u rook (rook kan askorbiensuur minder effektief maak).

Word nie vir kinders aanbeveel < 3 jaar. **HOU BUITE BEREIK VAN KINDERS**

INTERAKSIES

Interaksies kan voorkom as vitamien C gebruik word met:

- protease-beheer medikasie,
- oestrogeen (oestrogen),
- Warfarin en
- anti-suur medikasie (aluminiumprodukte).

Interaksies met vitamien C kan die risiko om nuwe-effekte te ontwikkel verhoog of die effektiwiteit van die medisyne verminder. Raadpleeg altyd u gesondheidsorgverskaffer as u enige ander medikasie gebruik.

DOSERING EN GEBRUIKSAANWYSINGS:

Los 1 tablet in 'n glas water totdat dit ten volle opgelos is. Gebruik slegs wanneer die tablet ten volle opgelos is. Kan tot 3 keer per dag geneem word indien nodig.

Moenie medisyne met enige ander persoon deel nie. In die geval van 'n oordosis, raadpleeg dadelik u gesondheidsorgverskaffer. Indien nie beskikbaar, kontak die naaste hospitaal of mediese sentrum vir advies.

NEWE-EFFEKTE

Askorbiensuur kan sekere nuwe-effekte veroorsaak. As enige nuwe-effekte voorkom, byvoorbeeld rugpyn, kan mediese hulp nodig wees. Kry onmiddellike gesondheidsadvies.

Nie alle nuwe-effekte is in hierdie pamflet gelys nie. Indien u algemene gesondheidstoestand versleg of as u enige nuwe-effekte ervaar, raadpleeg u gesondheidsorgverskaffer vir advies.

BERGINGSINSTRUKSIES

Verseël die houer behoorlik na gebruik. Bêre op 'n koel, droë plek onder 25 °C. Moenie die houer oop laat of in die yskas bêre nie.

STOOR ALLE MEDISYNE BUITE BEREIK VAN KINDERS.

AANBIEDING

Verpak in 'n Wit houer met Wit deksel en 'n peuterbestande induksie-seël. 'n Gedrukte etiket met volledige aanwysings is op die houer aangebring. Bevat 10 bruistablette.

IDENTIFIKASIE

Oranje gekleurde, ronde bruistablet

REGISTRASIE NOMMER

Nie toegeken nie.

NAAM EN BESIGHEIDSADRES VAN DIE AANSOEKER

Serfie Imports & Exports (Edms.) Bpk

H/v Parkin- & Delsonstrate, Noordeinde, Gqeberha 6001

Tel no: +27 (0) 41 816 3100

e-Posadres: info@vitatechhealth.com

Webwerf: www.vitatechhealth.com

DATUM VAN PUBLIKASIE VAN HIERDIE PASIËNT INLIGTING PAMFLET

June 2021



Aanvullende Medisyne: Gesondheidsaanvuller
Klassifikasie: D

Hierdie medisyne is nie deur SAPHRA geëvalueer ten opsigte van die kwaliteit, veiligheid of beoogde gebruik daarvan nie. Hierdie medisyne is nie bedoel vir die diagnosering, behandeling, genesing of voorkoming van enige siekte nie.