

VITAFORCE HAIR & NAILS

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE HAIR & NAILS tablets

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU VITAFORCE HAIR & NAILS is available without a doctor's prescription, for you to treat a mild illness. Nevertheless you still need to use VITAFORCE HAIR & NAILS carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share VITAFORCE HAIR & NAILS with any other person.
- Ask your pharmacist if you need more information or advice.

WHAT VITAFORCE HAIR & NAILS CONTAINS

The active substance is:

Manganese (manganese gluconate)	1,3 mg
Silicone (silicon dioxide)	1,4 mg
Zinc (zinc gluconate)	2,1 mg
Vitamin B ₁₂ (cyanocobalamin)	6,0 µg
Vitamin E	7,5 IU
Gelatine	12,0 mg
Fenugreek	25,0 mg
Vitamin B ₃ (nicotinamide)	25,0 mg
Vitamin B ₆ (calcium-d-pantothenate)	25,0 mg
Kelp	30,0 mg
Para Amino Benzoic Acid	30,0 mg
Vitamin H (D-Biotin)	30,0 µg
Inositol	48,5 mg
Choline bitartrate	97,0 mg
Folic Acid	200,0 µg
Iron (ferrous gluconate)	486,0 µg

The other ingredients are:

Calcium hydrogen phosphate, castor oil, magnesium stearate, mannitol, microcrystalline cellulose, shellac, stearic acid and water.

WHAT VITAFORCE HAIR & NAILS IS USED FOR

Category D Complementary Medicine
Discipline 34.12 Health Supplements. Multiple substance formulation
A multi-vitamin supplement that helps promote healthy hair and nails.

BEFORE YOU TAKE VITAFORCE HAIR & NAILS

Do not take VITAFORCE HAIR & NAILS if you are hypersensitive (allergic) to any of the ingredients.

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

PREGNANCY AND BREASTFEEDING

If you are pregnant or breastfeeding your baby, please consult your healthcare provider for advice before taking this medicine.

IMPORTANT INFORMATION ABOUT SOME OF THE INGREDIENTS OF VITAFORCE HAIR & NAILS

Contains: Iodine
Contains Sugar: Inositol 48,5 mg
Suitable for vegans and vegetarians.

TAKING OTHER MEDICINES WITH VITAFORCE HAIR & NAILS

Always tell your healthcare provider if you are taking any other medicine. This product contains Iodine. Do not use in conjunction with anti-thyroid medication

HOW TO TAKE VITAFORCE HAIR & NAILS

Do not share medicines prescribed for you with any other person. Always take VITAFORCE HAIR & NAILS exactly as instructed. You should check with your doctor or pharmacist if you are unsure.

The usual dose is:

Take 1 tablet once a day with a meal or as directed by a healthcare professional.

IF YOU TAKE MORE VITAFORCE HAIR & NAILS THAN YOU SHOULD

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

IF YOU FORGET TO TAKE A DOSE OF VITAFORCE HAIR & NAILS

Do not take a double dose to make up for forgotten individual doses.

POSSIBLE SIDE EFFECTS

VITAFORCE HAIR & NAILS can have side effects. 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 healthcare provider for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

STORING AND DISPOSING OF VITAFORCE HAIR & NAILS

Store all medicines out of reach of children.
Store at or below 25 °C.

Keep the container in the outer carton.
Store in the original package / container.
Keep the container tightly closed.
Protect from moisture.
Do not store in a bathroom.
Do not use after the expiry date stated on the label / carton / bottle.
Do not use VITAFORCE HAIR & NAILS if you notice visible signs of deterioration.
Return all unused medicine to your pharmacist.
Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF VITAFORCE HAIR & NAILS

A amber bottle containing 30 tablets enclosed in a carton.

IDENTIFICATION OF VITAFORCE HAIR & NAILS

A round beige tablet with brown/black speckles.

REGISTRATION NUMBER

TBA

DATE OF REGISTRATION

TBA

PROFESSIONAL INFORMATION

For further information refer to the Professional Information of the product.

NAME AND ADDRESS OF REGISTRATION HOLDER

Ascendis Consumer Brands (Pty) Ltd
31 Georgian Crescent East, Bryanston, Gauteng 2191
South Africa
Consumer care line / Verbruikersnavraelyn:
+27 11 036 9420

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA

VITAFORCE HAIR & NAILS

PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSSTATUS

Ongeskeduleer

HANDELSNAAM EN DOSEERVORM

VITAFORCE HAIR & NAILS tablette

LEES DIE HELE INLIGTINGSBLAADJIE NOUKEURIG DEUR, DIT BEVAT BELANGRIKE INLIGTING VIR JOU. VITAFORCE HAIR & NAILS is beskikbaar sonder 'n doktersvoorskrif en is aanvullende (komplimentêre) medisyne. Jy moet VITAFORCE HAIR & NAILS egter steeds versigtig gebruik om die beste resultate te verkry.

- Hou hierdie vouiljet want dit mag dalk nodig wees om dit weer te lees.
- Moenie VITAFORCE HAIR & NAILS met enige iemand anders deel nie.
- Raadpleeg jou apteker of gesondheidsorgpraktisyn indien jy meer inligting of advies benodig.

WAT VITAFORCE HAIR & NAILS BEVAT

Die aktiewe bestanddele is:

Mangaan (Mangaangluconaat)	1,3 mg
Silikon (Silikondioksied)	1,4 mg
Sink (sinkglukonaat)	2,1 mg
Vitamiën B ₁₂ (sianokobalamien)	6,0 µg
Vitamiën E	7,5 IU
Gelatien	12,0 mg
Fenegriek	25,0 mg
Vitamiën B ₃ (nikotienamied)	25,0 mg
Vitamiën B ₆ (kalsium-d-pantotenaat)	25,0 mg
Seewier	30,0 mg
Para-aminobensoësuur	30,0 mg
Vitamiën H (D-Biotien)	30,0 µg
Inositol	48,5 mg
Cholien-bitartraat	97,0 mg
Foliensuur	200,0 µg
Yster (ysterglukonaat)	486,0 µg

Die ander bestanddele is:

Kalsium waterstof-fostaat, kasterolie, magnesiumstearaat, mannitol, mikrokristallyne sellulose, lak, steariensuur en water.

WAARVOOR VITAFORCE HAIR & NAILS GEBRUIK WORD

Kategorie D Komplementêre Medisyne
Dissipline 34.12 Gesondheidsaanvulling.
Kombinasie Produk

'n Multivitamiën aanvulling vir die bevordering van gesonde hare en naels

VOORDAT VITAFORCE HAIR & NAILS GEBRUIK WORD Moenie VITAFORCE HAIR & NAILS gebruik indien jy hipersensitief (allergies) is vir enige van die bestanddele nie. Hierdie ongeregisteerde medisyne is nie deur SAHPRA geëvalueer vir sy gehalte, veiligheid of beoogde gebruik nie.

SWANGERSKAP EN BORSVOEDING

Raadpleeg jou dokter, apteker of gesondheidsorgpraktisyn voordat jy hierdie medisyne gebruik indien jy swanger is of jou baba borsvoed.

BELANGRIKE INLIGTING IN VERBAND MET SOMMIGE VAN DIE BESTANDELE IN VITAFORCE HAIR & NAILS

Bevat jodium
Bevat Suiker: Inositol 48,5 mg
Geskik vir streng vegetariërs.

AS JY ANDER MEDISYNE SAAM MET VITAFORCE HAIR & NAILS NEEM

Stel altyd jou gesondheidsorgpraktisyn in kennis indien jy enige ander medisyne gebruik.

Hierdie produk bevat jodium. Moet nie in kombinasie met anti-tiroïed medisyne gebruik word nie.

HOË OM VITAFORCE HAIR & NAILS TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie. Neem VITAFORCE HAIR & NAILS altyd presies soos aanbeveel. Bevestig met jou dokter of apteker indien jy onseker is.

Die normale dosis is:

Neem 1 tablet een keer per dag met ete of soos aanbeveel deur 'n gesondheidsorgpraktisyn.

INDIEN JY MEER VITAFORCE HAIR & NAILS GEBRUIK AS WAT JY BEHOORT

Indien oordosering vermoed word, raadpleeg onmiddellik jou dokter of apteker. Indien geeneen beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

INDIEN JY VERGEET HET OM VITAFORCE HAIR & NAILS TE NEEM

Moenie 'n dubbele dosis neem om vir oorgeslane dosisse te vergoed nie.

MOONTLIKE NEWE-EFFEKTE

VITAFORCE HAIR & NAILS kan moontlik newe-effekte veroorsaak. Nie alle newe-effekte wat vir hierdie medisyne aangemeld is word in hierdie vouiljet genoem nie. Indien jou algemene gesondheid verswak of indien jy enige nadelige effekte ondervind terwyl jy hierdie medisyne gebruik, moet jy asseblief jou dokter, apteker of ander gesondheidsorgpraktisyn raadpleeg. Indien jy enige newe-effekte waarneem wat nie in hierdie vouiljet genoem word nie, moet jy jou dokter of apteker daarvan vertel.

BERGING EN WEGDOEN VAN VITAFORCE HAIR & NAILS

Bewaar alle medisyne buite bereik van kinders.

Bewaar teen of benede 25 °C.

Bewaar die houer in die kartonverpakking.

Bewaar in die oorspronklike houer.

Maak die houer dig toe.

Beskerem teen vog.

Moenie die medisyne in die badkamer bewaar nie.

Moenie gebruik na die vervaldatum wat op die houer aangedui is nie.

Moenie VITAFORCE HAIR & NAILS gebruik indien jy enige sigbare tekens van produkafbraak opmerk nie. Besorg enige ongebruikte medisyne terug aan jou apteker. Moenie van ongebruikte medisyne ontslae raak in dreine of rioelstelsels nie (bv. toilette).

AANBIEDING VAN VITAFORCE HAIR & NAILS

'n Amberkleurige bottel gevul met 30 tablette, in 'n kartonverpakking

IDENTIFIKASIE VAN VITAFORCE HAIR & NAILS

'n Ronde, roomkleurige tablet met bruin of swart spikkels

REGISTRASIEONNMER

DATUM VAN PUBLIKASIE

TBA

PROFESIONELE INLIGTING

Verwys na die vouiljet met professionele inligting vir meer inligting.

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

Ascendis Consumer Brands (Pty) Ltd
31 Georgian Crescent East, Bryanston, Gauteng 2191
South Africa
Consumer care line / Verbruikersnavraelyn:
+27 11 036 9420

DATUM VAN PUBLIKASIE VAN DIE PROFESIONELE INLIGTING

TBA

VITAFORCE HAIR & NAILS

PROFESSIONAL INFORMATION

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE HAIR & NAILS tablets

COMPOSITION

Each tablet contains:	
Manganese (manganese gluconate)	1,3 mg
Silicone (silicon dioxide)	1,4 mg
Zinc (zinc gluconate)	2,1 mg
Vitamin B ₁₂ (cyanocobalamin)	6,0 µg
Vitamin E	7,5 IU
Gelatine	12,0 mg
Fenugreek	25,0 mg
Vitamin B ₃ (nicotinamide)	25,0 mg
Vitamin B ₆ (calcium-d-pantothenate)	25,0 mg
Kelp	30,0 mg
Para Amino Benzoic Acid	30,0 mg
Vitamin H (D-Biotin)	30,0 µg
Inositol	48,5 mg
Choline bitartrate	97,0 mg
Folic Acid	200,0 µg
Iron (ferrous gluconate)	486,0 µg

Inactive ingredients: Calcium hydrogen phosphate, castor oil, magnesium stearate, mannitol, microcrystalline cellulose, shellac, stearic acid and water.
Contains Sugar: Inositol: 48,5 mg

PHARMACOLOGICAL CLASSIFICATION

Category D Complementary Medicine
Discipline 34.12 Health Supplements.
Multiple substance formulation

PHARMACOLOGICAL ACTION

Vitamin E is an anti-oxidant that assists in the maintenance of good health by contributing to the protection of cells from oxidative stress. Nicotinamide contributes to normal growth and development. Folic acid helps the body metabolise proteins and increases red blood cell formation. Vitamin B₁₂ and Iron are known to promote red blood cell formation and helps in their proper function. Both play a role in the process of cell division. Biotin is unique in that it helps the body maintain normal hair and skin by assisting the mucous membranes. It is used commonly for hair loss and brittle nails. Vitamin B₆ contributes to tissue formation by assisting in the synthesis and metabolism of steroid hormones, Vitamin D and some neuro-transmitters. Manganese is essential to the maintenance and development of bones. Zinc has an important role in DNA synthesis, connective tissue formation and the maintenance of healthy skin, nails, hair and bones. It also aids in immune function.

Iodine assists in the normal production of the thyroid hormone and thyroid function.

Choline assists with liver support, thereby assisting in the maintenance of good health.

PABA is used for vitiligo, lupus, dermatomyositis and scleroderma. It assists in reducing hair loss and aging skin.

Gelatine plays a major role in strengthening bones and fingernails, aging skin, improving the quality of scalp hair and skin moisture.

Silicon improves hair and nail quality and assists in skin healing. The mechanism of action includes stimulation of synthesis of collagen and other molecules associated with extra-cellular matrix production.

Fenugreek is traditionally used in herbal medicine as a nutritive tonic.

INDICATIONS

A multi-vitamin supplement that helps promote healthy hair and nails.

CONTRAINDICATIONS

This product contains Iodine. Do not use in conjunction with anti-thyroid medication

WARNINGS AND SPECIAL PRECAUTIONS

Do not use this product if you are hypersensitive (allergic) to any of the ingredients. If you are on any medication or suffering from any medical condition, it is advisable to seek medical advice before starting any new medicine, supplement or remedy. Do not exceed recommended dosage(s) unless on the advice of a healthcare practitioner. This product contains Iodine. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use

INTERACTIONS

There are no known interactions.

HUMAN REPRODUCTION

Safety during pregnancy and lactation has not been established.

DOSAGE AND DIRECTIONS FOR USE

Take 1 tablet once a day with a meal or as directed by a healthcare professional.

SIDE EFFECTS

There are no known side effects.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

Treatment should be symptomatic and supportive. In the case of accidental overdose of the product, contact the nearest hospital or poison control centre.

IDENTIFICATION

A round beige tablet with brown/black speckles.

PRESENTATION

A amber bottle containing 30 tablets enclosed in a carton.

STORAGE INSTRUCTIONS

Store at or below 25 °C.
KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER

DATE OF REGISTRATION

TBA

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION

Ascendis Consumer Brands (Pty) Ltd
31 Georgian Crescent East, Bryanston, Gauteng 2191
South Africa
Consumer care line / Verbruikersnavraelyn:
+27 11 036 9420

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA

850344/00

