

VITAFORCE ACTIVE ARNICA MASSAGE GEL

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE ACTIVE ARNICA MASSAGE, Gel

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

VITAFORCE ACTIVE ARNICA MASSAGE GEL is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use VITAFORCE ACTIVE ARNICA MASSAGE GEL carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share VITAFORCE ACTIVE ARNICA MASSAGE GEL with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

WHAT VITAFORCE ACTIVE ARNICA MASSAGE GEL CONTAINS

The active substance is:

Extracts from:

<i>Betula pendula</i> Roth. (Betula, Folium)	143,8 mg
<i>Arnica montana</i> L. (Arnica, Planta tota)	32,3 mg
<i>Calendula officinalis</i> L. (Calendula, Herba)	7,3 mg
Oleum Lavandini	19,5 mg
Oleum Rosmarini	17,3 mg
Oleum Aloe vera	12,5 mg
Oleum Aurantii	10,0 mg

The other ingredients are:

Glycerine, purified water, sodium chloride and xanthan gum

WHAT VITAFORCE ACTIVE ARNICA MASSAGE GEL IS USED FOR

Category D Complementary Medicine

Discipline 33.6 Western Herbal Medicine

VITAFORCE ACTIVE ARNICA MASSAGE GEL is used for the relief of muscular aches, pains and stiffness, associated with rheumatism, arthritis, sprains and strains.

BEFORE YOU USE VITAFORCE ACTIVE ARNICA MASSAGE GEL

Do not use VITAFORCE ACTIVE ARNICA MASSAGE GEL 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.

TAKE SPECIAL CARE WITH VITAFORCE ACTIVE ARNICA MASSAGE GEL

Do not apply to open wound or broken skin.

Consult your doctor or pharmacist if symptoms persist or worsen.

FOR EXTERNAL USE ONLY

PREGNANCY AND BREASTFEEDING

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

USING OTHER MEDICINES WITH VITAFORCE ACTIVE ARNICA MASSAGE GEL

Always tell your healthcare provider if you are taking any other medicine.

HOW TO USE VITAFORCE ACTIVE ARNICA MASSAGE GEL

Do not share medicines prescribed for you with any other person. Always use VITAFORCE ACTIVE ARNICA MASSAGE GEL exactly as instructed. You should check with your doctor or pharmacist if you are unsure.

Directions:

Apply and massage onto affected area whenever necessary, unless otherwise directed.

IF YOU USE MORE VITAFORCE ACTIVE ARNICA MASSAGE GEL THAN YOU SHOULD

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

POSSIBLE SIDE EFFECTS

VITAFORCE ACTIVE ARNICA MASSAGE GEL can have side effects. Allergic skin reactions such as itching, redness of skin, dermatitis and eczema may occur. The frequency is not known. 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 ACTIVE ARNICA MASSAGE GEL

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 / tube.

Do not use VITAFORCE ACTIVE ARNICA MASSAGE GEL 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 ACTIVE ARNICA MASSAGE GEL

Tube containing 75 ml massage gel

IDENTIFICATION OF VITAFORCE ACTIVE ARNICA MASSAGE GEL

Opaque, beige gel with no separation of components

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
+27 11 036 9420

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA

VITAFORCE ACTIVE ARNICA MASSAGE GEL

PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSSTATUS

Ongeskeduleer

HANDELSNAAM EN DOSEERVORM

VITAFORCE ACTIVE ARNICA MASSAGE, Gel

LEES DIE HELE INLIGTINGSBLAADJIE NOUKEURIG DEUR, DIT BEVAT BELANGRIKE INLIGTING VIR JOU.

VITAFORCE ACTIVE ARNICA MASSAGE GEL is beskikbaar sonder 'n doktersvoorskrif om minder ernstige siektes te behandel. Jy moet egter nogsteeds VITAFORCE ACTIVE ARNICA MASSAGE GEL versigtig gebruik om die beste resultate te verkry.

- Hou hierdie voubljef, dit mag dalk nodig wees om dit weer te lees.
- Moenie VITAFORCE ACTIVE ARNICA MASSAGE GEL met enige ander persoon deel nie.
- Raadpleeg jou gesondheidsorgpraktisyn of apteker indien jy meer inligting of advies benodig.
- 'n Dokter moet geraadpleeg word indien simptome nie verbeter nie of vererger.

WAT VITAFORCE ACTIVE ARNICA MASSAGE GEL BEVAT

Die aktiewe bestanddele is:

Ekstrakte van:

<i>Betula pendula</i> Roth. (Betula, Folium)	143,8 mg
<i>Arnica montana</i> L. (Arnica, Planta tota)	32,3 mg
<i>Calendula officinalis</i> L. (Calendula, Herba)	7,3 mg
Oleum Lavandini	19,5 mg
Oleum Rosmarini	17,3 mg
Oleum Aloe vera	12,5 mg
Oleum Aurantii	10,0 mg

Die ander bestanddele is:

Gliisrien, gesuiverde water, natriumchloried en xanthan gom

WAARVOOR VITAFORCE ACTIVE ARNICA MASSAGE GEL GEBRUIK WORD

Kategorie D Komplementêre Medisyne

Dissipline 33.6 Westerse Kruid Medisyne

VITAFORCE ACTIVE ARNICA MASSAGE GEL word gebruik vir die verligting van spierpyn, en stiffheid, geassosieer met rumatiek, artritis en verstuijtings.

VOORDAT VITAFORCE ACTIVE ARNICA MASSAGE GEL GEBRUIK WORD

Moenie VITAFORCE ACTIVE ARNICA MASSAGE GEL gebruik indien jy hipersensitief (allergieë) is vir enige van die bestanddele nie. Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer vir sy gehalte, veiligheid of beoogde gebruik nie.

NEEM SPESIALE SORG MET VITAFORCE ACTIVE ARNICA MASSAGE GEL

Moet nie aanwend op oop wonde of tot gebroke vel nie.

Raadpleeg jou dokter of apteker indien simptome nie verbeter nie of vererger.

SLEGS VIR UITWENDIGE GEBRUIK

SWANGERSKAP EN BORSVOEDING

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

AS JY ANDER MEDISYNE SAAM MET VITAFORCE ACTIVE ARNICA MASSAGE GEL NEEM

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

HOË OM VITAFORCE ACTIVE ARNICA MASSAGE GEL TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie. Gebruik VITAFORCE ACTIVE ARNICA MASSAGE GEL altyd presies soos voorgeskryf. Bevestig met jou dokter of apteker indien jy onseker is.

Aanwysings:

Wend aan en masseer op geaffekteerde area wanneer nodig, tensy anders aangedui.

INDIEN JY MEER VITAFORCE ACTIVE ARNICA MASSAGE GEL GEBRUIK AS WAT JY BEHOORT

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

MOONTLIKE NEWE-EFFEKTE

VITAFORCE ACTIVE ARNICA MASSAGE GEL kan moontlik newe-effekte veroorsaak. Allergiese velreaksies soos jeukerigheid, rooiheid van vel, dermatitis en ekseem mag voorkom. Voorkoms van begenoemde simptome is onbekend. Nie alle newe-effekte wat vir hierdie medisyne aangemeld is word in hierdie voubiljet genoem nie. Indien jou algemene gesondheid verswak of indien jy enige nadelige effekte ondervind terwyl jy hierdie medikasie gebruik, moet jy asseblief jou dokter, apteker of ander gesondheidsorgpraktisyn raadpleeg. Indien enige newe-effekte, wat nie in hierdie voubiljet genoem word nie, voorkom, stel jou dokter, apteker of gesondheidsorgverskaffer in kennis.

BERGING EN WEGDOEN VAN VITAFORCE ACTIVE ARNICA MASSAGE GEL

Bewaar alle medikasie 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.

Beskerm teen vog.

Moenie die produk in die badkamer bewaar nie.

Moenie die produk gebruik na die vervaldatum wat op die etiket / karton / buis aangedui is nie.

Moenie VITAFORCE ACTIVE ARNICA MASSAGE GEL 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 ACTIVE ARNICA MASSAGE GEL

Buis wat 75 ml masseer gel bevat

IDENTIFIKASIE VAN VITAFORCE ACTIVE ARNICA MASSAGE GEL

Ondeursigtige, roomkleurige gel met geen skeiding van bestanddele

REGISTRASIENOMMER

TBA

DATUM VAN REGISTRASIE

TBA

PROFESIONELE INLIGTING

Verwys na die voubiljet 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

+27 11 036 9420

DATUM VAN PUBLIKASIE VAN DIE PROFESIONELE INLIGTING

TBA

VITAFORCE ACTIVE ARNICA MASSAGE GEL

PROFESSIONAL INFORMATION

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE ACTIVE ARNICA MASSAGE, Gel

COMPOSITION

Each 1 g contains:

Extracts from:

<i>Betula pendula</i> Roth. (Betula, Folium)	143,8 mg
<i>Arnica montana</i> L. (Arnica, Planta tota)	32,3 mg
<i>Calendula officinalis</i> L. (Calendula, Herba)	7,3 mg
Oleum Lavandini	19,5 mg
Oleum Rosmarini	17,3 mg
Oleum Aloe vera	12,5 mg
Oleum Aurantii	10,0 mg

Inactive ingredients:

Glycerine, purified water, sodium chloride and xanthan gum

PHARMACOLOGICAL CLASSIFICATION

Category D Complementary Medicine
Discipline 33.6 Western Herbal Medicine

PHARMACOLOGICAL ACTION

VITAFORCE ACTIVE ARNICA MASSAGE GEL is a combination of extracts and oils that act synergistically to alleviate muscular aches, pains, inflammation and stiffness, associated with rheumatism, arthritis, sprains and strains.

The active ingredients in VITAFORCE ACTIVE ARNICA MASSAGE GEL provide the following actions:

Arnica montana L. is traditionally used in herbal medicine to help relieve pain and inflammation in muscles and joints resulting from minor injuries and accidents (e.g. sprains, bruises, joint pain and stiffness).

Betula pendula Roth. and Oleum Rosmarini (*Rosmarinus officinalis* L.) are used as supportive therapy for rheumatic ailments.

Oleum Rosmarini (*Rosmarinus officinalis* L.), Oleum Lavandulae (*Lavandula angustifolia* Miller.) and Oleum Aurantii (*Citrus aurantium*) act as supportive therapy in functional circulatory disorders and helps relieve joint/muscle pain associated with sprain/strain/rheumatoid arthritis.

Oleum Aloe (*Aloe vera* L.) and Calendula Herba (*Calendula officinalis* L.) is traditionally used for the symptomatic treatment of minor inflammations of the skin (such as sunburn) and as an aid in healing of minor wounds.

INDICATIONS

VITAFORCE ACTIVE ARNICA MASSAGE GEL is indicated for the relief of muscular aches, pains and stiffness, associated with rheumatism, arthritis, sprains and strains.

CONTRAINDICATIONS

Hypersensitivity to Arnica, any of the ingredients and to other plants of the Asteraceae (Compositae) family.

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. Do not apply to open wound or broken skin. 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

Apply and massage onto affected area whenever necessary, unless otherwise directed.

SIDE EFFECTS

Allergic skin reactions such as itching, redness of skin, dermatitis and eczema may occur. The frequency is not known.

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

Opaque, beige gel with no separation of components.

PRESENTATION

VITAFORCE ACTIVE ARNICA MASSAGE GEL -branded tube containing 75 ml massage gel

STORAGE INSTRUCTIONS

Store at or below 25 °C.

KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER

TBA

DATE OF REGISTRATION

TBA

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

Ascendis Consumer Brands (Pty) Ltd

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DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

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