

## VITAFORCE CALCIUM PLUS

### PATIENT INFORMATION LEAFLET

**SCHEDULING STATUS**  
Unscheduled

**PROPRIETARY NAME AND DOSAGE FORM**  
VITAFORCE CALCIUM PLUS tablet

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

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

### WHAT VITAFORCE CALCIUM PLUS CONTAINS

The active substance is:

Calcium (Calcium carbonate)	650,0 mg
Copper (Copper sulphate)	1,3 mg
Folic Acid	200,0 µg
Magnesium (Magnesium oxide)	45,2 mg
Manganese (Amino acid chelate)	2,0 mg
Vitamin B <sub>6</sub> (Pyridoxine hydrochloride)	4,1 mg
Vitamin B <sub>12</sub> (Cyanocobalamin)	5,0 µg
Vitamin D <sub>3</sub>	222 IU
Zinc (Zinc oxide)	8,4 mg

The other ingredients are:  
Castor oil, croscarmellose sodium, hydroxypropyl methylcellulose, iron oxide black, magnesium stearate, mannitol, microcrystalline cellulose, polyethylene glycol, shellac, silicon dioxide, stearic acid, talc, titanium dioxide and water

### WHAT VITAFORCE CALCIUM PLUS IS USED FOR

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

Supports development and maintenance of bones and reduces the risk of developing osteoporosis.

### BEFORE YOU TAKE VITAFORCE CALCIUM PLUS

Do not take VITAFORCE CALCIUM PLUS if you are hypersensitive (allergic) to any of the ingredients. This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

### TAKING VITAFORCE CALCIUM PLUS WITH FOOD AND DRINK

VITAFORCE CALCIUM PLUS must be taken with meals or after meals.

### 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 CALCIUM PLUS

Contains Sugar: Sucrose 0,4 mg.  
(For sucrose) If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking VITAFORCE CALCIUM PLUS

VITAFORCE CALCIUM PLUS contains sucrose which may have an effect on the control of your blood sugar if you have diabetes mellitus.

### TAKING OTHER MEDICINES WITH VITAFORCE CALCIUM PLUS

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

### HOW TO TAKE VITAFORCE CALCIUM PLUS

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

The usual dose is:  
Adults: Take 1 to 2 tablets daily with food or as directed by a healthcare professional.

### IF YOU TAKE MORE VITAFORCE CALCIUM PLUS 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.

### IF YOU FORGET TO TAKE A DOSE OF VITAFORCE CALCIUM PLUS

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

### POSSIBLE SIDE EFFECTS

VITAFORCE CALCIUM PLUS 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 CALCIUM PLUS

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 CALCIUM PLUS 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 CALCIUM PLUS

Amber plastic bottles containing 60 tablets enclosed in a cardboard carton

### IDENTIFICATION OF VITAFORCE CALCIUM PLUS

Off-white speckled oblong tablet

### 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 Supply Chain (Pty) Ltd  
1 Carey Street, Wynberg  
Sandton, Gauteng 2090  
South Africa  
+27 11 036 9420

### DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA

## VITAFORCE CALCIUM PLUS

### PASIËNTINLIGTINGSBLAADJIE

**SKEDULERINGSSTATUS**  
Ongeskeduleer

**HANDELSNAAM EN DOSEERVORM**  
VITAFORCE CALCIUM PLUS tablet

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

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

### WAT VITAFORCE CALCIUM PLUS BEVAT

Die aktiewe bestanddele is:

Kalsium (Kalsiumkarbonaat)	650,0 mg
Koper (Kopersulfaat)	1,3 mg
Foliensuur	200,0 µg
Magnesium (Magnesiumoksied)	45,2 mg
Mangaan (Aminosuurchelataa)	2,0 mg
Vitamien B <sub>6</sub> (Piridoksien-hidrochloried)	4,1 mg
Vitamien B <sub>12</sub> (sianokobalamien)	5,0 µg
Vitamien D <sub>3</sub>	222 IU
Sink (Sink-oksied)	8,4 mg

Die ander bestanddele is:  
Kasterolie, natrium-karmellose, hidroksiepropiel-metielcellulose, swart ysteroksied, magnesiumstearaat, mannitol, mikrokristallyne sellulose, poliëtileniglikool, lak, silikondioksied, steariensuur, talk, titaniumdoksied, water.

### WAARVOOR VITAFORCE CALCIUM PLUS GEBRUIK WORD

Kategorie D Komplementêre Medisyne  
Dissipline 34.12 Gesondheidsaanvulling.  
Kombinasie Produk

Ondersteun die ontwikkeling en instandhouding van gesonde bene. Verminder die risiko vir die ontwikkeling van osteoporose.

### VOORDAT VITAFORCE CALCIUM PLUS GEBRUIK WORD

Moenie VITAFORCE CALCIUM PLUS gebruik indien jy hipersensitief (allergies) is vir enige van die bestanddele nie. Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer vir sy gehalte, veiligheid of beoogde gebruik nie.

### NEEM VAN VITAFORCE CALCIUM PLUS MET KOS EN DRANK

VITAFORCE CALCIUM PLUS moet tydens ete of na ete geneem word.

### 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 CALCIUM PLUS

Bevat suiker: Sukrose 0,4 mg  
Indien jou dokter jou ingelig het dat jy 'n intoleransie vir sommige suikers het, moet jy jou dokter raadpleeg voordat jy VITAFORCE CALCIUM PLUS gebruik.

VITAFORCE CALCIUM PLUS bevat suikrose wat moontlik die beheer van jou bloedglukosevlakke kan beïnvloed indien jy aan diabetes mellitis ly.

### AS JY ANDER MEDISYNE SAAM MET VITAFORCE CALCIUM PLUS NEEM

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

### HOE OM VITAFORCE CALCIUM PLUS TE GEBRUIK

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

Die normale dosis is:  
Volwassenes: Neem 1-2 tablette daaglik met ete of soos aanbeveel deur jou gesondheidsorgpraktisyn.

### INDIEN JY MEER VITAFORCE CALCIUM PLUS GEBRUIK AS AANBEVEEL

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

### INDIEN JY VERGEET HET OM VITAFORCE CALCIUM PLUS TE NEEM

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

### MOONTLIKE NEWE-EFFEKTE

VITAFORCE CALCIUM PLUS kan moontlik newe-effekte veroorsaak. Nie alle newe-effekte wat vir hierdie medisyne aangemeld is word in hierdie voubljiet genoem nie. Indien jou algemene gesondheid verswak of indien jy enige nadelige effek 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 voubljiet genoem word nie, moet jy jou dokter of apteker daarvan vertel.

### BERGING EN WEGDOEN VAN VITAFORCE CALCIUM PLUS

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.  
Beskerm teen vog.  
Moenie die produk in die badkamer bewaar nie.  
Moenie gebruik na die vervaldatum wat op die houer aangedui is nie.  
Moenie VITAFORCE CALCIUM PLUS 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 CALCIUM PLUS

'n Amberkleurige plastiekbottel gevul met 60 tablette, verpak in 'n kartonhouer.

### IDENTIFIKASIE VAN VITAFORCE CALCIUM PLUS

'n Naaswit, gespikkelde, langwerpige tablet

### REGISTRASIONOMMER

TBA

### DATUM VAN PUBLIKASIE

TBA

### PROFESIONELE INLIGTING

Verwys na die voubljiet met professionele inligting vir meer inligting.

### NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

Ascendis Supply Chain (Pty) Ltd  
1 Carey Street, Wynberg  
Sandton, Gauteng 2090  
South Africa  
+27 11 036 9420

### DATUM VAN PUBLIKASIE VAN DIE PROFESIONELE INLIGTING

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## VITAFORCE CALCIUM PLUS

### PROFESSIONAL INFORMATION

**SCHEDULING STATUS**  
Unscheduled

**PROPRIETARY NAME AND DOSAGE FORM**  
VITAFORCE CALCIUM PLUS tablet

### COMPOSITION

Each tablet contains:

Calcium (Calcium carbonate)	650,0 mg
Copper (Copper sulphate)	1,3 mg
Folic Acid	200,0 µg
Magnesium (Magnesium oxide)	45,2 mg
Manganese (Amino acid chelate)	2,0 mg
Vitamin B <sub>6</sub> (Pyridoxine hydrochloride)	4,1 mg
Vitamin B <sub>12</sub> (Cyanocobalamin)	5,0 µg
Vitamin D <sub>3</sub>	222 IU
Zinc (Zinc oxide)	8,4 mg

Inactive ingredients:  
Castor oil, croscarmellose sodium, hydroxypropyl methylcellulose, iron oxide black, magnesium stearate, mannitol, microcrystalline cellulose, polyethylene glycol, shellac, silicon dioxide, stearic acid, talc, titanium dioxide and water  
Contains Sugar: Sucrose 0,4 mg.

### PHARMACOLOGICAL CLASSIFICATION

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

### PHARMACOLOGICAL ACTION

Calcium and Vitamin D<sub>3</sub>:  
Contributes to the development and maintenance of bones and teeth. Calcium intake, when combined with sufficient Vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Vitamin D<sub>3</sub> also helps in the absorption and use of calcium and phosphorus.

Copper:  
Helps to produce and repair connective tissue.

Folic Acid and Vitamin B<sub>12</sub>:  
Helps to form red blood cells. Vitamin B<sub>12</sub> Contributes to normal red blood cell formation.

Magnesium:  
Contributes to the development and maintenance of bones and teeth. Contributes to tissue formation. Contributes to the maintenance of normal muscle function.

Manganese:  
Contributes to the development and maintenance of normal bones. A factor in the maintenance of good health.

Vitamin B<sub>6</sub>:  
Contributes to tissue formation. A factor in the maintenance of good health.

**INDICATIONS**  
Supports development and maintenance of bones and reduces the risk of developing osteoporosis.

**CONTRAINDICATIONS**  
There are no known contraindications.

### 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. Contains sucrose. Patients with rare hereditary conditions

such as fructose intolerance, glucose - galactose mal-absorption or sucrose isomaltase insufficiency should not take VITAFORCE CALCIUM PLUS. Contains sucrose which may have an effect on the glycaemic control of patients with diabetes mellitus.  
This unregistered medicine has not been evaluated by the 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**  
Adults: Take 1 to 2 tablets daily with food 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**  
Off-white speckled oblong tablets.

**PRESENTATION**  
Amber plastic bottles containing 60 tablets enclosed in a cardboard carton.

**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**  
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