



VITAFORCE VITAMIN E-400 IU

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS
Unscheduled

PROPRIETARY NAME AND DOSAGE FORM
VITAFORCE VITAMIN E 400 IU capsule

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU
VITAFORCE VITAMIN E 400 IU is available without a doctor's prescription, for you to treat a mild illness. Nevertheless you still need to use VITAFORCE VITAMIN E 400 IU carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share VITAFORCE VITAMIN E 400 IU with any other person.
- Ask your pharmacist if you need more information or advice.

WHAT VITAFORCE VITAMIN E 400 IU CONTAINS
The active substance is:
Vitamin E (dl-Alpha Tocopherol Acetate) 400 IU
The other ingredients are:
Gelatine, glycerine, water

WHAT VITAFORCE VITAMIN E 400 IU IS USED FOR
Category D Complementary Medicine
Discipline 34.11 Health Supplements. Vitamins

VITAFORCE VITAMIN E 400 IU is an antioxidant supplement that helps protect the body's cells against potentially damaging effects of free radicals. VITAFORCE VITAMIN E 400 IU helps to maintain good health.

BEFORE YOU TAKE VITAFORCE VITAMIN E 400 IU
Do not take VITAFORCE VITAMIN E 400 IU 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.

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

TAKING OTHER MEDICINES WITH VITAFORCE VITAMIN E 400 IU
Always tell your healthcare provider if you are taking any other medicine.

HOW TO TAKE VITAFORCE VITAMIN E 400 IU
Do not share medicines prescribed for you with any other person. Always take VITAFORCE VITAMIN E 400 IU exactly as instructed. You should check with your doctor or pharmacist if you are unsure.

The usual dose is:
Adults: Take 1 capsule once a day.

IF YOU TAKE MORE VITAFORCE VITAMIN E 400 IU 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 VITAMIN E 400 IU
Do not take a double dose to make up for forgotten individual doses.

POSSIBLE SIDE EFFECTS

VITAFORCE VITAMIN E 400 IU can have side effects. VITAFORCE VITAMIN E 400 IU is usually well tolerated. Large doses may cause diarrhoea, abdominal pain, and other gastrointestinal disturbances. 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 VITAMIN E 400 IU

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 light.
Protect from air.
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 VITAMIN E 400 IU 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 VITAMIN E 400 IU
Amber plastic bottles containing 100 soft gelatine capsules, in an outer carton.

IDENTIFICATION OF VITAFORCE VITAMIN E 400 IU
Oval, clear, pale yellow soft gelatine capsule.

REFERENCE NUMBER
T1235 Act 101/1965

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 VITAMIN E 400 IU

PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSSTATUS
Ongeskeduleer

HANDELSNAAM EN DOSEERVORM
VITAFORCE VITAMIN E 400 IU kapsule

LEES DIE HELE INLIGTINGSBLAADJIE NOUKEURING DEUR, DIT BEVAT BELANGRIKE INLIGTING VIR JOU.
VITAFORCE VITAMIN E 400 IU is beskikbaar sonder 'n doktersvoorskrif en is aanvullende (komplimentêre) medisyne. Jy moet eger nogsteeds VITAFORCE VITAMIN E 400 IU versigtig gebruik om die beste resultate te verkry.

- Hou hierdie voubiljet, dit mag dalk nodig wees om dit weer te lees.
- Moenie VITAFORCE VITAMIN E 400 IU met enige ander persoon deel nie.
- Raadpleeg jou apteker of gesondheidsorgpraktisyn indien jy meer inligting of advies benodig.

WAT VITAFORCE VITAMIN E 400 IU BEVAT

Die aktiewe bestanddele is:
Vitamiën E (dl-alfa-tokoferoolasetaat)
Die ander bestanddele is:
Gelatien, gliserien, water

WAARVOOR VITAFORCE VITAMIN E 400 IU GEBRUIK WORD

Kategorie D Komplementêre Medisyne
Dissipline 34.11 Gesondheidsaanvulling. Vitamiene

VITAFORCE VITAMIN E 400 IU is 'n anti-oksidant aanvulling wat help om die liggaam se selle te beskerm teen die potensieel skadelike uitwerking van onstabiele vry radikale. VITAFORCE VITAMIN E 400 IU help om goeie gesondheid te handhaaf.

VOORDAT VITAFORCE VITAMIN E 400 IU GEBRUIK WORD

Moenie VITAFORCE VITAMIN E 400 IU 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.

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 VITAMIN E 400 IU NEEEM
Stel altyd jou gesondheidsorgpraktisyn in kennis indien jy enige ander medisyne gebruik.

HOE OM VITAFORCE VITAMIN E 400 IU TE GEBRUIK
Moenie jou medisyne met enige iemand anders deel nie. Neem VITAFORCE VITAMIN E 400 IU altyd presies soos aanbeveel. Bevestig met jou dokter of apteker indien jy onseker is.

Die normale dosis is:
Volwassenes: Neem 1 kapsule een keer per dag.

INDIEN JY MEER VITAFORCE VITAMIN E 400 IU 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 gilbeheersentrum.

INDIEN JY VERGEET HET OM VITAFORCE VITAMIN E 400 IU TE NEEEM
Moenie 'n dubbele dosis neem om vir oorgeslane dosisse te vergoed nie.

MOONTLIKE NEWE-EFFEKTE

VITAFORCE VITAMIN E 400 IU kan moontlik newe-effekte veroorsaak. VITAFORCE VITAMIN E 400 IU word gewoonlik goed verdra. Hoë dosisse kan moontlik diaree, abdominale pyn en ander gastro-intestinale versteurings veroorsaak. 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 effek ondervind terwyl jy hierdie medisyne gebruik, moet jy asselief jou dokter, apteker of ander gesondheidsorgpraktisyn raadpleeg. Indien jy enige newe-effekte waarmaem wat nie in hierdie voubiljet genoem word nie, moet jy jou dokter of apteker daarvan vertel.

BERGING EN WEGDOEN VAN VITAFORCE VITAMIN E 400 IU

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 lig.
Beskerm teen lug.
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 VITAMIN E 400 IU gebruik indien jy enige sigbare tekens van produktraak opmerk nie.
Besorg enige ongebruikte medisyne terug aan jou apteker.
Moenie van ongebruikte medisyne ontslae raak in dreine of rioolstelsels nie (bv. toilette).

AANBIEDING VAN VITAFORCE VITAMIN E 400 IU

'n Amberkleurige plastiekbottel gevul met 100 sagte gelatien kapsules in 'n kartonverpakking.

IDENTIFIKASIE VAN VITAFORCE VITAMIN E 400 IU
Ovaalvormige , deurskynende, liggeel sagte gelatien kapsule

REGISTRASIENOMMER
T1235 Act 101/1965

DATUM VAN PUBLIKASIE
TBA

PROFESIONELE INLIGTING
Verwys na die voubiljet met professionele inligting vir meer inligting.

NAAM EN BESIGHEIDSAADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

Ascendis Supply Chain (Pty) Ltd
1 Carey Street, Wynberg
Sandton, Gauteng 2090
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VITAFORCE VITAMIN E 400 IU

PROFESSIONAL INFORMATION

SCHEDULING STATUS
Unscheduled

PROPRIETARY NAME AND DOSAGE FORM
VITAFORCE VITAMIN E 400 IU capsule

COMPOSITION
Each capsule contains:
Vitamin E (dl-Alpha Tocopherol Acetate) 400 IU

Inactive ingredients:
Gelatine, glycerine, water
Sugar free

PHARMACOLOGICAL CLASSIFICATION
Category D Complementary Medicine
Discipline 34.11 Health Supplements. Vitamins

PHARMACOLOGICAL ACTION
Vitamin E is an antioxidant that helps protect the body's cells against potentially damaging effects of free radicals.

INDICATIONS
VITAFORCE VITAMIN E 400 IU is an antioxidant supplement that helps protect the body's cells against potentially damaging effects of free radicals. VITAFORCE VITAMIN E 400 IU helps to maintain good health.

CONTRAINDICATIONS
Hypersensitivity to any of the ingredients.

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

INTERACTIONS
Cholestyramine, Colestipol and Orlistat may interfere with the absorption of VITAFORCE VITAMIN E 400 IU

HUMAN REPRODUCTION
Safety during pregnancy and lactation has not been established.

DOSAGE AND DIRECTIONS FOR USE
Adults: Take 1 capsule once a day.

SIDE EFFECTS
VITAFORCE VITAMIN E 400 IU is usually well tolerated. Large doses may cause diarrhoea, abdominal pain, and other gastrointestinal disturbances.

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
Oval, clear, pale yellow soft gelatine capsule

PRESENTATION
Amber plastic bottles containing 100 soft gelatine capsules, in an outer carton

STORAGE INSTRUCTIONS
Store at or below 25 °C. Protect from light, moisture and air. KEEP OUT OF REACH OF CHILDREN.

REFERENCE NUMBER
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