

VITAFORCE FOLIC ACID & B12

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE FOLIC ACID & B12 tablets

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU VITAFORCE FOLIC ACID & B12 is available without a doctor's prescription, for you to treat a mild illness. Nevertheless you still need to use VITAFORCE FOLIC ACID & B12 carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share VITAFORCE FOLIC ACID & B12 with any other person.
- Ask your pharmacist if you need more information or advice.

WHAT VITAFORCE FOLIC ACID & B12 CONTAINS

The active substance is:

Folic acid	500 µg
Vitamin B ₁₂ (Cyanocobalamin)	30 µg

The other ingredients are:
Magnesium stearate, orange flavour and sorbitol.

WHAT VITAFORCE FOLIC ACID & B12 IS USED FOR

Category D Complementary Medicine
Discipline 34.11 Health Supplements. Vitamins.

Folic Acid helps to reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy, it helps the body to metabolise proteins and to form red blood cells. It also contributes to maternal tissue growth during pregnancy and plays a role in the process of cell division.

BEFORE YOU TAKE VITAFORCE FOLIC ACID & B12

Do not take VITAFORCE FOLIC ACID & B12 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

VITAFORCE FOLIC ACID & B12 is safe for use during pregnancy and lactation.

IMPORTANT INFORMATION ABOUT SOME OF THE INGREDIENTS OF VITAFORCE FOLIC ACID & B12

Contains Sweetener: Sorbitol 263 mg.
VITAFORCE FOLIC ACID & B12 contains (Sorbitol 263 mg). If you have been told that you have an intolerance to some sugars, you should not take VITAFORCE FOLIC ACID & B12.

TAKING OTHER MEDICINES WITH VITAFORCE FOLIC ACID & B12

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

HOW TO TAKE VITAFORCE FOLIC ACID & B12

Do not share medicines prescribed for you with any other person. Always take VITAFORCE FOLIC ACID & B12 exactly as instructed. You should check with your doctor or pharmacist if you are unsure.

The usual dose is:

Adults: Chew 1 tablet daily with a meal, or as directed by a healthcare professional.

IF YOU TAKE MORE VITAFORCE FOLIC ACID & B12 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 FOLIC ACID & B12

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

POSSIBLE SIDE EFFECTS

VITAFORCE FOLIC ACID & B12 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 FOLIC ACID & B12

Store all medicines out of reach of children.
Store at or below 25 °C.
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 FOLIC ACID & B12 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 FOLIC ACID & B12

Black plastic bottles containing 100 tablets enclosed in a carton.

IDENTIFICATION OF VITAFORCE FOLIC ACID & B12

Pink-orange round 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 FOLIC ACID & B12

PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSSTATUS

Ongeskeduleer

HANDELSNAAM EN DOSEERVORM

VITAFORCE FOLIENSUUR & B12 tablette

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

VITAFORCE FOLIC ACID & B12 is beskikbaar sonder 'n doktersvoorskrif en is aanvullende (komplimentêre) medisyne. Jy moet egter nogsteeds VITAFORCE FOLIC ACID & B12 versigtig gebruik om die beste resultate te verkry.

- Hou hierdie voubljiet, dit mag dalk nodig wees om dit weer te lees.
- Moenie VITAFORCE FOLIC ACID & B12 met enige ander persoon deel nie.
- Raadpleeg jou apteker of gesondheidsorgpraktisyn indien jy meer inligting of advies benodig.

WAT VITAFORCE FOLIC ACID & B12 BEVAT

Die aktiewe bestanddele is:	
Foliensuur	500 µg
Vitamiën B ₁₂ (Sianokobalamien)	30 µg

Die ander bestanddele is:

Magnesiumstearaat, lermoen geur en sorbitol

WAARVOOR VITAFORCE FOLIC ACID & B12 GEBRUIK WORD

Kategorie D Komplementêre Medisyne
D34:11 Komplimentêre medisyne: Gesondheidsaanvulling
Foliensuur help om die risiko van neurale buisdefekte te verminder wanneer dit daaglik gebruik word voordat u swanger raak en tydens vroeë swangerskap help dit die liggaam om proteïene te metaboliseer en rooibloedselle te vorm. Dit dra ook by tot die groei van moederlike tydens swangerskap en speel 'n rol in die selverdeling.

VOORDAT VITAFORCE FOLIC ACID & B12 GEBRUIK WORD

Moenie VITAFORCE FOLIC ACID & B12 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.

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 BESTANDDELE IN VITAFORCE FOLIC ACID & B12

Bevat Versoeter: Sorbitol 263 mg.
VITAFORCE FOLIENSUUR & B12 bevat (Sorbitol 263 mg). As jy voorheen bewus gemaak is dat jy 'n intoleransie teen sekere suikers het moet jy nie VITAFORCE FOLIENSUUR & B12 gebruik nie.

AS JY ANDER MEDISYNE SAAM MET VITAFORCE FOLIC ACID & B12 NEEM

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

HOE OM VITAFORCE FOLIC ACID & B12 TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie. Neem VITAFORCE FOLIC ACID & B12 altyd presies soos aanbeveel. Bevestig met jou dokter of apteker indien jy onseker is.

Die normale dosis is:

Volwassenes: Kou 1 tablet daaglik met 'n maaltyd of soos voorgeskryf deur 'n gesondheidspraktisyn.

INDIEN JY MEER VITAFORCE FOLIC ACID & B12 GEBRUIK AS WAT JY BEHOORT

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

INDIEN JY VERGEET HET OM VITAFORCE FOLIC ACID & B12 TE NEEM

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

MOONTLIKE NEWE-EFFEKTE

VITAFORCE FOLIC ACID & B12 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 effekte ondervind terwyl jy hierdie medikasie 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 FOLIC ACID & B12

Bewaar alle medikasie buite bereik en sig van kinders.
Bewaar teen of benede 25 °C.
Bewaar in die oorspronklike houer.
Maak die houer dig toe.
Beskerm teen vog.
Moenie die produk in die badkamer bewaar nie.
Moenie na die vervaldatum wat op die houer aangedui is, gebruik nie.
Moenie VITAFORCE FOLIC ACID & B12 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).

AANBIEIDING VAN VITAFORCE FOLIC ACID & B12

Swart plastiek bottel(s) wat 100 tablette bevat in 'n karton houer.

IDENTIFIKASIE VAN VITAFORCE FOLIC ACID & B12

Pienk-Oranje ronde tablet.

REGISTRASIENOMMER

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 PROFESSIONELE INLIGTING

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VITAFORCE FOLIC ACID & B12

PROFESSIONAL INFORMATION

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE FOLIC ACID & B12 tablets

COMPOSITION

Each tablet contains:	
Folic Acid	500 µg
Vitamin B ₁₂ (Cyanocobalamin)	30 µg

Inactive ingredients: Magnesium stearate, orange flavour and sorbitol.

Contains Sweetener: Sorbitol 263 mg.

PHARMACOLOGICAL CLASSIFICATION

Category D Complementary Medicine
Discipline 34.11 Health Supplements. Vitamins

PHARMACOLOGICAL ACTION

Folic Acid helps to reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy, it helps the body to metabolise proteins and to form red blood cells. Vitamin B₁₂ helps to metabolise carbohydrates, fats and proteins, it contributes to normal red blood cell formation. Folic Acid and Vitamin B₁₂ are factors in the maintenance of good health.

VITAFORCE FOLIC ACID & B12 is a unique balanced combination of Folic acid and vitamin B₁₂. Folic acid and Vitamin B₁₂ are essential vitamins synthesis of DNA in any cell in which chromosomal replication and division are taking place.

Methylcobalamin one of the active coenzymes from vitamin B₁₂ supports the methionine synthetase reaction, which is essential for normal metabolism of folate. This folate-cobalamin interaction is pivotal for normal synthesis of purines and pyrimidines, and therefore of DNA. The deficiency of either vitamin B₁₂ or folic acid will result in megaloblastic anaemia.

INDICATIONS

Folic Acid helps to reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy, it helps the body to metabolise proteins and to form red blood cells.

It also contributes to maternal tissue growth during pregnancy and plays a role in the process of cell division.

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. Patients with the rare hereditary condition of sorbitol maititol/lactitol intolerance should not take.

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use VITAFORCE FOLIC ACID & B12.

INTERACTIONS

There are no known interactions.

HUMAN REPRODUCTION

VITAFORCE FOLIC ACID & B12 is safe for use during pregnancy and lactation.

DOSAGE AND DIRECTIONS FOR USE

Adults: Chew 1 tablet daily 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

Pink-orange round tablet.

PRESENTATION

Black plastic bottles containing 100 tablets enclosed in a 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

Ascendis Supply Chain (Pty) Ltd
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