

VITAFORCE LADYVITE

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE LADYVITE film-coated tablets

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

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

WHAT VITAFORCE LADYVITE CONTAINS

The active substances are:

Carovite™ complex supplying:

Beta-carotene	206 IU
equivalent to vitamin A	62,5 µg
Lutein	375 µg
Lycopene	62,5 µg
Zeaxanthin	525 IU
Vitamin A (as vitamin A acetate)	5,5 mg
Vitamin B1 (as thiamine mononitrate)	6,3 mg
Vitamin B2 (as riboflavin)	9 mg
Vitamin B3 (as nicotinamide)	6,3 mg
Vitamin B5 (as calcium-D-pantothenate)	11 mg
Vitamin B6 (as pyridoxine hydrochloride)	15 µg
Vitamin B7 (as biotin)	200 µg
Vitamin B9 (as folic acid)	6,3 µg
Vitamin B12 (as cyanocobalamin)	75 mg
Vitamin C (as ascorbic acid)	100 IU
Vitamin D3	15 IU
Vitamin E (as dl-alpha-tocopheryl acetate)	60 mg
Calcium (as calcium carbonate)	25 µg
Chromium (as chromium polynicotinate)	5 mg
Citrus bioflavonoids complex	750 µg
Copper (as copper gluconate)	5 mg
Iron (as ferrous fumarate)	30 mg
Magnesium (as magnesium oxide)	200 µg
Manganese (as manganese gluconate)	12 µg
Selenium (as selenomethionine)	2,3 mg
Gamma-linolenic acid	7,5 mg
Zinc (as zinc gluconate)	

The other ingredients are:

Calcium hydrogen phosphate, calcium phosphate tribasic, castor oil, croscarmellose sodium, hydroxypropyl methylcellulose, iron oxide, magnesium stearate, mannitol, microcrystalline cellulose, polyethylene glycol, povidone, purified water, shellac, silicon dioxide and titanium dioxide.

WHAT VITAFORCE LADYVITE IS USED FOR

Category D Complementary Medicine

Discipline 34.12 Health Supplements.

Multiple substance formulation.

VITAFORCE LADYVITE is a unique 2-Phase release comprehensive multivitamin and mineral supplement for women. Providing nutrients and anti-oxidants that helps: Boost collagen for healthy skin, bones and joints
Fight fatigue
Immune function

BEFORE YOU TAKE VITAFORCE LADYVITE

Do not take VITAFORCE LADYVITE 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 LADYVITE WITH FOOD AND DRINK

VITAFORCE LADYVITE can be taken with food.

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 LADYVITE

VITAFORCE LADYVITE is sugar free

TAKING OTHER MEDICINES WITH VITAFORCE LADYVITE

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

HOW TO TAKE VITAFORCE LADYVITE

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

The usual dose is:

Adults: Take 2 tablets once a day with breakfast.

IF YOU TAKE MORE VITAFORCE LADYVITE 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 LADYVITE

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

POSSIBLE SIDE EFFECTS

VITAFORCE LADYVITE 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 LADYVITE

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 and carton.

Do not use VITAFORCE LADYVITE 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 LADYVITE

Amber round plastic bottle with a black cap containing 60 film-coated tablets enclosed in a Vitaforce branded cardboard carton.

IDENTIFICATION OF VITAFORCE LADYVITE

Reddish pink oblong-shaped film-coated 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

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DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA

VITAFORCE LADYVITE

PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSTATUS

Ongeskeduleer

HANDELSNAAM EN DOSEERVORM

VITAFORCE LADYVITE film-bedeekte tablette

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

VITAFORCE LADYVITE is beskikbaar sonder 'n doktersvoorskrif en is 'n aanvullende (komplimentêre) medisyne. Jy moet VITAFORCE LADYVITE egter nog steeds versigtig gebruik om die beste resultate te verkry.

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

WAT VITAFORCE LADYVITE BEVAT

Die aktiewe bestanddele is:

Carovite™ kompleks bevatende:

Beta-karoteen	206 IU
ekwivalent aan vitamien A	62,5 µg
Luteien	375 µg
Likopeen	62,5 µg
Zeaxantien	5,5 mg
Vitamien A (as vitamien A-asetaat)	6,3 mg
Vitamien B1 (as tiamienmononittraat)	9 mg
Vitamien B2 (as riboflavin)	6,3 mg
Vitamien B3 (as nikotienamied)	11 mg
Vitamien B5 (as kalsium-D-pantotenaat)	15 µg
Vitamien B6 (as piridoksienhidrochloried)	200 µg
Vitamien B7 (as biotien)	6,3 µg
Vitamien B9 (as foliensuur)	75 mg
Vitamien B12 (as sianokobalامين)	100 IU
Vitamien C (as askorbiensuur)	15 IU
Vitamien D3	60 mg
Vitamien E (as dl-alfa-tokoferielasetaat)	25 µg
Kalsium (as kalsiumkarbonaat)	5 mg
Chroom (as chroom poli-nikotinaat)	750 µg
Sitrus bioflavonoïede kompleks	5 mg
Koper (as koperglukonaat)	30 mg
Yster (as ysterfumarat)	200 µg
Magnesium (as magnesiumoksied)	12 µg
Mangaan (as mangaanglukonaat)	2,3 mg
Selenium (as selenometionien)	7,5 mg
Gamma-linoleiensuur	
Sink (as sinkglukonaat)	

Die ander bestanddele is:

Gesuiwerde water, hidrokisiepropiel-metielsellulose, kalsiumwaterstof-loslaat, kasterolie, kroskarmellose natrium, lak, magnesiumstearaat, mannitol, mikrokrystallyne sellulose, poliëtileenglikool, povidoon, silikondioksied, titaniumdioksied, tribasiese kalsiumfosfaat en ysteroksied.

WAARVOOR VITAFORCE LADYVITE GEBRUIK WORD

Kategorie D Komplementêre Medisyne
Discipline 34.12 Gesondheidsaanvulling.
Kombinasie Produk.

VITAFORCE LADYVITE is 'n unieke 2-fase vrystellende tablet wat 'n volledige reeks multivitamiese en minerale vir vroue bevat. Vitaforce Ladyvite bevat voedingstowwe en anti-oksiderante wat help met:

Kollageen vir gesonde vel, bene en gewigte

Beveg uitputting

Immuunfunksie

VOORDAT VITAFORCE LADYVITE GEBRUIK WORD

Moenie VITAFORCE LADYVITE 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 LADYVITE MET KOS EN DRANK
VITAFORCE LADYVITE kan saam met kos 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 LADYVITE

VITAFORCE LADYVITE is suikervry.

AS JY ANDER MEDISYNE SAAM MET VITAFORCE LADYVITE NEEM

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

HOE OM VITAFORCE LADYVITE TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie. Neem VITAFORCE LADYVITE altyd presies soos aanbeveel.

Bevestig met jou dokter of apteker indien jy onseker is.

Die normale dosis is:

Volwassenes: Neem 2 tablette een keer per dag met ontbyt.

INDIEN JY MEER VITAFORCE LADYVITE GEBRUIK AS WAT JY BEHOORT

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 LADYVITE TE NEEM

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

MOONTLIKE NEWE-EFFEKTE

VITAFORCE LADYVITE kan moontlik newe-effekte veroorsaak. Nie alle newe-effekte wat vir hierdie medisyne aangemeld is word in hierdie biljet 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 biljet genoem word nie, moet jy jou dokter of apteker daarvan vertel.

BERGING EN WEGDOEN VAN VITAFORCE LADYVITE

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

Moenie VITAFORCE LADYVITE gebruik indien jy enige sigbare tekens van produktafbraak 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 LADYVITE

'n Ronde, amberkleurige plastiek houer met 'n swart prop in 'n Vitaforce kartonverpakking, gevul met 60 film-bedeekte tablette.

IDENTIFIKASIE VAN VITAFORCE LADYVITE

'n Rooi-pienk, langwerpige, film-bedeekte tablet.

REGISTRASIEOMMER

TBA

DATUM VAN PUBLIKASIE

TBA

PROFESSIONELE INLIGTING

Verwys ra die voubljiet met professionele inligting vir meer inligting.

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

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VITAFORCE LADYVITE

PROFESSIONAL INFORMATION

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE LADYVITE film-coated tablets

COMPOSITION

Each tablet contains:

Carovite™ complex supplying:

Beta-carotene	206 IU
equivalent to vitamin A	62,5 µg
Lutein	375 µg
Lycopene	62,5 µg
Zeaxanthin	525 IU
Vitamin A (as vitamin A acetate)	5,5 mg
Vitamin B1 (as thiamine mononitrate)	6,3 mg
Vitamin B2 (as riboflavin)	9 mg
Vitamin B3 (as nicotinamide)	6,3 mg
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Vitamin B6 (as pyridoxine hydrochloride)	15 µg
Vitamin B7 (as biotin)	200 µg
Vitamin B9 (as folic acid)	6,3 µg
Vitamin B12 (as cyanocobalamin)	75 mg
Vitamin C (as ascorbic acid)	100 IU
Vitamin D3	15 IU
Vitamin E (as dl-alpha-tocopheryl acetate)	60 mg
Calcium (as calcium carbonate)	25 µg
Chromium (as chromium polynicotinate)	5 mg
Citrus bioflavonoids complex	750 µg
Copper (as copper gluconate)	5 mg
Iron (as ferrous fumarate)	30 mg
Magnesium (as magnesium oxide)	200 µg
Manganese (as manganese gluconate)	12 µg
Selenium (as selenomethionine)	2,3 mg
Gamma-linolenic acid	7,5 mg
Zinc (as zinc gluconate)	

Inactive ingredients:

Calcium hydrogen phosphate, calcium phosphate tribasic, castor oil, croscarmellose sodium, hydroxypropyl methylcellulose, iron oxide, magnesium stearate, mannitol, microcrystalline cellulose, polyethylene glycol, povidone, purified water, shellac, silicon dioxide and titanium dioxide.

Sugar free

PHARMACOLOGICAL CLASSIFICATION

Category D Complementary Medicine

Discipline 34.12: Health Supplements. Multiple substance formulation

PHARMACOLOGICAL ACTION

VITAFORCE LADYVITE supplies vitamins, minerals, carotenoids and antioxidants assisting in restoring vitality and maintaining reproductive health

INDICATIONS

A unique 2-Phase release comprehensive multivitamin and mineral supplement for women. Providing nutrients and anti-oxidants that helps:

Boost collagen for healthy skin, bones and joints

Fight fatigue

Immune function

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 dosages 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

There are no known interactions.

HUMAN REPRODUCTION

Safety during pregnancy and lactation has not been established.

DOSAGE AND DIRECTIONS FOR USE

Adults: Take 2 tablets once a day with breakfast

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

Reddish pink oblong-shaped film-coated tablet

PRESENTATION

Amber, round, plastic bottle with a black cap containing 60 film-coated tablets enclosed in a Vitaforce branded 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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