



VITAFORCE MAGNESIUM PLUS

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE MAGNESIUM PLUS tablets

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

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

WHAT VITAFORCE MAGNESIUM PLUS CONTAINS

The active substance is:	
Magnesium (Amino acid chelate)	200,0 mg
Potassium	111,3 mg
Vitamin B ₁ (Thiamine mononitrate)	2,2 mg
Vitamin B ₂ (Riboflavin)	2,0 mg
Vitamin B ₆ (Pyridoxine hydrochloride)	1,3 mg
Chromium (Chromium polynicotinate)	50,1 µg

The other ingredients are:
Castor oil, hydroxy propyl methyl cellulose, iron oxide (black, red, yellow), magnesium stearate, microcrystalline cellulose, polyethylene glycol, polyvinylpyrrolidone, shellac, silicon dioxide, talc, titanium dioxide.

WHAT VITAFORCE MAGNESIUM PLUS IS USED FOR
Category D Complementary Medicine
Discipline 34.12 Health Supplements.
Multiple substance formulation

Vitamin B₁ contributes to normal energy yielding metabolism. Vitamin B₂ and B₆ assist in normal functioning of the nervous system and contributes to tissue formation. Chromium provides support for healthy glucose metabolism. Potassium aids in muscle formation.

BEFORE YOU TAKE VITAFORCE MAGNESIUM PLUS
Do not take VITAFORCE MAGNESIUM PLUS 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.

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 MAGNESIUM PLUS
Sugar free
Suitable for vegans and vegetarians.

TAKING OTHER MEDICINES WITH VITAFORCE MAGNESIUM PLUS

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

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

The usual dose is:
Take 1 tablet daily with food, or as directed by a healthcare professional.

IF YOU TAKE MORE VITAFORCE MAGNESIUM PLUS 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 MAGNESIUM PLUS

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

POSSIBLE SIDE EFFECTS
VITAFORCE MAGNESIUM 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 MAGNESIUM 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 MAGNESIUM 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 MAGNESIUM PLUS

Black plastic bottles containing 30 tablets enclosed in a carton.

IDENTIFICATION OF VITAFORCE MAGNESIUM PLUS

Light-brown, capsule-shaped coated tablet.

REGISTRATION NUMBER

RSA: 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

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA



VITAFORCE MAGNESIUM PLUS

PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSSTATUS

Ongeskeduleer

HANDELSNAAM EN DOSEERVORM

VITAFORCE MAGNESIUM PLUS tablette

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

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

WAT VITAFORCE MAGNESIUM PLUS BEVAT

Die aktiewe bestanddele is:	
Magnesium (Aminosuurchelate)	200,0 mg
Kalium	111,3 mg
Vitamiene B ₁ (Tiamien-mononitrat)	2,2 mg
Vitamiene B ₂ (Riboflavin)	2,0 mg
Vitamiene B ₆ (Piridoksien-hidrochloried)	1,3 mg
Chroom (Chroom-polinikotinaat)	50,1 µg

Die ander bestanddele is:
Kasterolie, hidroksie-propiel metielsingelulose, ysteroksied (swart, rooi en geel), magnesiumstearaat, mikrokristalliene selulose, poliëteenglikool, polivinilpirolidoon, lak, silikondoksied, talk, titaniumdoksied

WAARVOOR VITAFORCE MAGNESIUM PLUS GEBRUIK WORD

Kategorie D Komplementêre Medisyne
Dissipline 34.12 Gesondheidsaanvulling.
Kombinasie Produk
Vitamiene B₁ dra by tot die normale energie verskaffende metabolisme. Vitamiene B₂ en B₆ help met die normale funksionering van die senuweestelsel en dra by tot die vorming van weefsel. Chroom ondersteun die normale metabolisme van glukose. Kalium help met die vorming van spiere.

VOORDAT VITAFORCE MAGNESIUM PLUS GEBRUIK WORD

Moenie VITAFORCE MAGNESIUM 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.

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 MAGNESIUM PLUS

Suikervry
Geskik vir streng vegetariërs.

AS JY ANDER MEDISYNE SAAM MET VITAFORCE MAGNESIUM PLUS NEEM

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

HOE OM VITAFORCE MAGNESIUM PLUS TE GEBRUIK

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

Die normale dosis is:
Neem 1 tablet daaglik met ete, of soos aanbeveel deur 'n gesondheidsorgpraktisyn.

INDIEN JY MEER VITAFORCE MAGNESIUM PLUS GEBRUIK AS WAT JY BEHOORT

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

INDIEN JY VERGEET HET OM VITAFORCE MAGNESIUM PLUS TE NEEM

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

MOONTLIKE NEWE-EFFEKTE

VITAFORCE MAGNESIUM PLUS kan moontlik newe-effekte 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 effekte 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 voubiljet genoem word nie, moet jy jou dokter of apteker daarvan vertel.

BERGING EN WEGDOEN VAN VITAFORCE MAGNESIUM PLUS

Bewaar alle medisyne buite bereik van kinders.
Bewaar teen of benede 25 °C.
Bewaar die houër in die kartonverpakking.
Bewaar in die oorspronklike houër.
Maak die houër dig toe.
Beskerm teen vog.

Moenie die produk in die badkamer bewaar nie.
Moenie gebruik na die vervaldatum wat op die houër aangedui is nie.

Moenie VITAFORCE MAGNESIUM PLUS gebruik indien jy enige sigbare tekens van produktafraak 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 MAGNESIUM PLUS

Swart plastiekbottel gevul met 30 tablette, verpak in 'n karton houër.

IDENTIFIKASIE VAN VITAFORCE MAGNESIUM PLUS

Ligbruin, ovaalvormige, bedekte tablet.

REGISTRASIEONUMMER

RSA: TBA

DATUM VAN PUBLIKASIE

TBA

PROFESIONELE INLIGTING

Verwys na die voubiljet met Professionele Inligting vir meer inligting.

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIEERTIFIKAAT

Ascendis Consumer Brands (Pty) Ltd
31 Georgian Crescent East
Bryanston, Gauteng 2191
South Africa

DATUM VAN PUBLIKASIE VAN DIE PROFESSIONELE INLIGTING

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PROFESSIONAL INFORMATION

SCHEDULING STATUS

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PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE MAGNESIUM PLUS tablets

COMPOSITION Each tablet contains:	
Magnesium (Amino acid chelate)	200,0 mg
Potassium	111,3 mg
Vitamin B ₁ (Thiamine mononitrate)	2,2 mg
Vitamin B ₂ (Riboflavin)	2,0 mg
Vitamin B ₆ (Pyridoxine hydrochloride)	1,3 mg
Chromium (Chromium polynicotinate)	50,1 µg

Inactive ingredients:
Inactive ingredients: Castor oil, hydroxy propyl methyl cellulose, iron oxide (black, red, yellow), magnesium stearate, microcrystalline cellulose, polyethylene glycol, polyvinylpyrrolidone, shellac, silicon dioxide, talc, titanium dioxide.
Sugar free
Suitable for vegans and vegetarians.

PHARMACOLOGICAL CLASSIFICATION

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

PHARMACOLOGICAL ACTION

Vitamin B₁ contributes to normal energy yielding metabolism. Vitamin B₂ and B₆ assist in normal functioning of the nervous system and contributes to tissue formation. Chromium provides support for healthy glucose metabolism. Potassium aids in muscle formation.

Riboflavin is essential for the utilisation of energy from food. Pyridoxine is involved mainly in amino acid metabolism, it is also required for the formation of haemoglobin.

INDICATIONS

Magnesium Plus is a multi-vitamin supplement. It is involved in the maintenance of good health. It helps to metabolise carbohydrates, fats and proteins. It helps with good muscle function and the reduction of tiredness and fatigue.

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

Allergen: Soy

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

Take 1 tablet 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

Light-brown, capsule-shaped coated tablet.

PRESENTATION

Black plastic bottles containing 30 tablets enclosed in a carton.

STORAGE INSTRUCTIONS

Store at or below 25 °C.
KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER

RSA: TBA

DATE OF REGISTRATION

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

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