

## VITAFORCE MENSVITE

### PATIENT INFORMATION LEAFLET

#### SCHEDULING STATUS

Unscheduled

#### PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE MENSVITE film-coated tablets

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

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

#### WHAT VITAFORCE MENSVITE CONTAINS

The active substances are:  
Carovite™ complex supplying:

Beta-carotene equivalent to vitamin A	206 IU
Lutein	62,5 µg
Lycopene	375 µg
Zeaxanthin	62,5 µg
Vitamin A (as vitamin A acetate)	525 IU
Vitamin B1 (as thiamine mononitrate)	4,1 mg
Vitamin B2 (as riboflavin)	5 mg
Vitamin B3 (as nicotinamide)	12,5 mg
Vitamin B5 (as calcium-D-pantothenate)	5,8 mg
Vitamin B6 (as pyridoxine hydrochloride)	4,1 mg
Vitamin B7 (as biotin)	15 µg
Vitamin B9 (as folic acid)	200 µg
Vitamin B12 (as cyanocobalamin)	6,3 µg
Vitamin C (as ascorbic acid)	75 mg
Vitamin D3	100 IU
Vitamin E (as dl-alpha-tocopheryl acetate)	15 IU
Calcium (as calcium carbonate)	20 mg
Chromium (as chromium polynicotinate)	25 µg
Citrus bioflavonoids complex	5 mg
Copper (as copper gluconate)	1 mg
Iron (as ferrous fumarate)	2 mg
Lecithin	50 mg
L-cysteine (as L-cysteine hydrochloride)	10,6 mg
L-histidine (as L-histidine hydrochloride)	3,7 mg
L-lysine (as L-lysine hydrochloride)	20 mg
Magnesium (as magnesium oxide)	30 mg
Manganese (as manganese gluconate)	100 µg
Selenium (as selenomethionine)	12,4 µg
Zinc (as zinc gluconate)	12,5 mg

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 MENSVITE IS USED FOR

Category D Complementary Medicine  
Discipline 34.12 Health Supplements.  
Multiple substance formulation  
VITAFORCE MENSVITE is a unique 2-Phase release comprehensive multivitamin and mineral supplement for men. Providing nutrients and antioxidants that helps:  
Testosterone level maintenance  
Boost energy  
Fight fatigue  
Immune function

#### BEFORE YOU TAKE VITAFORCE MENSVITE

Do not take VITAFORCE MENSVITE 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 MENSVITE WITH FOOD AND DRINK

VITAFORCE MENSVITE can be taken with food.

#### PREGNANCY AND BREASTFEEDING

VITAFORCE MENSVITE is intended for use by males only.

#### IMPORTANT INFORMATION ABOUT SOME OF THE INGREDIENTS OF VITAFORCE MENSVITE

VITAFORCE MENSVITE is sugar free

#### TAKING OTHER MEDICINES WITH VITAFORCE MENSVITE

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

#### HOW TO TAKE VITAFORCE MENSVITE

Do not share medicines prescribed for you with any other person. Always take VITAFORCE MENSVITE 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 MENSVITE 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 MENSVITE

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

#### POSSIBLE SIDE EFFECTS

VITAFORCE MENSVITE 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 MENSVITE

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 MENSVITE 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 MENSVITE

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

#### IDENTIFICATION OF VITAFORCE MENSVITE

Green 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

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#### DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA

## VITAFORCE MENSVITE

### PASIËNTINLIGTINGSBLAADJIE

#### SKEDULERINGSTATUS

Ongeskeduleer

#### HANDELSNAAM EN DOSEERVORM

VITAFORCE MENSVITE film-bedekte tablette

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

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

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

#### WAT VITAFORCE MENSVITE BEVAT

Die aktiewe bestanddele is:

Carovite™ kompleks bevatende:

Betakaroteen ekwivalent aan vitamien A	206 IU
Luteien	62,5 µg
Likopeen	375 µg
Zeaxantien	62,5 µg
Vitamien A (as vitamien A-asetaat)	525 IU
Vitamien B1 (as tiamienmononittraat)	4,1 mg
Vitamien B2 (as riboflavin)	5 mg
Vitamien B3 (as nikotienamied)	12,5 mg
Vitamien B5 (as kalsium-D-pantotenaat)	5,8 mg
Vitamien B6 (as piridoksienhidrochloried)	4,1 mg
Vitamien B7 (as biotien)	15 µg
Vitamien B9 (as foliensuur)	200 µg
Vitamien B12 (as sianokobalامين)	6,3 µg
Vitamien C (as askorbien-suur)	75 mg
Vitamien D3	100 IU
Vitamien E (as dl-alfa-tokoferielasetaat)	15 IU
Kalsium (as kalsiumkarbonaat)	20 mg
Chroom (as chroom poli-nikotinaat)	25 µg
Sitrus bioflavonoïede kompleks	5 mg
Koper (as koperglukonaat)	1 mg
Yster (as ysterfumarate)	2 mg
Lesitien	50 mg
L-sistien (as l-sistien-hidrochloried)	10,6 mg
L-histidien (as l-histidien-hidrochloried)	3,7 mg
L-lisien (as l-lisien-hidrochloried)	20 mg
Magnesium (as magnesiumoksied)	30 mg
Mangaan (as mangaanglukonaat)	100 µg
Selenium (as selenometionien)	12,4 µg
Sink (as sinkglukonaat)	12,5 mg

Die ander bestanddele is:

Gesuiwerde water, Hidroksiepropiel-metielcellulose, kalsiumwaterstof-fosfaat, kasterolie, kroskarmellose natrium, lak, magnesiumstearaat, mannitol, mikrokristalliene sellulose, poliëtileenglikool, povidoon, silikondioksied, titaniumdoksied, tribasiese kalsiumfosfaat en ysteroksied.

#### WAARVOOR VITAFORCE MENSVITE GEBRUIK WORD

Kategorie D Komplementêre Medisyne  
Discipline 34.12 Gesondheidsaanvulling.  
Kombinasie Produkt.  
VITAFORCE MENSVITE is 'n unieke 2-fase vrystelling tablet wat 'n volledige reeks multivitamieene en minerale vir mans bevat. Bevat voedingstowwe en anti-oksidante wat help met:

Handhawing van testosteroonvlakke  
Energievlakke  
Vermindering van uitputting  
Immuunfunksie

#### VOORDAT VITAFORCE MENSVITE GEBRUIK WORD

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

#### NEEM VAN VITAFORCE MENSVITE MET KOS EN DRANK

VITAFORCE MENSVITE kan met kos geneem word.

#### SWANGERSKAP EN BORSVOEDING

VITAFORCE MENSVITE word aanbeveel vir gebruik slegs deur mans.

#### BELANGRIKE INLIGTING IN VERBAND MET SOMMIGE VAN DIE BESTANDELE IN VITAFORCE MENSVITE

VITAFORCE MENSVITE is suikervry

#### AS JY ANDER MEDISYNE SAAM MET VITAFORCE MENSVITE NEEM

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

#### HOE OM VITAFORCE MENSVITE TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie. Neem VITAFORCE MENSVITE 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 MENSVITE 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 gifteheersentrum.

#### INDIEN JY VERGEET HET OM VITAFORCE MENSVITE TE NEEM

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

#### MOONTLIKE NEWE-EFFEKTE

VITAFORCE MENSVITE 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 medisyne 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 MENSVITE

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.

Beskerf teen vog.

Moenie die produk in die badkamer bewaar nie.

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

Moenie VITAFORCE MENSVITE 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 rioolstelsels nie (bv. toilette).

#### AANBIEDING VAN VITAFORCE MENSVITE

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

#### IDENTIFIKASIE VAN VITAFORCE MENSVITE

'n Groen, langwerpige film-bedekte tablet.

#### REGISTRASIEOMMER

TBA

#### DATUM VAN PUBLIKASIE

TBA

#### PROFESSIONELE 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  
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#### DATUM VAN PUBLIKASIE VAN DIE PROFESSIONELE INLIGTING

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## VITAFORCE MENSVITE

### PROFESSIONAL INFORMATION

#### SCHEDULING STATUS

Unscheduled

#### PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE MENSVITE film-coated tablets

#### COMPOSITION

Each tablet contains:  
Carovite™ complex supplying:

Beta-carotene equivalent to vitamin A	206 IU
Lutein	62,5 µg
Lycopene	375 µg
Zeaxanthin	62,5 µg
Vitamin A (as vitamin A acetate)	525 IU
Vitamin B1 (as thiamine mononitrate)	4,1 mg
Vitamin B2 (as riboflavin)	5 mg
Vitamin B3 (as nicotinamide)	12,5 mg
Vitamin B5 (as calcium-D-pantothenate)	5,8 mg
Vitamin B6 (as pyridoxine hydrochloride)	4,1 mg
Vitamin B7 (as biotin)	15 µg
Vitamin B9 (as folic acid)	200 µg
Vitamin B12 (as cyanocobalamin)	6,3 µg
Vitamin C (as ascorbic acid)	75 mg
Vitamin D3	100 IU
Vitamin E (as dl-alpha-tocopheryl acetate)	15 IU
Calcium (as calcium carbonate)	20 mg
Chromium (as chromium polynicotinate)	25 µg
Citrus bioflavonoids complex	5 mg
Copper (as copper gluconate)	1 mg
Iron (as ferrous fumarate)	2 mg
Lecithin	50 mg
L-cysteine (as L-cysteine hydrochloride)	10,6 mg
L-histidine (as L-histidine hydrochloride)	3,7 mg
L-lysine (as L-lysine hydrochloride)	20 mg
Magnesium (as magnesium oxide)	30 mg
Manganese (as manganese gluconate)	100 µg
Selenium (as selenomethionine)	12,4 µg
Zinc (as zinc gluconate)	12,5 mg

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 MENSVITE supplies vitamins, minerals, carotenoids and antioxidants assisting in restoring vitality and maintaining reproductive health.

#### INDICATIONS

2-Phase release comprehensive multivitamin and mineral supplement for men. Providing nutrients and antioxidants that helps:

Testosterone level maintenance  
Boost energy  
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

This product is for males only.

#### 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

Green 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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