

VITAFORCE NUTRI-B ADVANCED

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE NUTRI-B ADVANCED film-coated tablets

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

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

WHAT VITAFORCE NUTRI-B ADVANCED CONTAINS

The active substance is:	
Ascorbic acid (Vitamin C)	150,0 mg
Magnesium oxide	83,0 mg
providing Magnesium	50,1 mg
Calcium carbonate	75,0 mg
providing Calcium	30,0 mg
<i>Eleutherocus senticosus</i> (Siberian ginseng extract) [root, 10:1 extract equivalent to 250 mg dried herb]	25,0 mg
Calcium-d-pantothenate (Vitamin B ₅)	17,2 mg
Lecithin	15,0 mg
Di-alpha-tocopheryl acetate (Vitamin E)	15 IU
Riboflavin (Vitamin B ₂)	12,5 mg
Nicotinamide (Vitamin B ₃)	12,5 mg
Pyridoxine hydrochloride (Vitamin B ₆)	10,3 mg
Thiamine mononitrate (Vitamin B ₁)	10,1 mg
<i>Citrus limonia</i> Osbeck (Lemon bioflavonoids complex) from: Maltodextrin, <i>Citrus aurantium</i> L. [peel] and <i>Citrus limonia</i> Osbeck [fruit]	5,0 mg
<i>Ginkgo biloba</i> L. (Ginkgo biloba extract) [leaf, 20:1 extract equivalent to 100 mg dried herb]	5,0 mg
Zinc gluconate	35,0 mg
providing Zinc	4,5 mg
<i>Piper nigrum</i> L. (Bioperine®) [Fruit, 50:1 extract standardised to 95 % piperine providing 125 mg herb equivalent]	2,5 mg
Vitamin D ₃	200 IU
5-methyltetrahydrofolate (Folic acid)	200,0 µg
Biotin	15,0 µg
Methylcobalamin (Vitamin B ₁₂)	12,5 µg
Selenium AAC 0, 2 %	2,5 mg
providing Selenium	5,0 µg

The other ingredients are:

Calcium hydrogen phosphate, castor oil, croscarmellose sodium, hydroxypropylmethylcellulose, iron oxide, magnesium silicate, magnesium stearate, microcrystalline cellulose, polyvinylpyrrolidone, potassium glycerophosphate, purified water, shellac, silica, titanium dioxide.

WHAT VITAFORCE NUTRI-B ADVANCED IS USED FOR

Category D Complementary Medicine
Discipline 33.7 Combination Product
Advanced daily 2-phase release health supplement with Vitamin B Complex, Siberian ginseng, antioxidants and magnesium to contribute to normal mental and physical performance, a reduction of tiredness and fatigue and also supports nervous system and psychological function.

BEFORE YOU TAKE VITAFORCE NUTRI-B ADVANCED

Do not take VITAFORCE NUTRI-B ADVANCED if you are hypersensitive (allergic) to any of the ingredients. If you have an allergy to soybean or any soy products, do not use VITAFORCE NUTRI-B ADVANCED. If you suffer from high blood pressure do not use VITAFORCE NUTRI-B ADVANCED. If you take health products that affect blood coagulation (e.g. blood thinners, clotting factor replacements, acetylsalicylic acid, ibuprofen, fish oils, vitamin E) do not take VITAFORCE NUTRI-B ADVANCED

as this may increase the risk of spontaneous bleeding. 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.

TAKING OTHER MEDICINES WITH VITAFORCE NUTRI-B ADVANCED

Always tell your healthcare provider if you are taking any other medicine. If you take medications for diabetes, high blood pressure, or seizures consult your healthcare practitioners prior to using VITAFORCE NUTRI-B ADVANCED.

HOW TO TAKE VITAFORCE NUTRI-B ADVANCED

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

The usual dose is:
Adults: Take 2 tablets once daily with food

IF YOU TAKE MORE VITAFORCE NUTRI-B ADVANCED 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 NUTRI-B ADVANCED

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

POSSIBLE SIDE EFFECTS

VITAFORCE NUTRI-B ADVANCED 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 NUTRI-B ADVANCED

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.
Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).
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 NUTRI-B ADVANCED 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 NUTRI-B ADVANCED

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

IDENTIFICATION OF VITAFORCE NUTRI-B ADVANCED

Beige, film-coated, capsule-shaped 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

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

Consumer care line / Verbruikersnavraelyn:

T: 011 036 9420

E: healthinfo@ascendishealth.com

W: www.ascendishealth.com

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA

VITAFORCE NUTRI-B ADVANCED

PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSSTATUS

Ongeskeduleer

HANDELSNAAM EN DOSEERVORM

VITAFORCE NUTRI-B ADVANCED film-bedeekte tablette

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

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

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

WAT VITAFORCE NUTRI-B ADVANCED BEVAT

Die aktiewe bestanddele is:	
Askorbiesuur (Vitamin C)	150,0 mg
Magnesiumoksied	83,0 mg
verskaffing Magnesium	50,1 mg
Kalsiumkarbonaat	75,0 mg
verskaffing Kalsium	30,0 mg
<i>Eleutherocus senticosus</i> (Siberian ginseng ekstrak) [root, 10:1 ekstrak gelyk aan 250 mg deegroogde kruie]	25,0 mg
Kalsium-d-pantotenaat (Vitamiën B ₅)	17,2 mg
Lesitiën	15,0 mg
Di-alpha-tokoferiëlasetaat (Vitamiën E)	15 IU
Riboflaviën (Vitamiën B ₂)	12,5 mg
Nikotienamied (Vitamiën B ₃)	12,5 mg
Piridoksienhidrochloried (Vitamiën B ₆)	10,3 mg
Tiamien-mononitrat (Vitamiën B ₁)	10,1 mg
<i>Citrus limonia</i> Osbeck (Suurlemoen bioflavonoïede komplekse) van: Maltodextrin, <i>Citrus aurantium</i> L. [skil] en <i>Citrus limonia</i> Osbeck [vrugte]	5,0 mg
<i>Ginkgo biloba</i> L. (Ginkgo biloba ekstrak) [leaf, 20:1 ekstrak gelyk aan 100 mg deegroogde kruie]	5,0 mg
Sinkglukonaat	35,0 mg
verskaffing Sink	4,5 mg
<i>Piper nigrum</i> L. (Bioperine®) [Vrugte, 50:1 ekstrak gestandaardisaar tot 95 % piperine wat 125 mg kruie-egwivalent lewer]	2,5 mg
Vitamin D ₃	200 IU
5-metiel-tetrahydrofolaat (Foliensuur)	200,0 µg
Biotien	15,0 µg
Metielkobalamien (Vitamiën B ₁₂)	12,5 µg
Selenium ASC 0, 2 %	2,5 mg
verskaffing Selenium	5,0 µg

Die ander bestanddele is:

Gesuiwerde water, hidrokisiepropiel-metielcellulose, kaliumglycerofosfaat, kasterolie, kroskarmellose natrium, lak, magnesiumsilikaat, magnesiumstearaat, mikrokrystaliese sellulose, polietileenalkohol, polivinilpirolidoon, silikondioksied, titaniumdoksied en ysteroksied

WAARVOOR VITAFORCE NUTRI-B ADVANCED GEBRUIK WORD

Kategorie D Komplementêre Medisyne
Discipline 33.7 Kombinasie Produk
'n Gevorderde daaglikse 2-fase vrystelling gesondheidsaanvulling met vitamiën B-kompleks, siberiëse ginseng, anti-oksidante en magnesium om fisiese en psigiese prestasie te verbeter, uitputting te verminder en die senuweestelsel en psigologiese werking te ondersteun.

VOORDAT VITAFORCE NUTRI-B ADVANCED GEBRUIK WORD

Moenie VITAFORCE NUTRI-B ADVANCED gebruik indien jy hipersensitief (allergies) is vir enige van die bestanddele nie. Indien jy allergies is vir soja of en enige produkte wat soja bevat, moet jy nie VITAFORCE NUTRI-B ADVANCED gebruik nie. Indien jy aan hoë bloeddruk ly moet jy nie VITAFORCE NUTRI-B ADVANCED gebruik nie. Indien jy medisyne gebruik wat bloedstolling kan beïnvloed (soos byvoorbeeld

bloedverdunners, stollingfaktore, asetiëlsisiëlsuur, ibuprofen, visolies, vitamien E) moet jy nie VITAFORCE NUTRI-B ADVANCED gebruik nie aangesien dit die risiko van spontane bloeding kan verhoog. 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 NUTRI-B ADVANCED NEEM

Stel altyd jou gesondheidsorgpraktisyn in kennis indien jy enige ander medisyne gebruik. Kontak jou gesondheidsorgpraktisyn voordat jy VITAFORCE NUTRI-B ADVANCED gebruik indien jy medisyne vir diabetes, hoë bloeddruk of toevalle gebruik.

HOE OM VITAFORCE NUTRI-B ADVANCED TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie. Neem VITAFORCE NUTRI-B ADVANCED altyd presies soos aanbeveel. Bevestig met jou dokter of apteker indien jy onseker is. Die normale dosis is:

Volwassenes: Neem 2 tablette daaglik met ete.

INDIEN JY MEER VITAFORCE NUTRI-B ADVANCED GEBRUIK AS WAT JY BEHOORT

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

INDIEN JY VERGEET HET OM VITAFORCE NUTRI-B ADVANCED TE NEEM

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

MOONTLIKE NEWE-EFFEKTE

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

BERGING EN WEGDOEN VAN VITAFORCE NUTRI-B ADVANCED

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 na die vervaldatum wat op die houër aangedui is gebruik nie.
Moenie VITAFORCE NUTRI-B ADVANCED 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 rioelstelsels nie (bv. toilette).

AANBIEDING VAN VITAFORCE NUTRI-B ADVANCED

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

IDENTIFIKASIE VAN VITAFORCE NUTRI-B ADVANCED

'n Beige film-bedeekte kapsuulvormige tablet.

REGISTRASIONOMMER

TBA

DATUM VAN PUBLIKASIE

TBA

PROFESIONELE INLIGTING

Verwys na die voulyfjet met professionele inligting vir meer inligting.

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

Applicant: Ascendis Consumer Brands (Pty) Ltd
31 Georgian Crescent East, Bryanston, Gauteng 2191
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DATUM VAN PUBLIKASIE VAN DIE PROFESIONELE INLIGTING

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VITAFORCE NUTRI-B ADVANCED

PROFESSIONAL INFORMATION

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE NUTRI-B ADVANCED film-coated tablets

COMPOSITION

Each tablet contains:	
Ascorbic acid (Vitamin C)	150,0 mg
Magnesium oxide	83,0 mg
providing Magnesium	50,1 mg
Calcium carbonate	75,0 mg
providing Calcium	30,0 mg
<i>Eleutherocus senticosus</i> (Siberian ginseng extract) [root, 10:1 extract equivalent to 250 mg dried herb]	25,0 mg
Calcium-d-pantothenate (Vitamin B ₅)	17,2 mg
Lecithin	15,0 mg
Di-alpha-tocopheryl acetate (Vitamin E)	15 IU
Riboflavin (Vitamin B ₂)	12,5 mg
Nicotinamide (Vitamin B ₃)	12,5 mg
Pyridoxine hydrochloride (Vitamin B ₆)	10,3 mg
Thiamine mononitrate (Vitamin B ₁)	10,1 mg

Citrus limonia Osbeck (Lemon bioflavonoids complex) from:

Maltodextrin, <i>Citrus aurantium</i> L. [peel] and <i>Citrus limonia</i> Osbeck [fruit]	5,0 mg
<i>Ginkgo biloba</i> L. (Ginkgo biloba extract) [leaf, 20:1 extract equivalent to 100 mg dried herb]	5,0 mg
Zinc gluconate	35,0 mg
providing Zinc	4,5 mg

Piper nigrum L. (Bioperine®)

[Fruit, 50:1 extract standardised to 95 % piperine providing 125 mg herb equivalent]	2,5 mg
Vitamin D ₃	200 IU
5-methyltetrahydrofolate (Folic acid)	200,0 µg
Biotin	15,0 µg
Methylcobalamin (Vitamin B ₁₂)	12,5 µg
Selenium AAC 0, 2 %	2,5 mg
providing Selenium	5,0 µg

Inactive ingredients:

Calcium hydrogen phosphate, castor oil, croscarmellose sodium, hydroxypropylmethylcellulose, iron oxide, magnesium silicate, magnesium stearate, microcrystalline cellulose, polyvinylpyrrolidone, potassium glycerophosphate, purified water, shellac, silica, titanium dioxide.
Sugar free

PHARMACOLOGICAL CLASSIFICATION

Category D Complementary Medicine
Discipline 33.7 Combination Product

PHARMACOLOGICAL ACTION

VITAFORCE NUTRI-B ADVANCED supplies vitamins, minerals and nutrients having nutritional physiological effects supporting energy pathways, immune function and the body's stress coping mechanisms.

Vitamin C, Magnesium and all forms of Vitamin B including choline: Contribute to normal energy-yielding metabolism, normal function of the nervous system, reduction of tiredness and fatigue and normal psychological function.

Low levels of selenium appear to be associated with a greater incidence of depression, anxiety, confusion, and hostility.

Some clinical evidence shows that taking zinc along with antidepressant treatment improves depression scores in patients diagnosed with major depression better than antidepressant alone.

Taking lecithin orally can increase serum choline, which is a precursor to acetylcholine. Cholinergic neurons are also believed to play a role in mood. Some research suggests that lecithin might improve symptoms of mania.

Ginkgo biloba L. helps to enhance cognitive function in adults, memory in adults and supports peripheral circulation. Siberian Ginseng helps to improve mental and physical performance after exertion.

INDICATIONS

Advanced daily 2-phase release health supplement with Vitamin B Complex, Siberian ginseng, antioxidants and magnesium to contribute to normal mental and physical performance, a reduction of tiredness and fatigue and also supports nervous system and psychological function.

CONTRAINDICATIONS

Individuals suffering from high blood pressure should not use this product.

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. If you have an allergy to soybean or any soy products, do not use this medicine. Do not exceed recommended dosages unless on the advice of a healthcare practitioner. Individuals taking medications for diabetes, high blood pressure, or seizures should consult their healthcare practitioners prior to use. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

INTERACTIONS

Individuals taking health products that affect blood coagulation (e.g. blood thinners, clotting factor replacements, acetylsalicylic acid, ibuprofen, fish oils, vitamin E) should not take this product as this may increase the risk of spontaneous bleeding.

HUMAN REPRODUCTION

Safety during pregnancy and lactation has not been established.

DOSAGE AND DIRECTIONS FOR USE

Adults: Take 2 tablets once daily with food

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

Beige, film-coated, capsule-shaped 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

Applicant: Ascendis Consumer Brands (Pty) Ltd
31 Georgian Crescent East
Bryanston, Gauteng 2191
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DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

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877860/00

