



VITAFORCE NUTRI-B CALM

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE Nutri-B Calm soft gelatine capsules

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

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

WHAT VITAFORCE NUTRI-B CALM CONTAINS

The active substances are:

Kali phosphoricum	D6
L-Theanine	100 mg
Magnesium (as magnesium oxide)	100 mg
Vitamin B2 (as riboflavin)	12,5 mg
Vitamin B12 (as methylcobalamin)	12,5 µg
Vitamin D3	200 IU

The other ingredients are:

Beeswax, coconut oil, gelatine, glycerine, lecithin, purified water, sodium copper chlorophyllin, sunflower oil and titanium dioxide.

WHAT VITAFORCE NUTRI-B CALM IS USED FOR

Category D Complementary Medicine
Discipline 33.7 Combination Product
Vitalforce Nutri-B Calm helps promote relaxation, fight fatigue and support nervous system and psychological function.

BEFORE YOU TAKE VITAFORCE NUTRI-B CALM

Do not take VITAFORCE Nutri-B Calm 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 NUTRI-B CALM WITH FOOD AND DRINK

VITAFORCE Nutri-B Calm 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 NUTRI-B CALM

VITAFORCE Nutri-B Calm is sugar free

TAKING OTHER MEDICINES WITH VITAFORCE NUTRI-B CALM

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

HOW TO TAKE VITAFORCE NUTRI-B CALM

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

The usual dose is:

Adults: Take 2 capsules daily with food or as directed by a healthcare professional.

IF YOU TAKE MORE NUTRI-B CALM 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 CALM

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

POSSIBLE SIDE EFFECTS

VITAFORCE Nutri-B Calm 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 CALM

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 Nutri-B Calm if you notice visible signs of deterioration. Return all unused medicine to your pharmacist. Do not dispose of unused medicine in drains or sewage systems (e.g. toilets).

PRESENTATION OF VITAFORCE NUTRI-B CALM

Carton containing an amber plastic bottle with a black cap containing 30 soft gelatine capsules.

IDENTIFICATION OF VITAFORCE NUTRI-B CALM

Dark green oblong soft gelatine capsule

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 2012
South Africa
+27 11 036 9420
E: healthinfo@ascendishealth.com
W: www.ascendis.co.za

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA



VITAFORCE NUTRI-B CALM

PASIÉNTINLIGTINGSBLAADJIE

SKEDULERINGSSTATUS

Ongeskeduleer

HANDELSNAAM EN DOSEERVORM

VITAFORCE Nutri-B Calm sagte gelatien kapsules

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

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

WAT VITAFORCE NUTRI-B CALM BEVAT

Die aktiewe bestanddele is:

Kali phosphoricum	D6
L-Tianien	100 mg
Magnesium (as magnesium oxide)	100 mg
Vitamiem B2 (as riboflavin)	12,5 mg
Vitamiem B12 (as metielkobalamien)	12,5 µg
Vitamiem D3	200 IU

Die ander bestanddele is:

Byewas, gelatien, gesuiwerde water, gliserien, klapperolie, lestitien, natrium-koperchloroflorid, sonneblomolie en titaniumdioksied.

WAARVOOR VITAFORCE NUTRI-B CALM GEBRUIK WORD

Kategorie D: Komplementêre Medisyne
Dissipline: 33.7 Kombinasie Produkt
Vitalforce Nutri-B Calm help om jou te laat ontspan, verminder moegheid en ondersteun die sentrale senuweestelsel en psigologiese werking.

VOORDAT VITAFORCE NUTRI-B CALM GEBRUIK WORD

Moenie VITAFORCE Nutri-B Calm 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 NUTRI-B CALM MET KOS EN DRANK

VITAFORCE Nutri-B Calm 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 NUTRI-B CALM

VITAFORCE Nutri-B Calm is suikervry.

AS JY ANDER MEDISYNE SAAM MET VITAFORCE NUTRI-B CALM NEEM

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

HOE OM VITAFORCE NUTRI-B CALM TE GEBRUIK

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

Die normale dosis is:

Volwassenes: Neem 2 kapsules daagliks met ete of soos aanbeveel deur jou gesondheidsorgpraktisyn.

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

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

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

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

MOONTLIKE NEWE-EFFEKTE

VITAFORCE Nutri-B Calm kan moontlik newe-effekte veroorsaak. Nie alle newe-effekte wat vir hierdie medisyne aangemeld is word in hierdie bljef 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 gesondheidsorgkundige raadpleeg. Indien jy enige newe-effekte waarneem wat nie in hierdie bljef genoem word nie, moet jy jou dokter of apteker daarvan vertel.

BERGING EN WEGDOEN VAN VITAFORCE NUTRI-B CALM

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. 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 Nutri-B Calm 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).

AANBIEDING VAN VITAFORCE NUTRI-B CALM

'n Amberkleurige ronde houer met 'n swart prop, gevul met 30 sagte gelatien kapsules in 'n kartonverpakking.

IDENTIFIKASIE VAN VITAFORCE NUTRI-B CALM

'n Donkergroen, langwerpige, sagte gelatien kapsule.

REGISTRASIONOMMER

TBA

DATUM VAN PUBLIKASIE

TBA

PROFESSIONELE INLIGTING

Verwys na die voubljef met professionele inligting vir meer inligting.

NAAM EN BESIGHEIDSAadres VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

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1 Carey Street, Wynberg
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PROFESSIONAL INFORMATION

SCHEDULING STATUS

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PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE Nutri-B Calm soft gelatine capsules

COMPOSITION

Each capsule contains:

Kali phosphoricum	D6
L-Theanine	100 mg
Magnesium (as magnesium oxide)	100 mg
Vitamin B2 (as riboflavin)	12,5 mg
Vitamin B12 (as methylcobalamin)	12,5 µg
Vitamin D3	200 IU

Inactive ingredients:

Beeswax, coconut oil, gelatine, glycerine, lecithin, purified water, sodium copper chlorophyllin, sunflower oil and titanium dioxide
Sugar free

PHARMACOLOGICAL CLASSIFICATION

Category D Complementary Medicine
Discipline 33.7 Combination Product

PHARMACOLOGICAL ACTION

Vitalforce Nutri-B Calm provides a combination of nutrients to help restore a calm body and mind. L-Theanine is an amino acid found in green tea and has calming effects. Kali Phosphoricum D6 is a homeopathic nerve nutrient for nerve tension and general irritability. B-complex vitamins, vitamin B2 and vitamin B12 are rapidly depleted and need to be supplied on a daily basis to support a healthy nervous system. Magnesium is a key mineral required in the production of energy and muscle relaxation.

INDICATIONS

Vitalforce Nutri-B Calm helps promote relaxation, fight fatigue and support nervous system and psychological 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. 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. 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 capsules 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

Dark green oblong soft gelatine capsule.

PRESENTATION

Carton containing an amber plastic bottle with a black cap containing 30 soft gelatine capsules.

STORAGE INSTRUCTIONS

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

REGISTRATION NUMBER

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DATE OF REGISTRATION

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

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Sandton, Gauteng 2012
South Africa
T: +27 11 036 9420
E: healthinfo@ascendishealth.com
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