

VITAFORCE NUTRI-B

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE NUTRI-B film-coated tablets

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

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

WHAT VITAFORCE NUTRI-B CONTAINS

The active substances are:

Vitamin B1 (as thiamine mononitrate)	10,1 mg
Vitamin B2 (as riboflavin)	12,5 mg
Vitamin B3 (as nicotinamide)	12,5 mg
Vitamin B5 (as calcium-D-pantothenate)	17,3 mg
Vitamin B6 (as pyridoxine hydrochloride)	10,3 mg
Vitamin B12 (as cyanocobalamin)	12,5 µg
Vitamin C (as ascorbic acid)	150 mg
Vitamin E (as dl-alpha-tocopheryl acetate)	15 IU
Vitamin B7 (biotin)	15 µg
Calcium (as calcium carbonate)	50 mg
Magnesium (as magnesium oxide)	50 mg
Lecithin	15 mg
Citrus Bioflavonoids Complex	5 mg
Zinc (as zinc gluconate)	4,5 mg
Folic Acid	200 µg
Selenium (as selenium AAC 0, 2 %)	5 µg
Choline (as choline bitartrate)	13,8 mg

The other ingredients are:

Calcium hydrogen phosphate, castor oil, croscarmellose sodium, hydroxypropyl methylcellulose, inositol, iron oxide, magnesium silicate, magnesium stearate, microcrystalline cellulose, polyethylene glycol, povidone, potassium glycerophosphate, purified water, shellac, silica and titanium dioxide

Sugar free

WHAT VITAFORCE NUTRI-B IS USED FOR

Category D Complementary Medicine
Discipline 34.12 Health Supplements.
Multiple substance formulation
Unique 2-phase release health supplement formulated to help fight fatigue and the negative effects of stress

BEFORE YOU TAKE VITAFORCE NUTRI-B

Do not take VITAFORCE NUTRI-B if you are hypersensitive (allergic) to any of the ingredients. If you have an allergy to soybean or any soy products, do not use this medicine. This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

TAKING VITAFORCE NUTRI-B WITH FOOD AND DRINK

VITAFORCE NUTRI-B should be taken with breakfast

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

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

HOW TO TAKE VITAFORCE NUTRI-B

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

The usual dose is:

Adults: Take 2 tablets daily, with breakfast

IF YOU TAKE MORE VITAFORCE NUTRI-B THAN YOU SHOULD

In the event of overdose, 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

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

POSSIBLE SIDE EFFECTS

VITAFORCE NUTRI-B 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

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 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

Amber, round, plastic bottle with a black cap containing 60 or 180 film-coated tablets enclosed in a Vitaforce branded cardboard carton.

IDENTIFICATION OF VITAFORCE NUTRI-B

Dark beige, 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 NUTRI-B

PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSSTATUS

Ongeskeduleer

HANDELSNAAM EN DOSEERVORM

VITAFORCE NUTRI-B film-bedekte tablette

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

VITAFORCE NUTRI-B is beskikbaar sonder 'n doktersvoorskrif en is 'n aanvullende (komplimentêre) medisyne. Jy moet VITAFORCE NUTRI-B eger 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 NUTRI-B met enige ander persoon deel nie.
- Raadpleeg jou apteker of gesondheidsorgpraktisyn indien jy meer inligting of advies benodig.

WAT VITAFORCE NUTRI-B BEVAT

Die aktiewe bestanddele is:

Vitamiën B1 (as tiamienmononitrat)	10,1 mg
Vitamiën B2 (as riboflaviën)	12,5 mg
Vitamiën B3 (as nikotienamied)	12,5 mg
Vitamiën B5 (as kalsium-D-pantotenaat)	17,3 mg
Vitamiën B6 (as pirodoksienhidrochloried)	10,3 mg
Vitamiën B12 (as sianokobalamien)	12,5 µg
Vitamiën C (askorbiensuur)	150 mg
Vitamiën E (as dl-alpha-tokoferielasetaat)	15 IU
Vitamiën B7 (biotien)	15 µg
Kalsium (as kalsiumkarbonaat)	50 mg
Magnesium (as magnesiumoksied)	50 mg
Lestien	15 mg
Sitrus bioflavonoïede kompleks	5 mg
Sink (as sinkglukonaat)	4,5 mg
Foliensuur	200 µg
Selenium (as selenium ASC 0, 2 %)	5 µg
Cholien (as cholienbitartraat)	13,8 mg

Die ander bestanddele is:

Gesuiwerde water, hidrokisiepropiel-metielsellulose, inositol, kaliumglycerofosfaat, kalsiumwaterstof-fosfaat, kasterolie, kroskarmellose natrium, lak, magnesiumsilikaat, magnesiumstearaat, mikrokristallyne sellulose, polietilenglikool, povidoon, silika, titaniumdioksied en ysteroksied

Suikervry

WAARVOOR VITAFORCE NUTRI-B GEBRUIK WORD

Kategorie D Komplementêre Medisyne
Dissipline 34.12 Gesondheidsaanvulling.
Kombinasie Produk
'n Unieke 2-fase vrystelling gesondheidsaanvulling geformuleer om moegheid en die negatiewe uitwerking van stres te verminder.

VOORDAT VITAFORCE NUTRI-B GEBRUIK WORD

Moenie VITAFORCE NUTRI-B gebruik indien jy hipersensitief (allergies) is vir enige van die bestanddele nie. Indien jy allergies is vir soja of enige soja produkte moet jy nie VITAFORCE NUTRI-B gebruik nie. Hierdie ongeregisteerde medisyne is nie deur SAHPRA geëvalueer vir sy gehalte, veiligheid of beoogde gebruik nie.

NEEM VAN VITAFORCE NUTRI-B MET KOS EN DRANK

VITAFORCE NUTRI-B moet met ontbyt geneem word.

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 NEEM

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

HOE OM VITAFORCE NUTRI-B TE GEBRUIK

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

Die normale dosis is:

Volwassenes: Neem 2 tablette daagliks met ontbyt.

INDIEN JY MEER VITAFORCE NUTRI-B 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 NUTRI-B TE NEEM

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

MOONTLIKE NEWE-EFFEKTE

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

BERGING EN WEGDOEN VAN VITAFORCE NUTRI-B

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.

Moenie die produk in die badkamer bewaar nie.

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

Moenie VITAFORCE NUTRI-B 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 NUTRI-B

'n Ronde, amberkleurige plastiek houer met 'n swart prop in 'n Vitaforce kartonverpakking, gevul met 60 of 180 film-bedekte tablette.

IDENTIFIKASIE VAN VITAFORCE NUTRI-B

'n Donker-beige, langwerpige, film-bedekte tablet.

REGISTRASIEKOMMER

TBA

DATUM VAN PUBLIKASIE

TBA

PROFESIONELE INLIGTING

Verwys na die voubljiet met professionele inligting vir meer inligting.

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

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DATUM VAN PUBLIKASIE VAN DIE PROFESSIONELE INLIGTING

TBA

VITAFORCE NUTRI-B

PACKAGE INSERT

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE NUTRI-B film-coated tablets

COMPOSITION

Each tablet contains:	
Vitamin B1 (as thiamine mononitrate)	10,1 mg
Vitamin B2 (as riboflavin)	12,5 mg
Vitamin B3 (as nicotinamide)	12,5 mg
Vitamin B5 (as calcium-D-pantothenate)	10,3 mg
Vitamin B6 (as pyridoxine hydrochloride)	10,3 mg
Vitamin B12 (as cyanocobalamin)	12,5 µg
Vitamin C (as ascorbic acid)	150 mg
Vitamin E (as dl-alpha-tocopheryl acetate)	15 IU
Vitamin B7 (biotin)	15 µg
Calcium (as calcium carbonate)	50 mg
Magnesium (as magnesium oxide)	50 mg
Lecithin	15 mg
Citrus Bioflavonoids Complex	5 mg
Zinc (as zinc gluconate)	4,5 mg
Folic Acid	200 µg
Selenium (as selenium AAC 0, 2 %)	5 µg
Choline (as choline bitartrate)	13,8 mg

Inactive ingredients:

Calcium hydrogen phosphate, castor oil, croscarmellose sodium, hydroxypropyl methylcellulose, inositol, iron oxide, magnesium silicate, magnesium stearate, microcrystalline cellulose, polyethylene glycol, povidone, potassium glycerophosphate, purified water, shellac, silica and titanium dioxide.

Sugar free

PHARMACOLOGICAL CLASSIFICATION

Category D Complementary Medicine

Discipline 34.12 Health Supplements.

Multiple substance formulation

PHARMACOLOGICAL ACTION

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

INDICATIONS

Unique 2-phase release health supplement formulated to help fight fatigue and the negative effects of stress

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 tablets daily, 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

Dark beige, oblong-shaped, film-coated tablet.

PRESENTATION

Amber, round, plastic bottle with a black cap containing 60 or 180 film-coated tablets enclosed in a Vitaforce branded cardboard carton.

STORAGE INSTRUCTIONS

Store at or below 25 °C.

KEEP OUT OF REACH OF CHILDREN.

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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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