

VITAFORCE OMEGA 3

PATIENT INFORMATION LEAFLET

SCHEDULED STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

Vitaforce Omega 3 capsules

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU. VITAFORCE OMEGA 3 is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use VITAFORCE OMEGA 3 carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share VITAFORCE OMEGA 3 with any other person.
- Ask your pharmacist if you need more information or advice.

WHAT VITAFORCE OMEGA 3 CONTAINS

The active substance is:

Omega-3 Fish Oil providing	500,0 mg
Eicosapentaenoic acid (EPA)	90,0 mg
Docosahexaenoic acid (DHA)	60,0 mg
Total Omega-3 fatty acids	152,5 mg
Vitamin E (dl-Alpha tocopheryl acetate)	4 IU

The other ingredients are: Gelatine, glycerine and water.

WHAT VITAFORCE OMEGA 3 IS USED FOR

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

Vitaforce Omega 3 is a marine sourced essential fatty acid supplement that provides EPA and DHA which cannot be made by the body and must therefore be supplied by diet or supplementation.

BEFORE YOU TAKE VITAFORCE OMEGA 3

Do not take VITAFORCE OMEGA 3 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. Safe for use during pregnancy and breastfeeding.

TAKING OTHER MEDICINES WITH VITAFORCE OMEGA 3

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

HOW TO TAKE VITAFORCE OMEGA 3

Do not share medicines prescribed for you with any other person. Always take VITAFORCE OMEGA 3 exactly as instructed. You should check with your doctor or pharmacist if you are unsure.

The usual dosage is:
Adults: Take 2 capsules twice a day with meals, or as directed by a health care professional

IF YOU TAKE MORE VITAFORCE OMEGA 3 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 OMEGA 3

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

POSSIBLE SIDE EFFECTS

VITAFORCE OMEGA 3 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 OMEGA 3

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 OMEGA 3 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 OMEGA 3

An amber, plastic bottle and black lid, containing 90 capsules, in a carton.

IDENTIFICATION OF VITAFORCE OMEGA 3

A clear pale-yellow oval capsule filled with pale yellow oil.

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 Consumer Brands (Pty) Ltd
31 Georgian Crescent East
Bryanston, Gauteng 2191
South Africa
+27 11 036 9420

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA

VITAFORCE OMEGA 3

PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSSTATUS

Ongeskeduleer

HANDELSNAAM EN DOSEERVORM

Vitaforce Omega 3 kapsules

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

VITAFORCE OMEGA 3 is beskikbaar sonder 'n doktersvoorskrif en is aanvullende (komplementêre) medisyne. Jy moet egter nogsteeds VITAFORCE OMEGA 3 versigtig gebruik om die beste resultate te verkry.

- Hou hierdie voubljiet, dit mag dalk nodig wees om dit weer te lees.
- Moenie VITAFORCE OMEGA 3 met enige ander persoon deel nie.
- Raadpleeg jou apteker of gesondheidsorgpraktisyn indien jy meer inligting of advies benodig.

WAT VITAFORCE OMEGA 3 BEVAT

Die aktiewe bestanddele is:

Omega-3 Visolie	500,0 mg
bevallende	
Eikosapentanoësuur (EPS)	90,0 mg
Dokosaheksanoësuur (DHS)	60,0 mg
Totale Omega-3 vetsure	152,5 mg
Vitamiën E (dl-Alfa-tokoferiel asetaat)	4 IU

Die ander bestanddele is:

Gelatiën, gliserien en water.

WAARVOOR VITAFORCE OMEGA 3 GEBRUIK WORD

Kategorie D Komplementêre Medisyne
Dissipline 34.12 Gesondheidsaanvulling.
Kombinasie Produk

Vitaforce Omega 3 is 'n essensiële vetsuur aanvulling wat EPS en DHS verskaf vanuit 'n mariene bron. Die liggaam kan nie self EPS en DHS vervaardig nie en daarom moet dit uit die dieët of 'n aanvulling verkry word.

VOORDAT VITAFORCE OMEGA 3 GEBRUIK WORD

Moenie VITAFORCE OMEGA 3 gebruik indien jy hipersensitief (allergieë) 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. Veilig vir gebruik tydens swangerskap en borsvoeding.

AS JY ANDER MEDISYNE SAAM MET VITAFORCE OMEGA 3 NEEM

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

HOE OM VITAFORCE OMEGA 3 TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie. Neem VITAFORCE OMEGA 3 altyd presies soos aanbeveel. Bevestig met jou dokter of apteker indien jy onseker is.

Die normale dosering is:

Volwassenes: neem 2 kapsules twee keer per dag met etes of soos aanbeveel deur jou gesondheidsorgpraktisyn.

INDIEN JY MEER VITAFORCE OMEGA 3 GEBRUIK AS WAT JY BEHOORT

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

INDIEN JY VERGEET HET OM VITAFORCE OMEGA 3 TE NEEM

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

MOONTLIKE NEWE-EFFEKTE

VITAFORCE OMEGA 3 kan moontlik newe-effekte veroorsaak. Nie alle newe-effekte wat vir hierdie medisyne aangemeld is word in hierdie voubljiet genoem nie. Indien jou algemene gesondheid verswak of indien jy enige nadelige effekte ondervind terwyl jy hierdie medikasie gebruik, moet jy assablieft jou dokter, apteker of ander gesondheidsorgpraktisyn raadpleeg. Indien jy enige newe-effekte waarneem wat nie in hierdie voubljiet genoem word nie, moet jy jou dokter of apteker daarvan vertel.

BERGING EN WEGDOEN VAN VITAFORCE OMEGA 3

Bewaar alle medikasie buite bereik en sig 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 nie.

Moenie VITAFORCE OMEGA 3 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 OMEGA 3

'n Kartonverpakking met 'n amberkleurige plastiekbottel met 'n swart prop, gevul met 90 kapsules.

IDENTIFIKASIE VAN VITAFORCE OMEGA 3

'n Deursigtige, liggeel, ovaalvormige kapsule gevul met 'n liggeel olie.

REGISTRASIEOMMER

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

Ascendis Consumer Brands (Pty) Ltd
31 Georgian Crescent East
Bryanston, Gauteng 2191
South Africa
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DATUM VAN PUBLIKASIE VAN DIE PROFESSIONELE INLIGTING

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PROPRIETARY NAME AND DOSAGE FORM

Vitaforce Omega 3 capsules

COMPOSITION

Each capsule contains:

Omega-3 Fish Oil providing	500,0 mg
Eicosapentaenoic acid (EPA)	90,0 mg
Docosahexaenoic acid (DHA)	60,0 mg
Total Omega-3 fatty acids	152,5 mg
Vitamin E (dl-Alpha tocopheryl acetate)	4 IU

Inactive ingredients: Gelatine, glycerine and water.

Sugar free

PHARMACOLOGICAL CLASSIFICATION

Category D Complementary Medicine

Discipline 34.12 Health Supplements.

Multiple substance formulation

PHARMACOLOGICAL ACTION

Vitaforce Omega 3 is a marine sourced essential fatty acid supplement that provides EPA and DHA which cannot be made by the body and must therefore be supplied by diet or supplementation.

INDICATIONS

Omega 3 essential fatty acids are required for the maintenance of good health. Fish oil helps support cardiovascular health, reduce high triglycerides levels associated with increased risk of heart disease, supports learning and brain function and assists in the development of the brain, eyes and nerves in children.

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. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

INTERACTIONS

There are no known interactions.

HUMAN REPRODUCTION

Safe for use during pregnancy and lactation.

DOSAGE AND DIRECTIONS FOR USE

Adults: Take 2 capsules twice a day with meals, or as directed by a health care 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

A clear pale-yellow oval capsules filled with pale yellow oil.

PRESENTATION

An amber, plastic bottle and black lid, containing 90 capsules, in a carton.

STORAGE INSTRUCTIONS

Store at or below 25 °C.

KEEP OUT OF REACH OF CHILDREN.

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

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