

VITAFORCE ZINC+A+B₆

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE Zinc+A+B₆ Tablet

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU VITAFORCE Zinc+A+B₆ is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use VITAFORCE Zinc+A+B₆ carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share VITAFORCE Zinc+A+B₆ with any other person.
- Ask your pharmacist if you need more information or advice.

WHAT VITAFORCE ZINC+A+B₆ CONTAINS

The active substance is:

Vitamin A (Vitamin A Acetate)	5000 IU
Vitamin B ₆ (Pyridoxine)	8,2 mg
Zinc (Zinc Gluconate)	10,0 mg

The other ingredients are:
Lactose, magnesium stearate, silicon dioxide, starch and water.

WHAT VITAFORCE ZINC+A+B₆ IS USED FOR

Category D Complementary Medicine
Discipline 34.12 Health Supplements.
Multiple substance formulation
Supports skin, nails and hair health, and a healthy immune system health.

BEFORE YOU TAKE VITAFORCE ZINC+A+B₆

Do not take VITAFORCE Zinc+A+B₆ 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 ZINC+A+B₆ WITH FOOD AND DRINK

VITAFORCE Zinc+A+B₆ with a food.

PREGNANCY AND BREASTFEEDING

If you are pregnant or breastfeeding your baby, please consult your healthcare provider for advice before taking this medicine. Safety during pregnancy and lactation has not been established.

IMPORTANT INFORMATION ABOUT SOME OF THE INGREDIENTS OF VITAFORCE ZINC+A+B₆

Contains Sugar: Lactose 131,5 mg / tablet
Suitable for vegetarians.

VITAFORCE Zinc+A+B₆ contains lactose. Patients with rare hereditary conditions of lactose/fructose or galactose intolerance should not take VITAFORCE Zinc+A+B₆.
VITAFORCE Zinc+A+B₆ contains lactose which may have an effect on the control of your blood sugar if you have diabetes mellitus.

TAKING OTHER MEDICINES WITH VITAFORCE ZINC+A+B₆

Always tell your healthcare provider if you are taking any other medicine.
Retinoids: These vitamin A derivatives could have additive toxic effects with vitamin A supplements. Individuals that take retinoids should avoid vitamin A supplements. Some examples of retinoids include etretinate and isotretinoin.
Warfarin: Vitamin A toxicity is associated with haemorrhage and hypoprotrombinaemia, possibly due to vitamin K antagonism. High doses of vitamin A could increase the risk of bleeding with warfarin.

HOW TO TAKE VITAFORCE ZINC+A+B₆

Do not share medicines prescribed for you with any other person. Always take VITAFORCE Zinc+A+B₆ exactly as instructed. You should check with your doctor or pharmacist if you are unsure.

The usual dose is:
Adults: Take 1 tablet daily with food or as directed by a healthcare provider.

IF YOU TAKE MORE VITAFORCE ZINC+A+B₆ 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 ZINC+A+B₆

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

POSSIBLE SIDE EFFECTS

VITAFORCE Zinc+A+B₆ can have side effects.
Side effects may include mild gastrointestinal symptoms such as nausea, vomiting and diarrhoea.

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 ZINC+A+B₆

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 Zinc+A+B₆ 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 ZINC+A+B₆

An amber plastic bottle with a black cap, containing 100 tablets, in a carton.

IDENTIFICATION OF VITAFORCE ZINC+A+B₆

Round, biconvex, white speckled tablets.

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
Consumer care line / Verbruikersnavraelyn:
+27 11 036 9420

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA

VITAFORCE ZINC+A+B₆

PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSSTATUS

Ongeskeduleer

HANDELSNAAM EN DOSEERVORM

VITAFORCE Zinc+A+B₆ Tablet

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

VITAFORCE Zinc+A+B₆ is beskikbaar sonder 'n doktersvoorskrif en is aanvullende (komplimentêre) medisyne. Jy moet VITAFORCE Zinc+A+B₆ egter steeds versigtig gebruik om die beste resultate te verkry.

- Hou hierdie voubljef want dit mag dalk nodig wees om dit weer te lees.
- Moenie VITAFORCE Zinc+A+B₆ met enige iemand anders deel nie.
- Raadpleeg jou apteker of gesondheidsorgpraktisyn indien jy meer inligting of advies benodig.

WAT VITAFORCE ZINC+A+B₆ BEVAT

Die aktiewe bestanddele is:

Vitamiën A (Vitamiën A-asetaat)	5000 IU
Vitamiën B ₆ (Piridoksien)	8,2 mg
Sink (Sinkglukonaat)	10,0 mg

Die ander bestanddele is:
Laktose, magnesiumstearaat, silikondioksied, stysel en water.

WAARVOOR VITAFORCE ZINC+A+B₆ GEBRUIK WORD

Kategorie D Komplementêre Medisyne
Dissipline 34.12 Gesondheidsaanvulling.
Kombinasie Produk
Ondersteun 'n gesonde vel, naels en hare asook 'n gesonde immuunstelsel

VOORDAT VITAFORCE ZINC+A+B₆ GEBRUIK WORD

Moenie VITAFORCE Zinc+A+B₆ 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 ZINC+A+B₆ MET KOS EN DRANK

Neem VITAFORCE ZINC+A+B₆ met ete.

SWANGERSKAP EN BORSVOEDING

Raadpleeg jou dokter, apteker of gesondheidsorgpraktisyn voordat jy hierdie medisyne gebruik indien jy swanger is of jou baba borsvoed. Veiligheid tydens swangerskap en borsvoeding is nie vasgestel nie.

BELANGRIKE INLIGTING IN VERBAND MET SOMMIGE VAN DIE BESTANDELE IN VITAFORCE ZINC+A+B₆

Bevat suiker: Laktose 131,5 mg / tablet
Geskik vir vegetariërs.
VITAFORCE ZINC+A+B₆ bevat laktose. Pasiënte wat ly aan 'n skaars, oorerflike laktose / fruktose of galaktose onverdraagsaamheid behoort nie VITAFORCE ZINC +A+B₆ te neem nie. VITAFORCE ZINC+A+B₆ bevat laktose wat moontlik 'n invloed kan hê op die beheer van jou bloedsuikervlakke indien jy diabetes mellitus het.

AS JY ANDER MEDISYNE SAAM MET VITAFORCE ZINC+A+B₆ NEEM

Stel altyd jou gesondheidsorgpraktisyn in kennis indien jy enige ander medisyne gebruik.
Retinoïede: Hierdie vitamien A verwante medisyne kan moontlik 'n toksiese effek veroorsaak indien dit saam met vitamien A aanvullings gebruik word. Voorbeelde hiervan is onder andere etretinaat en isotretinoin.
Warfarien: Vitamiën A toksisiteit word geassosieer met bloeding en hipotrombienemie, moontlik as gevolg van vitamien K antagonisme. Hoë dosisse vitamien A, tesame met warfarien, kan die risiko van bloeding verhoog.

HOE OM VITAFORCE ZINC+A+B₆ TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie.
Neem VITAFORCE Zinc+A+B₆ altyd presies soos aanbeveel. Bevestig met jou dokter of apteker indien jy onseker is.

Die normale dosis is:
Volwassenes: Neem 1 tablet daagliks met ete of soos voorgeskryf deur jou gesondheidsorgpraktisyn.

INDIEN JY MEER VITAFORCE ZINC+A+B₆ 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 gifbeheersentrum.

Indien jy vergeet het om VITAFORCE Zinc+A+B₆ te neem Moenie 'n dubbele dosis neem om vir oorgeslane dosisse te vergoed nie.

MOONTLIKE NEWE-EFFEKTE

VITAFORCE Zinc+A+B₆ kan moontlik newe-effekte veroorsaak. Newe-effekte in die vorm van matige gastro-intestinale simptome, soos byvoorbeeld naarheid, braking en diarree, kan voorkom. Nie alle newe-effekte wat vir hierdie medisyne aangemeld is word in hierdie voubljef 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 voubljef genoem word nie, moet jy jou dokter of apteker daarvan vertel.

BERGING EN WEGDOEN VAN VITAFORCE ZINC+A+B₆

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 gebruik na die vervaldatum wat op die houër aangedui is nie.

Moenie VITAFORCE Zinc+A+B₆ 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 ZINC+A+B₆

100 tablette in 'n amberkleurige plastiekbottel met 'n swart prop, verpak in 'n kartonhouer.

IDENTIFIKASIE VAN VITAFORCE ZINC+A+B₆

Ronde, bikonvekse, wit gespikkelde tablette

REGISTRASIEOMMER

TBA

DATUM VAN PUBLIKASIE

TBA

PROFESIONELE INLIGTING

Verwys na die voubljef 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
Consumer care line / Verbruikersnavraelyn:
+27 11 036 9420

DATUM VAN PUBLIKASIE VAN DIE PROFESSIONELE INLIGTING

TBA

VITAFORCE ZINC+A+B₆

PROFESSIONAL INFORMATION

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE Zinc+A+B₆ Tablet

COMPOSITION

Each tablet contains:

Vitamin A (Vitamin A Acetate)	5000 IU
Vitamin B ₆ (Pyridoxine)	8,2 mg
Zinc (Zinc Gluconate)	10,0 mg

Inactive ingredients:
Lactose, magnesium stearate, silicon dioxide, starch and water.
Contains Sugar: Lactose 131,5 mg / tablet
Suitable for vegetarians.

PHARMACOLOGICAL CLASSIFICATION

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

PHARMACOLOGICAL ACTION

Vitamin A contributes to the maintenance of eyesight, skin, membranes and immune function.
Vitamin B₆ contributes to tissue formation and contributes to normal immune function.

Zinc helps to maintain healthy skin and helps to maintain immune function.
Zinc helps to produce and repair connective tissue and is a factor in the maintenance of good health.

INDICATIONS

Supports skin, nails and hair health, and a healthy immune system.

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.

Contains lactose. Patients with the rare hereditary conditions of galactose intolerance e.g. galactosaemia, Lapp lactase deficiency, glucose - galactose malabsorption or fructose intolerance should not take VITAFORCE Zinc+A+B₆. Contains lactose which may have an effect on the glycaemic control of patients with diabetes mellitus.

Patients with the rare hereditary condition of sorbitol / maltitol / lactitol intolerance should not take VITAFORCE Zinc+A+B₆. This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

INTERACTIONS

Retinoids: These vitamin A derivatives could have additive toxic effects with vitamin A supplements. Individuals that take retinoids should avoid vitamin A supplements. Some examples of retinoids include etretinate and isotretinoin.
Warfarin: Vitamin A toxicity is associated with haemorrhage and hypoprotrombinaemia, possibly due to vitamin K antagonism. High doses of vitamin A could increase the risk of bleeding with warfarin.

HUMAN REPRODUCTION

Safety during pregnancy and lactation has not been established.

DOSAGE AND DIRECTIONS FOR USE

Adults: Take 1 tablet daily with food or as directed by a healthcare provider.

SIDE EFFECTS

Side effects may include mild gastrointestinal symptoms such as nausea, vomiting and diarrhoea.

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

Round, biconvex, white speckled tablets.

PRESENTATION

An amber plastic bottle with a black cap, containing 100 tablets, in a 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

Ascendis Consumer Brands (Pty) Ltd
31 Georgian Crescent East, Bryanston, Gauteng 2191
South Africa
Consumer care line / Verbruikersnavraelyn:
+27 11 036 9420

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA

899797/00



A PROUD BRAND OF

Ascendis
HEALTH