



VITAFORCE CALCIUM COMPLEX

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE CALCIUM COMPLEX, tablets

Read all of this leaflet carefully because it contains important information for you

A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.

VITAFORCE CALCIUM COMPLEX is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use VITAFORCE CALCIUM COMPLEX carefully to get the best results from it.

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

WHAT VITAFORCE CALCIUM COMPLEX CONTAINS

The active substances are:

Calcium carbonate	998,9 mg
providing Calcium (elemental)	400,0 mg
Magnesium oxide	207,3 mg
providing Magnesium (elemental)	125,0 mg
Zinc gluconate	30,0 mg
providing Zinc (elemental)	4,3 mg
Pyridoxine hydrochloride	4,0 mg
providing Pyridoxine (Vitamin B ₆)	3,3 mg
Cholecalciferol (Vitamin D ₃)	50 IU

The other ingredients are:

Acacia gum, copovidone, corn starch, croscarmellose sodium, di-alpha-tocopherol, magnesium silicate, magnesium stearate, maltodextrin, medium chain triglycerides, microcrystalline cellulose, modified food starch, silicon dioxide, sodium ascorbate, sucrose, tricalcium phosphate and vegetable oil.

WHAT VITAFORCE CALCIUM COMPLEX IS USED FOR

Category D Complementary Medicine
Discipline 34.12 Health Supplements. Multiple substance formulation
Supports development and maintenance of bones and reduces the risk of developing osteoporosis.

BEFORE YOU TAKE VITAFORCE CALCIUM COMPLEX

Do not take VITAFORCE CALCIUM COMPLEX 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.

Taking VITAFORCE CALCIUM COMPLEX with food and drink

Take VITAFORCE CALCIUM COMPLEX with food.

Pregnancy and Breastfeeding

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

Important information about some of the ingredients of VITAFORCE CALCIUM COMPLEX

Sugar free (Contains sucrose 0,2 mg/tablet, an insignificant amount of sugar.)

Taking other medicines with VITAFORCE CALCIUM COMPLEX

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

HOW TO TAKE VITAFORCE CALCIUM COMPLEX

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

The usual dose is:

Adults: Take 1 to 2 tablets daily with food or as directed by a healthcare professional.
Swallow the tablet whole.
Do not chew or crush the tablet.

If you take more VITAFORCE CALCIUM COMPLEX 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 CALCIUM COMPLEX

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

POSSIBLE SIDE EFFECTS

VITAFORCE CALCIUM COMPLEX 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 CALCIUM COMPLEX

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 CALCIUM COMPLEX 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 CALCIUM COMPLEX

An amber plastic bottle containing 60 tablets enclosed in an outer carton.

IDENTIFICATION OF VITAFORCE CALCIUM COMPLEX

Off-white, speckled, oblong, uncoated tablet with a non-functional score line on both sides

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
1 Carey Street
Wynberg, Gauteng 2090
South Africa
+27 11 036 9420

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA



VITAFORCE CALCIUM COMPLEX

PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSTATUS

Ongeskeduleer

HANDELSNAAM EN DOSEERVORM

VITAFORCE CALCIUM COMPLEX, tablette

Lees die hele inligtingsblaadjie noukeurig deur, dit bevat belangrike inligting vir jou

'n Dieet met verskeidenheid is die doeltreffendste en veiligste manier om goeie voeding, gesondheid, liggaamsamestelling sowel as geestelike en fisiese prestasies te bewerkstellig.
VITAFORCE CALCIUM COMPLEX is beskikbaar sonder 'n doktersvoorskrif om minder ernstige siektes te behandel. Jy moet VITAFORCE CALCIUM COMPLEX egter steeds versigtig gebruik om die beste resultate te verkry.

- Hou hierdie voubladjie want dit mag dalk nodig wees om dit weer te lees.
- Moenie VITAFORCE CALCIUM COMPLEX met enige ander persoon deel nie.
- Raadpleeg jou gesondheidsorgverskaffer of apteker indien jy meer inligting of advies benodig.

WAT VITAFORCE CALCIUM COMPLEX BEVAT

Die aktiewe bestanddele is:

Kalsiumkarbonaat	998,9 mg
verskat Kalsium (elementaal)	400,0 mg
Magnesiumoksied	207,3 mg
verskat Magnesium (elementaal)	125,0 mg
Sinkglukonaat	30,0 mg
verskat Sink (elementaal)	4,3 mg
Piridoksienhidrochloried	4,0 mg
verskat Piridoksien (Vitamiën B ₆)	3,3 mg
Cholekalsiferol (Vitamiën D ₃)	50 IU

Die ander bestanddele is:

Akasia gom, kopovidoon, meliëstysel, kroskarmellose natrium, di-alfa-tokoferol, magnesiumsilikaat, magnesiumstearaat, maltodekstrien, medium-ketting trigliseriede, mikrokristallien sellulose, gemodifiseerde voedselstysel, silikondoksied, natriumaskorbaat, suikrose, trikalsiumfosfaat en groente-olie.

WAARVOOR VITAFORCE CALCIUM COMPLEX GEBRUIK WORD

Kategorie D Komplementêre Medisyne
Dissipline 34.12 Gesondheidsaanvulling. Veelvuldige middel formulase.
Ondersteun die ontwikkeling en instandhouding van gesonde bene en verminder die risiko om osteoporose te ontwikkel.

VOORDAT VITAFORCE CALCIUM COMPLEX GEBRUIK WORD

Moenie VITAFORCE CALCIUM COMPLEX gebruik indien jy hipersensitief (allergies) is vir enige van die bestanddele nie.
Hierdie ongeregistreerde medisyne is nie deur SAHPRA gevalueer vir sy gehalte, veiligheid of beoogde gebruik nie.

Neem van VITAFORCE CALCIUM COMPLEX met voedsel en vloeistof

Neem VITAFORCE CALCIUM COMPLEX met ete.

Swangerskap en Borsvoeding

As jy swanger is of jou baba borsvoed, raadpleeg jou gesondheidsorgverskaffer voordat jy VITAFORCE CALCIUM COMPLEX gebruik.
Veiligheid gedurende swangerskap en borsvoeding is nie vasgestel nie.

Belangrike inligting in verband met sommige van die bestanddele in VITAFORCE CALCIUM COMPLEX

Suikervry (Bevat suikrose 0,2 mg/tablet, 'n onbeduidende hoeveelheid suiker.)

As jy ander medisyne saam met VITAFORCE CALCIUM COMPLEX neem

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

HOE OM VITAFORCE CALCIUM COMPLEX TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie.

Neem VITAFORCE CALCIUM COMPLEX altyd presies soos aanbeveel. Bevestig met jou dokter of apteker indien jy onseker is.
Die normale dosering is:
Volwassenes: Neem 1-2 tablette daaglik met etes of soos aanbeveel deur jou gesondheidsorgverskaffer.
Sluk die tablet heel.
Moenie die tablet kou of fynmaak nie.

Indien jy meer VITAFORCE CALCIUM COMPLEX gebruik as aanbeveel

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

Indien jy vergeet het om VITAFORCE CALCIUM COMPLEX te neem

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

MOONTLIKE NEWE-EFFEKTE

VITAFORCE CALCIUM COMPLEX kan moontlik newe-effekte veroorsaak.

Nie alle newe-effekte wat vir hierdie medisyne aangemeld is word in hierdie voubladjie genoem nie. Indien jou algemene gesondheid verswak of indien jy enige nadelige effek ondervind terwyl jy hierdie medisyne gebruik, moet jy asseblief jou dokter, apteker of ander gesondheidsorgverskaffer raadpleeg.
Indien jy enige newe-effekte waarneem wat nie in hierdie voubladjie genoem word nie, moet jy jou dokter of apteker daarvan vertel.

BERGING EN WEGDOEN VAN VITAFORCE CALCIUM COMPLEX

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 etiket / karton / bottel aangedui is, gebruik nie.
Moenie VITAFORCE CALCIUM COMPLEX gebruik indien jy enige sighare tekens van produktafbraak 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 CALCIUM COMPLEX

'n Amberkleurige plastiekbottel gevul met 60 tablette, verpak in 'n kartonhouer.

IDENTIFIKASIE VAN VITAFORCE CALCIUM COMPLEX

Roomwit, gespikkelde, langwerpige, nie-bedekte tablet met 'n nie-funksionele kerflyn aan beide kante.

REGISTRASIENOMMER

TBA

DATUM VAN PUBLIKASIE

TBA

PROFESIONELE INLIGTING

Vervys na die voubladjie met Professionele Inligting vir meer inligting.

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

Ascendis Consumer Brands (Pty) Ltd
1 Carey Street
Wynberg, Gauteng 2090
South Africa
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DATUM VAN PUBLIKASIE VAN DIE PROFESSIONELE INLIGTING

TBA

905M237/00



VITAFORCE CALCIUM COMPLEX

PROFESSIONAL INFORMATION

SCHEDULING STATUS

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PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE CALCIUM COMPLEX, tablets

COMPOSITION

Each tablet contains:	
Calcium carbonate	998,9 mg
providing Calcium (elemental)	400,0 mg
Magnesium oxide	207,3 mg
providing Magnesium (elemental)	125,0 mg
Zinc gluconate	30,0 mg
providing Zinc (elemental)	4,3 mg
Pyridoxine hydrochloride	4,0 mg
providing Pyridoxine (Vitamin B ₆)	3,3 mg
Cholecalciferol (Vitamin D ₃)	50 IU

Inactive ingredients:

Acacia gum, copovidone, corn starch, croscarmellose sodium, di-alpha-tocopherol, magnesium silicate, magnesium stearate, maltodextrin, medium chain triglycerides, microcrystalline cellulose, modified food starch, silicon dioxide, sodium ascorbate, sucrose, tricalcium phosphate and vegetable oil.
Sugar free (Contains sucrose 0,2 mg/tablet, an insignificant amount of sugar.)

PHARMACOLOGICAL CLASSIFICATION

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

PHARMACOLOGICAL ACTION

Calcium and Vitamin D₃:
Contributes to the development and maintenance of bones and teeth. Calcium intake, when combined with sufficient Vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis. Vitamin D₃ also helps in the absorption and use of calcium and phosphorous.
Magnesium:
Contributes to the development and maintenance of bones and teeth. Contributes to tissue formation. Contributes to the maintenance of normal muscle function.
Vitamin B₆:
Contributes to tissue formation. A factor in the maintenance of good health.
Zinc:
Helps in connective tissue formation and helps to maintain immune function.

INDICATIONS

Supports development and maintenance of bones and reduces the risk of developing osteoporosis.

CONTRAINDICATIONS

Hypersensitivity (allergy) to any of the ingredients of VITAFORCE CALCIUM COMPLEX.

WARNINGS and SPECIAL PRECAUTIONS

Patients on any medication or suffering from any medical condition, should seek medical advice before starting any new medicine, supplement, or remedy.
Recommended dosage(s) should not be exceeded, 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

Safety during pregnancy and lactation has not been established.

DOSAGE AND DIRECTIONS FOR USE

Adults: Take 1 to 2 tablets 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

Off-white, speckled, oblong, uncoated tablet with a non-functional score line on both sides.

PRESENTATION

An amber plastic bottle containing 60 tablets enclosed in an outer carton.

STORAGE INSTRUCTIONS

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

REGISTRATION NUMBER

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

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