



VITAFORCE MAGNESIUM CHELATE

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE MAGNESIUM CHELATE, capsules.

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

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

WHAT VITAFORCE MAGNESIUM CHELATE CONTAINS

The active substance is:
Magnesium bisglycinate chelate 500,0 mg
providing Magnesium 50,0 mg

The other ingredients are:
Hypromellose, magnesium stearate, carrageenan, potassium acetate and titanium dioxide, citric acid.

WHAT VITAFORCE MAGNESIUM CHELATE IS USED FOR

Category D Complementary Medicine
Discipline 34.7 Health Supplements. Minerals
VITAFORCE MAGNESIUM CHELATE contributes to normal energy metabolism, protein synthesis, nerve and muscle function.
Contributes to a reduction of tiredness and fatigue.
Helps to reduce the effects of stress and improves overall immune support.
Supports cell division and muscle function.
Contributes to normal protein synthesis and normal psychological function.
Contributes to the maintenance of normal bones and teeth.
Helps to metabolise carbohydrates, fats and proteins.
A factor in the maintenance of good health.

BEFORE YOU TAKE VITAFORCE MAGNESIUM CHELATE

Do not take VITAFORCE MAGNESIUM CHELATE 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 VITAFORCE MAGNESIUM CHELATE.
Safety during pregnancy and breastfeeding has not been established.

Important information about some of the ingredients of VITAFORCE MAGNESIUM CHELATE

Sugar free.
Suitable for vegans and vegetarians.

Taking other medicines with VITAFORCE MAGNESIUM CHELATE

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

HOW TO TAKE VITAFORCE MAGNESIUM CHELATE

Do not share medicines prescribed for you with any other person.
Always take VITAFORCE MAGNESIUM CHELATE exactly as instructed. You should check with your doctor or pharmacist if you are unsure.
The usual dose is:
Adults and children over 9 years of age: Take 1-2 capsules twice daily with meals.

If you take more VITAFORCE MAGNESIUM CHELATE 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 MAGNESIUM CHELATE

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

POSSIBLE SIDE EFFECTS

VITAFORCE MAGNESIUM CHELATE can have side effects.
Orally, magnesium (as in VITAFORCE MAGNESIUM CHELATE) can cause gastrointestinal irritation, nausea, vomiting and diarrhoea. Not all side effects reported for VITAFORCE MAGNESIUM CHELATE are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking VITAFORCE MAGNESIUM CHELATE, 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 MAGNESIUM CHELATE

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 MAGNESIUM CHELATE 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 MAGNESIUM CHELATE

An amber plastic bottle containing 30 capsules, enclosed in an outer carton.

IDENTIFICATION OF VITAFORCE MAGNESIUM CHELATE

A white capsule containing a white powder.

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 MAGNESIUM CHELATE

PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSTATUS

Ongeskeduleer

HANDELSNAAM EN DOSEERVORM

VITAFORCE MAGNESIUM CHELATE, capsules.

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 MAGNESIUM CHELATE is beskikbaar sonder 'n doktersvoorskrif om minder ernstige siektes te behandel. Jy moet egter nogsteeds VITAFORCE MAGNESIUM CHELATE versigtig gebruik om die beste resultate te verkry.

- Hou hierdie voublitj wag dit mag dalk nodig wees om dit weer te lees.
- Moenie VITAFORCE MAGNESIUM CHELATE met enige iemand anders deel nie.
- Raadpleeg jou gesondheidsorgverskaffer of apteker indien jy meer inligting of advies benodig.

WAT VITAFORCE MAGNESIUM CHELATE BEVAT

Die aktiewe bestanddeel is:
Magnesium bisglisinaat-chelaat 500,0 mg
verskaf Magnesium 50,0 mg

Die ander bestanddele is:
Hypromellose, magnesiumstearaat, karageenin; kaliumasetaat en titaandioksied, sitroensuur.

WAARVOOR VITAFORCE MAGNESIUM CHELATE GEBRUIK WORD

Kategorie D Komplementêre Medisyne
Discipline 34.7 Gesondheidsaanvulling. Minerale
VITAFORCE MAGNESIUM CHELATE dra by tot normale energiemetabolisme, proteïensintese, senuwee- en spierfunksie.
Dra by tot 'n vermindering in moegheid en uitputting.
Help om die effekte van stres te verminder en verbeter algemene immuunondersteuning.
Ondersteun selverdeling en spierfunksie.
Dra by tot normale proteïensintese en normale fisiologiese funksie.
Dra by tot die instandhouding van normale bene en tande.
Help om koolhidrate, vette en proteïene te metaboliseer. 'n Faktor in die instandhouding van goeie gesondheid.

VOORDAT VITAFORCE MAGNESIUM CHELATE GEBRUIK WORD

Moenie VITAFORCE MAGNESIUM CHELATE gebruik indien jy hipersensitief (allergies) is vir enige van die bestanddele nie.
Hierdie geregistreerde medisyne is nie deur SAHPRA geëvalueer vir sy gehalte, veiligheid of beoogde gebruik nie.

Swangerskap en Borsvoeding

As jy swanger is of jou baba borsvoed, raadpleeg jou gesondheid-sorgverskaffer voordat jy VITAFORCE MAGNESIUM CHELATE gebruik.
Veiligheid tydens swangerskap en borsvoeding is nie vasgestel nie.

Belangrike inligting in verband met sommige van die bestanddele in VITAFORCE MAGNESIUM CHELATE

Suikervry.
Geskik vir vegane en vegetariërs.

As jy ander medisyne saam met VITAFORCE MAGNESIUM CHELATE neem

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

HOE OM VITAFORCE MAGNESIUM CHELATE TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie.
Neem VITAFORCE MAGNESIUM CHELATE altyd presies soos aanbeveel. Bevestig met jou dokter of apteker indien jy onseker is.
Die normale dosis is:
Volwassenes en kinders ouer as 9 jaar: Neem 1-2 kapsules twee keer per dag met etes.

Indien jy meer VITAFORCE MAGNESIUM CHELATE gebruik as wat jy behoort

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

Indien jy vergeet het om VITAFORCE MAGNESIUM CHELATE te neem

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

MOONTLIKE NEWE-EFFEKTE

VITAFORCE MAGNESIUM CHELATE kan moontlik newe-effekte veroorsaak.
Na orale innname kan magnesium (soos in VITAFORCE MAGNESIUM CHELATE) moontlik gastro-intestinale irritasie soos naarheid, braking en diarree veroorsaak.

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

BERGING EN WEGDOEN VAN VITAFORCE MAGNESIUM CHELATE

Bewaar alle medisyne buite bereik van kinders.
Bewaar teen of benede 25 °C.
Bewaar die houer in die kartonverpakking.
Bewaar in die oorspronklike verpakking.
Maak die houer dig toe.
Beskerm teen vog.
Moenie die produk in die badkamer bewaar nie.
Moenie gebruik na die vervaldatum wat op die etiket / karton / bottel aangedui is nie.
Moenie VITAFORCE MAGNESIUM CHELATE gebruik indien jy enige sigbare tekens van produktaak 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 MAGNESIUM CHELATE

'n Amberkleurige plastiekbottel gevul met 30 kapsules, verpak in 'n kartonhouer.

IDENTIFIKASIE VAN VITAFORCE MAGNESIUM CHELATE

'n Wit kapsule gevul met 'n wit poeier.

REGISTRASIENOMMER

TBA

DATUM VAN PUBLIKASIE

TBA

PROFESIONELE INLIGTING

Verwys na die voublitj 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
+27 11 036 9420

DATUM VAN PUBLIKASIE VAN DIE PROFESIONELE INLIGTING

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PROFESSIONAL INFORMATION

SCHEDULING STATUS

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PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE MAGNESIUM CHELATE, capsules

COMPOSITION

Each capsule contains:
Magnesium bisglycinate chelate 500,0 mg
providing Magnesium 50,0 mg

Inactive ingredients:

Hypromellose, magnesium stearate, carrageenan, potassium acetate and titanium dioxide, citric acid.
Sugar free.
Suitable for vegans and vegetarians.

PHARMACOLOGICAL CLASSIFICATION

Category D Complementary Medicine
Discipline 34.7 Health Supplements. Minerals

PHARMACOLOGICAL ACTION

Magnesium is a chemical element that is important for normal bone structure. Magnesium plays an essential role in many cellular reactions in the body.
Extracellular magnesium is critical to both maintaining nerve and muscle electrical potentials and transmitting impulses across neuromuscular junctions.
Magnesium is required for the formation of cyclic AMP (cAMP) and is involved in ion movements across cell membranes. It is involved in protein synthesis and carbohydrate metabolism.

INDICATIONS

VITAFORCE MAGNESIUM CHELATE contributes to normal energy metabolism, protein synthesis, nerve and muscle function.
Contributes to a reduction of tiredness and fatigue.
Helps to reduce the effects of stress and improves overall immune support.
Supports cell division and muscle function.
Contributes to normal protein synthesis and normal psychological function.
Contributes to the maintenance of normal bones and teeth.
Helps to metabolise carbohydrates, fats and proteins.
A factor in the maintenance of good health.

CONTRAINDICATIONS

Hypersensitivity (allergy) to any of the ingredients of VITAFORCE MAGNESIUM CHELATE.

WARNINGS and SPECIAL PRECAUTIONS

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 and children over 9 years of age: Take 1-2 capsules twice daily with meals.

SIDE EFFECTS

Orally, Magnesium (as in VITAFORCE MAGNESIUM CHELATE) can cause gastrointestinal irritation, 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

A white capsule containing a white powder.

PRESENTATION

An amber plastic bottle containing 30 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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DATE OF REGISTRATION

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

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