

VITAFORCE EVERYDAY PROBIOTIC

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

[S0]

VITAFORCE EVERYDAY PROBIOTIC, Capsule
D 34.9 Complementary Medicine
Health Supplement: Probiotics
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.
Sugar Free

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

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

What is in this leaflet

1. What is VITAFORCE EVERYDAY PROBIOTIC and what it is used for
2. What you need to know before you take VITAFORCE EVERYDAY PROBIOTIC
3. How to take VITAFORCE EVERYDAY PROBIOTIC
4. Possible side effects
5. How to store VITAFORCE EVERYDAY PROBIOTIC
6. Contents of the pack and other information

1. What is VITAFORCE EVERYDAY PROBIOTIC and what it is used for

VITAFORCE EVERYDAY PROBIOTIC is a health supplement that contains probiotic

- Helps balance and normalise gut flora
- Improves the functioning of the GIT
- Helps restore and maintain healthy gut flora
- Helps restore and maintain healthy vaginal flora
- Supports immune health
- A factor in the maintenance of good health

2. What you need to know before you take VITAFORCE EVERYDAY PROBIOTIC

Do not take VITAFORCE EVERYDAY PROBIOTIC:
• If you are hypersensitive (allergic) to any of the ingredients

Warnings and precautions

Special care should be taken with VITAFORCE EVERYDAY PROBIOTIC. You should consult a healthcare professional prior to using VITAFORCE EVERYDAY PROBIOTIC if you are immunocompromised (e.g. have AIDS, lymphoma or undergoing long-term corticosteroid treatment) since VITAFORCE EVERYDAY PROBIOTIC might increase the risk of infection.

If you experience fever, vomiting, bloody diarrhoea, or severe abdominal pain, consult a healthcare professional prior to using VITAFORCE EVERYDAY PROBIOTIC.
If symptoms of digestive illness (e.g. diarrhoea) occur and/or persists beyond 3 days, discontinue use of the product and consult a healthcare professional.

Consult a relevant healthcare professional before use if you:
• have malabsorption or other GIT ailments or are having surgery; or
• are taking blood thinners, antibiotics or anti-inflammatory medication
If symptoms do not improve within seven days, consult a relevant healthcare professional.

Other medicines and VITAFORCE EVERYDAY PROBIOTIC

Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines.) Taking VITAFORCE EVERYDAY PROBIOTIC with antibiotic medicines (e.g. amoxicillin) might decrease the effectiveness of the probiotics. Antibiotics might kill a significant number of the organisms from the probiotic if taken simultaneously. You should separate taking antibiotics and VITAFORCE EVERYDAY PROBIOTIC by at least two hours.

VITAFORCE EVERYDAY PROBIOTIC with food and drink and alcohol

For best results you should take a supplement 30 minutes prior to eating.

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking VITAFORCE EVERYDAY PROBIOTIC.
Safety during pregnancy and breastfeeding has not been established.

Driving and using machines

VITAFORCE EVERYDAY PROBIOTIC may not affect mental and/or physical abilities to perform or execute tasks or activities requiring mental alertness, judgment and/or sound coordination and vision.

3. How to take VITAFORCE EVERYDAY PROBIOTIC

Do not share medicines prescribed for you with any other person.
Always take VITAFORCE EVERYDAY PROBIOTIC as described in this leaflet or as your doctor or pharmacist or nurse has told you. Check with your doctor or pharmacist or nurse if you are not sure.

The usual oral dose:

Dosage:

Adults and children over 12 years:

Everyday general gut health: Take 1 capsule daily. Take with a meal, or up to 30 minutes before a meal. Dosage can be increased to 2 capsules a day if needed or as directed by your healthcare professional.

Do not exceed the recommended daily dose without consulting a healthcare professional.

For best results you should take a supplement 30 minutes prior to eating.

If you take more VITAFORCE EVERYDAY PROBIOTIC than you should. In the event of overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.
If you forget to take VITAFORCE EVERYDAY PROBIOTIC.
If you take a double dose to make up for forgotten individual doses.

4. Possible side effects

VITAFORCE EVERYDAY PROBIOTIC can have side effects.
Not all side effects reported for VITAFORCE EVERYDAY PROBIOTIC are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking VITAFORCE EVERYDAY PROBIOTIC, please consult your healthcare professional for advice.

If any of the following happens, stop taking VITAFORCE EVERYDAY PROBIOTIC and tell your doctor immediately or go to the casualty department at your nearest hospital:

- Allergy signs and symptoms: swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in swallowing or breathing, rash or itching

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to VITAFORCE EVERYDAY PROBIOTIC. You may need urgent medical attention or hospitalisation.
If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you get side effects, talk to your doctor or, pharmacist or nurse. You can also report side effects to SAHPRA via the "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of VITAFORCE EVERYDAY PROBIOTIC.

5. How to store VITAFORCE EVERYDAY PROBIOTIC

Store at or below 25 °C.
KEEP OUT OF REACH OF CHILDREN.
Store in the original container.
Return all unused medicine to your pharmacist.
Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).
Do not use after the expiry date stated on the label / bottle.
Do not use VITAFORCE EVERYDAY PROBIOTIC if you notice visible signs of deterioration.

6. Contents of the pack and other information

What VITAFORCE EVERYDAY PROBIOTIC contains
The active substance is:
Probiotic Complex: 500 mg
Lactobacillus acidophilus 2.5 billion CFU
Bifidobacterium longum 835 million CFU
Bifidobacterium bifidum 835 million CFU
Bifidobacterium lactis 835 million CFU
Inulin 50 mg

The other ingredients are:

Magnesium Stearate

What VITAFORCE EVERYDAY PROBIOTIC looks like and contents of the pack

An amber plastic container with a black plastic screw cap and a seal for protection, containing 30 white veggie capsules with a mottled white to beige powder.

Holder of Certificate of Registration

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This leaflet was last revised in

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Registration number

TBA

VITAFORCE EVERYDAY PROBIOTIC

PASİENTİNİLTİNGİSBLAADIJE

SKEDULERINGSTATUS

[S0]

VITAFORCE EVERYDAY PROBIOTIC, Kapsule
D 34.9 Komplementêre Medisyne:
Gesondheidsaanvulling: Probiotika
Hierdie ongeregistreerde medisyne is nie geëvalueer deur SAHPRA vir sy kwaliteit, veiligheid of beoogde gebruik nie.
Suikervry

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

ʼn Dieet met verskeidenheid is die doeltreffendste en veiligste manier om goeie voeding, gesondheid, liggaamsamestelling sowel as geestelike en fisiese prestasies te bewerkstellig.

VITAFORCE EVERYDAY PROBIOTIC is beskikbaar sonder ʼn dokters voorskrif om minder ernstige siektes te behandel. Jy moet egter nogsteeds VITAFORCE EVERYDAY PROBIOTIC versigtig gebruik om die beste resultate te verkry.

- Hou hierdie voublêj, dit mag dalk nodig wees om dit weer te lees
- Moenie VITAFORCE EVERYDAY PROBIOTIC met enige ander persoon deel nie
- Raadpleeg jou gesondheidsorgprofessional of apteker indien jy meer inligting of advies benodig

Wat is in hierdie pampiet

1. Wat VITAFORCE EVERYDAY PROBIOTIC is en waarvoor dit gebruik word
2. Wat jy moet weet voor jy VITAFORCE EVERYDAY PROBIOTIC neem
3. Hoe om VITAFORCE EVERYDAY PROBIOTIC te neem
4. Moontlike nuwe-effekte
5. Hoe om VITAFORCE EVERYDAY PROBIOTIC te bewaar
6. Inhoud van die verpakking en ander inligting

1. Wat VITAFORCE EVERYDAY PROBIOTIC is en waarvoor dit gebruik word

VITAFORCE EVERYDAY PROBIOTIC is ʼn gesondheidsaanvulling wat probiotik

- Help om dermflora te balanseer en normaliseer
- Verbeter die funksionering van die GIS
- Help om gesonde dermflora te herstel en in stand te hou
- Help om gesonde vaginale flora te herstel en in stand te hou
- Ondersteun immuungesondheid
- ʼn faktor in die handhawing van goeie gesondheid

2. Wat jy moet weet voor jy VITAFORCE EVERYDAY PROBIOTIC neem

Moet nie VITAFORCE EVERYDAY PROBIOTIC neem:
• As jy hipersensitief (allergies) is vir enige van die bestanddele nie

Waarskuwings en voorsorgmaatreëls

Spesiale sorg moet geneem word met VITAFORCE EVERYDAY PROBIOTIC.

Jy moet ʼn gesondheidsorgprofessional raadpleeg voor die gebruik van VITAFORCE EVERYDAY PROBIOTIC as jou immuun onderdruk is (bv. as jy VIGS of limfoom het of langtermyn kortikosteroïed behandeling ondergaan) aangesien VITAFORCE EVERYDAY PROBIOTIC die risiko vir infeksie kan verhoog.
Indien jy koors, braking, bloederige diarree of erge abdominale pyn ervaar, moet jy jou gesondheidsorgprofessional raadpleeg voordat jy VITAFORCE EVERYDAY PROBIOTIC gebruik.
Indien simptome van spysverteringsongesteldheid (bv. diarree) voorkom en/of dit vir langer as drie dae aanhou, moet jy die gebruik van die produk staak en jou gesondheidsorgprofessional kontak.

Raadpleeg ʼn relevante gesondheidsorgprofessional voor gebruik as jy:
• wanabsorpsie of ander SVK-afwykings het of chirurgie ondergaan; of
• blootverduiners, antibiotika of anti-inflammatoriese medikasie neem
As simptome nie binne sewe dae verbeter nie, raadpleeg ʼn relevante gesondheidsorgprofessional.

Ander medisyne en VITAFORCE EVERYDAY PROBIOTIC

Vertel altyd jou gesondheidsorg professional as jy ander medisyne gebruik. (Dit sluit alle komplementêre of tradisionele medisyne in.) Die neem van VITAFORCE EVERYDAY PROBIOTIC saam met antibiotika (bv. amoksisiëline) kan die doeltreffendheid van die probiotika verminder. Antibiotika kan ʼn aansienlike aantal van die organismes in die probiotika doodmaak as dit gelyktydig geneem word. Jy moet die neem van antibiotika en VITAFORCE EVERYDAY PROBIOTIC met ten minste twee ure skei.

VITAFORCE EVERYDAY PROBIOTIC saam met kos en vloeistof en alkohol

Vir die beste resultate moet jy ʼn aanvulling neem 30 minute voor eet.

Swangerskap, borsvoeding en fertiliteit

As jy swanger is of borsvoed, dink jy mag dalk swanger wees of beplan om swanger te word, raadpleeg jou dokter, apteker of gesondheidsorgprofessional vir advies voordat jy VITAFORCE EVERYDAY PROBIOTIC.
Veiligheid tydens swangerskap en borsvoeding is nie vasgestel nie.

Bestuur en die gebruik van masjien

VITAFORCE EVERYDAY PROBIOTIC mag dalk nie verstandelike en/ of fisiese vermoëns beïnvloed om take of aktiwiteite uit te voer wat waaksaamheid, oordeel en/of gesonde koördinasie en visie vereis nie.

3. Hoe om VITAFORCE EVERYDAY PROBIOTIC te neem

Moet nie medisyne wat vir jou voorgeskryf is met enige ander persoon deel nie.
Neem VITAFORCE EVERYDAY PROBIOTIC presies soos aanbeveel in hierdie pampiet of soos voorgeskryf deur jou dokter, apteker of verpleegster. Bevestig met jou dokter of apteker of verpleegster indien jy onseker is.
Die gewone orale dosis:

Dosering:

Volwasseenes en kinders 12 jaar en ouer:

Daaglikse dermgesondheid: Neem 1 kapsule daaglik.

Neem tydens ʼn maaltyd of tot 30 minute voor ʼn maaltyd. Die dosis kan verhoog word tot 2 kapsules per dag indien nodig of soos aangewys deur jou gesondheidsorgprofessional.

Moet nie die aanbevole daaglikse dosis oorskry sonder om ʼn gesondheidsorgprofessional te raadpleeg nie.

Moet nie die aanbevole daaglikse dosis oorskry nêrens.

Vir die beste resultate moet jy ʼn aanvulling neem 30 minute voor eet. As jy meer VITAFORCE EVERYDAY PROBIOTIC neem as wat jy moet. In die geval van ʼn oordosering, raadpleeg jou dokter of apteker. As geneen beskikbaar is nie, kontak die naaste gifbeheersentrum. As jy vergeet om VITAFORCE EVERYDAY PROBIOTIC te neem. Moet nie ʼn dubbele dosis neem om vir oorgeleane dosisse te vergoed nie.

4. Moontlike nuwe-effekte

VITAFORCE EVERYDAY PROBIOTIC kan nuwe-effekte hê. Nie alle nuwe-effekte wat vir VITAFORCE EVERYDAY PROBIOTIC gerapporteer is, is ingesluit in hierdie pampiet nie. As jou algemene gesondheid versleg of as jy ongewenste effekte ervaar met die neem van VITAFORCE EVERYDAY PROBIOTIC raadpleeg jou gesondheidsorgprofessional vir advies.

As enige een van die volgende gebeur, staak die gebruik van VITAFORCE EVERYDAY PROBIOTIC en stel jou dokter onmiddellik in kennis of gaan na die naaste ongevalle afdeling by jou naaste hospitaal:

- Allergie tekens en simptome: swelling van die hande, voete, enkels, gesig, lippe en mond of keel, wat kan lei tot ʼn probleem om te sluk of asem te haal, uitstoot of jeuk

Hierdie is almal ernstige nuwe-effekte. As jy dit het, het jy dalk ʼn ernstige allergiese reaksie op VITAFORCE EVERYDAY PROBIOTIC gehad. Jy mag dalk dringende mediese aandag of hospitalisasie benodig.

As jy enige nuwe-effekte opmerk wat nie in hierdie pampiet genoem word nie, stel jou dokter of apteker in kennis.

Aanmeld van nuwe-effekte

As jy nuwe-effekte ervaar, praat met jou dokter, apteker of verpleegster. Jy kan ook nuwe-effekte aan SAHPRA rapporteer via die "6.04 Adverse Drug Reaction Reporting Form" wat aanlyn onder SAHPRA se publikasies gevind kan word: <https://www.sahpra.org.za/Publications/Index/8>. Deur nuwe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van VITAFORCE EVERYDAY PROBIOTIC te verskaf.

5. Hoe om VITAFORCE EVERYDAY PROBIOTIC te bewaar

Bewaar teen of benede 25 °C.
HOU BINNE DIE BEREIK VAN KINDERS.
Bewaar in die oorspronklike houër.
Verskaf alle ongebruikte medisyne terug aan jou apteker.
Moet nie van ongebruikte medisyne ontslae raak in dreine of rioolstelsel (bv. toilette) nie.
Moenie na die vervaldatum wat op die etiket / bottel aangedui is, gebruik nie.
Moenie VITAFORCE EVERYDAY PROBIOTIC gebruik indien jy enige sigbare tekens van agteruitgang in die produk opmerk nie.

6. Inhoud van die verpakking en ander inligting

Wat VITAFORCE EVERYDAY PROBIOTIC bevat

Die aktiewe bestanddeel is:

Probiotika Kompleks: 500 mg
Lactobacillus acidophilus 2.5 biljoen CFU
Bifidobacterium longum 835 miljoe CFU
Bifidobacterium bifidum 835 miljoe CFU
Bifidobacterium lactis 835 miljoe CFU
Inulin 50 mg

Die ander bestanddele is:

Magnesium Stearaat

Hoe VITAFORCE EVERYDAY PROBIOTIC lyk en die inhoud van die verpakking

ʼn Amberkleurige plastiekhouer met ʼn swart plastiek skroefdeksel en seël vir beskerming wat 30 wit vegetariese kapsules bevat met ʼn gevlekte wit tot beige poeier bevat.

Houer van Sertifikaat van Registrasie

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Hierdie pampiet was hersien in

Junie 2025

Registrasienommer

TBA

1182318/00

VITAFORCE EVERYDAY PROBIOTIC

PROFESSIONAL INFORMATION

D 34.9 Complementary Medicine
Health Supplement: Probiotics
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

SCHEDULING STATUS

[S0]

1. NAME OF THE MEDICINE

VITAFORCE EVERYDAY PROBIOTIC, Capsules

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Each capsule contains:
Probiotic Complex: 500 mg
Lactobacillus acidophilus 2.5 billion CFU
Bifidobacterium longum 835 million CFU
Bifidobacterium bifidum 835 million CFU
Bifidobacterium lactis 835 million CFU
Inulin 50 mg

3. PHARMACEUTICAL FORM

A white veggie capsule containing a mottled white to beige powder.

4. CLINICAL PARTICULARS

4.1 Therapeutic indications

- Helps balance and normalise gut flora
- Improves the functioning of the GUT
- Helps restore and maintain healthy gut flora
- Helps restore and maintain healthy vaginal flora
- Supports immune health
- A factor in the maintenance of good health

4.2 Posology and method of administration

Posology

Dosage:

Adults and children over 12 years:

Everyday general gut health: Take 1 capsule daily. Take with a meal, or up to 30 minutes before a meal. Dosage can be increased to 2 capsules a day if needed or as directed by your healthcare professional.

Do not exceed the recommended daily dose without consulting a healthcare professional.
For best results you should take a supplement 30 minutes prior to eating.

Method of administration

Orally

4.3 Contraindications

Hypersensitivity (allergy) to any of the ingredients of VITAFORCE EVERYDAY PROBIOTIC
Immunocompromised conditions (e.g. AIDS, lymphoma, patients undergoing long-term corticosteroid treatment).

4.4 Special warnings and precautions for use

Patients who suffer with fever, vomiting, bloody diarrhoea, or severe abdominal pain should consult a healthcare professional prior to use. Should symptoms of digestive upset (e.g. diarrhoea) occur and/or persists beyond 3 days, discontinue use and consult a healthcare professional.

Consult a relevant health care provider before use if you:
• have malabsorption or other GIT ailments or are having surgery; or
• are taking blood thinners, antibiotics or anti-inflammatory medication

4.5 Interaction with other medicines and other forms of interaction

Theoretically, taking VITAFORCE EVERYDAY PROBIOTIC with antibiotic medicines (e.g. amoxicillin) might decrease the effectiveness of the probiotics. Antibiotics might kill a significant number of the organisms from the probiotic if taken simultaneously. Advise patients to separate taking antibiotics and VITAFORCE EVERYDAY PROBIOTIC by at least two hours.

4.6 Fertility, pregnancy and lactation

Safety during pregnancy and lactation has not been established. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking VITAFORCE EVERYDAY PROBIOTIC.

4.7 Effects on ability to drive and use machines

VITAFORCE EVERYDAY PROBIOTIC may not affect mental and/or physical abilities to perform or execute tasks or activities requiring mental alertness, judgment and/or sound coordination and vision.

4.8 Undesirable effects

Side effects may include mild gastrointestinal upset and vaginal discharge.

Reporting of suspected adverse reactions:

Reporting suspected adverse reactions after authorisation of the medicine is important. It allows continued monitoring of the benefit/ risk balance of the medicine. Healthcare professionals are asked to report any suspected adverse reactions to SAHPRA via the "6.04 Adverse Drug Reactions Reporting Form", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>

4.9 Overdose

Treatment should be symptomatic and supportive. In the case of accidental overdose of the product, contact the nearest hospital or poison control centre.

5. PHARMACOLOGICAL PROPERTIES

5.1 Pharmacodynamic properties

VITAFORCE EVERYDAY PROBIOTIC is health supplement that contains probiotic.

Lactobacillus are bacteria found in the human gastrointestinal tract. Supplementation with these bacteria restores normal microbial balance and reduces pathogenic bacteria.

When probiotics colonise the intestinal and urogenital mucosa, it seems to prevent epithelial attachment by pathogenic bacteria. This prevention may be partially related to the production of lactic acid.

Probiotics might have immunomodulating effects. Lactobacilli seem to modulate non-specific cellular and humoral immunity possibly by stimulating lymphocyte and macrophage activity and modulating cytokine production by mononuclear cells.

5.3 Preclinical safety data

VITAFORCE EVERYDAY PROBIOTIC is safe when taken orally in doses below the tolerable upper intake level (UL). When used orally in excessive doses, can significantly increase the risk of adverse effects.

6. PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Magnesium Stearate
Sugar Free
Suitable for vegetarians

6.2 Incompatibilities

Unknown

6.3 Shelf life

24 months

6.4 Special precautions for storage

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

6.5 Nature and contents of container

An amber plastic container with a black plastic screw cap and a seal for protection, containing 30 white veggie capsules with a mottled white to beige powder.

6.6 Special precautions for disposal and other handling

None

7. HOLDER OF CERTIFICATE OF REGISTRATION

Ascendis Consumer Brands (Pty) Ltd
1 Carey Street
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+27 11 036 9420

8. REGISTRATION NUMBER(S)

TBA

9. DATE OF FIRST AUTHORISATION/RENEW