

vitaforce

VITAFORCE ULTRA A-Z

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE ULTRA A-Z film-coated tablets

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

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

WHAT VITAFORCE ULTRA A-Z CONTAINS

The active substance is:

Ascorbic Acid (Vitamin C)	68,3 mg
<i>Eleutherococcus senticosus</i> (Siberian ginseng) [root powder]	50,0 mg
Magnesium oxide	75,0 mg
providing magnesium	45,2 mg
Calcium carbonate	107,0 mg
providing calcium	42,8 mg
Calcium-d-pantothenate (Vitamin B ₅)	17,3 mg
Ferrous fumarate	16,2 mg
providing iron	5,3 mg
Nicotinamide (Vitamin B ₃)	6,7 mg
Thiamine mononitrate (Vitamin B ₁)	6,0 mg
Pyridoxine hydrochloride (Vitamin B ₆)	5,5 mg
Riboflavin (Vitamin B ₂)	5,5 mg
Bioperine® (Black pepper extract)	5,0 mg
Zinc gluconate	35,0 mg
providing zinc	5,0 mg
<i>Citrus limonia Osbeck</i> (Lemon bioflavonoids complex)	3,7 mg
Manganese gluconate	8,5 mg
providing manganese	1,0 mg
Copper Gluconate	3,7 mg
providing copper	514,6 µg
Lycopene	375,0 µg
Folic acid (Vitamin B ₉)	200,0 µg
Lutein (Carotenoids)	62,5 µg
Zeaxanthin (Beta-Carotene)	62,5 µg
Iodine amino acid complex 1%	6,0 mg
providing iodine	66,0 µg
Biotin (Vitamin H)	30,0 µg
Selenium amino acid chelate 0, 2 %	11,3 mg
providing selenium	22,5 µg
Chromium polynicotinate	150,0 µg
providing chromium	18,6 µg
Molybdenum amino acid chelate	6,3 mg
providing molybdenum	12,5 µg
Cyanocobalamin (Vitamin B ₁₂)	10,0 µg
Vanadium amino acid chelate	5,0 mg
providing vanadium	10,0 µg
Vitamin A acetate (Vitamin A)	1500 IU
Beta-Carotene (Vitamin A)	206 IU
Cholecalciferol (Vitamin D ₃)	200 IU
DL-alpha-tocopheryl acetate (Vitamin E)	23 IU

The other ingredients are:

Calcium hydrogen phosphate, calcium phosphate tribasic, castor oil, colloidal silicon dioxide, croscarmellose sodium, hydroxypropyl methyl cellulose, inositol, iron oxide black, iron oxide red, magnesium stearate, microcrystalline cellulose, polyethylene glycol, povidone, shellac, sodium copper, chlorophyllin, talc, and titanium dioxide.

WHAT VITAFORCE ULTRA A-Z IS USED FOR

Category D Complementary Medicine

Discipline 33.7 Combination Product

Helps boost energy, a healthy metabolism, boosts brain function and immune function

BEFORE YOU TAKE VITAFORCE ULTRA A-Z

Do not take VITAFORCE ULTRA A-Z 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.

BEFORE YOU TAKE VITAFORCE ULTRA A-Z

IMPORTANT INFORMATION ABOUT SOME OF THE INGREDIENTS OF VITAFORCE ULTRA A-Z
VITAFORCE ULTRA A-Z can be taken with food.

PREGNANCY AND BREASTFEEDING

If you are pregnant or breastfeeding your baby, please consult your healthcare provider for advice before taking this medicine.

IMPORTANT INFORMATION ABOUT SOME OF THE INGREDIENTS OF VITAFORCE ULTRA A-Z

VITAFORCE ULTRA A-Z contains sugar: Inositol

Allergens: Soy

TAKING OTHER MEDICINES WITH VITAFORCE ULTRA A-Z

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

HOW TO TAKE VITAFORCE ULTRA A-Z

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

The usual dose is:

Adults: Take 1-2 tablets once a day with breakfast.

IF YOU TAKE MORE VITAFORCE ULTRA A-Z 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 ULTRA A-Z

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

POSSIBLE SIDE EFFECTS

VITAFORCE ULTRA A-Z 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 ULTRA A-Z

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 and carton.

Do not use VITAFORCE ULTRA A-Z 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 ULTRA A-Z

Amber, round, plastic bottle with a black cap containing 60 film-coated tablets enclosed in a Vitaforce branded cardboard carton.

IDENTIFICATION OF VITAFORCE ULTRA A-Z

Green, film-coated, oblong shaped tablet.

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

VITAFORCE ULTRA A-Z

PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSSTATUS

Ongeskeduleer

HANDELSNAAM EN DOSEERVORM

VITAFORCE ULTRA A-Z film-bedeekte tablette

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

VITAFORCE ULTRA A-Z is beskikbaar sonder 'n doktersvoorskrif en is aanvullende (komplimentêre) medisyne. Jy moet VITAFORCE ULTRA A-Z egtër nog steeds versigtig gebruik om die beste resultate te verkry.

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

WAT VITAFORCE ULTRA A-Z BEVAT

Die aktiewe bestanddele is:

Askorbiensuur (Vitamiën C)	68,3 mg
<i>Eleutherococcus senticosus</i> (Siberiese ginseng) [wortelpoeier]	50,0 mg
Magnesiumoksied	75,0 mg
om Magnesium te verskaf	45,2 mg
Kalsiumkarbonaat	107,0 mg
om Kalsium te verskaf	42,8 mg
Kalsium-d-pantotenaat (Vitamiën B ₅)	17,3 mg
Ysterfumarat	16,2 mg
om Yster te verskaf	5,3 mg
Nikotienamied (Vitamiën B ₃)	6,7 mg
Tiamienmononitrat (Vitamiën B ₁)	6,0 mg
Piridoksienhidrochloried (Vitamiën B ₆)	5,5 mg
Riboflaviën (Vitamiën B ₂)	5,5 mg
Bioperine® (swart peper ekstrak) [vrug]	5,0 mg
Sinkglukonaat	35,0 mg
om Sink te verskaf	5,0 mg

Citrus limonia Osbeck

(suurlemoen bioflavonoïede kombinasie)

Mangaanglukonaat	3,7 mg
om Mangaan te verskaf	8,5 mg
Koperglukonaat	1,0 mg
om Koper te verskaf	3,7 mg
Foliensuur (Vitamiën B ₉)	514,6 µg
Likopen	375,0 µg
Foliensuur (Vitamiën B ₉)	200,0 µg
Luteïen (Karotenoïede)	62,5 µg
Zeaxantien (Beta-karoteen)	62,5 µg
Jodium aminosuur kombinasie	6,0 mg
om 1 % Jodium te verskaf	66,0 µg
Biotien (Vitamiën H)	30,0 µg
Selenium aminosuur chelaat	11,3 mg
om 0,2 % Selenium te verskaf	22,5 µg
Chroom polinikotinaat	150,0 µg
om Chroom te verskaf	18,6 µg
Molibdeen aminosuur chelaat	6,3 mg
om Molibdeen te verskaf	12,5 µg
Sianokobalamien (Vitamiën B ₁₂)	10,0 µg
Vanadium aminosuur chelaat	5,0 mg
om Vanadium te verskaf	10,0 µg
Vitamiën A-asetaat	1500 IU
(Vitamiën A)	206 IU
Beta-karoteen (Vitamiën A)	206 IU
Kolekalsiferol (Vitamiën D ₃)	200 IU
DL-alfa-tokoferiel asetaat (Vitamiën E)	23 IU

Die ander bestanddele is:

Kalsium waterstof-fostaat, tribasiiese kalsiumfostaat, kasterolie, kolloidale silikondioksied, natriumkarmellose, hidroksiepropiel-metiel sellulose, inositol, swart ysteroksied, rooi ysteroksied, magnesiumstearaat, mikrokristalliene sellulose, poliëtiëenglikool, povidoon, lak, natrium koper, chlorofiel, talk en titaniumdoksied

WAARVOOR VITAFORCE ULTRA A-Z GEBRUIK WORD

Kategorie D Komplementêre Medisyne

Dissipline 33.7 Kombinasie Produk

Help om energievlakke 'n hupstoot te gee, om 'n gesonde metabolisme te handhaaf, om breintfunksie 'n hupstoot te gee en met immuunfunksie.

VOORDAT VITAFORCE ULTRA A-Z GEBRUIK WORD

Moenie VITAFORCE ULTRA A-Z 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.

VOORDAT VITAFORCE ULTRA A-ZGEBRUIK WORD

BELANGRIKE INLIGTING IN VERBAND MET SOMMIGE VAN DIE BESTANDELE IN VITAFORCE ULTRA A-Z

VITAFORCE ULTRA A-Z kan saam met kos geneem word.

SWANGERSKAP EN BORSVOEDING

Raadpleeg jou dokter, apteker of gesondheidsorgpraktisyn voordat jy hierdie medisyne gebruik indien jy swanger is of jou baba borsvoed.

BELANGRIKE INLIGTING IN VERBAND MET SOMMIGE VAN DIE BESTANDELE IN VITAFORCE ULTRA A-Z

VITAFORCE ULTRA A-Z Bevat Suiker: Inositol

Allergene: Soja

AS JY ANDER MEDISYNE SAAM MET VITAFORCE ULTRA A-Z NEE

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

HOE OM VITAFORCE ULTRA A-Z TE GEBRUIK

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

Die normale dosis is:

Volwassenes: Neem 1-2 tablette een keer per dag met ontbyt.

INDIEN JY MEER VITAFORCE ULTRA A-Z 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 ULTRA A-Z TE NEE

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

MOONTLIKE NEWE-EFFEKTE

VITAFORCE ULTRA A-Z 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 effekie 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 voubljiet genoem word nie, moet jy jou dokter of apteker daarvan vertel.

BERGING EN WEGDOEN VAN VITAFORCE ULTRA A-Z

Bewaar alle medisyne buite bereik en sig van kinders.

Bewaar teen of berede 25 °C.

Bewaar die houer in die kartonverpakking.

Bewaar in die oorspronklike houer.

Maak die houer dig toe.

Besorg enige ongebruikte medisyne terug aan jou apteker.

Moenie na die vervaldatum wat op die houer aangedui is gebruik nie.

Moenie VITAFORCE ULTRA A-Z 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 rioolstelsels nie (bv. toilette).

AANBIEDING VAN VITAFORCE ULTRA A-Z

'n Ronde, amberkleurige plastiekhouer met 'n swart prop in 'n Vitaforce kartonverpakking, gevul met 60 film-bedeekte tablette.

IDENTIFIKASIE VAN VITAFORCE ULTRA A-Z

'n Groen, filmbedekte, langwerpige tablet.

REGISTRASIENOMMER

TBA

DATUM VAN PUBLIKASIE

TBA

PROFESSIONELE INLIGTING

Vervys 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

+27 11 036 9420

DATUM VAN PUBLIKASIE VAN DIE PROFESSIONELE INLIGTING

TBA

vitaforce

VITAFORCE ULTRA A-Z

PROFESSIONAL INFORMATION

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

VITAFORCE ULTRA A-Z film-coated tablets

COMPOSITION

Each capsule contains:

Ascorbic Acid (Vitamin C)	68,3 mg
<i>Eleutherococcus senticosus</i> (Siberian ginseng) [root powder]	50,0 mg
Magnesium oxide	75,0 mg
providing magnesium	45,2 mg
Calcium carbonate	107,0 mg
providing calcium	42,8 mg
Calcium-d-pantothenate (Vitamin B ₅)	17,3 mg
Ferrous fumarate	16,2 mg
providing iron	5,3 mg
Nicotinamide (Vitamin B ₃)	6,7 mg
Thiamine mononitrate (Vitamin B ₁)	6,0 mg
Pyridoxine hydrochloride (Vitamin B ₆)	5,5 mg
Riboflavin (Vitamin B ₂)	5,5 mg
Bioperine® (Black pepper extract)	5,0 mg
Zinc gluconate	35,0 mg
providing zinc	5,0 mg
<i>Citrus limonia Osbeck</i> (Lemon bioflavonoids complex)	3,7 mg
Manganese gluconate	8,5 mg
providing manganese	1,0 mg
Copper gluconate	3,7 mg
providing copper	514,6 µg
Lycopene	375,0 µg
Folic acid (Vitamin B ₉)	200,0 µg
Lutein (Carotenoids)	62,5 µg
Zeaxanthin (Beta-Carotene)	62,5 µg
Iodine amino acid complex 1%	6,0 mg
providing iodine	66,0 µg
Biotin (Vitamin H)	30,0 µg
Selenium amino acid chelate 0, 2 %	11,3 mg
providing selenium	22,5 µg
Chromium polynicotinate	150,0 µg
providing chromium	18,6 µg
Molybdenum amino acid chelate	6,3 mg
providing molybdenum	12,5 µg
Cyanocobalamin (Vitamin B ₁₂)	10,0 µg
Vanadium amino acid chelate	5,0 mg
providing vanadium	10,0 µg
Vitamin A acetate (Vitamin A)	1500 IU
Beta-Carotene (Vitamin A)	206 IU
Cholecalciferol (Vitamin D ₃)	200 IU
DL-alpha-tocopheryl acetate (Vitamin E)	23 IU

Inactive ingredients:

Calcium hydrogen phosphate, calcium phosphate tribasic, castor oil, colloidal silicon dioxide, croscarmellose sodium, hydroxypropyl methyl cellulose, inositol, iron oxide black, iron oxide red, magnesium stearate, microcrystalline cellulose, polyethylene glycol, povidone, shellac, sodium copper, chlorophyllin, talc, and titanium dioxide.

Contains Sugar: Inositol

PHARMACOLOGICAL CLASSIFICATION

Category D Complementary Medicine

Discipline 33.7 Combination Product

PHARMACOLOGICAL ACTION

VITAFORCE ULTRA A-Z is a comprehensive, high potency 'once-a-day' formula providing multivitamins, minerals, trace-elements and natural antioxidants. The bioperine enhances absorption of multnutrients to promote delivery to your body. High potency B complex vitamins and ginseng extract supports optimal energy and vitality. The antioxidant nutrients vitamin C, vitamin E, selenium, zinc and copper help protect against the oxidative stress. VITAFORCE ULTRA A-Z also contains a natural carovite

complex supplying high potency antioxidant carotenoids, lutein and zeaxanthin for healthy eyes as well as lycopene to support a healthy heart.

INDICATIONS

A multivitamin and mineral supplement that helps maintain good health. Helps boost energy, a healthy metabolism, boosts brain function and immune function.

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.