

PROFESSIONAL INFORMATION

SCHEDULING STATUS: **S0**

PROPRIETARY NAME AND DOSAGE FORM:

GUMMY VITES VITAMIN C (Jelly bear gums)

COMPOSITION:

The active substance is:

Each 2,5 g jelly bear gum contains:	
Ascorbic acid (Vitamin C)	60 mg

Contains Sugar: 1,20 g Sucrose; 0,58 g Glucose and 0,19 g Sucrose Syrup
Excipients: Beta-carotene, citric acid, citrus pectin, orange flavour, rose-hips extract, trisodium citrate.

PHARMACOLOGICAL CLASSIFICATION:

Category D: Complementary Medicine

Discipline 34.11 Health Supplements. Vitamins.

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

PHARMACOLOGICAL ACTION:

Pharmacodynamic Properties:

Ascorbic acid functions in a number of biochemical reactions, mostly involving oxidation. Thus, it is required for or facilitates the conversion of certain proline residues in collagen to hydroxyproline in the course of collagen synthesis, the oxidation of lysine side chains in proteins to provide hydroxytrimethyllysine for carnitine synthesis, the synthesis of steroids by adrenal cortex, the conversion of folic acid to folinic acid, microsomal drug metabolism and tyrosine metabolism.

Pharmacokinetic Properties:

Ascorbic acid is readily absorbed from the intestine, and absorption of dietary ascorbate is nearly 80 to 90 % complete. Ascorbic acid is present in the plasma and is ubiquitously distributed in the cells of the body. Concentrations of the vitamin in leukocytes are sometimes taken to represent those in tissue and are less susceptible to depletion than in the plasma.

INDICATIONS:

- Contributes to iron absorption from food.
- Helps to metabolize fats and proteins.
- Contributes to cell protection from free radical damage.
- Contributes to maintaining the normal function of the immune system.
- Contributes to normal collagen formation for the normal function of blood vessels, bones, cartilage, gums, skin and teeth.
- Contributes to normal energy yielding metabolism.
- Contributes to normal functioning of the nervous system.
- Contributes to normal psychological function.
- Contributes to the protection of cells from oxidative stress
- Contributes to the reduction of tiredness and fatigue.
- Contributes to the regeneration of the reduced form of Vitamin E.
- Helps in connective tissue formation.
- Contributes to wound healing.
- An antioxidant for the maintenance of good health.
- A factor in the maintenance of good health.

CONTRAINDICATIONS:

GUMMY VITES VITAMIN C is contraindicated in individuals allergic or sensitive to any of the listed ingredients. No other contraindications are known.

WARNINGS AND SPECIAL PRECAUTIONS:

- Do not use this product if you are hypersensitive (allergic) to any of the ingredients.
- Children on medication and pregnant or breastfeeding women must consult a doctor before use.
- Do not exceed recommended dosages unless on the advice of a healthcare practitioner.
- **GUMMY VITES VITAMIN C** contains sucrose and glucose which may have an effect on the glycaemic control of patients with diabetes mellitus.
- **GUMMY VITES VITAMIN C** contains sucrose. Patients with rare hereditary conditions such as fructose intolerance, glucose-galactose mal-absorption or sucrase-isomaltase insufficiency should not take **GUMMY VITES VITAMIN C**.
- If symptoms persist or worsen, consult a health care practitioner.

INTERACTIONS:

No known interactions have been established. If you suspect any interactions please consult your healthcare practitioner immediately.

PREGNANCY AND LACTATION:

Safety for use during pregnancy and lactation has not been established. Pregnant or breastfeeding women must consult a doctor before use.

DOSAGE AND DIRECTIONS FOR USE:

Recommended daily dosage:

Age 1 to 3 years: 1 to 2 jelly bears twice daily

Age 4 years and over: 2 to 3 jelly bears twice daily

Maximum dosage: 8 Jelly bears per day

Recommended for children over 12 months of age. Also suitable for adults.

SIDE EFFECTS:

Larger doses of ascorbic acid are reported to cause diarrhoea and other gastrointestinal disturbances. It has also been stated that larger doses may result in hyperoxaluria and the formation of renal calcium oxalate calculi. Ascorbic acid should therefore be given with care to patients with hyperoxaluria. No other known side effects have been established. If any side effects occur please consult your healthcare practitioner immediately.

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:

Orange flavoured and orange coloured, bear-shaped gums.

PRESENTATION:

GUMMY VITES VITAMIN C are packed in white HDPE bottle with a white PP Lid.

Pack Sizes: 60's and 120's

STORAGE INSTRUCTIONS:

Store in a cool, dry place at or below 25 °C.

KEEP OUT OF THE REACH OF CHILDREN.

Keep the container tightly closed.

REGISTRATION NUMBER:

To be allocated.

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

Adcock Ingram Limited

1 New Road,

Erand Gardens,

Midrand,

1685

Private Bag X69

Bryanston

2021

www.adcock.com

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION:

To be allocated.

adcock ingram 