

PATIENT INFORMATION LEAFLET

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.

SCHEDULING STATUS: S0

PROPRIETARY NAME, STRENGTH AND DOSAGE FORM:
GUMMY VITES VITAMIN C 60 mg (Jelly bear gums)

Read all of this leaflet carefully because it contains important information for you:
GUMMY VITES VITAMIN C is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use GUMMY VITES VITAMIN C carefully to get the best results from it.

1. WHAT GUMMY VITES VITAMIN C CONTAINS:
The active substance is:

Table with 2 columns: Each 2,5 g jelly bear gum contains: and 2 rows: Ascorbic acid (Vitamin C) and 60 mg

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

2. WHAT GUMMY VITES VITAMIN C IS USED FOR:

- Contributes to iron absorption from food.
Helps to metabolize fats and proteins.
Contributes to cell protection from free radical damage.
Contributes to maintain 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.

3. BEFORE YOU TAKE GUMMY VITES VITAMIN C:

- Do not take GUMMY VITES VITAMIN C:
If you are hypersensitive (allergic) to Vitamin C or any of the other ingredients of GUMMY VITES VITAMIN C.

Pregnancy and breastfeeding:

Safety during pregnancy and lactation has not been established. If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking GUMMY VITES VITAMIN C.

Taking/ giving/using other medicines with GUMMY VITES VITAMIN C:

Always tell your healthcare professional if you are taking any other medicine.
(This includes complementary or traditional medicines.)

Important information about some of the ingredients of GUMMY VITES VITAMIN C:

- If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking GUMMY VITES VITAMIN C.
GUMMY VITES VITAMIN C contains sucrose and glucose which may have an effect on the control of your blood sugar if you have diabetes mellitus.

4. HOW TO TAKE GUMMY VITES VITAMIN C:

Do not share medicines prescribed for you with any other person.

Always take GUMMY VITES VITAMIN C exactly as your doctor has instructed you.
You should check with your doctor or pharmacist if you are unsure.

The usual dose is:

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.

If you take GUMMY VITES VITAMIN C more 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 or missed a dose of GUMMY VITES VITAMIN C:

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

5. POSSIBLE SIDE EFFECTS:

GUMMY VITES VITAMIN C can have side effects.

Side effects may include diarrhoea and other gastrointestinal disturbances. Larger doses may result in kidney stones.

Not all side effects reported for GUMMY VITES VITAMIN C are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking GUMMY VITES VITAMIN C, please consult your doctor, pharmacist or other healthcare professional for advice.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

6. STORING AND DISPOSING OF GUMMY VITES VITAMIN C:

STORE ALL MEDICINES OUT OF REACH OF CHILDREN.
Store in a cool, dry place at or below 25 °C.
Keep the container tightly closed.
Do not store in a bathroom.
Do not use after the expiry date stated on the label / bottle.
Return all unused medicine to your pharmacist.
Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

7. PRESENTATION OF GUMMY VITES VITAMIN C:

GUMMY VITES VITAMIN C are packed in white HDPE bottle with a white PP Lid.
Pack Sizes: 60's and 120's

8. IDENTIFICATION OF GUMMY VITES VITAMIN C

Orange flavoured and orange coloured, bear-shaped gums.

9. REGISTRATION NUMBER

To be allocated.

10. NAME AND ADDRESS OF REGISTRATION HOLDER:

Adcock Ingram Limited
1 New Road
Erand Gardens
Midrand, 1685
Private Bag X69
Bryanston, 2021
www.adcock.com

11. DATE OF PUBLICATION:

To be allocated.

PASIËNTINLIGTINGSTUK

Kategorie D: Komplementêre Medisyne
Dissipline 34.11: Gesondeidaanvullers, Vitamie
Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer vir die kwaliteit, veiligheid of beoogde gebruik nie.

SKEDULERINGSSTATUS: S0

EIENDOMSNAAM, STERKTE EN DOSEERVORM:
GUMMY VITES VITAMIN C 60 mg (Jellie beer gums)

Lees hierdie hele inligtingstuk noukeurig deur want dit bevat belangrike inligting vir u:
GUMMY VITES VITAMIN C is beskikbaar sonder 'n dokter se voorskrif om u gesondheid te handhaaf. Nogtans moet u GUMMY VITES VITAMIN C versigtig gebruik om die beste resultate daarvan te verkry.

1. WAT GUMMY VITES VITAMIN C BEVAT:
Die aktiewe bestanddeel is:

Table with 2 columns: Elke 2,5 g jellie-gum beer bevat: and 2 rows: Askorbiensuur (Vitamiem C) and 60 mg

Bevat Suiker: 1,20 g Sukrose; 0,58 g Glukose en 0,19 g Sukrose Stroop.
Die ander bestanddele is: Beta-karoteen, sitroensuur, sitruspektien, lemoengeursel, rosheip uittreksel, trinitriumsitraat.

2. WAARVOOR GUMMY VITES VITAMIN C GEBRUIK WORD:

- Dra by tot ysterabsorpsie uit voedsel.
Help om vette en proteiene te metaboliseer.
Dra by tot beskerming van selle teen vry radikale skade.
Dra by tot handhawing van die normale funksie van die immuunstelsel.
Dra by tot normale kollageenvorming vir die normale funksie van bloedvate, bene, kraakbeen, tandvleis, vel en tande.
Dra by tot normale energie produseerende metabolisme.
Dra by tot normale funksionering van die senuweestelsel.
Dra by tot normale psigologiese funksie.
Dra by tot die beskerming van selle teen oksidatiewe spanning.
Dra by tot die vermindering van moegheid en uitputting.
Dra by tot die regenerasie van die verminderde vorm van Vitamiem E.
Help met vorming van bindweefsel.
Dra by tot wondgenesing.
'n Antioksidant vir die handhawing van goeie gesondheid.
'n Faktor in die handhawing van goeie gesondheid.

3. VOORDAT U GUMMY VITES VITAMIN C NEEM:

- Moenie GUMMY VITES VITAMIN C neem:
Indien u hipersensitief (allergies) teenoor Vitamiem C of enige van die ander bestanddele van GUMMY VITES VITAMIN C is nie.

Swangerskap en borsvoeding:

Veiligheid tydens swangerskap en borsvoeding is nog nie bevestig nie. Indien u swanger is of u baba borsvoed, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgkundige vir advies voordat u GUMMY VITES VITAMIN C neem.

Neem/gee/gebruik van ander medisyne saam met GUMMY VITES VITAMIN C:

U moet altyd gesondheidsorgkundige vertel indien u enige ander medisyne neem.
(Dit sluit komplemenêre en tradisionele medisyne in.)

Belangrike inligting oor sommige van die bestanddele van GUMMY VITES VITAMIN C:

- Indien u dokter u vertel het dat u 'n intoleransie teenoor sommige suikers het, kontak u dokter voordat u GUMMY VITES VITAMIN C neem.
GUMMY VITES VITAMIN C bevat sukrose en glukose wat 'n effek kan hê op die beheer van u bloedsuiker indien u diabetes mellitus het.

4. HOE OM GUMMY VITES VITAMIN C TE NEEM:

Moenie medisyne wat vir u voorgeskryf is met enige ander persoon deel nie.

Neem GUMMY VITES VITAMIN C altyd presies volgens u dokter se instruksies. U moet u dokter of raadpleeg indien u nie seker is nie.

Die gewone dosis is:

Ouderdom 1 tot 3 jaar: 1 tot 2 jellie bere twee keer per dag.
Ouderdom 4 jaar en over: 2 tot 3 jellie bere twee keer per dag.
Maksimum dosis: 8 Jellie bere per dag.
Aanbeveel vir kinders ouer as 12 maande. Ook geskik vir volwassenes.

Indien u meer GUMMY VITES VITAMIN C neem as wat u moet:

In die geval van 'n oordosering, raadpleeg u dokter of apteker. Indien geneene beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

Indien u 'n dosis van GUMMY VITES VITAMIN C vergeet of mis:

Moenie 'n dubbele dosis neem om op te maak vir vergeete individuele dosis nie.

5. MOONLIKE NEWE-EFFEKTE:

GUMMY VITES VITAMIN C kan newe-effekte hê.

Newe-effekte kan insluit diarree en ander gastroïntestinale verstourings. Groter dosisse kan nierstene veroorsaak.

Nie alle newe-effekte wat vir GUMMY VITES VITAMIN C aangemeld is, word in hierdie inligtingstuk ingesluit nie.

Indien u algemene gesondheid vererger of indien u enige ongewenste effekte ervaar tervyl u GUMMY VITES VITAMIN C neem, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgkundige vir advies.

Indien u enige newe-effekte opmerk wat nie in die inligtingstuk genoem word nie, stel asseblief u dokter of apteker in kennis.

6. BÊRE EN WEGDOENING VAN GUMMY VITES VITAMIN C:

BÊRE ALLE MEDISYNE BUITE BEREIK VAN KINDERS.
Bêre in 'n koel, droë plek teen of benede 25 °C.
Hou die houer dig toe.
Moenie in 'n badkamer bêre nie.
Moenie gebruik na die datum wat op die etiket/bottel aangedui is nie.
Neem alle ongebruikte medisyne terug na u apteker.
Moenie ongebruikte medisyne in dreine en rioolstelsels (bv. toilette) weggooi nie.

7. VOORSTELLING VAN GUMMY VITES VITAMIN C:

GUMMY VITES VITAMIN C is verpak in 'n wit HDPE bottel met 'n wit PP deksel.
Verpakkingsgroottes: 60's en 120's.

8. IDENTIFIKASIE VAN GUMMY VITES VITAMIN C:

Lemoengeur en oranje kleur, beervormige gums.

9. REGISTRASIONOMMER:

Om toegeken te word.

10. NAAM EN ADRES VAN REGISTRASIE HOUER:

Adcock Ingram Limited
New Road 1
Erand Gardens
Midrand, 1685
Privaatsak X69
Bryanston, 2021
www.adcock.com

11. DATUM VAN PUBLIKASIE

Om toegeken te word.