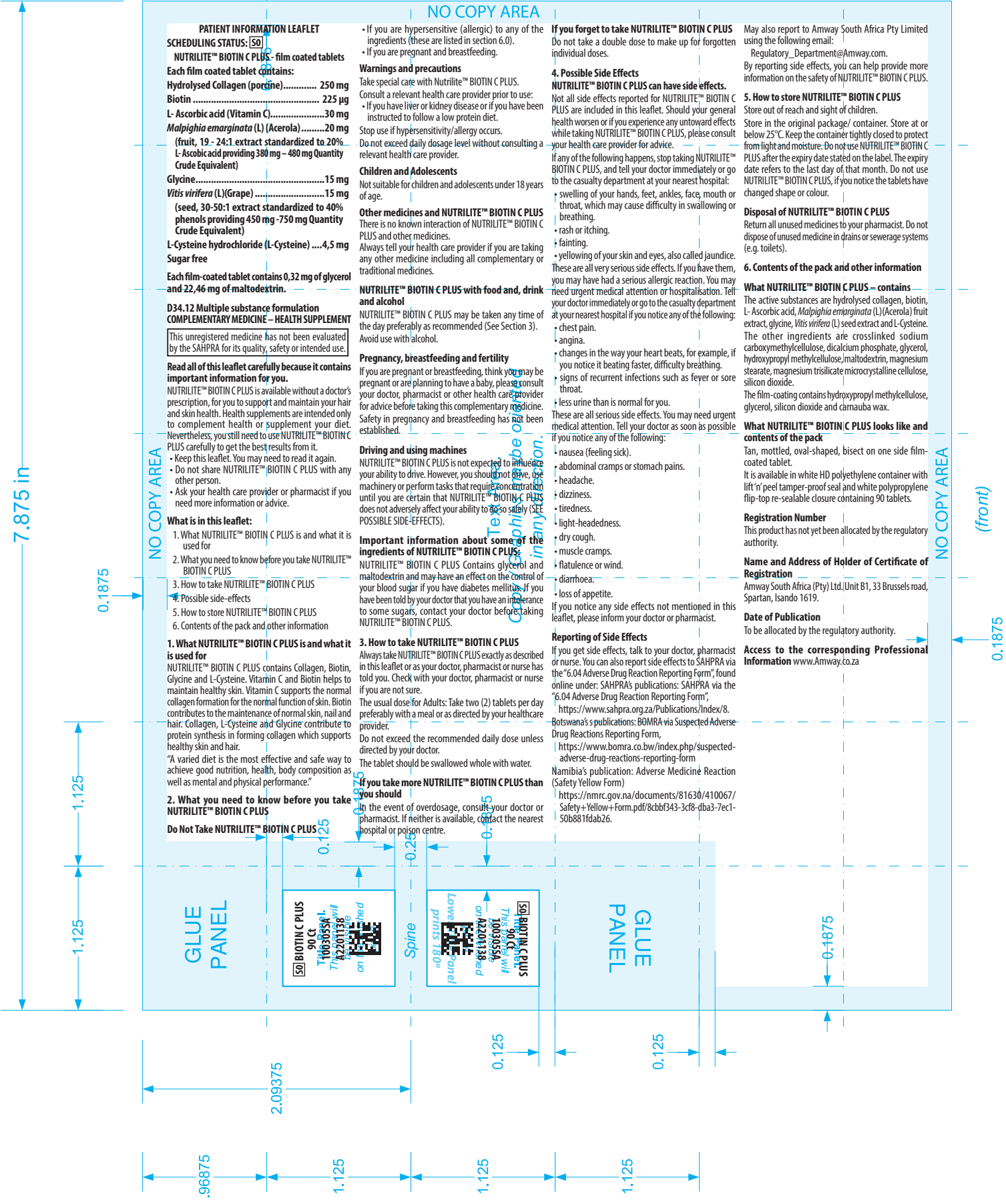


12853 FRONT
Flat: 7.875" x 6.3125"
Fold: 1.125" x 1.125"
Panels: 7 x 6
Style: RTA - glued



PATIENT INFORMATION LEAFLET
SCHEDULING STATUS: [50]
NUTRILITE™ BIOTIN C PLUS - film coated tablets
Each film coated tablet contains:
Hydrolysed Collagen (porcine)..... 250 mg
Biotin 225 µg
L- Ascorbic acid (Vitamin C).....30 mg
Malpighia emarginata (L) (Acerola).....20 mg
(fruit, 19 - 24:1 extract standardized to 20%
L-Ascorbic acid providing 380 mg – 480 mg Quantity
Crude Equivalent)
Glycine.....15 mg
Vitis vinifera (L)(Grape) 15 mg
(seed, 30-50:1 extract standardized to 40%
phenols providing 450 mg -750 mg Quantity
Crude Equivalent)
L-Cysteine hydrochloride (L-Cysteine) 4.5 mg
Sugar free
Each film-coated tablet contains 0.32 mg of glycerol
and 22.46 mg of maltodextrin.

D34.12 Multiple substance formulation
COMPLEMENTARY MEDICINE – HEALTH SUPPLEMENT
This unregistered medicine has not been evaluated
by the SAHPRA for its quality, safety or intended use.
**Read all of this leaflet carefully because it contains
important information for you.**
NUTRILITE™ BIOTIN C PLUS is available without a doctor's
prescription, for you to support and maintain your hair
and skin health. Health supplements are intended only
to complement health or supplement your diet.
Nevertheless, you still need to use NUTRILITE™ BIOTIN
C PLUS carefully to get the best results from it.
• Keep this leaflet. You may need to read it again.
• Do not share NUTRILITE™ BIOTIN C PLUS with any
other person.
• Ask your health care provider or pharmacist if you
need more information or advice.

What is in this leaflet:
1. What NUTRILITE™ BIOTIN C PLUS is and what it is
used for
2. What you need to know before you take NUTRILITE™
BIOTIN C PLUS
3. How to take NUTRILITE™ BIOTIN C PLUS
4. Possible side-effects
5. How to store NUTRILITE™ BIOTIN C PLUS
6. Contents of the pack and other information

**1. What NUTRILITE™ BIOTIN C PLUS is and what it
is used for**
NUTRILITE™ BIOTIN C PLUS contains Collagen, Biotin,
Glycine and L-Cysteine. Vitamin C and Biotin helps
to maintain healthy skin. Vitamin C supports the normal
collagen formation for the normal function of skin. Biotin
contributes to the maintenance of normal skin, nail and
hair. Collagen, L-Cysteine and Glycine contribute to
protein synthesis in forming collagen which supports
healthy skin and hair.
"A varied diet is the most effective and safe way to
achieve good nutrition, health, body composition as
well as mental and physical performance."

**2. What you need to know before you take
NUTRILITE™ BIOTIN C PLUS**

Do Not Take NUTRILITE™ BIOTIN C PLUS

• If you are hypersensitive (allergic) to any of the
ingredients (these are listed in section 6.0).
• If you are pregnant and breastfeeding.

Warnings and precautions
Take special care with Nutrilite™ BIOTIN C PLUS.
Consult a relevant health care provider prior to use:
• If you have liver or kidney disease or if you have been
instructed to follow a low protein diet.
Stop use if hypersensitivity/allergy occurs.
Do not exceed daily dosage level without consulting a
relevant health care provider.

Children and Adolescents
Not suitable for children and adolescents under 18 years
of age.

Other medicines and NUTRILITE™ BIOTIN C PLUS
There is no known interaction of NUTRILITE™ BIOTIN C
PLUS and other medicines.
Always tell your health care provider if you are taking
any other medicine including all complementary or
traditional medicines.

**NUTRILITE™ BIOTIN C PLUS with food and, drink
and alcohol**
NUTRILITE™ BIOTIN C PLUS may be taken any time of
the day preferably as recommended (See Section 3).
Avoid use with alcohol.

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 health care provider
for advice before taking this complementary medicine.
Safety in pregnancy and breastfeeding has not been
established.

Driving and using machines
NUTRILITE™ BIOTIN C PLUS is not expected to influence
your ability to drive. However, you should not drive, use
machinery or perform tasks that require concentration
until you are certain that NUTRILITE™ BIOTIN C PLUS
does not adversely affect your ability to do so safely (SEE
POSSIBLE SIDE-EFFECTS).

**Important information about some of the
ingredients of NUTRILITE™ BIOTIN C PLUS:**
NUTRILITE™ BIOTIN C PLUS Contains glycerol and
maltodextrin and may have an effect on the control of
your blood sugar if you have diabetes mellitus. If you
have been told by your doctor that you have an intolerance
to some sugars, contact your doctor before taking
NUTRILITE™ BIOTIN C PLUS.

3. How to take NUTRILITE™ BIOTIN C PLUS
Always take NUTRILITE™ BIOTIN C PLUS exactly as described
in this leaflet or as your doctor, pharmacist or nurse has
told you. Check with your doctor, pharmacist or nurse
if you are not sure.
The usual dose for Adults: Take two (2) tablets per day
preferably with a meal or as directed by your healthcare
provider.
Do not exceed the recommended daily dose unless
directed by your doctor.
The tablet should be swallowed whole with water.

**If you take more NUTRILITE™ BIOTIN C PLUS than
you should**
In the event of overdosage, consult your doctor or
pharmacist. If neither is available, contact the nearest
hospital or poison centre.

If you forget to take NUTRILITE™ BIOTIN C PLUS
Do not take a double dose to make up for forgotten
individual doses.

4. Possible Side Effects
NUTRILITE™ BIOTIN C PLUS can have side effects.
Not all side effects reported for NUTRILITE™ BIOTIN C
PLUS are included in this leaflet. Should your general
health worsen or if you experience any untoward effects
while taking NUTRILITE™ BIOTIN C PLUS, please consult
your health care provider for advice.
If any of the following happens, stop taking NUTRILITE™
BIOTIN C PLUS, and tell your doctor immediately or go
to the casualty department at your nearest hospital:

- swelling of your hands, feet, ankles, face, mouth or
throat, which may cause difficulty in swallowing or
breathing.
- rash or itching.
- fainting.
- yellowing of your skin and eyes, also called jaundice.
These are all very serious side effects. If you have them,
you may have had a serious allergic reaction. You may
need urgent medical attention or hospitalisation. Tell
your doctor immediately or go to the casualty department
at your nearest hospital if you notice any of the following:
- chest pain.
- angina.
- changes in the way your heart beats, for example, if
you notice it beating faster, difficulty breathing.
- signs of recurrent infections such as fever or sore
throat.
- less urine than is normal for you.
- These are all serious side effects. You may need urgent
medical attention. Tell your doctor as soon as possible
if you notice any of the following:
- nausea (feeling sick).
- abdominal cramps or stomach pains.
- headache.
- dizziness.
- tiredness.
- light-headedness.
- dry cough.
- muscle cramps.
- flatulence or wind.
- diarrhoea.
- loss of appetite.

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, 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: SAHPRA via the
"6.04 Adverse Drug Reaction Reporting Form",
https://www.sahpra.org.za/Publications/Index/8.
Botswana's publications: BOMRA via Suspected Adverse
Drug Reactions Reporting Form,
https://www.bomra.co.bw/index.php/suspected-
adverse-drug-reactions-reporting-form
Namibia's publication: Adverse Medicine Reaction
(Safety Yellow Form)
https://nmrc.gov.na/documents/81630/410067/
Safety+Yellow+Form.pdf/8cbbf343-3cf8-dba3-7ec1-
50b881fdab26.

May also report to Amway South Africa Pty Limited
using the following email:
Regulatory_Department@Amway.com.
By reporting side effects, you can help provide more
information on the safety of NUTRILITE™ BIOTIN C PLUS.

5. How to store NUTRILITE™ BIOTIN C PLUS
Store out of reach and sight of children.
Store in the original package/ container. Store at or
below 25°C. Keep the container tightly closed to protect
from light and moisture. Do not use NUTRILITE™ BIOTIN C
PLUS after the expiry date stated on the label. The expiry
date refers to the last day of that month. Do not use
NUTRILITE™ BIOTIN C PLUS, if you notice the tablets have
changed shape or colour.

Disposal of NUTRILITE™ BIOTIN C PLUS
Return all unused medicines to your pharmacist. Do not
dispose of unused medicine in drains or sewerage systems
(e.g. toilets).

6. Contents of the pack and other information

What NUTRILITE™ BIOTIN C PLUS – contains
The active substances are hydrolysed collagen, biotin,
L- Ascorbic acid, *Malpighia emarginata* (L)(Acerola) fruit
extract, glycine, *Vitis vinifera* (L) seed extract and L-Cysteine.
The other ingredients are crosslinked sodium
carboxymethylcellulose, dicalcium phosphate, glycerol,
hydroxypropyl methylcellulose, maltodextrin, magnesium
stearate, magnesium trisilicate microcrystalline cellulose,
silicon dioxide.
The film-coating contains hydroxypropyl methylcellulose,
glycerol, silicon dioxide and carnauba wax.

**What NUTRILITE™ BIOTIN C PLUS looks like and
contents of the pack**
Tan, mottled, oval-shaped, bisect on one side film-
coated tablet.
It is available in white HD polyethylene container with
lift 'n' peel tamper-proof seal and white polypropylene
flip-top re-sealable closure containing 90 tablets.

Registration Number
This product has not yet been allocated by the regulatory
authority.

**Name and Address of Holder of Certificate of
Registration**
Amway South Africa (Pty) Ltd, Unit B1, 33 Brussels road,
Spartan, Isando 1619.

Date of Publication
To be allocated by the regulatory authority.

**Access to the corresponding Professional
Information** www.Amway.co.za

ARTWORK LEGEND

Artwork Number: A2201138
Product Name: Biotin C Plus
Component Type: Insert
Description:
Version: 4
Proof Date: 08/11/2022
Die Number: 12853
Dimensions: 7.875(W) x 6.3125(D) IN
Pages:
Two-Sided:
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Reason for Change: New



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Ada, MI 49355

Digital Proof: SCPQAProof@amway.com Physical Proof: PQC Proofing, 44B-2G

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PASIËNTINLIGTINGSTUK

SKEDULERING STATUS **50**

NUTRILITE™ BIOTIN C PLUS - filmbedekte tablette

Elke harde gelatien kapsule bevat:

Gehidroliseerde kollageen (vark) 250 mg

Biotien 225 µg

L- Askorbiensuur (Vitamiene C) 30 mg

Malpighia emarginata (L) (Acerola) 20 mg

(vrug, T9 - 24 :1 ekstras gestandaardiseerde tot

20% askorbiensuur wat 380 mg – 480 mg

Hoeveelheid Ru-Ekviëvalent verskaf)

Glisien 15 mg

Vitis virifera (L)(Druiwie) 15 mg

(saad, 30-50:1 ekstras gestandaardiseerde tot

40% fenole wat 450 mg - 750 mg Hoeveelheid

Ru-Ekviëvalent verskaf)

L-Sisteien hidrochloried (L-Sisteien) 4,5 mg

Suikervry

Elke film bedekte tablet bevat 0,32 mg of gliserol

and 22,46 mg of maltodekstrien.

D34.12 Veelvuldige stof formule

KOMPLEMENTÊRE MEDISYNE – GESONDHEIDSAANVULLING

Hierdie ongeregistreerde medisyne is nie geëvalueer deur

SAHPRA vir die kwaliteit, veiligheid of beoogde gebruik nie.

Lees alles in hierdie pamflet versigtig want dit

bevat belangrike inligting vir jou.

NUTRILITE™ BIOTIN C PLUS is beskikbaar sonder 'n dokter's

voorskrif vir jou om hare en vel gesondheid te ondersteun

en onderhou. Gesondheidsaanvullings word slegs

aanbeveel om gesondheid te komplementeer of tot

aanvulling van jou dieet. Nietemin, moet jy egter steeds

NUTRILITE™ BIOTIN C PLUS versigtig gebruik om die

beste resultate daarvan te kry.

• Hou hierdie inligtingstuk. Dit mag nodig wees dat jy

dit weer moet lees.

• Moet nie NUTRILITE™ BIOTIN C PLUS met enige persoon

deel nie.

• Vra jou gesondheidswerker of apteker indien jy meer

inligting of advies benodig.

Wat is in hierdie pamflet:

1. Wat NUTRILITE™ BIOTIN C PLUS is en waarvoor dit

gebruik word

2. Wat jy moet weet voordat jy NUTRILITE™ BIOTIN C

PLUS neem

3. Hoe om NUTRILITE™ BIOTIN C PLUS te gebruik

4. Moontlike nuwe effekte

5. Hoe om NUTRILITE™ BIOTIN C PLUS te stoor

6. Inhoud van die verpakking en ander inligting

1. What NUTRILITE™ TIN C PLUS is en waarvoor

dit gebruik word?

NUTRILITE™ BIOTIN C PLUS bevat kollageen, biotien,

glisien en L-sisteien. Vitamiene C en biotien help om 'n

gesonde vel te handhaaf. Vitamiene C ondersteun die

normale kollageenvorming vir die normale funksie van

die vel. Biotien dra by tot die instandhouding van normale

vel, naels en hare. Kollageen, L-sisteien en glisien dra

by tot proteïensintese in die vorming van kollageen wat

'n gesonde vel en hare ondersteun.

"n Gevarieerde dieet is die doeltreffendste en veiligste

manier om goeie voeding, gesondheid,

liggaamsaestelling sowel as geestelike en fisieke

prestasie te bereik."

2. Wat jy moet weet voordat jy NUTRILITE™ BIOTIN C PLUS neem

Moenie NUTRILITE™ BIOTIN C PLUS gebruik

• As jy hipersensitief (allergies) vir enige van die

bestanddele is nie (Gelys onder afdeling 6.0).

• Indien jy swanger is of borsvoed.

Waarskuwings en voorsorgmaatreëls

Neem spesiale sorg indien jy NUTRILITE™ BIOTIN C PLUS

gebruik.

Raadpleeg jou gesondheidswerker voor jy dit neem:

• Indien jy lever of nierprobleme het of op 'n lae proteïen

dieet moet volg.

Stop gebruik indien hipersensitiwiteit/allergieë voorkom.

Moet nie die daaglikse vlak oorskry sonder om met jou

gesondheidsorgwerker te raadpleeg nie.

Kinders en Adolesseente

Nie geskik vir die gebruik deur kinders of adolessente

onder die ouderdom van 18 jaar nie.

Ander medisyne en NUTRILITE™ BIOTIN C PLUS

Daar is geen bekende interaksies van NUTRILITE™ BIOTIN C

PLUS met ander medisyne nie.

Vertel altyd jou gesondheidsverskaffer as jy enige ander

medisyne neem. Dit sluit alle komplementêre of

tradisionele medisyne in.

NUTRILITE™ BIOTIN C PLUS saam met voedsel,

drank en alkohol

NUTRILITE™ BIOTIN C PLUS kan enige tyd van die dag

geneem word, verkieslik soos aanbeveel (Sien Afdeling 3).

Verny gebruik saam met alkohol.

Swangerskap, borsvoeding en fertiliteit

Indien jy swanger is of borsvoed, of indien jy dink jy kan

swanger wees of beplan om swanger te raak, raadpleeg

jou dokter, apteker of ander gesondheidswerker vir

advies voor jy hierdie komplementêre medisyne neem.

Veiligheid tydens swangerskap of borsvoeding is nie

vasgestel nie.

Bestuur en gebruik van masjinerie

Dit waarskynlik dat dit nie die bestuursvermoë of die

vermoë om masjinerie te gebruik of om daarmee te

werk beïnvloed nie. Nietemin, moet jy nie bestuur,

masjinerie gebruik of take verrig wat konsentrasie vereis

totdat jy seker is dat NUTRILITE™ BIOTIN C PLUS jou

vermoë daarvan kan negatief beïnvloed nie. (Sien

MOONTLIKE NUWE EFFEKTE).

Belangrike inligting oor sekere van die bestanddele

in NUTRILITE™ BIOTIN C PLUS:

NUTRILITE™ BIOTIN C PLUS Bevat gliserol en maltodekstrien

wat kan 'n effek hê op jou bloedsuiker vlakke indien jy

diabetes mellitus het. Indien jy deur jou dokter in kennis

gestel was dat jy intolerant is teenoor sekere suikers,

kontak jou dokter voor jy NUTRILITE™ BIOTIN C PLUS

neem.

3. Hoe om NUTRILITE™ BIOTIN C PLUS te neem

Neem NUTRILITE™ BIOTIN C PLUS altyd presies soos

aangedui op die etiket of soos deur jou dokter of apteker

aangedui. Raadpleeg jou dokter, apteker of verpleegster

indien jy nie seker is nie.

Die gewone dosis slegs vir volwassenes: Neem twee (2)

tablette per dag saam met 'n maaltyd of soos

deur jou gesondheidsorgverskaffer aanbeveel.

Moenie die daaglikse dosering oorskry indien nie

aanbeveel was deur jou dokter nie.

Die tablet moet heel gesluk word met water.

As jy meer NUTRILITE™ BIOTIN C PLUS geneem

het as wat jy moet

In geval van 'n oordosis, raadpleeg jou dokter of apteker. As daar nie een beskikbaar is nie, kontak die naaste hospital of vergiftigingsentrum.

As jy vergeet het om NUTRILITE™ BIOTIN C PLUS te neem Moenie 'n dubbele dosis neem om die vergeete dosis in te haal nie

4. Moontlike nuwe effekte

NUTRILITE™ BIOTIN C PLUS kan nuwe effekte hê.

Nie al die nuwe effekte is geraapporteer van NUTRILITE™

BIOTIN C PLUS en ingesluit in hierdie pamflet. Indien

jou algemene gesondheid agteruitgaan of as jy enige

onnodige effekte ondervind terwyl jy NUTRILITE™

BIOTIN C PLUS gebruik, kontak asseblief jou dokter,

apteker of ander gesondheidswerker vir advies. Indien

enige van die volgende gebeur, stop dadelik om

NUTRILITE™ BIOTIN C PLUS te neem, en vertel jou dokter

dadelik of gaan na jou naaste noodafdeling by jou naaste

hospital:

• swelling van jou hande, voete, enkels, gesig, mond

of keel, wat probleme met sluk of asemhaling kan

veroorzaak.

• uitslag of jeuk.

• flouheid.

• vergeling van jou vel en oë, ook genoem geelsug.

Hierdie is alles baie ernstige nuwe effekte. Indien jy

hulle het, kan jy 'n ernstige allergiese reaksie gehad het.

Jy benodig dringend mediese aandag of hospitalisasie.

Vertel jou dokter dadelik of gaan na die naaste

noodafdeling by jou naaste hospital indien jy enige van

die volgende opmerk:

• borskaspyn.

• angina.

• veranderinge in die manier wat jou hart klop, soos

byvoorbeeld, indien jy opmerk dit vinniger klop,

moetlike asemhaling.

• tekens van herhaalde infeksies soos 'n seerkeel of

koors.

• minder urine as normaal vir jou.

Hierdie is almal ernstige nuwe effekte. Jy mag dringend

mediese aandag benodig. Vertel jou dokter so gou as

moontlik indien jy die volgende opmerk:

• naartoe.

• abnormale krampe of maagpyn.

• hoofpyn.

• duiseligheid.

• moegheid.

• lighoofdigheid.

• droë hoë.

• spierkrampe.

• windtergheid of winde.

• diarree.

• verlies van aptyt.

As u enige nuwe effekte opmerk wat nie in hierdie

pamflet genoem word nie, moet jy asseblief jou dokter

of apteker in kennis stel.

Rapportering van nuwe effekte

Praat met jou dokter, apteker of verpleegster as jy nuwe

effekte ervaar. Jy kan ook nuwe effekte by SAHPRA

aanmeld: SAHPRA publikasies: SAHPRA via die "6.04

Rapporteer vorm vir ongewenste geneesmiddelreaksies",

wat aanlyn gevind kan word.

<https://www.sahpra.org.za/Publications/Index/8>.

Botswana publikasies:

[https://www.bomra.co.bw/index.php/services/](https://www.bomra.co.bw/index.php/services/patient-safety-monitoring)

patient-safety-monitoring.

Namibia publikasies: Rapporteer vorm vir ongewenste

geneesmiddelreaksies (Veiligheidsgeel vorm)

<https://nmrc.gov.na/documents/81630/410067/Safety+Yellow+Form.pdf/8cbbf343-3c48-dba3-7ec1-50b881fdab26>.

Mag ook aan Amway Suid Afrika (Edms) Beperk rapporteer

deur die volgende e-pos te gebruik:

Regulatory_Department@Amway.com.

Deur nuwe effekte te rapporteer, kan jy help om meer

inligting te verskaf teenoor die veiligheid van NUTRILITE™

BIOTIN C PLUS.

5. Hoe om NUTRILITE™ BIOTIN C PLUS te stoor

Stoor alle medisyne buite die bereik en sig van kinders.

Stoor in die oorspronklike verpakking/houer.

Stoor teen of benede 25°C.

Hou die houer dig toe en beskerm teen sonlig, hitte en vog.

Moenie NUTRILITE™ BIOTIN C PLUS gebruik na die

vervaldatum op die etiket nie. Die vervaldatum verwys

na die laaste dag van daardie maand. Moenie NUTRILITE™

BIOTIN C PLUS gebruik, indien die tablette van kleur of

vorm verander het nie.

Wegdoening van NUTRILITE™ BIOTIN C PLUS

Neem alle ongebruikte medisyne terug na u apteker.

Moenie ongebruikte medisyne in dreine of rioolsisteme

(bv.toilette) weggooi nie.

6. Inhoud van die verpakking en ander inligting

Wat NUTRILITE™ BIOTIN C PLUS bevat

Die aktiewe stowwe is gehidroliseerde kollageen, biotien,

vitamiene C, Malpighia emarginata (L)(Acerola) vrug

ekstras, Vitis virifera (L) (Druiwie) saad ekstras, glisien

en L-Sisteien hidrochloried.

Die ander bestanddele is gekombineerde natrium

karboksimelellulose, kalsiumdifosfaat, gliserol,

hidroksiopropiel metiëlsellulose, maltodekstrien,

magnesiumstearaat, magnesiumtrisilikaat mikrokristallien

sellulose, silikondioksied.

Die filmdekking bevat hidroksiopropiel metiëlsellulose,

gliserol, silikondioksied and karnauba was.

Hoe NUTRILITE™ BIOTIN C PLUS lyk en die inhoud

van die houer

Bruinerige, gevlekte, ovaalvormige, halvering aan die

een kant van die filmbedekte tablet.

Dit is beskikbaar in wit HD poliëteleen houet met 'n oplyg

teuterbestande seël en 'n wit herseelbare polipropileen

oplyg doppie wat 90 tablette bevat.

Registrasie Nommer Hierdie produk is nog nie

deur plaaslike owerheid geëvalueer nie.

Naam en besigheidsadres van die houer van

die registrasiesertifikaat

Amway Suid Afrika (Edms) Bpk, Eenheid B1, Brussels

weg 33, Spartan, Isando 1619.

Datum van Publikasie Moet toegedien word deur

die plaaslike owerheid.

Toegang tot die ooreenstemmende Professionele

inligting www.Amway.co.za

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