

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS:

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NUTRILITE™ Zinc + selenium – powders	
Each 1.5 g powder contains:	
Zinc gluconate	69 mg
equivalent to Zinc (elemental)	10 mg
Selenium selenate	124 µg
equivalent to Selenium (elemental)	52 µg
<i>Malpighia emarginata</i> (L.) (Acerola)	
(Fruit powder)	19 mg
Contains Sugar (sucrose)	1 mg
Contains sorbitol	1347 mg
Contains maltodextrin	16 mg
Contains Sweetener	
(steviol glycosides as stevia)	0,75 mg

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™ Zinc + selenium is available without a doctor’s prescription for health to support your immune, hair and skin health. Nevertheless, you still need to use NUTRILITE™ Zinc + selenium carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share NUTRILITE™ Zinc + selenium with any other person.
- Ask your health care provider or pharmacist if you need more information or advice

What is in this leaflet

- What NUTRILITE™ Zinc + selenium is and what it is used for
- What you need to know before you take NUTRILITE™ Zinc + selenium
- How to take NUTRILITE™ Zinc + selenium
- Possible side-effects
- How to store NUTRILITE™ Zinc + selenium
- Contents of the pack and other information

1. What NUTRILITE™ Zinc + selenium is and what it is used for

NUTRILITE™ Zinc + selenium contains zinc and selenium and acerola fruit powder. Zinc and selenium contribute to the normal function of the immune system and the maintenance of normal hair. Zinc also contributes to the maintenance of normal skin. “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™ Zinc + selenium

Do not take NUTRILITE™ Zinc + selenium

- If you are hypersensitive, (allergic) to any of the ingredients, (See list in section 6.0).
- If you are pregnant or breastfeeding your baby.
- If you have autoimmune diseases such as multiple sclerosis, systemic lupus erythematosus (SLE), rheumatoid arthritis (RA).
- If you take other medicines containing Zinc
- If you have copper deficiency
- If you are taking copper supplementation.
- If you are scheduled for any elective surgery or have had recent surgery.

NUTRILITE™ Zinc + selenium is not suitable for children under 18 years of age.

Warnings and precautions

Take special care with NUTRILITE™ Zinc + selenium. Consult a relevant health care provider prior to use:

- If you are pregnant, planning to become pregnant or are breastfeeding,
- If you are diabetic or have any sugar intolerance,
- High selenium intake may increase the risk of diabetes and high cholesterol,
- If you have an underactive thyroid (hypothyroidism)
- If you have had skin cancer or if you are at risk for skin cancer
- If you are taking copper supplements (see section 2 “Do not take NUTRILITE™ Zinc + selenium”)

Zinc supplementation can cause a copper deficiency. If you are unsure whether you are taking enough copper, consult a health care provider prior to use.

- If you are scheduled for any elective surgery or have had recent surgery.
- If you are taking oral contraceptives.

Some research propose that women taking oral contraceptives may have higher levels of selenium in their blood. If you take oral contraceptives , ask your doctor before taking extra selenium. Selenium may increase the risk of bleeding during and after surgery. Stop taking selenium at least 2 weeks before a scheduled surgery. Laxative effect may occur. Stop use if hypersensitivity/allergy occurs. Do not exceed daily dosage level without consulting a relevant health care provider

Children and Adolescents

NUTRILITE™ Zinc + selenium is not recommended for children and adolescents under 18 years of age.

Other medicines and NUTRILITE™ Zinc + selenium

There is no known interaction of NUTRILITE™ Zinc + selenium and other medicines. Always tell your health care provider if you are taking any other medicine including all complementary or traditional medicines. This is particularly important if you are taking any of the following medicines as they may interact with NUTRILITE™ Zinc + selenium. The zinc in NUTRILITE™ Zinc + selenium may interact with:

- copper supplements (see section 2 “Do not take NUTRILITE™ Zinc + selenium”)
- tetracycline antibiotics (such as oxytetracycline or doxycycline)
- quinolone antibiotics (such as ciprofloxacin, levofloxacin, moxifloxacin, norfloxacin and ofloxacin)

- calcium salt preparations
- iron preparations
- penicillamine (used to treat rheumatoid arthritis, Wilson’s disease, autoimmune hepatitis)
- trientine (used to treat Wilson’s disease)

The selenium in NUTRILITE™ Zinc + selenium may interact with:

- Oral Contraceptives: Oral contraceptives may interfere with selenium absorption. Some research propose that women taking oral contraceptives may have higher levels of selenium in their blood.
- Barbiturates such as butabarbital (butisol), mephobarbital (mebaral), phenobarbitone, secobarbital (seconal). Experimental research suggest that selenium may prolong their sedative effects.
- Statins: medicines for lowering your blood cholesterol including simvastatin (Zocor), atorvastatin (Lipitor), fluvastatin (Lescol), lovastatin (Mevacor), and prevastatin (Pravachol).
- Nicotinic acid (Niacin) used as a cholesterol lowering medicine.

Taking certain antioxidants like selenium together with statins and niacin may reduce their cholesterol - lowering effect.

- Anticoagulants such as clopidogrel (plavix), warfarin (coumadin), heparin and antiplatelets (blood thinners) such as aspirin.

When taken with these drugs, selenium may increase the risk of bleeding: Gold salts include aurothioglucose (Solganal), gold sodium thiomalate (Aurolate), and auranofin (Ridaura). Gold salts may lower levels of selenium in the body and cause symptoms of selenium deficiency. Some medicines may lower levels of selenium in the body including cisplatin (used in chemotherapy), clozapine (an antipsychotic medicine), corticosteroids (such as prednisone), valproic acid (used in treating epilepsy). Do not take other medicines together with NUTRILITE™ Zinc + selenium at the same time. Allow a time interval of at least 3-4 hours before and after taking and other medicines. You should check with doctor, pharmacist or your healthcare provider if you are unsure.

NUTRILITE™ Zinc + selenium with food, drink and alcohol

Take NUTRILITE™ Zinc + selenium preferably as recommended (See Section 3). Avoid use with alcohol.

Pregnancy and breast-feeding

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™ Zinc + selenium 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™ Zinc + selenium does not adversely affect your ability to do so safely (See Possible Side-effects).

Important information about some of the ingredients of NUTRILITE™ Zinc + selenium: NUTRILITE™ Zinc + selenium contains sucrose, sorbitol and maltodextrin which 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™ Zinc + selenium. NUTRILITE™ Zinc + selenium contains sucrose which may be harmful to the teeth. NUTRILITE™ Zinc + selenium contains sorbitol and may have a laxative effect. NUTRILITE™ Zinc + selenium contains steviol glycosides as stevia used as sweetener.

3. How to take NUTRILITE™ Zinc + selenium

Always take NUTRILITE™ Zinc + selenium exactly as described in this leaflet or as your doctor or pharmacist. Check with your doctor or pharmacist if you are not sure. The usual dose for Adults: Take one (1) powder per day with or without meal or as directed by your healthcare provider. Tear the stick packaging and sprinkle the contents directly on the tongue. Allow it dissolve and then swallow. Do not exceed the recommended daily dose unless directed by your doctor.

If you take more NUTRILITE™ Zinc + selenium 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™ Zinc + selenium Do not take a double dose to make up for forgotten individual doses.

4. Possible side-effects

NUTRILITE™ Zinc + selenium can have side effects. Not all side effects reported for NUTRILITE™ Zinc + selenium are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking NUTRILITE™ Zinc + selenium, please consult your health care provider for advice. If any of the following happens, stop taking NUTRILITE™ Zinc + selenium 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
- 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 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™ Zinc + selenium.

5. How to store NUTRILITE™ Zinc + selenium

Store all medicines out of the reach and sight of children. Store in the original container. Store at or below 25 °C. Keep the container tightly closed to protect from light, heat and moisture. Do not use NUTRILITE™ Zinc + selenium after the expiry date stated on the label. The expiry date refers to the last day of that month. Do not use NUTRILITE™ Zinc + selenium, if you notice the powders have changed colour.

Disposal of NUTRILITE™ Zinc + selenium

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™ Zinc + selenium contains The active substances are zinc (as zinc gluconate), selenium (as sodium selenate) and *Malpighia emarginata* (L.) (Acerola) fruit powder. The other ingredients are sorbitol, citric acid, orange flavour, lemon flavour, silicon dioxide, magnesium stearate, stevia, maltodextrin, sucrose.

What NUTRILITE™ Zinc + selenium looks like and contents of the pack

Beige, free flowing powder with an orange lemon flavour. Each stick pack has a net weight of 1.5 g. Each 1.5 g powder is packed in individual multilaminate (Paper-LDPE-Aluminium-Surlyn) stickpack. It is available in paper box carton containing 30 powder stickpacks.

Registration Number

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

Name and Address of Applicant/Holder of Certificate of Registration

Amway South Africa (Pty) Limited, 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

PASIËNTINLIGTINGSTUK	
SKEDULERINGSTATUS	
 	

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 hierdie hele inligtingstuk sorgvuldig aangesien dit belangrike inligting vir jou bevat.

NUTRILITE™ Zinc + selenium is beskikbaar sonder 'n doktersvoorskrif om jou immuun-, haar- en velgesondheid te ondersteun. Nietemin, moet jy egter steeds NUTRILITE™ Zinc + selenium 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™ Zinc + selenium met enige persoon deel nie.
- Vra jou gesondheidswerker of apteker indien jy meer inligting of advies benodig.

Wat is in hierdie pamflet:

- Wat NUTRILITE™ Zinc + selenium is en waarvoor dit gebruik word
- Wat jy moet weet voordat jy NUTRILITE™ Zinc + selenium neem
- Hoe om NUTRILITE™ Zinc + selenium te gebruik
- Moontlike newe effekte
- Hoe om NUTRILITE™ Zinc + selenium te stoor
- Inhoud van die verpakking en ander inligting

1. Wat NUTRILITE™ Zinc + selenium is en waarvoor dit gebruik word?

NUTRILITE™ Zinc + selenium bevat sink en seleen en acerolavrugpoeier. Sink en seleen dra by tot die normale funksie van die immuunstelsel en die instandhouding van normale hare. Sink dra ook by tot die instandhouding van normale vel. “n Gevarieerde dieet is die doeltreffendste en veiligste manier om goeie voeding, gesondheid en liggaamsamestelling, sowel as geestelike en liggaamlike prestasie te behaal.”

2. Wat jy moet weet voordat jy NUTRILITE™ Zinc + selenium neem

- Moenie NUTRILITE™ Zinc + selenium gebruik**
- As jy hipersensitief (allergies) vir enige van die bestanddele is nie (Gelys onder afdeling 6.0).
 - Indien jy swanger is of jou baba borsvoed.
 - Indien jy outo-immuunsiektes het soos multipele sklerose, sistemiese lupus eritematose (SLE), rumatofiede artritis (RA).
 - Indien jy ander medisyne neem wat sink bevat.
 - Indien jy 'n kopertekort het.
 - Indien jy 'n koperaanvulling neem.
 - Indien jy geskeduleer is vir enige elektiewe chirurgie of onlangs chirurgie ondergaan het.

NUTRILITE™ Zinc + selenium is nie geskik vir kinders onder 18 jaar nie.

Waarskuwings en voorsorgmaatreëls
Neem spesiale sorg met NUTRILITE™ Zinc + selenium. Raadpleeg jou gesondheidsorgwerker voor gebruik:

- Indien jy swanger is, beplan om swanger te raak of besig is om te borsvoed,
- Indien jy diabetes is of enige suikerintoleransie het,
- Hoë seleeninname kan die risiko van diabetes en hoë cholesterol verhoog,
- Indien jy 'n onderaktiewe skildklier het (hipotireose),
- Indien jy velkanker gehad het of die risiko loop om velkanker te kry,
- Indien jy koperaanvullings neem (sien afdeling 2 “Moenie NUTRILITE™ Zinc + selenium neem nie”).

Sinkaanvulling kan 'n kopertekort veroorsaak. As jy onseker is of jy genoeg koper inneem, raadpleeg 'n gesondheidsorgverskaffer voor gebruik.

- Indien jy geskeduleer is vir enige elektiewe chirurgie of onlangs chirurgie ondergaan het,
- Indien jy mondelike voorbehoedmiddels neem,

Sommige navorsing dui daarop dat vroue wat mondelike voorbehoedmiddels neem hoër vlakke van seleen in hulle bloed kan hê. Indien jy mondelike voorbehoedmiddels neem, raadpleeg jou dokter voordat jy ekstra seleen neem.

- Seleen kan die risiko van bloeding gedurende of na chirurgie verhoog. Hou ten minste 2 weke voor 'n geskeduleerde operasie op om seleen te neem.

'n Lakserende effek kan voorkom. Stop gebruik indien hipersensitiwiteit/allergieë voorkom.

Moenie die aanbevole daaglikse dosis oorskry sonder om 'n gesondheidsorgverskaffer te raadpleeg nie.

Kinders en Adollesente
NUTRILITE™ Zinc + selenium is nie geskik vir kinders of adollesente onder die ouderdom van 18 jaar nie.

Ander medisyne en NUTRILITE™ Zinc + selenium
Daar is geen bekende interaksies van NUTRILITE™ Zinc + selenium met ander medisyne nie. Vertel altyd jou gesondheidsorgverskaffer as jy enige ander medisyne neem, insluitend alle komplementêre of tradisionele medisyne. Dit is veral belangrik indien jy enige van die volgende medisyne neem, aangesien NUTRILITE™ Zinc + selenium interaksies daarmee kan hê: Dit is veral belangrik indien jy enige van die volgende

medisyne neem, aangesien NUTRILITE™ Zinc + selenium interaksies daarmee kan hê.

- Die sink in NUTRILITE™ Zinc + selenium kan interaksies hê met:
- koperaanvullings (sien afdeling 2 “Moenie NUTRILITE™ Zinc + selenium neem nie”)
 - tetrasiklien-antibiotika (soos oksitetrasiklien of doksisiklien)
 - kinoloon-antibiotika (soos siprofloksasien, levofloksasien, moksifloksasien, norfloksasien en ofloksasien)
 - kalsiumsoutpreparate
 - ysterpreparate
 - penisillamien (gebruik in die behandeling van rumatoïede artritis, Wilson se siekte, outo-immune hepatitis)
 - trientine (gebruik in die behandeling van Wilson se siekte)

- Die seleen in NUTRILITE™ Zinc + selenium kan interaksies hê met:
- Mondelike voorbehoedmiddels: Mondelike voorbehoedmiddels kan met die absorpsie van seleen inmeng. Sommige navorsing dui daarop dat vroue wat mondelike voorbehoedmiddels neem hoër vlakke van seleen in hulle bloed kan hê.
 - Barbiturate soos butabarbitaal (Butisol), mefabarbitaal (Mebaral), fenobarbitoon en sekobarbitaal (Seconal). Eksperimentele navorsing dui daarop dat seleen die kalmerende effek daarvan kan verleng.
 - Statiene: medisyne om jou bloedcholesterol te verlaag, insluitend simvastation (Zocor), atorvastation (Lipitor), fluvastation (Lescol), lovastation (Mevacor) en prevastation (Pravachol).
 - Nikotiensuur (niasien) wat gebruik word as 'n cholesterolverlagende medisyne.

- Die neem van sekere antioksidante soos seleen saam met statiene en niasien kan die cholesterolverlagende effek daarvan verminder.
- Anti-stolmiddels soos clopidogrel (Plavix), warfarien (Coumadin), heparien en antiplaatjies (bloedverduunners) soos aspirien.

Wanneer seleen saam met die volgende middels geneem word, kan dit die risiko van bloeding verhoog: Goue soute, insluitend goudtioglukose (Solganal), goudnatriumtiomalaat (Aurolate) en auranofien (Ridaura). Goue soute kan seleenvlakke in die liggaam verlaag en die simptome van 'n seleentekort veroorsaak.

Sommige medisyne kan seleenvlakke in die liggaam verlaag, insluitend sisplatien (gebruik in chemoterapie), klozapien ('n antipsigotikum), kortikosteroïede (soos prednisoon), valproïensuur (gebruik in die behandeling van epilepsie). Moenie ander medisyne en NUTRILITE™ Zinc + selenium terselfdertyd neem nie. Laat 'n tydinterval van ten minste 3-4 ure toe voor en na jy ander medisyne neem. Vra jou dokter, apteker of gesondheidsorgverskaffer as jy onseker is.

NUTRILITE™ Zinc + selenium saam met voedsel, drank en alkohol
Neem NUTRILITE™ Zinc + selenium verkieslik soos aanbeveel (sien afdeling 3). Vermey gebruik saam met alkohol.

Swangerskap, borsvoeding en fertiliteit
Indien jy swanger is of borsvoed, of dink dat jy swanger is of beplan om swanger te raak, raadpleeg asseblief jou gesondheidswerker vir advies voordat jy hierdie komplementêre medisyne neem. Veiligheid in swangerskap is nog nie vasgestel nie.

Bestuur en gebruik van masjinerie
NUTRILITE™ Zinc + selenium word nie verwag om jou vermoë om te bestuur te beïnvloed nie. Nietemin moet jy nie bestuur, masjinerie gebruik of take verrig wat konsentrasie vereis nie totdat jy seker is dat NUTRILITE™ Zinc + selenium nie jou vermoë om dit veilig te doen nadelig beïnvloed nie (Sien Moontlike Newe effekte in afdeling 4).

Belangrike inligting oor sommige van die bestanddele in NUTRILITE™ Zinc + selenium:
NUTRILITE™ Zinc + selenium bevat sukrose, sorbitol en maltodekstrien wat 'n effek op die beheer van jou bloedsuiker kan hê as jy diabetes mellitus het. Indien jou dokter vir jou gesê het dat jy 'n intoleransie het vir sekere suikers, moet jy jou dokter kontak voordat jy NUTRILITE™ Zinc + selenium neem. NUTRILITE™ Zinc + selenium bevat sukrose wat skadelik vir die tande kan wees. NUTRILITE™ Zinc + selenium bevat sorbitol en kan 'n lakserende effek hê. NUTRILITE™ Zinc + selenium bevat steviolglikosied vanaf stevia wat gebruik word as versoeter.

3. Hoe om NUTRILITE™ Zinc + selenium te neem
Neem NUTRILITE™ Zinc + selenium altyd presies soos aangedui op die pamflet of soos deur jou dokter of apteker aangedui. Raadpleeg jou dokter, apteker of verpleegster indien jy nie seker is nie. Die gewone dosis vir volwassenes: Neem een (1) poeier per dag met of sonder ete, of soos deur jou gesondheidsorgverskaffer aanbeveel. Skeer die sakkie oop en strooi die inhoud direk op jou tong. Laat die poeier toe om op te los en sluk dan in. Moenie die aanbevole daaglikse dosis oorskry nie, behalwe wanneer deur jou dokter aanbeveel.

As jy meer NUTRILITE™ Zinc + selenium 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 hospitaal of vergiftigingssentrum.

As jy vergeet het om NUTRILITE™ Zinc + selenium te neem
Moenie 'n dubbele dosis neem om die vergete dosis in te haal nie.

4. Moontlike newe effekte
NUTRILITE™ Zinc + selenium kan newe effekte hê. Nie al die newe effekte is gerapporteer van NUTRILITE™ Zinc + selenium en ingesluit in hierdie pamflet nie. Indien jou algemene gesondheid agteruitgaan of as jy enige onnodige effekte ondervind terwyl jy NUTRILITE™ Zinc + selenium

gebruik, kontak asseblief jou dokter, apteker of ander gesondheidswerker vir advies. Indien enige van die volgende gebeur, stop dadelik om NUTRILITE™ Zinc + selenium te neem, en vertel jou dokter dadelik of gaan na jou naaste noodafdeling by jou naaste hospitaal:

- swelling van jou hande, voete, enkels, gesig, mond of keel, wat probleme met sluk of asemhaling kan veroorsaak.
- uitslag of jeuk.
- flouheid.
- Vergeling van jou vel en oë, ook genoem geelsug.

- Hierdie is alles baie ernstige newe 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 hospitaal 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, moeilike asemhaling
 - tekens van herhaalde infeksies soos 'n seerkeel of koors,
 - minder uriene as normaal vir jou,

- Hierdie is almal ernstige newe effekte. Jy mag dringende mediese aandag benodig. Vertel jou dokter so gou as moontlik indien jy die volgende opmerk:
- naarheid
 - abdominale krampe of maagpyn,
 - hoofpyn,
 - duiseligheid,
 - moegheid,
 - lighoofdigheid,
 - droë hoes,
 - spierkrampe,
 - winderigheid of winde,
 - diarree,
 - verlies van aptyt.

As u enige newe -effekte opmerk wat nie in hierdie pamflet genoem word nie, moet u u dokter of apteker daarvan in kennis stel.

Rapportering van newe effekte
Praat met jou dokter, apteker of verpleegster as jy newe effekte ervaar. Jy kan ook newe effekte by SAHPRA aanmeld: SAHPRA publikasies: SAHPRA via die “6.04 Adverse Drug Reaction Reporting Form”, wat aanlyn gevind kan word <https://www.sahpra.org.za/Publications/Index/8>. Botswana publikasies: <https://www.bomra.co.bw/index.php/services/patient-safety-monitoring>. Namibia publikasies: Rapporteer vorm vir ongewenste geneesmiddelreaksies (Veiligheidsgeel vorm) <https://nmrc.gov.na/documents/81630/410067/Safety+Yellow+Form.pdf/8cbbf343-3cf8-dba3-7ec1-50b881fdab26>. Mag ook aan Amway South Africa Pty Limited rapporteer deur die volgende e-pos te gebruik: Regulatory_Department@Amway.com. Deur newe effekte te rapporteer, kan jy help om meer inligting te verskaf teenoor die veiligheid van NUTRILITE™ Zinc + selenium.

5. Hoe om NUTRILITE™ Zinc + selenium te stoor
Stoor alle medisyne buite die bereik en sig van kinders. Stoor alle medisyne buite die bereik 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™ Zinc + selenium gebruik na die vervaldatum op die etiket nie. Die vervaldatum verwys na die laaste dag van daardie maand. Moenie NUTRILITE™ Zinc + selenium gebruik, indien die poeier van kleur verander het nie.

Wegdoening van NUTRILITE™ Zinc + selenium
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™ Zinc + selenium bevat
Die aktiewe bestanddele is sink(as sinkglukonaat), selenium(as natriumselenaat), *Malpighia emarginata* (L.) (Acerola) vrug poeier. Die ander bestanddele is: sorbitol, sitroensuur, lemoen-en-suurlemoengeur, silikondioksied, magnesiumstearaat, stevia, maltodekstrien en sukrose.

Hoe NUTRILITE™ Zinc + selenium lyk en die inhoud van die houer
Beige vryvloeiende poeier met 'n lemoen-en-suurlemoengeur. Elke 1.5 g poeier is in 'n individuele multigelamineerde (Papier-LDPE-Aluminium-Surlyn) sakkie verpak. Dit is beskikbaar in 'n kartonboks met 30 poeiersakkies.

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) Beperk, Eenheid B1, Brussels weg 33, Spartan, Isando 1619.

Datum van Publikasie
Moet toegedien word deur die plaaslike owerheid.

Toegang tot die ooreenstemmende Professionele inligting
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