

BASE

NUTRILITE® Vitamin B Plus bevat 8 noodzakelijke B-vitaminen: Biotine, Thiamin, Riboflavin, Niacine, Pantothenzuur, Vitamine B6, Vitamine B12 en Foliumzuur. Het helpt u bij het behouden van een gezonde huid, het verbeteren van uw eetlust, het behouden van een gezonde afname van cholesterol, het verbeteren van uw concentratie, het verbeteren van uw slaapproblemen, het verbeteren van uw afname van cholesterol, het verbeteren van uw afname van cholesterol, het verbeteren van uw afname van cholesterol.

60 Tablets / Tablette

32 g

Vitamin B Plus
Dual-Action
ENERGY METABOLISM / ÉNERGIE METABOLISME

32 g

60 Tablets / Tablette

32 g

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**MOCK-UP
DO NOT REMOVE**

NUTRILITE™ is Vitamin B Plus beval 8 nootkeukle B-vitamine, Biotinen, B12, B6, B5, B1, B2, B3, B7, B9, B10, B11, B15, B17, B19, B20, B21, B22, B23, B24, B25, B26, B27, B28, B29, B30, B31, B32, B33, B34, B35, B36, B37, B38, B39, B40, B41, B42, B43, B44, B45, B46, B47, B48, B49, B50, B51, B52, B53, B54, B55, B56, B57, B58, B59, B60, B61, B62, B63, B64, B65, B66, B67, B68, B69, B70, B71, B72, B73, B74, B75, B76, B77, B78, B79, B80, B81, B82, B83, B84, B85, B86, B87, B88, B89, B90, B91, B92, B93, B94, B95, B96, B97, B98, B99, B100, B101, B102, B103, B104, B105, B106, B107, B108, B109, B110, B111, B112, B113, B114, B115, B116, B117, B118, B119, B120, B121, B122, B123, B124, B125, B126, B127, B128, B129, B130, B131, B132, B133, B134, B135, B136, B137, B138, B139, B140, B141, B142, B143, B144, B145, B146, B147, B148, B149, B150, B151, B152, B153, B154, B155, B156, B157, B158, B159, B160, B161, B162, B163, B164, B165, B166, B167, B168, B169, B170, B171, B172, B173, B174, B175, B176, B177, B178, B179, B180, B181, B182, B183, B184, B185, B186, B187, B188, B189, B190, B191, B192, B193, B194, B195, B196, B197, B198, B199, B200, B201, B202, B203, B204, B205, B206, B207, B208, B209, B210, B211, B212, B213, B214, B215, B216, B217, B218, B219, B220, B221, B222, B223, B224, B225, B226, B227, B228, B229, B230, B231, B232, B233, B234, B235, B236, B237, B238, B239, B240, B241, B242, B243, B244, B245, B246, B247, B248, B249, B250, B251, B252, B253, B254, B255, B256, B257, B258, B259, B260, B261, B262, B263, B264, B265, B266, B267, B268, B269, B270, B271, B272, B273, B274, B275, B276, B277, B278, B279, B280, B281, B282, B283, B284, B285, B286, B287, B288, B289, B290, B291, B292, B293, B294, B295, B296, B297, B298, B299, B300, B301, B302, B303, B304, B305, B306, B307, B308, B309, B310, B311, B312, B313, B314, B315, B316, B317, B318, B319, B320, B321, B322, B323, B324, B325, B326, B327, B328, B329, B330, B331, B332, B333, B334, B335, B336, B337, B338, B339, B340, B341, B342, B343, B344, B345, B346, B347, B348, B349, B350, B351, B352, B353, B354, B355, B356, B357, B358, B359, B360, B361, B362, B363, B364, B365, B366, B367, B368, B369, B370, B371, B372, B373, B374, B375, B376, B377, B378, B379, B380, B381, B382, B383, B384, B385, B386, B387, B388, B389, B390, B391, B392, B393, B394, B395, B396, B397, B398, B399, B400, B401, B402, B403, B404, B405, B406, B407, B408, B409, B410, B411, B412, B413, B414, B415, B416, B417, B418, B419, B420, B421, B422, B423, B424, B425, B426, B427, B428, B429, B430, B431, B432, B433, B434, B435, B436, B437, B438, B439, B440, B441, B442, B443, B444, B445, B446, B447, B448, B449, B450, B451, B452, B453, B454, B455, B456, B457, B458, B459, B460, B461, B462, B463, B464, B465, B466, B467, B468, B469, B470, B471, B472, B473, B474, B475, B476, B477, B478, B479, B480, B481, B482, B483, B484, B485, B486, B487, B488, B489, B490, B491, B492, B493, B494, B495, B496, B497, B498, B499, B500, B501, B502, B503, B504, B505, B506, B507, B508, B509, B510, B511, B512, B513, B514, B515, B516, B517, B518, B519, B520, B521, B522, B523, B524, B525, B526, B527, B528, B529, B530, B531, B532, B533, B534, B535, B536, B537, B538, B539, B540, B541, B542, B543, B544, B545, B546, B547, B548, B549, B550, B551, B552, B553, B554, B555, B556, B557, B558, B559, B560, B561, B562, B563, B564, B565, B566, B567, B568, B569, B570, B571, B572, B573, B574, B575, B576, B577, B578, B579, B580, B581, B582, B583, B584, B585, B586, B587, B588, B589, B590, B591, B592, B593, B594, B595, B596, B597, B598, B599, B600, B601, B602, B603, B604, B605, B606, B607, B608, B609, B610, B611, B612, B613, B614, B615, B616, B617, B618, B619, B620, B621, B622, B623, B624, B625, B626, B627, B628, B629, B630, B631, B632, B633, B634, B635, B636, B637, B638, B639, B640, B641, B642, B643, B644, B645, B646, B647, B648, B649, B650, B651, B652, B653, B654, B655, B656, B657, B658, B659, B660, B661, B662, B663, B664, B665, B666, B667, B668, B669, B670, B671, B672, B673, B674, B675, B676, B677, B678, B679, B680, B681, B682, B683, B684, B685, B686, B687, B688, B689, B690, B691, B692, B693, B694, B695, B696, B697, B698, B699, B700, B701, B702, B703, B704, B705, B706, B707, B708, B709, B710, B711, B712, B713, B714, B715, B716, B717, B718, B719, B720, B721, B722, B723, B724, B725, B726, B727, B728, B729, B730, B731, B732, B733, B734, B735, B736, B737, B738, B739, B740, B741, B742, B743, B744, B745, B746, B747, B748, B749, B750, B751, B752, B753, B754, B755, B756, B757, B758, B759, B760, B761, B762, B763, B764, B765, B766, B767, B768, B769, B770, B771, B772, B773, B774, B775, B776, B777, B778, B779, B780, B781, B782, B783, B784, B785, B786, B787, B788, B789, B790, B791, B792, B793, B794, B795, B796, B797, B798, B799, B800, B801, B802, B803, B804, B805, B806, B807, B808, B809, B810, B811, B812, B813, B814, B815, B816, B817, B818, B819, B820, B821, B822, B823, B824, B825, B826, B827, B828

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3. Hoe om NUTRILITE™ VITAMIN B PLUS te gebruik
 4. Moontlike nuwe effekte
 5. Hoe om NUTRILITE™ VITAMIN B PLUS te stoor
 6. Inhoud van die verpakking en ander inligting
1. Wat NUTRILITE™ VITAMIN B PLUS is en waarvoor dit gebruik word?
 NUTRILITE™ VITAMIN PLUS bevat agt essensiële B vitamienes en spirulina wat bydra tot normale energie-verskaffings metabolisme en die vermindering van moegheid en uitputting.
 Daar is agt vitamienes en spirulina in NUTRILITE™ VITAMIN PLUS en hulle funksies is:
Tiamien (Vitamiene B1) Help met die metabolisme van koolhidrate, vette en proteïene
Riboflaviën (Vitamiene B2) Help met die metabolisme van koolhidrate, vette en proteïene
Nikotinamied (Vitamiene B3) Help met die metabolisme

van koolhidrate, vette en proteïene en vermindering van moegheid en uitputting
Kalsium pantoteen (Vitamiene B5) Help met die metabolisme van koolhidrate, vette en proteïene
Piridoksien hidrochloried (Vitamiene B6) Dra by tot normale energie verskaffings metabolisme en die funksionering van die senuweestelsel
Cyanocobalamin (Vitamiene B12) Dra by tot die normale rooibloedsel vorming, psigologiese funksie en die normale funksionering van die immuunstelsel
Pteroylglutamiensuur (Foliensuur) Help die liggaam om proteïene te metaboliseer en rooibloedsel vorming
Biotien (Vitamiene H) Help om koolhidrate, vette en proteïene te metaboliseer en die handhawing van normale vel.
Arthrospira platensis (L.) (Spirulina) Verskaf antioksidante (karotenoïede en flavonoïede). Antioksidante help om

selle teen oksidatiewe skade te beskerm van vrye radikale.
2. Wat jy moet weet voordat jy NUTRILITE™ VITAMIN B PLUS neem
Moenie NUTRILITE™ VITAMIN B PLUS gebruik
 • As jy hipersensitief (allergies) vir enige van die bestanddele is nie (Gelys onder afdeling 6.0)
 • Indien jy ander medisyne neem wat spirulina bevat.
 • Indien jy swanger is of borsvoed.
Waarskuwings en voorsorgmaatreëls
 Neem spesiale sorg met NUTRILITE™ VITAMIN B PLUS, raadpleeg jou gesondheidsorgwerker voor gebruik.
 • Indien jy swanger is of borsvoed.
 • Indien jy 'n rare oorerflike probleem van galaktose intoleransie, totale laktase versteuring of glukose-galaktose wanabsorpsie het.

Neem 'n paar uur voor of nadat jy ander medisyne of komplimentêre medisyne geneem het. Stop gebruik indien hipersensitiwiteit/allergieë voorkom. Moenie die daaglikse dosis vlak oorskry sonder om jou gesondheidsorgwerker te raadpleeg nie.
Kinders en Adollesente
 NUTRILITE™ VITAMIN B PLUS is nie geskik vir die gebruik deur kinders onder die ouderdom van 12 jaar nie.
Ander medisyne en NUTRILITE™ VITAMIN B PLUS
 Vertel altyd jou gesondheidsverskaffer indien jy enige ander medisyne neem insluitende komplimentêre en tradisionele medisyne.
NUTRILITE™ VITAMIN B PLUS saam met voedsel, drank en alkohol
 NUTRILITE™ VITAMIN B PLUS mag enige tyd van die dag geneem word, met of sonder 'n maaltyd.

Swangerskap, borsvoeding en vrugbaarheid
 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 komplimentêre medisyne neem. Veiligheid in swangerskap is nog nie vasgestel nie.
Bestuur en gebruik van masjinerie
 NUTRILITE™ VITAMIN B PLUS word nie verwag om jou vermoë om te bestuur te beïnvloed nie. Alhoewel, jy moet nie bestuur, masjinerie gebruik of take verrig wat konsentrasie vereis totdat jy seker is dat NUTRILITE™ VITAMIN B PLUS die vermoë daarvan nadelig beïnvloed nie (Sien Moontlike nuwe effekte in afdeling 4).
Belangrike inligting oor sommige van die bestanddele in NUTRILITE™ VITAMIN B PLUS:
 NUTRILITE™ VITAMIN B PLUS bevat laktose en gliserol, wat suikers is en kan 'n effek hê op jou

bloedsuiker vlakke indien jy diabetes mellitus het. NUTRILITE™ VITAMIN B PLUS bevat laktose, wat die glisemiese beheer tydens diabetes mellitus kan beïnvloed. Pasiënte met 'n rare oorerflike probleem van galaktose intoleransie, totale laktase versteuring of glukose-galaktose wanabsorpsie moet nie NUTRILITE™ VITAMIN B PLUS neem nie.
3. Hoe om NUTRILITE™ VITAMIN B PLUS te neem
 Neem NUTRILITE™ VITAMIN B 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 is:
 Kinders 12 jaar –17 jaar: Neem een tablet daaglik, verkieslik met 'n maaltyd of soos aangedui deur u gesondheidswerker.
 Volwassenes 18 jaar en ouer: Neem een of twee

tablette daaglik, verkieslik met 'n maaltyd of soos aangedui deur u gesondheidswerker.
 Moenie NUTRILITE™ VITAMIN B PLUS tablet kou nie. Moenie die aanbevole daaglikse dosis oorskry nie behalwe deur jou dokter aanbeveel.
As jy meer NUTRILITE™ VITAMIN B 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™ VITAMIN B PLUS te neem
 Moenie 'n dubbele dosis neem om die vergete dosis in te haal nie.
4. Moontlike nuwe effekte
 NUTRILITE™ VITAMIN B PLUS kan nuwe effekte hê. Nie al die nuwe effekte is gerapporteer van

NUTRILITE™ VITAMIN B PLUS en ingesluit in hierdie pamflet nie. Indien jou algemene gesondheid agteruitgaan of as jy enige onnodige effekte ondervind terwyl jy NUTRILITE™ VITAMIN B PLUS gebruik, kontak asseblief jou dokter, apteker of ander gesondheidswerker vir advies.
 As een van die volgende voorkom, moet u ophou om NUTRILITE™ VITAMIN B PLUS te neem en dit onmiddellik aan u dokter te vertel of na die naaste noodafdeling te gaan:
 • swelling van u hande, voete, enkels, gesig, mond of keel, wat probleme met sluk of asemhaling kan veroorsaak.
 • uitslag of jeuk.
 • beswyking.
 • vergelying van jou vel en oë, ook geelsug genoem.
 Dit is alles baie ernstige nuwe -effekte. As u dit het,

het u moontlik 'n ernstige allergiese reaksie gehad. U benodig dringend mediese aandag of hospitalisasie. Vertel u dokter onmiddellik of gaan na die noodafdeling van u naaste hospitaal as u een van die volgende opmerk:
 • borspyn
 • angina
 • veranderinge in die manier waarop u hart klop, byvoorbeeld as u sien dat dit vinniger klop,
 • tekens van herhalende infeksies soos koors of keelseer,
 • minder urine as normaal vir u,
 Dit is alles ernstige nuwe -effekte. Miskien het u dringend mediese aandag nodig. Vertel u dokter so gou as moontlik as u een van die volgende opmerk:
 • naarheid

verskaf Vitamiene B5 6 mg
 Pteroylglutamiensuur (Foliensuur) 200 ug
 Piridoksien hidrochloried (Vitamiene B6) 1.4 mg
 Riboflaviën (Vitamiene B2) 1.4 mg
 Tiamien mononitraat (Vitamiene B1) 1.1 mg
 Biotien (Vitamiene H) 50 µg
 Cyanocobalamin (Vitamiene B12) 2.5 µg
 Die ander bestanddele is karnauba was, natrium kruiskarmellose, gliserol, hidroksipropiel metielsellulose, laktose, gis, magnesiumstearaat, mikrokristalliese sellulose, silikondioksied, kalsiumfosfaat.
 Die filmdekking bevat hidroksipropiel metielsellulose, gliserol, silikondioksied and karnauba was.
Hoe NUTRILITE™ VITAMIN B PLUS lyk en die inhoud van die houer
 Bi-laag ovaalvormige filmbedekte tablet.

Laag 1: Ligte groen kleur, gespikkeld.
 Laag 2: Donker groen kleur, gespikkeld.
 Dit is beskikbaar in wit HD poliëtileen houer met 'n opsig afneembare peuterbestande seël en 'n wit herseelbare peuterbestande dopplee wat 60 tablette bevat.
Registrasie Nommer Hierdie produk is nog nie deur die regulerende owerheid geëvalueer nie.
Naam en besigheidsadres van die houer van die registrasiesertifikaat
 Amway Suid Afrika (Edms) Bpk Atlantiese Sentrum, 14 Christiaan Barnard Straat, Foreshore, Kaapstad 8001
Datum van Publikasie Moet toegedien word deur die regulerende owerheid.
Toegang tot die ooreenstemmende Professionele inligting
 www.Amway.co.za

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>.
Nambia publikasies: Adverse Medicine Reaction Reporting Form <http://www.nmrc.com.na/downtpic>
 Deur nuwe effekte te rapporteer, kan jy help om meer inligting te verskaf teenoor die veiligheid van NUTRILITE™ VITAMIN B PLUS.
5. Hoe om NUTRILITE™ VITAMIN B PLUS te stoor
 NUTRILITE™ VITAMIN B PLUS moet toegedien word deur die oorspronklike verpakking/houer. Stoor teen of benede 25°C.
 Hou die houer dig toe en beskerm teen lig en vog.
 Moenie NUTRILITE™ VITAMIN B PLUS gebruik na

• maagkrampe of maagpyn,
 • hoofpyn,
 • duiseligheid,
 • moegheid,
 • duiseligheid,
 • droë hoes,
 • spierkrampe,
 • wind of wind,
 • diarree,
 • eetlus verloor.
 As u enige nuwe -effekte opmerk wat nie in hierdie pamflet genoem word nie, moet u u dokter of apteker daarvan 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:

NUTRILITE™ Vitamin B Plus contains 8 essential B vitamins. Riboflavin, thiamine, vitamin B12 and B6, biotin, niacin and pantothenic acid contribute to normal energy-yielding metabolism. Just one dual-action tablet - that also includes spirulina - combines 8-hour extended release and instant release for optimal nutrient absorption. Additionally, a varied and balanced diet and a healthy lifestyle are of general importance. **KEEP OUT OF THE REACH OF CHILDREN** • Store at or below 25°C (lactose and glycerol)
Multiple Substance Formulation
COMPLEMENTARY MEDICINE-HEALTH SUPPLEMENT
 *This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use. **Imported/ Distributed by:** Amway South Africa Pty. Ltd., Atlantic Centre, 14 Christiaan Barnard Street, Foreshore Cape Town, 8001. Customer care line: 021 405 1717 / 011 201 4400. **Manufactured by:** Access Business Group LLC, 7575 Fulton Street East, Ada, MI 49355 USA. Batch number, Manufacture date and Expiry date-See bottom of pack. www.Amway.co.za

Each Vitamin B Plus Tablet Contains:
 Arthrospira platensis (L.) (Spirulina) 80 mg
 Whole cell powder
 Vitamin B5 6 mg
 Folic Acid 200 ug
 Vitamin B6 1.4 mg
 Vitamin B1 1.1 mg
 Biotin 50 ug
 Vitamin B12 2.5 ug
D-34.12 Multiple Substance Formulation
COMPLEMENTARY MEDICINE-HEALTH SUPPLEMENT
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PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: [S0]

NUTRILITE™ VITAMIN B PLUS – dual action film-coated tablet

contains sugar: (lactose and glycerol) *Arthrospira platensis* (L), thiamine mononitrate, riboflavin, nicotinamide, calcium pantothenate, pyridoxine hydrochloride, cyanocobalamin, pteroylglutamic acid and biotin.

Each dual action film-coated tablet contains 70,86 mg of lactose and 0,48 mg of glycerol.

COMPLEMENTARY MEDICINE – HEALTH SUPPLEMENT

Read all of this leaflet carefully because it contains important information for you.

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

NUTRILITE™ VITAMIN B PLUS is available without a doctor's prescription, for you to maintain good health. Nevertheless, you still need to use NUTRILITE™ VITAMIN B PLUS carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share NUTRILITE™ VITAMIN B 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™ VITAMIN B PLUS is and what it is used for
2. What you need to know before you take NUTRILITE™ VITAMIN B PLUS
3. How to take NUTRILITE™ VITAMIN B PLUS
4. Possible side-effects
5. How to store NUTRILITE™ VITAMIN B PLUS

6. Contents of the pack and other information

1. What NUTRILITE™ VITAMIN B PLUS is and what it is used for

NUTRILITE™ VITAMIN B PLUS contains eight essential B vitamins and spirulina which contribute to normal energy-yielding metabolism and reduction of tiredness and fatigue. There are 8 vitamins and spirulina in NUTRILITE™ VITAMIN B PLUS, and their functions are: Thiamine mononitrate (Vitamin B1) Helps to metabolise carbohydrates, fats and proteins

Riboflavin (Vitamin B2) Helps to metabolise carbohydrates, fats and proteins

Nicotinamide (Vitamin B3) Helps to metabolise carbohydrates, fats and proteins and reduction of tiredness and fatigue

Calcium pantothenate (Vitamin B5) Helps to metabolise carbohydrates, fats and proteins

Pyridoxine hydrochloride (Vitamin B6) Contributes to normal energy yielding metabolism and functioning of the nervous system

Cyanocobalamin (Vitamin B12) Contributes to normal red blood cell formation, psychological function and normal function of the immune system

Pteroylglutamic acid (Folic acid) Helps the body to metabolise proteins and red blood cells formation

Biotin (Vitamin H) Helps to metabolise carbohydrates, fats and proteins and maintaining of normal skin.

Arthrospira platensis (L)(Spirulina) Provides antioxidants (carotenoids and flavonoids). Antioxidants helps cells fight against oxidative damage from free radicals.

2. What you need to know before you take NUTRILITE™ VITAMIN B PLUS

Do not take NUTRILITE™ VITAMIN B PLUS

• If you are hypersensitive, (allergic) to any of the ingredients, (See list in section 6.0)

• If you take other medicines containing spirulina.

• If you are pregnant or breastfeeding.

Warnings and precautions

Take special care with NUTRILITE™ VITAMIN B PLUS, consult a relevant health care provider prior to use:

- If you are pregnancy and breastfeeding.
- If you have a rare hereditary problems of galactose intolerance, total lactase deficiency or glucose-galactose malabsorption.

Take a few hours before or after taking other medicines or complementary medicines.

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 12 years of age.

Other medicines and NUTRILITE™ VITAMIN B PLUS

Always tell your health care provider if you are taking any other medicine including all complementary or traditional medicines.

NUTRILITE™ VITAMIN B PLUS with food and, drink and alcohol

NUTRILITE™ VITAMIN B PLUS may be given once at any time of the day, with or without food.

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™ VITAMIN B 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™ VITAMIN B PLUS does not adversely affect your ability to do so safely (See Possible Side effects).

Important information about some of the ingredients of NUTRILITE™ VITAMIN B PLUS:

NUTRILITE™ VITAMIN B PLUS contains lactose, which are sugars and may have an effect on the control of your blood sugar if you have diabetes mellitus.

NUTRILITE™ VITAMIN B PLUS contains lactose, which may have an effect on the glycaemic control of

patients with diabetes mellitus.

Patients with a rare hereditary problems of galactose intolerance, total lactase deficiency or glucose-galactose malabsorption should not take NUTRILITE™ VITAMIN B PLUS.

3. How to take NUTRILITE™ VITAMIN B PLUS

Always take NUTRILITE™ VITAMIN B 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 is:

Children 12 years - 17years: Take one tablet daily preferably with meals or as directed by your healthcare provider.

Adults 18 years and older: Take one to two tablets daily preferably with meals or as directed by your healthcare provider.

Do not chew NUTRILITE™ VITAMIN B PLUS tablet. Do not exceed the recommended daily dose unless directed by your doctor.

If you take more NUTRILITE™ VITAMIN B 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™ VITAMIN B PLUS

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

4. Possible side-effects

NUTRILITE™ VITAMIN B PLUS can have side effects. Not all side effects reported for NUTRILITE™ VITAMIN B PLUS are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking NUTRILITE™

PLUS, please consult your health care provider for advice. If any of the following happens, stop taking NUTRILITE™ VITAMIN B 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 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>

5. How to store NUTRILITE™ VITAMIN B PLUS

Store all medicines out of the sight and reach 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™ VITAMIN B PLUS after the expiry date stated on the label. The expiry date refers to the last day of that month. Do not use NUTRILITE™ VITAMIN B

PLUS, if you notice the capsules have changed shape or colour.

Disposal of NUTRILITE™ VITAMIN B 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™ VITAMIN B PLUS – Film-coated tablets contains

The active substances in each dual action film coated tablet are:

Arthrospira platensis (L.) (Spirulina) (whole cell powder)..... 80 mg

Niacinamide (Vitamin B3)..... 16 mg NE

Calcium Pantothenate (Pantothenic acid) providing Vitamin B5..... 6 mg

Pteroylglutamic acid (Folic acid)..... 200 ug

Pyridoxine hydrochloride (Vitamin B6)..... 1.4 mg

Riboflavin (Vitamin B2)..... 1.4 mg

Thiamine mononitrate (Vitamin B1)..... 1.1 mg

Biotin (Vitamin H)..... 50 µg

Cyanocobalamin (Vitamin B12)..... 2.5 µg

The other ingredients are carnauba wax, croscarmellose sodium, glycerol, hydroxypropyl methylcellulose, lactose, yeast, magnesium stearate, microcrystalline cellulose, silicon dioxide, calcium phosphate. The film-coating contains hydroxypropyl methylcellulose, glycerol, silicon dioxide and carnauba wax.

What NUTRILITE™ VITAMIN B PLUS looks like and contents of the pack

Bi-layer oval-shaped film-coated tablet.

Layer 1: Light green colour, speckled.

Layer 2: dark green colour, speckled.

It is available in white HD polyethylene container with lift 'n' peel tamper-proof seal and white re-sealable polypropylene flip-top closure containing 60 tablets.

Registration Number

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

Name and Address of Applicant/Holder of Certificate of Registration

Amway South Africa Pty Ltd., Atlantic Centre, 14 Christiaan Barnard Street, Foreshore, Cape Town 8001.

Date of Publication

To be allocated by the regulatory authority.

Access to the corresponding Professional Information

www.Amway.co.za

PASIËNTINLIGTINGSTUK SKEDULERINGSTATUS [S0]

NUTRILITE™ VITAMIN B PLUS – dubbel aksie film-bedeekte tablet

Bevat Suiker (laktose; gliserol) *Arthrospira platensis* (L), tiamien mononitraat, riboflaviën, nikotinamied, kalsium pantoteen, pirodoksien hidrochloried, cyanocobalamin, pteroylglutamiensuur en biotien.

Elke dubbel aksie film-bedeekte tablet bevat 70,86 mg van laktose en 0,48 mg van gliserol.

KOMPLEMENTÊRE MEDISYNE – GESONDHEIDSAANVULLING

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

Hierdie ongeregistreerde medisyne is nie geëvalueer deur SAHPRA vir die kwaliteit, veiligheid of beoogde gebruik. nie.

NUTRILITE™ VITAMIN B PLUS is beskikbaar vir jou sonder 'n dokters voorskrif vir die handhawing van goeie gesondheid.

Nietemin, moet jy egter steeds. NUTRILITE™ VITAMIN B 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™ VITAMIN B 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™ VITAMIN B PLUS is en waarvoor dit gebruik word
2. Wat jy moet weet voordat jy NUTRILITE™ VITAMIN B PLUS neem