

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

NO COPY AREA	
PATIENT INFORMATION LEAFLET SCHEDULING STATUS: [50] NUTRILITE™ IRON FOLIC PLUS - film coated tablets Each film-coated tablet contains: Ferrous gluconate 40,22 mg equivalent to Iron (elemental) 4,55 mg Ferrous fumarate 17,03 mg equivalent to Iron (elemental) 5,45 mg (Total Iron 10 mg) Pteroylmonoglutamic acid (Folic acid) 150 µg <i>Spinacea oleracea</i> L. 111,47 mg (Spinach) (leaf powder) Sugar free 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™ IRON FOLIC PLUS is available without a doctor's prescription, for you to support your normal red blood cells health. Nevertheless, you still need to use NUTRILITE™ IRON FOLIC PLUS carefully to get the best results from it. • Keep this leaflet. You may need to read it again. • Do not share NUTRILITE™ IRON FOLIC 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™ IRON FOLIC PLUS is and what it is used for 2. What you need to know before you take NUTRILITE™ IRON FOLIC PLUS 3. How to take NUTRILITE™ IRON FOLIC PLUS 4. Possible side-effects 5. How to store NUTRILITE™ IRON FOLIC PLUS 6. Contents of the pack and other information 1. What NUTRILITE™ IRON FOLIC PLUS is and what it is used for NUTRILITE™ IRON FOLIC PLUS contains iron from two sources, folic acid and dried spinach powder. Iron and folic contribute to normal formation of red blood cells. Iron and folic acid contribute to the reduction of tiredness and fatigue. "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™ IRON FOLIC PLUS Do Not Take NUTRILITE™ IRON FOLIC PLUS • If you are hypersensitive/allergic to active ingredients and any of the ingredients (see list in section 6.0) • If you are sensitive or allergic to fish, shellfish and seafood. • If you take other medicines containing iron. • If you suffer from hypercalcaemia (high level of calcium in the blood). • If you suffer from iron storage conditions such as hemochromatosis. NUTRILITE™ IRON FOLIC PLUS is not suitable for children under 12 years of age.	Warnings and precautions Take special care with NUTRILITE™ IRON FOLIC PLUS. Consult a relevant health care provider prior to use: • If you are pregnant, planning to become pregnant or are breastfeeding. Stop use if hypersensitivity/allergy occurs. Children and Adolescents NUTRILITE™ IRON FOLIC PLUS is not suitable for children under 12 years of age. Other medicines and NUTRILITE™ IRON FOLIC PLUS There is no known interaction of NUTRILITE™ IRON FOLIC PLUS 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™ IRON FOLIC PLUS: • Antibiotics such as tetracyclines, chloramphenicol, fluoroquinolones (e.g. ciprofloxacin). • Antacids. • Cholestyramine used to remove bile from the gut. It is sometimes used to reduce blood cholesterol levels. • Penicillamine, a treatment for rheumatoid arthritis and a few other rare inherited conditions. NUTRILITE™ IRON FOLIC PLUS with food and, drink and alcohol NUTRILITE™ IRON FOLIC PLUS may be taken at any time of the day, preferably with a meal as recommended (See Section 3) without alcohol. Pregnancy, breastfeeding and fertility It is possible to use NUTRILITE™ IRON FOLIC PLUS during pregnancy and breastfeeding, only as part of a prenatal and postnatal supplementation. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your health care provider for advice before taking this complementary medicine. Driving and using machines NUTRILITE™ IRON FOLIC 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™ IRON FOLIC PLUS does not adversely affect your ability to do so safely (See Possible side effects in section 4). Important information about some of the ingredients of NUTRILITE™ IRON FOLIC PLUS: NUTRILITE™ IRON FOLIC PLUS Contains maltodextrin (37,30 mg per tablet) and glycerol (0,31 mg per tablet). NUTRILITE™ IRON FOLIC PLUS Contains maltodextrin and glycerol 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™ IRON FOLIC PLUS contains ingredients from shellfish. If you are allergic to fish, shellfish and seafood, do not take this complementary medicine. NUTRILITE™ IRON FOLIC PLUS contains iron, an overdose could be fatal in children under 12 years. 3. How to take NUTRILITE™ IRON FOLIC PLUS Always take NUTRILITE™ IRON FOLIC 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 Children 12 years and over: Take one (1) tablet per day, preferably with meals or as directed by your healthcare provider. The usual dose for Adults: Take one (1) tablet two times per day, preferably with meals or as directed by your healthcare provider. If you take more NUTRILITE™ IRON FOLIC 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™ IRON FOLIC PLUS Do not take a double dose to make up for forgotten individual doses. 4. Possible Side Effects NUTRILITE™ IRON FOLIC PLUS can have side effects. Not all side effects reported for NUTRILITE™ IRON FOLIC PLUS are included in this leaflet. Not all side effects reported for NUTRILITE™ IRON FOLIC PLUS are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking NUTRILITE™ IRON FOLIC PLUS, please consult your health care provider for advice. If any of the following happens, stop taking NUTRILITE™ IRON FOLIC 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/8cbf343-3cf8-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™ IRON FOLIC PLUS. 5. How to store NUTRILITE™ IRON FOLIC PLUS. Store all medicines 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™ IRON FOLIC PLUS after the expiry date stated on the label. The expiry date refers to the last day of that month. Do not use NUTRILITE™ IRON FOLIC PLUS, if you notice the tablets have changed shape or colour. Disposal of NUTRILITE™ IRON FOLIC 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™ IRON FOLIC PLUS contains The active substances are iron (from ferrous gluconate and ferrous fumarate), folic acid and <i>Spinacea oleracea</i> (L.) leaf powder. The other ingredients are microcrystalline cellulose, sodium carboxymethylcellulose, calcium carbonate, gum arabic, methylcellulose, maltodextrin, silicon dioxide, magnesium stearate, glycerol, carnauba wax. The film-coating contains hydroxypropyl methylcellulose, glycerol, silicon dioxide and carnauba wax. What NUTRILITE™ IRON FOLIC PLUS looks like and contents of the pack Green, speckled arc triangle shaped film coated tablet bisect on the upper side. It is available in white HD polyethylene container with lift 'n' peel tamper-proof seal and white re-sealable child-resistant closure. Pack size: 120 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

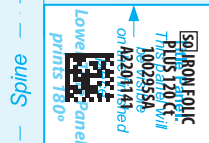
7.875 in

0.1875

1.125

NO COPY AREA

GLUE
PANEL



GLUE
PANEL

NO COPY AREA

(front)

0.1875

6.3125 in

0.1875

NO COPY AREA

PASIËNTINLIGTINGSTUK

SKEDULERING STATUS: [50]

NUTRILITE™ IRON FOLIC PLUS - film bedekte tablette

Elke filmbedekte tablet bevat:

Ysterhoudende glukonaat 40,22 mg

ekwivalent aan Yster (elementele) ... 4,55 mg

Ysterhoudende fumaraat 17,03 mg

ekwivalent aan Yster (elementele) ... 5,45 mg

(Totale Yster 10 mg)

Pteroylmonglutamiensuur (Foliansuur) ... 150 µg

Spinacea oleracea (L.) 111,47 mg

(Spinasie) (blaar poeier)

Suikervry

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

angesien dit belangrike inligting vir jou bevat.

NUTRILITE™ IRON FOLIC PLUS is beskikbaar vir jou sonder 'n dokters voorskrif vir jou om instandhouding van goeie gesondheid. Nietemin, moet jy egter steeds NUTRILITE™ IRON FOLIC 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™ IRON FOLIC 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™ IRON FOLIC PLUS is en waarvoor dit gebruik word

2. Wat jy moet weet voordat jy NUTRILITE™ IRON FOLIC PLUS neem

3. Hoe om NUTRILITE™ IRON FOLIC PLUS te gebruik

4. Moontlike nuwe effekte

5. Hoe om NUTRILITE™ IRON FOLIC PLUS te stoor

6. Inhoud van die verpakking en ander inligting

1. Wat NUTRILITE™ IRON FOLIC PLUS is en waarvoor dit gebruik word?

NUTRILITE™ IRON FOLIC PLUS bevat twee bronne van yster, foliansuur en gedroogde spinasie poeier. Yster en foliansuur dra by tot die normale vorming van rooibloedselle. Yster en foliansuur dra by tot die vermindering van moegheid en uitputting.

"n Gevarieerde dieet is die doeltreffendste en veiligste manier om goeie voeding, gesondheid, liggaamsamestelling sowel as geestelike en fisieke prestasie te bereik."

2. Wat jy moet weet voordat jy NUTRILITE™ IRON FOLIC PLUS neem

Moenie NUTRILITE™ IRON FOLIC PLUS gebruik

• As jy hipersensitief (allergies) vir enige van die bestanddele is nie (Gelys onder afdeling 6.0).

• Indien jy sensitief of allergies is vir vis, skulpviss en seekosse.

• Indien jy ander medisyne neem wat yster bevat.

• Indien jy lei aan hiperkalsemie (hoë vlakke van kalsium in die bloed).

• Indien jy lei aan yster stoor afwykings soos brons diabetes (hemochromatosis).

NUTRILITE™ IRON FOLIC PLUS is nie geskik vir kinders onder die ouderdom van 12 jaar nie.

Waarskuwings en voorsorgmaatreëls

Neem spesiale sorg met NUTRILITE™ IRON FOLIC PLUS. Raadpleeg jou gesondheidsorgwerker voor gebruik;

• Indien jy swanger is, beplan om swanger te raak of besig is om te borsvoed.

Stop indien hipersensitiwiteit/allergieë voorkom.

Kinders en Adolesseente

NUTRILITE™ IRON FOLIC PLUS is nie geskik vir die gebruik deur kinders onder die ouderdom van 12 jaar nie.

Ander medisyne en NUTRILITE™ IRON FOLIC PLUS

Daar is geen bekende interaksies van NUTRILITE™ IRON FOLIC PLUS 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™ IRON FOLIC PLUS interaksies daarmee kan hê:

• Antibiotika soos tetrasiكليene, chlooramfenikol, (bv. ciprofloxacine).

• Teensuurmiddels.

• Cholesteraïem wat gebruik word om gal uit die ingewande te verwyder. Dit word soms gebruik om bloed cholesterol vlakke te verlaag.

• Penisillamien, 'n behandeling van reumatoïede artritis en ander rare oorerflike siektes.

NUTRILITE™ IRON FOLIC PLUS saam met voedsel, drank en alkohol

NUTRILITE™ IRON FOLIC PLUS mag enige tyd van die dag geneem word, verkieslik saam met 'n maaltyd soos aanbeveel (Sien Afdeling 3) sonder alkohol.

Swangerskap, borsvoeding en fertiliteit

Indien dit moontlik is om NUTRILITE™ IRON FOLIC PLUS tydens swangerskap en borsvoeding te gebruik, alleenlik as jy voorgeboortelike en nageboortelike aanvullings gebruik. 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.

Bestuur en gebruik van masjinerie

NUTRILITE™ IRON FOLIC 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™ IRON FOLIC PLUS die vermoë daarvan nadelig beïnvloed nie (Sien Moontlike nuwe effekte in afdeling 4).

Belangrike inligting oor sommige van die bestanddele in NUTRILITE™ IRON FOLIC PLUS:

NUTRILITE™ IRON FOLIC PLUS bevat maltodekstriën (37, 30 mg per tablet) en gliserol (0,31 mg per tablet).

NUTRILITE™ IRON FOLIC PLUS bevat maltodekstriën en gliserol 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™ IRON FOLIC PLUS neem.

NUTRILITE™ IRON FOLIC PLUS bevat bestanddele van skulpvis. Indien jy allergies is vir vis, skulpviss en seekosse, moenie die komplementêre medisyne neem nie.

NUTRILITE™ IRON FOLIC PLUS bevat yster, 'n oordosis kan fataal wees vir kinders onder 12 jaar.

3. Hoe om NUTRILITE™ IRON FOLIC PLUS te neem

Neem NUTRILITE™ IRON FOLIC PLUS 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 Kinders 12 jaar en ouer: Neem een (1) tablet per dag, verkieslik met 'n maaltyd of soos deur jou gesondheidsorgverskaffer aanbeveel.

Die gewone dosis vir Volwassenes: Neem een (1) tablet twee keer per dag, verkieslik met 'n maaltyd of soos deur jou gesondheidsorgverskaffer aanbeveel.

As jy meer NUTRILITE™ IRON FOLIC 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™ IRON FOLIC PLUS te neem

Moenie 'n dubbele dosis neem om die vergeete dosis in te haal nie.

4. Moontlike nuwe effekte

NUTRILITE™ IRON FOLIC PLUS kan nuwe effekte hê. Nie al die nuwe effekte is gerapporteer van NUTRILITE™ IRON FOLIC PLUS en ingesluit in hierdie pamflet nie.

Indien jou algemene gesondheid agteruitgaan of as jy enige onnodige effekte ondervind terwyl jy NUTRILITE™ IRON FOLIC PLUS gebruik, kontak asseblief jou dokter, apteker of ander gesondheidswerker vir advies.

Indien enige van die volgende gebeur, stop dadelik om XS™ MAGNESIUM STICKS te neem, en vertel jou dokter dadelik of gaan na jou naaste noodafdeling by jou naaste hospitaal:

• swelling van u hande, voete, enkels, gesig, mond of keel, of probleme met sluk of asemhaling kan veroorsaak.

• uitslag of jeuk.

• beswyking.

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

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:

• borskrampe.

• veranderinge in die manier wat jou hart klop, soos byvoorbeeld, indien jy opmerk dit vinniger klop, moontlike asemhaling.

• tekens van herhaalde infeksies soos 'n sekerkeel of koor.

• minder uriene 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:

• naarfheid.

• abdominale krampe of maagpyn.

• hoofpyn.

• duiseligheid.

• moegheid.

• lighoofdigheid.

• droë hoë.

• spierkrampe.

• winderigheid 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 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/8cbf343-3cf8-dba3-7ec1-50b881fdab26>.

Mag ook aan Amway South Africa Pty Limited rapporteer deur die volgende e-pos te gebruik:

Regulatory_Department@Amway.com.

Deur nuwe effekte te rapporteer, kan jy help om meer inligting te verskaf teenoor die veiligheid van NUTRILITE™ IRON FOLIC PLUS.

5. Hoe om NUTRILITE™ IRON FOLIC 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 houder dig toe en beskerm teen lig en vog.

Moenie NUTRILITE™ IRON FOLIC PLUS gebruik na die vervaldatum op die etiket nie.

Die vervaldatum verwys na die laaste dag van daardie maand.

Moenie NUTRILITE™ IRON FOLIC PLUS gebruik, indien die tablette van kleur of vorm verander het nie.

Wegdoening van NUTRILITE™ IRON FOLIC 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™ IRON FOLIC PLUS bevat

Die aktiewe bestanddele is yster (van ysterhoudende glukonaat en ysterhoudende fumaraat), foliansuur en Spinacea oleracea (L.) (Spinasie) blaarpoeier.

Die ander bestanddele is mikrokristalliene sellulose, natrium karboksimetiel sellulose, kalsiumkarbonaat, arabiese gom, metiellsellulose, maltodekstriën, silikondioksied, magnesiumstearaat, gliserol en karnauba was.

Die filmdekking bevat hidrokispropiel metiellsellulose, gliserol, silikondioksied en karnauba was.

Hoe NUTRILITE™ IRON FOLIC PLUS lyk en die inhoud van die houder

Groen gespikkelde driehoekige boogvorm, filmbedekte tablet met 'n halvering aan die bokant.

Dit is beskikbaar in wit HD poliëteleen houder met 'n ophang aftrekbare peuterbestande seël en 'n wit herseelbare peuterbestande doppie.

Pak grootte: 120 tablette.

Registrasie Nommer

Hierdie produk is nog nie deur die plaaslike owerheid geëvalueer nie.

Naam en besigheidsadres van die houder 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

www.Amway.co.za

0.1875

0.125

0.1875

4.46875

1.125

1.125

0.1875

7.875 in

NO COPY AREA

NO COPY AREA

(back)

0.1875