

PATIENT INFORMATION LEAFLET
SCHEDULING STATUS:

SO

NUTRILITE™ KIDS OMEGA-3 – soft gelatin
chewable capsules.
Cholecalciferol and concentrated Omega-3
triglycerides-fish oil
Contains sugar (Glycerol, Sucrose and Trehalose)

Each soft gelatin chewable capsule contains 105 mg of
Glycerol, 275 mg of Sucrose and 275 mg of Trehalose.

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™ KIDS OMEGA-3 is available without a doctor’s
prescription, for you to maintain good health. Nevertheless,
you still need to use NUTRILITE™ KIDS OMEGA-3 carefully
to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share NUTRILITE™ KIDS OMEGA-3 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™ KIDS OMEGA-3 is and what it is
used for
2. What you need to know before you take NUTRILITE™
KIDS OMEGA-3
3. How to take NUTRILITE™ KIDS OMEGA-3
4. Possible side-effects
5. How to store NUTRILITE™ KIDS OMEGA-3
6. Contents of the pack and other information

1. What NUTRILITE™ KIDS OMEGA-3 is and what it is
used for

NUTRILITE™ KIDS OMEGA-3 contains concentrated
omega-3 polyunsaturated fatty acids from fish oil and
vitamin D. Fish oil is the source of docosahexaenoic
acid (DHA) and eicosapentaenoic acid (EPA). Omega-3
fatty acids support normal support development of brain,
eyes and nerves. Vitamin D helps support normal growth
and bone development. It also contributes to the normal
functioning of their immune system.

2. What you need to know before you take NUTRILITE™
KIDS OMEGA-3

Do not take NUTRILITE™ KIDS OMEGA-3

- If you are hypersensitive (allergic) to any of the
ingredients (See list in section 6.0)
- If you are allergic to fish, shellfish and seafood

Warnings and precautions

NUTRILITE™ KIDS OMEGA-3 is derived from fish which may
cause allergic reactions. If you are allergic to fish, shellfish
and seafood do not take this complementary medicine.
Do not exceed daily dosage level without consulting a
relevant health care provider.
Consult a relevant health care provider for use beyond 6 months.

Other medicines and NUTRILITE™ KIDS OMEGA-3

Consult a relevant health care provider before use if
you suffer from a bleeding disorder, take blood thinning
medicines or are asthmatic with sensitivity to aspirin.
Always tell your health care provider if you are taking any
other medicine including all complementary or traditional
medicines.

NUTRILITE™ KIDS OMEGA-3 with food and, drink and alcohol
NUTRILITE™ KIDS OMEGA-3 should be given with food. This is to
help lower the chances of side effects that affect the stomach.

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 of NUTRILITE™ KIDS OMEGA-3 in pregnancy and
breastfeeding has not been established.

Driving and using machines

NUTRILITE™ KIDS OMEGA-3 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™ KIDS OMEGA-3 does not
adversely affect your ability to do so safely (See Possible
Side-effects).

Important information about some of the ingredients of
NUTRILITE™ KIDS OMEGA-3:

NUTRILITE™ KIDS OMEGA-3 Contains glycerol, sucrose
and trehalose (source of glucose), which are sugars 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™ KIDS OMEGA-3.

3. How to take NUTRILITE™ KIDS OMEGA-3

Always take NUTRILITE™ KIDS OMEGA-3 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.
Children 4 years and older: Take one soft gelatin chewable
capsule per day preferably with a liquid or as directed by
your healthcare provider.
Do not exceed the recommended daily dose unless directed
by your doctor.

If you take more NUTRILITE™ KIDS OMEGA-3 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™ KIDS OMEGA-3

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

4. Possible side-effects

NUTRILITE™ KIDS OMEGA-3 can have side effects.
Not all side effects reported for NUTRILITE™ KIDS OMEGA-3
is included in this leaflet. Should your general health
worsen or if you experience any untoward effects while
taking NUTRILITE™ KIDS OMEGA-3, please consult your
health care provider for advice.
Some less frequent side effects of OMEGA-3 fatty acids
supplementation can be serious. If any of the following
happen to you, stop taking NUTRILITE™ KIDS OMEGA-3
and tell your doctor immediately or go to the casualty
department at your nearest hospital as you will need
immediate medical attention or hospitalisation:

- Common side effects (occur in 1 to 10 users in 100):
- Stomach problems like abdominal distension
 - constipation
 - diarrhoea
 - indigestion (dyspepsia)
 - gas
 - belching (eructation)
 - acid reflux
 - feeling sick (nausea) and being sick (vomiting)

- Uncommon side effects (occur in 1 to 10 users in 1,000):
- high blood sugar levels
 - gout
 - dizziness
 - problems with taste
 - headache
 - low blood pressure
 - nose bleeds
 - blood in your stools
 - rash

- Rare side effects (occur in 1 to 10 users in 10,000):
- allergic reactions
 - itchy rash (hives or urticaria)
 - liver disorders, with possible changes in the
results of certain blood tests

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](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](https://nmrc.gov.na/documents/81630/410067/Safety+Yellow+Form.pdf/8cbbf343-3cf8-dba3-7ec1-50b881fdab26)
By reporting side effects, you can help provide
more information on the safety of NUTRILITE™ KIDS
OMEGA-3.

5. How to store NUTRILITE™ KIDS OMEGA-3

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™ KIDS OMEGA-3 after the expiry
date stated on the label. The expiry date refers to the last
day of that month.
Do not use NUTRILITE™ KIDS OMEGA-3, if you notice the
capsules have changed shape or colour.

Disposal of NUTRILITE™ KIDS OMEGA-3

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™ KIDS OMEGA-3 contains

Each Soft Gelatin Capsule Contains:

Active Substances	Quantity
Cholecalciferol (Vitamin D3)	4 µg
Concentrated Omega-3 triglycerides-Fish oil mix of: <i>Engraulis ringens</i> (Peruvian Anchovy), <i>Engraulis encrasicolus</i> (European Anchovy), <i>Sardina pilchardus</i> (European Pilchard), <i>Scomber colias</i> (Atlantic chub mackerel) and <i>Scomber japonicus</i> (Pacific chub mackerel).	403 mg
providing: Eicosapentaenoic acid Docosahexaenoic acid Total Omega 3 fatty acids	45 mg 215 mg 288 mg

The other ingredients are purified water, sucrose, trehalose,
alpha-tocopherol, ascorbyl palmitate, bovine gelatin, citric
acid, glycerol, medium triglycerides, tutti frutti flavour,
paprika extract colour, canola oil, sunflower oil, trisodium
citrate, medium chain triglycerides, mono- and diglycerides
of fatty acids.
The capsule shell is made up of bovine gelatin, glycerol,
medium-chain triglycerides, mono- and diglycerides of fatty
acids and purified water.

What NUTRILITE™ KIDS OMEGA-3 looks like and
contents of the pack

Orange, round shaped, fruity flavour.
They are available in blister pack of 30 soft gelatin
chewable capsules.
Each blister strip contains 15 soft gelatin chewable
capsules packed in white carton box with two tamper-
evident seals.

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
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

SO

NUTRILITE™ KIDS OMEGA-3 – sagte gelatien koubare kapsules.
Cholekalciferol en gekonsentreerde Omega-3 trigliseriede-vis olie.
Bevat suiker (Gliserol, Sukrose en Trehalose)

Elke sagte gelatien koubare kapsule bevat 105 mg gliserol, 275 mg sukrose en 275 mg trehalose

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™ KIDS OMEGA-3 is beskikbaar vir jou sonder ‘n dokters voorskrif vir die instandhouding van goeie gesondheid. Nietemin, moet jy egter steeds NUTRILITE™ KIDS OMEGA-3 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™ KIDS OMEGA-3 met enige person deel nie.
- Vra jou gesondheidswerker of apteker indien jy meer inligting of advies benodig.

Wat is in hierdie pamflet:

- Wat NUTRILITE™ KIDS OMEGA-3 is en waarvoor dit gebruik word
- Wat jy moet weet voordat jy NUTRILITE™ KIDS OMEGA-3 neem
- Hoe om NUTRILITE™ KIDS OMEGA-3 te gebruik
- Moontlike nuwe effekte
- Hoe om NUTRILITE™ KIDS OMEGA-3 te stoor
- Inhoud van die verpakking en ander inligting

1. Wat NUTRILITE™ KIDS OMEGA-3 is en waarvoor dit gebruik word?

NUTRILITE™ KIDS OMEGA-3 bevat gekonsentreerde omega-3 poli-onversadigde vetsure vanaf visolie en Vitamiene D. Visolie is ‘n bron van docosahexaenoïensuur (DHA) en eicosapentaenoïensuur (EHA). Omega-3 vetsure ondersteun die ontwikkeling van die brein, oë en senuwees. Vitamiene D help om ondersteuning te bied vir normale groei en been ontwikkeling. Dit dra ook by tot die normale funksionering van hulle immuunstelsel.

2. Wat jy moet weet voordat jy NUTRILITE™ KIDS OMEGA-3 neem

Moenie NUTRILITE™ KIDS OMEGA-3 gebruik

- As jy hipersensitief (allergies) vir enige van die bestanddele is nie (Gelys onder afdeling 6.0)
- Indien jy allergies is vir vis, skulpvis en seekosse

Waarskuwings en voorsorgmaatreëls

NUTRILITE™ KIDS OMEGA-3 is afkomstig van vis wat allergiese reaksies kan veroorsaak. Indien jy allergies is vir vis, skulpvis en seekosse moenie hierdie komplementêre medisyne gebruik nie.
Moet nie die aangeduide dosis oorskry nie, sonder bevestiging van jou gesondheidswerker.
Raadpleeg jou gesondheidswerker indien gebruik 6 maande oorskry.

Ander medisyne en NUTRILITE™ KIDS OMEGA-3

Raadpleeg jou gesondheidswerker voor gebruik indien jy lei aan bloed afwykings, die neem van bloedverdunners of as jy asmaties met sensitiwiteit tot aspirien.
Vertel altyd jou gesondheidverskaffer as jy enige ander medisyne neem insluitende alle komplementêre of tradisionele medisyne.

NUTRILITE™ KIDS OMEGA-3 saam met voedsel, drank en alkohol

NUTRILITE™ KIDS OMEGA-3 moet gegee word saam met kos. Dit is om die kans tot nuwe effekte wat die maag affekteer te verminder.

Swangerskap en borsvoeding

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™ KIDS OMEGA-3 jou vermoë daarvan kan negatief beïnvloed nie. (Sien Moontlike Nuwe effekte).

Belangrike inligting oor sommige van die bestanddele in NUTRILITE™ KIDS OMEGA-3:

NUTRILITE™ KIDS OMEGA-3 bevat Gliserol, Sukrose en Trehalose wat suikers is en 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™ KIDS OMEGA-3 neem.

3. Hoe om NUTRILITE™ KIDS OMEGA-3 te neem

Neem NUTRILITE™ KIDS OMEGA-3 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.
Kinders 4 jaar en ouer: Neem een sagte gelatien koubare kapsule per dag, verkieslik met ‘n vloeistof of soos aangedui deur u gesondheidswerker.
Moenie die daaglikse dosering oorskry indien nie aanbeveel was deur jou dokter nie.

As jy meer NUTRILITE™ KIDS OMEGA-3 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 vergiftigingssentrum.

As jy vergeet het om NUTRILITE™ KIDS OMEGA-3 te neem

Moenie ‘n dubbele dosis neem om die vergete dosis in te haal nie.

4. Moontlike nuwe effekte

NUTRILITE™ KIDS OMEGA-3 kan nuwe effekte hê. Nie al die nuwe effekte is gerapporteer van NUTRILITE™ KIDS OMEGA-3 en ingesluit in hierdie pamflet nie. Indien jou algemene gesondheid agteruitgaan of as jy enige onnodige effekte ondervind terwyl jy NUTRILITE™ KIDS OMEGA-3 gebruik, kontak asseblief jou dokter, apteker of ander gesondheidswerker vir advies.
Sommige minder algemene nuwe effekte met die neem van omega-3-vetsure aanvullings. Indien enige van die volgende met jou gebeur, stop om NUTRILITE™ KIDS OMEGA-3 te gebruik en vertel jou dokter onmiddelik of gaan na die naaste ongevalle afdeling of jou naaste hospitaal toe:

Algemene nuwe effekte (voorkoms in 1 tot 10 gebruikers in 100):

- Maag probleme soos abdominale swelling
- pyn,
- konstipasie
- diarree,
- slegte spysvertering (dispepsie)
- winde
- winde opbreek
- siek voel (naarheid)
- siek te wees (braking).

Minder algemene nuwe effekte (voorkoms in 1 tot 10 gebruikers in 1000):

- hoë bloedsuiker vlakke
- jig
- duiseligheid
- probleme met smaak
- hoofpyn
- lae bloeddruk
- neusbloedings
- bloed in stoelgang
- uitslag

Rare nuwe effekte (voorkoms in 1 tot 10 gebruikers in 10 000):

- allergiese reaksies
- Verhoogde rooi veluitslag (korwe of urtikarie)
- Lewer afwykings, met moontlike veranderinge in sekere bloedtoetse

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: Adverse Medicine Reaction Reporting Form <http://www.nmrc.com.na/downtipc>
Deur nuwe effekte te rapporteer, kan jy help om meer inligting te verskaf teenoor die veiligheid van NUTRILITE™ KIDS OMEGA-3.

5. Hoe om NUTRILITE™ KIDS OMEGA-3 te stoor

Stoor alle medisyne buite sig en bereik van kinders.
Stoor in die oorspronklike verpakking/houer.
Stoor teen of benede 25 °C. Hou die houer dig toe en beskerm teen lig en vog.
Moenie NUTRILITE™ KIDS OMEGA-3 gebruik na die vervaldatum op die etiket nie. Die vervaldatum verwys na die laaste dag van daardie maand.
Moenie NUTRILITE™ KIDS OMEGA-3 gebruik, indien die kapsules van kleur of vorm verander het nie.

Wegdoening van NUTRILITE™ KIDS OMEGA-3

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™ KIDS OMEGA-3 bevat

Elke sagte gelatien koubare kapsule bevat:

Aktiewe bestanddele	Hoeveelheid
Cholekalciferol (Vitamiene D3)	4 µg
Gekonsentreerde Omega-3 trigliseriede-vis olie mengsel van: <i>Engraulis ringens</i> (Peruaanse Ansjovis), <i>Engraulis encrasicolus</i> (Europese Ansjovis), <i>Sardina pilchardus</i> (Europese Sardien), <i>Scomber colias</i> (Atlantiese vet makriel) and <i>Scomber japonicus</i> (Stille oseaan vet makriel).	403 mg
wat verskaf:	
Eicosapentaenoïensuur	45 mg
Docosahexaenoïensuur	215 mg
Totale Omega 3 vetsure	288 mg

Die ander bestanddele is gesuiwerde water, sukrose, trehalose, alpha-tokoferol, askorbielpalmitaat, varkgelatien, sitroensuur, gliserol, medium trigliseriede, tutti frutti geursel, paprika ekstrak kleurstof, kanola olie, sonneblom olie, natrium trisitraat, medium ketting trigliseriede, mono en digliseriede van vetsure.

Die kapsuledop bestaan uit varkgelatien, gliserol, medium ketting trigliseriede, mono en digliseriede van vetsure en gesuiwerde wate

Hoe NUTRILITE™ KIDS OMEGA-3 lyk en die inhoud van die houer

Oranjerige, rond vormige, vrugte geur.
Dit is beskikbaar in stulpverpakking van 30 sagte gelatien koubare kapsules.
Elke stulpverpakking bevat 15 sagte gelatien koubare capsules gepak in ‘n wit karton boks met twee peuterbestande seëls.

Registrasie Nommer

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

Naam en besigheidsadres van die houer van die registrasiesertifikaat

Amway Suid Afrika (Edms) Bpk
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