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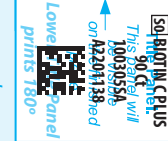
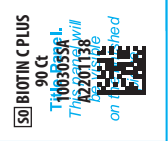
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PATIENT INFORMATION LEAFLET
SCHEDULING STATUS: [S0]
NUTRILITE™ BIOTIN C PLUS - film coated tablets
 Each film coated tablet contains:
Hydrolysed Collagen (porcine)..... 250 µg
Biotin 225 µg
L-Ascorbic acid (Vitamin C).....30 mg
Malpighia emarginata (L) (Acerola)20 mg
 (fruit, 19 - 24:1 extract standardized to 20% L-Ascorbic acid providing 380 mg - 480 mg Quantity Crude Equivalent)
Glycine..... 15 mg
Vitis vinifera (L)(Grape) 15 mg
 (seed, 30-50:1 extract standardized to 40% phenols providing 450 mg -750 mg Quantity Crude Equivalent)
L-Cysteine hydrochloride (L-Cysteine)4,5 mg
Sugar free
 Each film-coated tablet contains 0,32 mg of glycerol and 22,46 mg of maltodextrin.
D34.12 Multiple substance formulation
COMPLEMENTARY MEDICINE – HEALTH SUPPLEMENT
 This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.
Read all of this leaflet carefully because it contains important information for you.
 NUTRILITE™ BIOTIN C PLUS is available without a doctor's prescription, for you to support and maintain your hair and skin health. Health supplements are intended only to complement health or supplement your diet. Nevertheless, you still need to use NUTRILITE™ BIOTIN C PLUS carefully to get the best results from it.
 • Keep this leaflet. You may need to read it again.
 • Do not share NUTRILITE™ BIOTIN C PLUS with any other person.
 • Ask your health care provider or pharmacist if you need more information or advice.
What is in this leaflet:
 1. What NUTRILITE™ BIOTIN C PLUS is and what it is used for
 2. What you need to know before you take NUTRILITE™ BIOTIN C PLUS
 3. How to take NUTRILITE™ BIOTIN C PLUS
 4. Possible side-effects
 5. How to store NUTRILITE™ BIOTIN C PLUS
 6. Contents of the pack and other information
1. What NUTRILITE™ BIOTIN C PLUS is and what it is used for
 NUTRILITE™ BIOTIN C PLUS contains Collagen, Biotin, Glycine and L-Cysteine. Vitamin C and Biotin helps to maintain healthy skin. Vitamin C supports the normal collagen formation for the normal function of skin. Biotin contributes to the maintenance of normal skin, nail and hair. Collagen, L-Cysteine and Glycine contribute to protein synthesis in forming collagen which supports healthy skin and hair.
 "A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance."
2. What you need to know before you take NUTRILITE™ BIOTIN C PLUS
Do Not Take NUTRILITE™ BIOTIN C PLUS
 • If you are hypersensitive (allergic) to any of the ingredients (these are listed in section 6.0).
 • If you are pregnant and breastfeeding.
Warnings and precautions
 Take special care with Nutrilite™ BIOTIN C PLUS.
 Consult a relevant health care provider prior to use:
 • If you have liver or kidney disease or if you have been instructed to follow a low protein diet.
 Stop use if hypersensitivity/allergy occurs.
 Do not exceed daily dosage level without consulting a relevant health care provider.
Children and Adolescents
 Not suitable for children and adolescents under 18 years of age.
Other medicines and NUTRILITE™ BIOTIN C PLUS
 There is no known interaction of NUTRILITE™ BIOTIN C PLUS and other medicines.
 Always tell your health care provider if you are taking any other medicine including all complementary or traditional medicines.
NUTRILITE™ BIOTIN C PLUS with food and, drink and alcohol
 NUTRILITE™ BIOTIN C PLUS may be taken any time of the day preferably as recommended (See Section 3).
 Avoid use with alcohol.
Pregnancy, breastfeeding and fertility
 If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other health care provider for advice before taking this complementary medicine. Safety in pregnancy and breastfeeding has not been established.
Driving and using machines
 NUTRILITE™ BIOTIN C PLUS is not expected to influence your ability to drive. However, you should not drive, use machinery or perform tasks that require concentration until you are certain that NUTRILITE™ BIOTIN C PLUS does not adversely affect your ability to do so safely (SEE POSSIBLE SIDE-EFFECTS).
Important information about some of the ingredients of NUTRILITE™ BIOTIN C PLUS:
 NUTRILITE™ BIOTIN C PLUS Contains glycerol and maltodextrin and may have an effect on the control of your blood sugar if you have diabetes mellitus. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking NUTRILITE™ BIOTIN C PLUS.
3. How to take NUTRILITE™ BIOTIN C PLUS
 Always take NUTRILITE™ BIOTIN C PLUS exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you. Check with your doctor, pharmacist or nurse if you are not sure.
 The usual dose for Adults: Take two (2) tablets per day preferably with a meal or as directed by your healthcare provider.
 Do not exceed the recommended daily dose unless directed by your doctor.
 The tablet should be swallowed whole with water.
If you take more NUTRILITE™ BIOTIN C PLUS than you should
 In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.
If you forget to take NUTRILITE™ BIOTIN C PLUS
 Do not take a double dose to make up for forgotten individual doses.
4. Possible Side Effects
NUTRILITE™ BIOTIN C PLUS can have side effects.
 Not all side effects reported for NUTRILITE™ BIOTIN C PLUS are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking NUTRILITE™ BIOTIN C PLUS, please consult your health care provider for advice.
 If any of the following happens, stop taking NUTRILITE™ BIOTIN C PLUS, and tell your doctor immediately or go to the casualty department at your nearest hospital:
 • swelling of your hands, feet, ankles, face, mouth or throat, which may cause difficulty in swallowing or breathing.
 • rash or itching.
 • fainting.
 • yellowing of your skin and eyes, also called jaundice.
 These are all very serious side effects. If you have them, you may have had a serious allergic reaction. You may need urgent medical attention or hospitalisation. Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:
 • chest pain.
 • angina.
 • changes in the way your heart beats, for example, if you notice it beating faster, difficulty breathing.
 • signs of recurrent infections such as fever or sore throat.
 • less urine than is normal for you.
 These are all serious side effects. You may need urgent medical attention. Tell your doctor as soon as possible if you notice any of the following:
 • nausea (feeling sick).
 • abdominal cramps or stomach pains.
 • headache.
 • dizziness.
 • tiredness.
 • light-headedness.
 • dry cough.
 • muscle cramps.
 • flatulence or wind.
 • diarrhoea.
 • loss of appetite.
 If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.
Reporting of Side Effects
 If you get side effects, talk to your doctor, pharmacist or nurse. You can also report side effects to SAHPRA via the "6.04 Adverse Drug Reaction Reporting Form", found online under: SAHPRA's publications: SAHPRA via the "6.04 Adverse Drug Reaction Reporting Form", <https://www.sahpra.org.za/Publications/Index/8>.
 Botswana's publications: BOMRA via Suspected Adverse Drug Reactions Reporting Form, <https://www.bomra.co.bw/index.php/suspected-adverse-drug-reactions-reporting-form>
 Namibia's publication: Adverse Medicine Reaction (Safety Yellow Form) <https://nmrc.gov.na/documents/81630/410067/Safety+Yellow+Form.pdf/8cbb343-3c8d-dba3-7ec1-50b881fdab26>.
 May also report to Amway South Africa Pty Limited using the following email: Regulatory_Department@Amway.com.
 By reporting side effects, you can help provide more information on the safety of NUTRILITE™ BIOTIN C PLUS.
5. How to store NUTRILITE™ BIOTIN C PLUS
 Store out of reach and sight of children.
 Store in the original package/ container. Store at or below 25°C. Keep the container tightly closed to protect from light and moisture. Do not use NUTRILITE™ BIOTIN C PLUS after the expiry date stated on the label. The expiry date refers to the last day of that month. Do not use NUTRILITE™ BIOTIN C PLUS, if you notice the tablets have changed shape or colour.
Disposal of NUTRILITE™ BIOTIN C PLUS
 Return all unused medicines to your pharmacist. Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).
6. Contents of the pack and other information
What NUTRILITE™ BIOTIN C PLUS – contains
 The active substances are hydrolysed collagen, biotin, L-Ascorbic acid, *Malpighia emarginata* (L)(Acerola) fruit extract, glycine, *Vitis vinifera* (L) seed extract and L-Cysteine. The other ingredients are crosslinked sodium carboxymethylcellulose, dicalcium phosphate, glycerol, hydroxypropyl methylcellulose, maltodextrin, magnesium stearate, magnesium trisilicate microcrystalline cellulose, silicon dioxide.
 The film-coating contains hydroxypropyl methylcellulose, glycerol, silicon dioxide and carnauba wax.
What NUTRILITE™ BIOTIN C PLUS looks like and contents of the pack
 Tan, mottled, oval-shaped, bisect on one side film-coated tablet.
 It is available in white HD polyethylene container with lift 'n' peel tamper-proof seal and white polypropylene flip-top re-sealable closure containing 90 tablets.
Registration Number
 This product has not yet been allocated by the regulatory authority.
Name and Address of Holder of Certificate of Registration
 Amway South Africa (Pty) Ltd, Unit B1, 33 Brussels road, Spartan, Isando 1619.
Date of Publication
 To be allocated by the regulatory authority.
Access to the corresponding Professional Information www.Amway.co.za

GLUE PANEL

GLUE PANEL



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PASIËNTINLIGTINGSTUK

SKEDULERING STATUS [50]

NUTRILITE™ BIOTIN C PLUS - filmbedekte tablette

Elke harde gelatien kapsule bevat:

Gehidroliseerde kollageen (vark) 250 mg

Biotien 225 µg

L-Askoriesuur (Vitamiene C) 30 mg

Malpighia emarginata (L) (Acerola) 20 mg

(vrug, T9 - 24:1 ekstrak gestandaardiseerde tot 20% askoriesuur wat 380 mg - 480 mg Hoeveelheid Ru-Ekwiwalent verskaf)

Glisien 15 mg

Vitis virifera (L) (Druiwie) 15 mg

(saad, 30-50:1 ekstrak gestandaardiseerde tot 40% fenole wat 450 mg - 750 mg Hoeveelheid Ru-Ekwiwalent verskaf)

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

Suikererry

Elke film bedekte tablet bevat 0,32 mg of gliserol and 22,46 mg of maltodekstrien.

D34.12 Veelvuldige stof formule

KOMPLEMENTÊRE MEDISYNE – GESONDHEIDSAANVULLING

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

Lees alles in hierdie pamflet versigtig want dit bevat belangrike inligting vir jou.

NUTRILITE™ BIOTIN C PLUS is beskikbaar sonder 'n dokter's voorskryf vir jou om hare en vel gesondheid te ondersteun en onderhou. Gesondheidsaanvullings word slegs aanbeveel om gesondheid te komplementeer of tot aanvulling van jou dieet. Nietemin, moet jy egter steeds NUTRILITE™ BIOTIN C PLUS versigtig gebruik om die beste resultate daarvan te kry.

Hou hierdie inligtingstuk. Dit mag nodig wees dat jy dit weer moet lees.

Moet nie NUTRILITE™ BIOTIN C PLUS met enige persoon deel nie.

Vra jou gesondheidswerker of apteaker indien jy meer inligting of advies benodig.

Wat is in hierdie pamflet:

- 1. Wat NUTRILITE™ BIOTIN C PLUS is en waarvoor dit gebruik word
2. Wat jy moet weet voordat jy NUTRILITE™ BIOTIN C PLUS neem
3. Hoe om NUTRILITE™ BIOTIN C PLUS te gebruik
4. Moontlike nuwe effekte
5. Hoe om NUTRILITE™ BIOTIN C PLUS te stoor
6. Inhoud van die verpakking en ander inligting

1. What NUTRILITE™ TIN C PLUS is and waarvoor dit gebruik word?

NUTRILITE™ BIOTIN C PLUS bevat kollageen, biotien, glisien en L-sisteien. Vitamiene C en biotien help om 'n gesonde vel te handhaaf. Vitamiene C ondersteun die normale kollageenvorming vir die normale funksie van die vel. Biotien dra by tot die instandhouding van normale vel, naels en hare. Kollageen, L-sisteien en glisien dra by tot proteïensintese in die vorming van kollageen wat 'n gesonde vel en hare ondersteun.

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

Moenie NUTRILITE™ BIOTIN C PLUS gebruik

- As jy hipersensitief (allergies) vir enige van die bestanddele is nie (Gelys onder afdeling 6.0).
• Indien jy swanger is of borsvoed.

Waarskuwings en voorsorgmaatreëls

Neem spesiale sorg indien jy NUTRILITE™ BIOTIN C PLUS gebruik.

Raadpleeg jou gesondheidswerker voor jy dit neem:

- Indien jy lever of nierprobleme het of op 'n lae proteïen dieet moet volg.

Stop gebruik indien hipersensitiwiteit/allergie voorkom.

Moet nie die daaglikse vlak oorskry sonder om met jou gesondheidsorgwerker te raadpleeg nie.

Kinders en Adolesseente

Nie geskik vir die gebruik deur kinders of adolessente onder die ouderdom van 18 jaar nie.

Ander medisyne en NUTRILITE™ BIOTIN C PLUS

Daar is geen bekende interaksies van NUTRILITE™ BIOTIN C PLUS met ander medisyne nie.

Vertel altyd jou gesondheidsverskaffer as jy enige ander medisyne neem. Dit sluit alle komplementêre of tradisionele medisyne in.

NUTRILITE™ BIOTIN C PLUS saam met voedsel, drank en alkohol

NUTRILITE™ BIOTIN C PLUS kan enige tyd van die dag geneem word, verkieslik soos aanbeveel (Sien Afdeling 3).

Verny gebruik saam met alkohol.

Swangerskap, borsvoeding en fertiliteit

Indien jy swanger is of borsvoed, of indien jy dink jy kan swanger wees of beplan om swanger te raak, raadpleeg jou dokter, apteaker of ander gesondheidswerker vir advies voor jy hierdie komplementêre medisyne neem. Veiligheid tydens swangerskap of borsvoeding is nie vasgestel nie.

Bestuur en gebruik van masjinerie

Dit waarskynlik dat dit nie die bestuursvermoë of die vermoë om masjinerie te gebruik of om daarmee te werk beïnvloed nie. Nietemin, moet jy nie bestuur, masjinerie gebruik of take verrig wat konsentrasie vereis totdat jy seker is dat NUTRILITE™ BIOTIN C PLUS jou vermoë daarvan kan negatief beïnvloed nie. (Sien MOONTLIKE NUWE EFFEKTE).

Belangrike inligting oor sekere van die bestanddele in NUTRILITE™ BIOTIN C PLUS:

NUTRILITE™ BIOTIN C PLUS Bevat gliserol en maltodekstrien wat kan 'n effek hê op jou bloedsuiker vlakke indien jy diabetes mellitus het. Indien jy deur jou dokter in kennis gestel was dat jy intolerant is teenoor sekere suikers, kontak jou dokter voor jy NUTRILITE™ BIOTIN C PLUS neem.

3. Hoe om NUTRILITE™ BIOTIN C PLUS te neem

Neem NUTRILITE™ BIOTIN C PLUS altyd presies soos aangedui op die etiket of soos deur jou dokter of apteaker aangedui. Raadpleeg jou dokter, apteaker of verpleegster indien jy nie seker is nie.

Die gewone dosis slegs vir volwassenes: Neem twee (2) tablette per dag saam met 'n maaltyd of soos deur jou gesondheidsorgverskaffer aanbeveel.

Moenie die daaglikse dosering oorskry indien nie aanbeveel was deur jou dokter nie.

Die tablet moet heel gesluk word met water.

As jy meer NUTRILITE™ BIOTIN C PLUS geneem het as wat jy moet

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

As jy vergeet het om NUTRILITE™ BIOTIN C PLUS te neem

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

4. Moontlike nuwe effekte

NUTRILITE™ BIOTIN C PLUS kan nuwe effekte hê. Nie al die nuwe effekte is gerapporteer van NUTRILITE™ BIOTIN C PLUS en ingesluit in hierdie pamflet. Indien jou algemene gesondheid agteruitgaan of as jy enige onnodige effekte ondervind terwyl jy NUTRILITE™ BIOTIN C PLUS gebruik, kontak asseblief jou dokter, apteaker of ander gesondheidswerker vir advies. Indien enige van die volgende gebeur, stop dadelik om NUTRILITE™ BIOTIN C PLUS te neem, en vertel jou dokter dadelik of gaan na jou naaste noodafdeling by jou naaste hospital:

- swelling van jou hande, voete, enkels, gesig, mond of keel, wat probleme met sluk of asemhaling kan veroorsaak.
• uitslag of jeuk.
• flouheid.
• vergeling van jou vel en oë, ook genoem geelsug.
Hierdie is alles baie ernstige nuwe effekte. Indien jy hulle het, kan jy 'n ernstige allergiese reaksie gehad het. Jy benodig dringend mediese aandag of hospitalisasie. Vertel jou dokter dadelik of gaan na die naaste noodafdeling by jou naaste hospital indien jy enige van die volgende opmerk:

- borskaspyn.
• angina.

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

• tekens van herhaalde infeksies soos 'n seerkeel of koors.

• minder urine as normaal vir jou. Hierdie is almal ernstige nuwe effekte. Jy mag dringend mediese aandag benodig. Vertel jou dokter so gou as moontlik indien jy die volgende opmerk:

- buie of abdominale krampe of maagpyn.
• hoofpyn.
• duiseligheid.
• moegheid.
• lighoofdigheid.
• droë hoes.
• spierkrampe.
• windigheid 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 apteaker in kennis stel.

Rapportering van nuwe effekte

Praat met jou dokter, apteaker of verpleegster as jy nuwe effekte ervaar. Jy kan ook nuwe effekte by SAHPRA aanmeld: SAHPRA publikasies: SAHPRA via die "6.04 Rapporteer vorm vir ongewenste geneesmiddelreaksies", wat aanlyn gevind kan word.

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

Botswana publikasies: https://www.bomra.co.bw/index.php/services/patient-safety-monitoring.

Nambias publikasies: Rapporteer vorm vir ongewenste geneesmiddelreaksies (Veiligheidsgeel vorm)

https://nmrc.gov.na/documents/81630/410067/Safety+Yellow+Form.pdf/8cbfb343-3c18-dba3-7ec1-50b881fdab26.

Mag ook aan Amway Suid Afrika (Edms) Beprek rapporteer deur die volgende e-pos te gebruik:

Regulatory_Department@Amway.com.

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

5. Hoe om NUTRILITE™ BIOTIN C PLUS te stoor

Stoor alle medisyne buite die bereik en sig van kinders. Stoor in die oorspronklike verpakking/houer.

Stoor teen of benede 25°C.

Hou die houerdig toe en beskerm teen sonlig, hitte en vog. Moenie NUTRILITE™ BIOTIN C PLUS gebruik na die vervaldatum op die etiket nie. Die vervaldatum verwys na die laaste dag van daardie maand. Moenie NUTRILITE™ BIOTIN C PLUS gebruik, indien die tablette van kleur of vorm verander het nie.

Wegdoening van NUTRILITE™ BIOTIN C PLUS

Neem alle ongebruikte medisyne terug na u apteaker. Moenie ongebruikte medisyne in dreine of rioolstelsel (bv. toilet) weggooi nie.

6. Inhoud van die verpakking en ander inligting

Wat NUTRILITE™ BIOTIN C PLUS bevat

Die aktiewe stowwe is gehidroliseerde kollageen, biotien, vitamien C, Malpighia emarginata (L) (Acerola) vrug ekstrak, Vitis virifera (L) (Druiwie) saad ekstrak, glisien en L-Sisteien hidrokloried. Die ander bestanddele is gekombineerde natrium karboksimetielsellulose, kalsiumdifosfaat, gliserol, hidroksiopropiel metielsellulose, maltodekstrien, magnesiumstearaat, magnesiumsilikaat mikro-kristallyne sellulose, silikondioksied.

Die filmbedekking bevat hidroksiopropiel metielsellulose, gliserol, silikondioksied and kamauba was.

Hoe NUTRILITE™ BIOTIN C PLUS lyk en die inhoud van die houer

Bruinerige, gevlekte, ovaalvormige, halvering aan die een kant van die filmbedekte tablet.

Dit is beskikbaar in wit HD poliëteen houer met 'n oplyg peuterbestande seël en 'n wit herseleerbare polipropileen oplyg doppie wat 90 tablette bevat.

Registrasie Nommer

Hierdie produk is nog nie deur plaaslike owerheid geëvalueer nie.

Naam en besigheidsadres van die houer van die registrasiesertifikaat

Amway Suid Afrika (Edms) Bpk, Eenheid B1, Brussels weg 33, Spartan, Isando 1619.

Datum van Publikasie

Moet toegedien word deur die plaaslike owerheid.

Toegang tot die ooreenstemmende Professionele inligting

www.Amway.co.za

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