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PATIENT INFORMATION LEAFLET
SCHEDULING STATUS: [50]
NUTRILITE™ CALCIUM MAGNESIUM D PLUS – film-coated tablets.

Each film-coated tablet contains:
Calcium carbonate 490 mg providing Calcium 180 mg
Lithothamnium calcareum (Coral) 63 mg (whole powder) providing Calcium 20 mg (Total Calcium 200 mg)
Magnesium oxide 148,3 mg providing Magnesium 81,80 mg
Lithothamnium calcareum (L)(Coral) 63mg providing Magnesium 1,53 mg (Total Magnesium 83,3mg)
Cholecalciferol (Vitamin D3) 133,3 IU

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™ CALCIUM MAGNESIUM D PLUS is available without a doctor's prescription, for you to maintain your bone health. Nevertheless, you still need to use NUTRILITE™ CALCIUM MAGNESIUM D PLUS carefully to get the best results from it.

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

1. What NUTRILITE™ CALCIUM MAGNESIUM D PLUS is and what it is used for?
 NUTRILITE™ CALCIUM MAGNESIUM D PLUS contains calcium, magnesium and vitamin D. Calcium, magnesium and vitamin D contribute to the maintenance of normal bones. Regular exercise and a healthy diet with enough calcium and vitamin D help individuals maintain good bone health and may reduce the risk of osteoporosis. Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis.
 "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™ CALCIUM MAGNESIUM D PLUS
Do Not Take NUTRILITE™ CALCIUM MAGNESIUM D PLUS

- If you are hypersensitive (allergic) to any of the ingredients (See list in section 6.0).
- If you are taking other supplements containing calcium.
- If you are allergic to shellfish.
- If you have kidney problems or kidney stones.
- If you have any type of cancer of the bone.
- If you have a higher than normal level of calcium in your blood (hypercalcaemia).
- If you have very high levels of calcium in your urine (severe hypercalcaemia).

Warnings and precautions
 Take special care with Nutrilite™ CALCIUM MAGNESIUM D PLUS.
 Consult a relevant health care provider prior to use:

- If you taking other medicines containing vitamin D or calcium or magnesium.
- If you have osteoporosis (thinning of the bones) due to long periods of inactivity, such as long-term bed rest.
- If you have problems with your kidneys, for example kidney stones.
- If you have higher than normal levels of calcium in your urine (hypercalcaemia). If you are unsure your doctor will advise you.
- If you have sarcoidosis (inflammation that produces lumps of cells in various organs in the body). Your doctor will be able to tell you if you do.
- If you have previously been told by your doctor that you have an intolerance to some sugars.

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

NUTRILITE™ CALCIUM MAGNESIUM D PLUS should not be taken within 4 hours before taking these medicines.

- Calcium can decrease the effect of medicines used to treat osteoporosis such as bisphosphonates (e.g. alendronate) and strontium containing medicines.
- Calcium can decrease the effect of tetracycline antibiotics (such as doxycycline, minocycline).
- Calcium can decrease the effect of estramustine (a medicine used in chemotherapy) and levotyrosine (used to treat thyroid deficiency).
- Calcium can decrease the effect of quinolone antibiotics (such as ciprofloxacin, levofloxacin).
- Calcium can decrease the effect of medicines containing iron or fluoride.
- Calcium can decrease the effect of cardiac glycosides used to treat certain heart conditions, (such as digoxin and digoxin).
- Calcium can decrease the effect of thiazide diuretics (used in treatment of high blood pressure and oedema).
- Medicines that affect fat absorption such as orlistat, cholestyramine, liquid paraffin may reduce the amount of vitamin D you absorb.

Do not take any of these listed medicines at the same time as your NUTRILITE™ CALCIUM MAGNESIUM D PLUS. It may still be safe for you to take NUTRILITE™ CALCIUM MAGNESIUM D PLUS. You should check with doctor, pharmacist or your healthcare provider if you are unsure.

NUTRILITE™ CALCIUM MAGNESIUM D PLUS with food and drink and alcohol
 NUTRILITE™ CALCIUM MAGNESIUM D PLUS should not be taken within 2 hours of eating foods rich in oxalic acid (e.g. spinach and rhubarb), phosphate (e.g. bran), or phytic acid (e.g. whole cereals).

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™ CALCIUM MAGNESIUM D 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™ CALCIUM MAGNESIUM D PLUS does not adversely affect your ability to do so safely (See Possible Side effects).

Important information about some of the ingredients of NUTRILITE™ CALCIUM MAGNESIUM D PLUS:
 NUTRILITE™ CALCIUM MAGNESIUM D PLUS Contains ingredients from coral. If you are allergic to shellfish and seafood, do not use this complementary medicine.
 NUTRILITE™ CALCIUM MAGNESIUM D PLUS Contains maltodextrin and glycerol, 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™ CALCIUM MAGNESIUM D PLUS.

3. How to take NUTRILITE™ CALCIUM MAGNESIUM D PLUS
 Always take NUTRILITE™ CALCIUM MAGNESIUM D 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 older: Take 1 tablet two times per day preferably with a liquid or as directed by your healthcare provider.
 The usual dose for Adults 18 years and over: Take 1 tablet three times per day preferably with a liquid or as directed by your healthcare provider.
 Do not exceed the recommended daily dose except recommended by your doctor.

If you take more NUTRILITE™ CALCIUM MAGNESIUM D 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™ CALCIUM MAGNESIUM D PLUS
 Do not take a double dose to make up for forgotten individual doses.

4. Possible Side Effects
 NUTRILITE™ CALCIUM MAGNESIUM D PLUS can have side effects. Not all side effects reported for NUTRILITE™ CALCIUM MAGNESIUM D PLUS are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking NUTRILITE™ CALCIUM MAGNESIUM D PLUS, please consult your health care provider for advice.
 Uncommon side effect (affecting 1 to 10 users in 1,000):
 excess calcium levels in the blood or urine.
 Rare side effects (affecting 1 to 10 users in 10,000):
 constipation, flatulence, feeling sick (nausea), abdominal pain, diarrhoea, itching, skin rashes and hives (urticaria).
 If any of the following happens, stop taking NUTRILITE™ CALCIUM MAGNESIUM D 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?cbf343-3c8-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™ CALCIUM MAGNESIUM D PLUS.

5. How to store NUTRILITE™ CALCIUM MAGNESIUM D 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™ CALCIUM MAGNESIUM D PLUS after the expiry date stated on the label. The expiry date refers to the last day of that month. Do not use NUTRILITE™ CALCIUM MAGNESIUM D PLUS, if you notice the tablets have changed shape or colour.

Disposal of NUTRILITE™ CALCIUM MAGNESIUM D 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™ CALCIUM MAGNESIUM D PLUS contains
 The active substances in each film coated tablet are calcium, magnesium and vitamin D3.
 The other ingredients are carnauba wax, sodium croscarmellose, glycerol, hydroxypropyl methylcellulose, magnesium stearate, maltodextrin, microcrystalline cellulose, silicon dioxide.

What NUTRILITE™ CALCIUM MAGNESIUM D PLUS looks like and contents of the pack
 Grey, oval shaped film-coated tablet with white speckles. It is available in white HD polyethylene containers with a primary tamper-evident seal and secondary re-sealable flip-top closure containing 180 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.

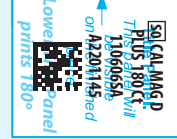
Access to the corresponding Professional Information
www.Amway.co.za

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PASIENTINLIGTINGSTUK
SKEDULERINGSSTATUS: [50]
NUTRILITE™ CAL MAG D PLUS –
film bedekte tablette.
Elke filmbedekte tablet bevat:
Kalsiumkarbonaat490 mg
wat kalsium verskaf180 mg
Lithothamium calcareum (Koraal)63 mg
(Hele poeier)
wat kalsium verskaf20 mg
(Totale Kalsium200 mg)
Magnesiumoksied148,3 mg
wat magnesium verskaf81,80 mg
Lithothamium calcareum (Koraal)63 mg
wat magnesium verskaf1,53 mg
(Totale Magnesium83,3 mg)
Cholekalsiferol (Vitamiene D3)133,3 IU

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™ CAL MAG D PLUS is beskikbaar vir jou sonder 'n dokters voorskrif jou om jou beengesondheid te handhaaf. Nietemin, moet jy eger steeds NUTRILITE™ CAL MAG D 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™ CAL MAG D 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™ CAL MAG D PLUS is en waarvoor dit gebruik word
2. Wat jy moet weet voordat jy NUTRILITE™ CAL MAG D PLUS neem
3. Hoe om NUTRILITE™ CAL MAG D PLUS te gebruik
4. Moontlike nuwe effekte
5. Hoe om NUTRILITE™ CAL MAG D PLUS te stoor
6. Inhoud van die verpakking en ander inligting

1. Wat NUTRILITE™ CAL MAG D PLUS is en waarvoor dit gebruik word?
NUTRILITE™ CAL MAG D PLUS bevat kalsium, magnesium en vitamien D. Kalsium, magnesium en vitamien D dra by tot die handhawing van normale bene. Gereelde oefening en 'n gesonde dieet met genoeg kalsium en vitamien D help individue om goeie beengesondheid te bestuur en kan die risiko van osteoporose verminder.
Kalsiumminname, wanneer dit gekombineer word met voldoende vitamien D, 'n gesonde dieet en gereelde oefening, kan die risiko van osteoporose verminder.
"n Gevarieerde dieet is die doeltreffendste en veiligste manier om goeie voeding, gesondheid, liggaamsaestelling sowel as geestelike en fisieke prestasie te bereik."

2. Wat jy moet weet voordat jy NUTRILITE™ CAL MAG D PLUS neem
Moenie NUTRILITE™ CAL MAG D PLUS gebruik
• As jy hipersensitief (allergies) vir enige van die bestanddele is (Gelys onder afdeling 6.0).
• As jy ander aanvullings in neem wat kalsium bevat.
• Indien jy allergies is vir skulpvis.
• Indien jy nierprobleme of niersteen het.
• Indien jy enige soort kanker van die been het.
• Indien jy 'n hoër as normale vlak van kalsium in jou bloed het (hiperkalsemie).
• Indien jy baie hoë vlakke van kalsium in jou urine het (ernstige hiperkalsemie).

Waarskuwings en voorsorgmaatreëls
Neem spesiale sorg met NUTRILITE™ CAL MAG D PLUS Raadpleeg jou gesondheidsorgwerker voor gebruik:
• Indien jy ander medisyne gebruik wat vitamien D of kalsium of magnesium bevat.

• Indien jy osteoporose (verduinning van die bene) het as gevolg van lang tydperke van inaktiwiteit, soos langtermyn bedrust.
• Indien jy probleme met u niere het, byvoorbeeld niersteen.
• Indien jy hoër as normale kalsiumvlakke in jou urine het (hiperkalsemie). As jy onseker is, sal jou dokter jou adviseer.
• Indien jy sarkoïdiese het (inflammasie wat klonte selle in verskeie organe in die liggaam produseer). Jou dokter sal jou kan vertel of jy dit doen.
• Indien jy voorheen deur jou dokter vertel is dat jy 'n onverdraagsaamheid vir sommige suikers het.
Moenie die daaglikse dosis oorskry sonder om met 'n relevante gesondheidsorgwerker te konsulteer nie.

Kinders en Adollesente
NUTRILITE™ CAL MAG D PLUS is nie geskik vir kinders of adollesente onder die ouderdom van 12 jaar nie.
Ander medisyne en NUTRILITE™ CAL MAG D PLUS
Vertel altyd jou gesondheidskaffer indien jy enige ander medisyne neem insluitende komplementêre en tradisionele medisyne.
NUTRILITE™ CAL MAG D PLUS moet nie binne 4 uur geneem word voordat hierdie medisyne geneem word nie.
Kalsium kan die effek van medisyne wat gebruik word om osteoporose soos bifosfonate (bv. alendronaat) en stronsium wat medisyne bevat, te verminder.
• As jy bloedplaatjie-middels of bloedverduiners gebruik.
• As jy fenitoin gebruik (gebruik vir die behandeling van epilepsie).
• As jy tetrasielien antibiotika gebruik (wat gebruik word om infeksies te behandel), soos doksisiklien en minosiklien.
• Kalsium kan die effek van tetrasielien antibiotika (soos Moenie enige van hierdie gelyste medisyne gelyktydig met jou NUTRILITE™ CALCIUM MAGNESIUM D PLUS neem nie.
• Dit is dalk steeds veilig vir jou om NUTRILITE™ CALCIUM MAGNESIUM D PLUS te neem. Jy moet jou dokter, apteker of jou gesondheidsorgwerker raadpleeg as jy onseker is.) verminder.
• Kalsium kan die effek van estramustien ('n medisyne wat in chemoterapie gebruik word) en levotiroksien verminder (wat gebruik word om skildklierkorte te behandel).
• Kalsium kan die effek van quinolone antibiotika (soos siprofloksasien, levofloksasien) verminder.
• Kalsium kan die effek van kardiaale glicosiede verminder wat gebruik word om sekere hartaestande te behandel, (soos digitoksien en digoksin).
• Kalsium kan die effek van tiaziede diuretika verminder (gebruik in die behandeling van hoë bloeddruk ededeem).
• Medisyne wat vetabsorpsie soos orlistat, cholestyramien, vloeibare paraffien beïnvloed, kan die hoeveelheid vitamien D wat jy absorbeer, verminder.
Moenie enige van hierdie gelyste medisyne gelyktydig met jou NUTRILITE™ CALCIUM MAGNESIUM D PLUS neem nie.
Dit is dalk steeds veilig vir jou om NUTRILITE™ CALCIUM MAGNESIUM D PLUS te neem. Jy moet jou dokter, apteker of jou gesondheidsorgwerker raadpleeg as jy onseker is.

NUTRILITE™ CAL MAG D PLUS saam met voedsel, drank en alkohol
Neem NUTRILITE™ CAL MAG D PLUS moet nie geneem word binne 2 uur van die eet van voedsel ryk aan oksaliese suur (bv. spinasie en rabarber), fosfaat (bv. semels) of fitiensuur (bv. volgraan) geëet word.
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 gesondheidsorgwerker vir advies voordat jy hierdie komplementêre medisyne neem.
Veiligheid in swangerskap is nog nie vasgestel nie.

Bestuur en gebruik van masjinerie
NUTRILITE™ CAL MAG D 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™ CAL MAG D PLUS die vermoë daarvan nadelig beïnvloed nie (Sien Moontlike Nuwe effekte in afdeling 4).

Belangrike inligting oor sommige van die bestanddele in NUTRILITE™ CAL MAG D PLUS:
NUTRILITE™ CAL MAG D PLUS bevat bestanddele van koraal. As jy allergies is vir skulpvis, moet u nie hierdie komplementêre medisyne gebruik nie. NUTRILITE™ CAL MAG D PLUS Bevat maltodekstrien en gliserol. Indien jy deur jou dokter u meedeel het dat u sommige suikers nie verdra nie, moet u u dokter kontak voordat jy NUTRILITE™ CAL MAG D PLUS neem.

3. Hoe om NUTRILITE™ CAL MAG D PLUS te neem
Neem NUTRILITE™ CAL MAG D 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 vir kinders 12 jaar en ouer is: Neem een (1) tablet twee keer per dag verkielik met 'n vloeistof of sops deur jou gesondheidsorgwerker gerig. Die gewone dosis vir volwassenes 18 jaar en ouer is: Neem een (1) tablet drie keer per dag verkielik met 'n vloeistof of sops deur jou gesondheidsorgwerker gerig.
Moenie die aanbevole daaglikse dosis oorskry nie behalwe deur jou dokter aanbeveel.

As jy meer NUTRILITE™ CAL MAG D 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™ CAL MAG D PLUS te neem
Moenie 'n dubbele dosis neem om die vergete dosis in te haal nie.

4. Moontlike nuwe effekte
NUTRILITE™ CAL MAG D PLUS kan nuwe effekte hê. Nie al die nuwe effekte is gerapporteer van NUTRILITE™ CAL MAG D PLUS en ingesluit in hierdie pamflet nie. Indien jou algemene gesondheid agteruitgaan of as jy enige onnodige effekte ondervind terwyl jy NUTRILITE™ CAL MAG D PLUS gebruik, kontak asseblief jou dokter, apteker of ander gesondheidsorgwerker vir advies.
Ongewone nuwe-effek (wat 1 tot 10 gebruikers in 1,000 beïnvloed): oortollige kalsiumvlakke in die bloed of urine.
Skaars nuwe-effekte (wat 1 tot 10 gebruikers in 10,000 beïnvloed): hardlywigheid, winderigheid, siek voel (naarheid), abnormale pyn, diarree, jeuk, uitslag en korwe (urticaria). Hou onmiddellik op om hierdie medisyne te gebruik en raadpleeg u dokter as u 'n allergiese reaksie het nadat u hierdie NUTRILITE™ CAL MAG D PLUS.

As jou enige nuwe-effekte opmerk wat nie in hierdie pamflet genoem word nie, moet u u dokter of apteker daarvan kennis stel.
As een van die volgende voorkom, moet u ophou om NUTRILITE™ CAL MAG D 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.
 - flouheid, beswyking.
 - vergeling 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 hospital as u een van die volgende opmerk:
- borskaspyn.
 - angina.
 - veranderinge in die manier waarop u hart klop, byvoorbeeld as u sien dat dit vinniger klop, asemhalingsprobleme.
 - tekens van herhalende infeksies soos koors of keelseer.
 - minder urine as normaal vir u.
- Dit is alles ernstige nuwe-effekte. Miskien het u dringende

mediese aandag nodig. Vertel u dokter so gou as moontlik as u een van die volgende opmerk:

- naarheid.
 - maagkrampe of maagpyn.
 - hoofpyn.
 - duiseligheid.
 - moegheid.
 - lighoofdigheid.
 - droë hoës.
 - spierkrampe.
 - winderigheid of wind.
 - diarree.
 - verlies van eetlus.
- 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: 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: Rapporteer vorm vir ongewenste geneesmiddelreaksies (Veiligheidsgeel vorm) <https://nmrc.gov.na/documents/81630/410067/Safety+Yellow+Form.pdf/cbbf343-3c8b-dba3-7ec1-50b881fdbab26>

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™ CAL MAG D PLUS.

5. Hoe om NUTRILITE™ CAL MAG D PLUS 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™ CAL MAG D PLUS gebruik na die vervaldatum op die etiket nie. Die vervaldatum verwys na die laaste dag van daardie maand. Moenie NUTRILITE™ CAL MAG D PLUS gebruik, indien die tablette van kleur of vorm verander het nie.

Wegdoening van NUTRILITE™ CAL MAG D 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™ CAL MAG D PLUS filmbedekte tablette bevat
Die aktiewe bestanddele in elke filmbedekte tablet is kalsium, magnesium en vitamien D.
Die ander bestanddele is natrium kroskarmellose, karnaabawas, gliserol, hidroksiopropielmetielcellulose, magnesiumstearaat, maltodekstrien, mikrokristallyne sellulose en silikondioksied.

Hoe NUTRILITE™ CAL MAG D PLUS lyk en die inhoud van die houer
Grys, ovaalvormige filmbedekte tablet met wit spikkels. Dit is beskikbaar in wit HD poliëteleen houers met 'n primêre peuter-duidelike seël en sekondêre her-verseelbare flip-top sluiting wat 180 tablette bevat.

Registrasie Nummer: Hierdie produk is nog nie deur plaaslike owerheid geëvalueer nie.
Naam en besigheidsadres van die houer van die registrasiesertifikaat Amway Suid Afrika (Edms) Bepker, 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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