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PATIENT INFORMATION LEAFLET
SCHEDULING STATUS: [SO]
NUTRILITE™ CHEWABLE MULTIVITAMIN - chewable tablets

Each chewable tablet contains:

Betacarotene	250 µgRAE
L-Ascorbic acid (Vitamin C)	23,5 mg
Cholecalciferol (Vitamin D3)	2,5 µg (100 IU)
D-alpha tocopheryl acid succinate (Vitamin E)	3,75 α-TE
Thiamine mononitrate (Vitamin B1)	0,45 mg
Riboflavin (Vitamin B2)	0,5 mg
Niacinamide (Vitamin B3)	6 mg NE
Pyridoxine hydrochloride (Vitamin B6)	0,5 mg
Pteroylmonoglutamic acid (Folic acid)	50 µg
Cyanocobalamin (Vitamin B12)	0,375 µg
Biotin	25 µg
Calcium pantothenate providing Pantothenic acid (Vitamin B5) ...	2 mg
Calcium carbonate	183 mg equivalent to Calcium (elemental)
Magnesium oxide	44 mg equivalent to Magnesium (elemental) ...
Zinc oxide	3,22 mg equivalent to Zinc (elemental)
Ferrous fumarate	7,9 mg equivalent to Iron (elemental)

Contains sugar:
 sucrose..... 12 mg
 dextrose..... 469 mg
 fructose..... 309 mg

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™ Chewable Multivitamin is available without a doctor's prescription, for you to support your optimal nutrition. Nevertheless, you still need to use Nutrilite™ Chewable Multivitamin carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Nutrilite™ Chewable Multivitamin with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

What is in this leaflet:

1. Chewable Multivitamin is and what it is used for
2. What you need to know before you take Nutrilite™ Chewable Multivitamin
3. How to take Nutrilite™ Chewable Multivitamin
4. Possible side effects
5. How to store Nutrilite™ Chewable Multivitamin
6. Contents of the pack and other information

1. What NUTRILITE™ CHEWABLE MULTIVITAMIN is and what it is used for?

NUTRILITE™ Chewable Multivitamin is a health supplement to support your optimal nutrition. Nutrilite™ Chewable Multivitamin contains vitamins, minerals and beta-carotene. Calcium and Vitamin D contribute to the maintenance of normal bones and teeth. It also contains Vitamin C, Iron, Zinc which contribute to a normal function of the immune system. "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™ CHEWABLE MULTIVITAMIN

Do Not Take NUTRILITE™ CHEWABLE MULTIVITAMIN
 • If you are hypersensitive (allergic) to any of the ingredients (See list in section 6.0).

• If you have fructose intolerance.
 • If you are allergic to soya or nuts.

Warnings and precautions

Take special care with Nutrilite™ CHEWABLE MULTIVITAMIN. Consult a relevant health care provider prior to use of NUTRILITE™ CHEWABLE MULTIVITAMIN:
 • If you are a tobacco smoker.
 • If you have cardiovascular diseases.
 • If you are diabetic.
 • If you are pregnant or breast feeding your baby.
 • If you take other medicines containing other mineral and vitamin supplements.
 Do not exceed daily dosage level without consulting a relevant health care provider.

Children and Adolescents

NUTRILITE™ CHEWABLE MULTIVITAMIN is not recommended for children under 4 years of age.

Other medicines and NUTRILITE™ CHEWABLE MULTIVITAMIN:
 There is no known interaction of NUTRILITE™ CHEWABLE MULTIVITAMIN 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™ CHEWABLE MULTIVITAMIN:

- Contraceptive pills increase the level of vitamin A in your blood.
- Blood thinners such as antiplatelets (like aspirin), anticoagulants (clopidogrel, heparin, warfarin) and nonsteroidal anti-inflammatory medicines (such as ibuprofen, naproxen).

The effect of blood thinners and nonsteroidal anti-inflammatory medicines may be increased resulting in longer bleeding time.

- Beta-carotene may reduce the effects of statins (such as simvastatin, atorvastatin) used to lower cholesterol.
- Orlistat (Xelical), a weight loss medicine, can reduce the absorption of beta-carotene (vitamin A) meaning your body would get less beta-carotene.
- Ongoing use of alcohol may interact with beta-carotene increasing the risk of liver damage.
- Laxatives (such as paraffin oil) and cholesterol lowering medicines (cholestyramine and colestipol) may reduce the absorption of vitamins A (beta-carotene).
- Excessive alcohol consumption increases the risk of liver damage due to Vitamin A.
- Other supplements containing vitamin A, beta-carotene and retinol. Hypervitaminosis A, or vitamin A toxicity, occurs when you have too much vitamin A in your body.

You should check with doctor, pharmacist or your healthcare provider if you are unsure.

Important information about some of the ingredients of NUTRILITE™ CHEWABLE MULTIVITAMIN:

NUTRILITE™ CHEWABLE MULTIVITAMIN contains trace amounts of soya and nuts which may cause allergic reactions. If you are allergic to soya or nuts, do not take NUTRILITE™ CHEWABLE MULTIVITAMIN.

NUTRILITE™ CHEWABLE MULTIVITAMIN Contains maltodextrin (32 mg per tablet) and may have an effect on the control of your blood sugar if you have diabetes mellitus.

NUTRILITE™ CHEWABLE MULTIVITAMIN Contains dextrose, fructose and sucrose 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™ CHEWABLE MULTIVITAMIN. NUTRILITE™ CHEWABLE MULTIVITAMIN Contains fructose, patients with the rare hereditary conditions of fructose intolerance should not take NUTRILITE™ CHEWABLE MULTIVITAMIN.

NUTRILITE™ CHEWABLE MULTIVITAMIN contains beta-carotene may increase the risk of lung cancer in smokers.

NUTRILITE™ CHEWABLE MULTIVITAMIN contains iron, an overdose could be fatal in children under 12 years.

NUTRILITE™ CHEWABLE MULTIVITAMIN with food and, drink and alcohol:

NUTRILITE™ CHEWABLE MULTIVITAMIN may be given at any time of the day, with or without food.

Pregnancy and breast-feeding:

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 NUTRILITE™ CHEWABLE MULTIVITAMIN. Safety in pregnancy and breastfeeding has not been established.

Driving and using machines

NUTRILITE™ CHEWABLE MULTIVITAMIN 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™ CHEWABLE MULTIVITAMIN does not adversely affect your ability to do so safely (See Possible side-effects).

3. How to take NUTRILITE™ CHEWABLE MULTIVITAMIN

Always take NUTRILITE™ CHEWABLE MULTIVITAMIN exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you.

The usual dose is:

- Children 4 to 8 years: Chew one (1) tablet daily;
- Children 9 to 13 years of age: Chew two (2) tablets daily;
- Adolescents 14 to 18 years: Chew three (3) tablets daily;
- Adults: Chew four (4) tablets daily.

Take tablets preferably with meals or as directed by your healthcare provider.

Do not exceed the recommended daily dose unless directed by your doctor.

4. Possible Side Effects

NUTRILITE™ Chewable Multivitamin can have side effects. Not all side effects reported for NUTRILITE™ CHEWABLE MULTIVITAMIN are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking NUTRILITE™ CHEWABLE MULTIVITAMIN, please consult your health care provider for advice.

Like all medicines, this complementary medicine can cause side effects, although not everybody gets them. If any of the following happens, stop taking NUTRILITE™ CHEWABLE MULTIVITAMIN 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.
- 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/8cbbf343-3cfd-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™ CHEWABLE MULTIVITAMIN.

5. How to store NUTRILITE™ CHEWABLE MULTIVITAMIN

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™ CHEWABLE MULTIVITAMIN after the expiry date stated on the label. The expiry date refers to the last day of that month. Do not use NUTRILITE™ CHEWABLE MULTIVITAMIN, if you notice the tablets have changed shape or colour.

Disposal of NUTRILITE™ Chewable Multivitamin

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™ CHEWABLE MULTIVITAMIN Contains
 The active substances are betacarotene, L-ascorbic acid, cholecalciferol, d-alpha tocopheryl acid succinate, thiamine mononitrate, riboflavin, niacinamide, pyridoxine hydrochloride, pteroylmonoglutamic acid, cyanocobalamin, biotin, calcium pantothenate, calcium carbonate, magnesium oxide, zinc oxide and ferrous fumarate.

The other ingredients are dextrose, fructose, maltodextrin, tropical fruit flavour, partially hydrogenated oil, fruit punch flavour, tartaric acid, microcrystalline cellulose, corn starch, stearic acid, silicon dioxide, sucrose.

What NUTRILITE™ Chewable Multivitamin look like and contents of the pack:

Off-white, speckled, round chewable tablet, embossed with a soccer ball on the lower side.

It is available in white HD polyethylene container with lift 'n' peel tamper-proof seal and white re-sealable child-resistant closure containing 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

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PASIËNTINLIGTINGSTUK
SKEDULERING STATUS: [50]
NUTRILITE™ CHEWABLE MULTIVITAMIN –
koubare tablette

Elke koubare tablet bevat:

Betakaroteen	250 ug RAE
L- Askorbienuur (Vitamiene C)	23.5 mg
Cholekalsiferol (Vitamiene D3)	2.5 ug (100 IU)
D-alfa tokoferoluur suksinaat (Vitamiene E)	3,750-TE
Tiamien mononitraat (Vitamiene B1)	0.45 mg
Riboflavien (Vitamiene B2)	0.5 mg
Niasinamid (Vitamiene B3)	6 mg NE
Pyridoksien hidrokloried (Vitamiene B6)	0.5 mg
Pteroylnomoglutamiesuur (Foliesuur)	50 ug
Sianokobalamien (Vitamiene B12)	0.375 ug
Biotien	25 ug
Kalsium pantotenaat	
wat Pantotieneseur (Vitamiene B5) verskaf ...	2 mg
Kalsiumkarbonaat	183 mg
ekwivalent Kalsium (elementele)	68 mg
Magnesiumoksied	44 mg
ekwivalent Magnesium (elementele)	25.5 mg
Sinkoksied	3,22 mg
ekwivalent Sink (elementele)	2,5 mg
Ysterhoudende fumarat	7,9 mg
ekwivalent Yster (elementele)	2,5 mg

Bevat suiker:

sukrose	12 mg
dektrose	469 mg
fruktose	309 mg

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™ CHEWABLE MULTIVITAMIN is beskikbaar sonder 'n dokter se voorskrif om jou optimale voeding te onderhou. Nietemin, moet jy NUTRILITE™ CHEWABLE MULTIVITAMIN gebruik versigtig om die beste resultate daarvan te kry.

- Hou hierdie inligtingstuk. Dit mag nodig wees dat jy dit weer moet lees.
- Moet nie NUTRILITE™ CHEWABLE MULTIVITAMIN 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™ CHEWABLE MULTIVITAMIN is en waarvoor dit gebruik word
2. Wat jy moet weet voordat jy NUTRILITE™ CHEWABLE MULTIVITAMIN neem
3. Hoe om NUTRILITE™ CHEWABLE MULTIVITAMIN te gebruik
4. Moontlike nuwe effekte
5. Hoe om NUTRILITE™ CHEWABLE MULTIVITAMIN te stoor
6. Inhoud van die verpakking en ander inligting

1. Wat NUTRILITE™ CHEWABLE MULTIVITAMIN is en waarvoor word dit gebruik.
 NUTRILITE™ CHEWABLE MULTIVITAMIN is 'n gesondheidsaanvulling om jou optimale voeding te onderhou. NUTRILITE™ CHEWABLE MULTIVITAMIN bevat vitamienes, minerale en betakaroteen. Kalsium en Vitamiene D dra by tot die handhawing van normale bene en tande. Dit bevat ook vitamien C, yster, sink wat bydra tot die normale funksie van die immuunsisteem.

"n Gevaarlike diët is die doeltreffendste en veiligste manier om goeie voeding, gesondheid, liggaamsamstelling sowel as geestelike en fisiese prestasie te bereik."

2. Wat jy moet weet voordat jy NUTRILITE™ CHEWABLE MULTIVITAMIN neem

Moenie NUTRILITE™ CHEWABLE MULTIVITAMIN neem

- As jy hipersensitief (allergies) vir enige van die bestanddele NUTRILITE™ CHEWABLE MULTIVITAMIN is nie (Gelys onder afdeling 6.0).
- Indien jy fruktose-intoleransie het.
- Indien jy allergies is vir soja of neute.

Waarskuwings en voorsorgmaatreëls
 Neem spesiale sorg met NUTRILITE™ CHEWABLE MULTIVITAMIN. Raadpleeg u gesondheidswerker voor gebruik: Raadpleeg u gesondheidswerker voor gebruik NUTRILITE™ CHEWABLE MULTIVITAMIN:

- Indien jy 'n roker is.
- Indien jy lei aan kardiovaskulêre siektes.
- Indien jy swanger is of jou baba borsvoed.

Moenie die daaglikse dosis oorskry sonder om 'n relevante gesondheidsorgverskaffer te raadpleeg nie.

Kinders en Adolesente
 NUTRILITE™ CHEWABLE MULTIVITAMIN is nie geskik vir die gebruik deur kinders onder die ouderdom van 4 jaar nie.

Ander medisyne en NUTRILITE™ CHEWABLE MULTIVITAMIN
 Daar is geen bekende interaksies van NUTRILITE™ CHEWABLE MULTIVITAMIN 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™ CHEWABLE MULTIVITAMIN interaksies daarmee kan hê:

- Voorhoedepille verhoog die vlak van vitamien A in jou bloed.
- Bloedverdunners soos teenplaatjies (soos aspirien), antikoagulanse (klopidogrel, heparien, warfarin) en niesteroidale anti-inflammatoriese medisyne (soos ibuprofen, naproksen).
- Indien jy ander medisyne neem wat minerale of vitamien bevat.

Die effek van bloedverdunners en niesteroidale anti-inflammatoriese medisyne kan verhoog word, wat lei tot tanger bloedingstyd.

- Betakaroteen kan die effekte van statiene (soos simvastatin, atorvastatin) wat gebruik word om cholesterol te verlaag, verminder.
- Orlistat (Xenical), 'n gewigsverliesmedisyne, kan die absorpsie van betakaroteen (vitamiene A) verminder, wat beteken dat jou liggaam minder betakaroteen sal kry.
- Deurlopende gebruik van alkohol kan interaksie met betakaroteen hê, wat die risiko van lewerskade verhoog.
- Laksemiddels (soos paraffinolie) en cholesterol-lagende medisyne (cholestiramiene en kolestipol) kan die absorpsie van betakaroteen verminder.
- Oormatige alkoholgebruik verhoog die risiko van lewerskade as gevolg van vitamien A.
- Ander aanvullings wat vitamien A, betakaroteen en retinol bevat. Hipervitaminoëse A, of vitamien A-toksiteit, vind plaas wanneer jy te veel vitamien A in jou liggaam het.
- Jy moet jou dokter, apteker of jou gesondheidsorgverskaffer raadpleeg as jy onseker is.

Vra jou dokter, apteker of gesondheidsorgverskaffer as jy onseker is.

Belangrike inligting oor sekere van die bestanddele in NUTRILITE™ CHEWABLE MULTIVITAMIN:

NUTRILITE™ CHEWABLE MULTIVITAMIN bevat soja of neute wat allergiese reaksies kan veroorsaak. As u allergies is vir soja of neute, moenie NUTRILITE™ CHEWABLE MULTIVITAMIN neem nie. NUTRILITE™ CHEWABLE MULTIVITAMIN bevat maltodekstrien en kan 'n effek hê op jou bloedsuiker vlakke indien jy diabetes mellitus het.

NUTRILITE™ CHEWABLE MULTIVITAMIN Bevat dektrose, fruktose en sukrose en maltodekstrien 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™ CHEWABLE MULTIVITAMIN neem.

NUTRILITE™ CHEWABLE MULTIVITAMIN bevat fruktose, pasiënte met die seldsame oorerlike toestande van fruktose-intoleransie moet dit nie neem nie NUTRILITE™ CHEWABLE MULTIVITAMIN. NUTRILITE™ CHEWABLE MULTIVITAMIN bevat yster, wat fataal kan wees vir kinders onder 12 jaar.

NUTRILITE™ CHEWABLE MULTIVITAMIN saam met voedsel, drank en alkohol
 NUTRILITE™ CHEWABLE MULTIVITAMIN kan enige tyd van die dag geneem word, met of sonder maaltye.

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, 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
 NUTRILITE™ CHEWABLE MULTIVITAMIN word nie verwag om jou bestuursvermoë te beïnvloed nie. Nietemin, moet jy nie bestuur, masjinerie gebruik of take verrig wat konsentrasie vereis totdat jy seker is dat NUTRILITE™ CHEWABLE MULTIVITAMIN jou vermoë nadelig beïnvloed veilig nie. (Sien Moontlike Nuwe effekte in afdeling 4).

3. Hoe om NUTRILITE™ CHEWABLE MULTIVITAMIN te neem
 Neem NUTRILITE™ CHEWABLE MULTIVITAMIN 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 is:

- Kinders 4 tot 8 jaar: Kou een (1) tablet daaglik.
- Kinders 9 tot 13 jaar: Kou twee (2) tablette daaglik.
- Adolesente 14 tot 18 jaar: Kou drie (3) tablette daaglik.
- Volwassenes: Kou vier (4) tablette daaglik.

Neem 'n tablette verkieslik met maaltyd of soos deur jou gesondheidswerker aanbeveel.

Moenie die aanbevole daaglikse dosis oorskry nie behalve deur jou dokter aanbeveel.

4. Moontlike nuwe effekte
 NUTRILITE™ CHEWABLE MULTIVITAMIN kan nuwe effekte hê. Nie al die nuwe effekte is gerapporteer van NUTRILITE™ CHEWABLE MULTIVITAMIN en ingesluit in hierdie pamflet nie. Indien jou algemene gesondheid agteruitgaan of as jy enige onnodige effekte ondervind terwyl jy NUTRILITE™ CHEWABLE MULTIVITAMIN gebruik, kontak asseblief jou dokter, apteker of ander gesondheidswerker vir advies.

Hou onmiddellik op om hierdie medisyne te gebruik en raadpleeg u dokter as u 'n allergiese reaksie het nadat u hierdie NUTRILITE™ CHEWABLE MULTIVITAMIN.

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

- swelling van jou hande, voete, enkels, gesig, mond of keel, met probleme met sluk of asemhaling kan veroorsaak.
- uitslag of jeuk.
- flouheid.
- Vergelying 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 hoofafdeling by jou naaste hospital indien jy enige van die volgende opmerk:

- borskaspin.
- angina.
- veranderinge in die manier wat jou hart klop, soos byvoorbeeld, indien jy opmerk dit vinniger klop, moeilike asemhaling.
- tekens van herhaalde infeksies soos 'n seerkeel of koors.
- minder urie 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:

- naarheid.
- abdominale krampe of maagpyn.
- hoofpyn.

- duiseligheid.
- moegheid.
- lighoofdigheid.
- droë hoës.
- 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 Rapporteer vorm vir ongewenste geneesmiddelreaksies", wat aanlyn gevind kan word.

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

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

Namibia publikasies: Rapporteer vorm vir ongewenste geneesmiddelreaksies (Veiligheidsgevolg vorm) <https://nmrc.gov.na/documents/81630/410067/Safety+Yellow+Form.pdf/8cbbf343-3c18-dba3-7ec1-50b881fdab26>.

Mag ook aan Amway Suid Afrika (Edms) Beperk 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™ CHEWABLE MULTIVITAMIN.

5. Hoe om NUTRILITE™ CHEWABLE MULTIVITAMIN te stoor
 Stoor alle medisyne buite die 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™ CHEWABLE MULTIVITAMIN gebruik na die vervaldatum op die etiket nie. Die vervaldatum verwys na die laaste dag van daardie maand. Moenie NUTRILITE™ CHEWABLE MULTIVITAMIN gebruik, indien die tablette van kleur of vorm verander het nie.

Wegdoening van NUTRILITE™ CHEWABLE MULTIVITAMIN
 Neem alle ongebruikte medisyne terug na u apteker. Moenie ongebruikte medisyne in diene of rioolsisteme (bv. toilette) weggooi nie.

6. Inhoud van die verpakking en ander inligting
Wat NUTRILITE™ CHEWABLE MULTIVITAMIN Bevat
 Die aktiewe bestanddele betakaroteen, L- Askorbienuur, cholekalsiferol, d-alfa tokoferoluur suksinaat, tiamien mononitraat, riboflavien, niasinamid, pyridoksien hidrokloried, foliensuur, sianokobalamien, biotien, kalsium pantotenaat, kalsiumkarbonaat, magnesiumoksied, sinkoksied en ysterhoudende fumarat. Die ander bestanddele is dektrose, fruktose, maltodekstrien, tropiese vrug geur, gedeeltelike hidrogenoëerde palmolie, vrugpous geursel, tartaarsuur, mikro-kristallyne sellulose, meliëstysel, steariensuur, silikondoksied, sukrose.

Hoe NUTRILITE™ CHEWABLE MULTIVITAMIN lyk en die inhoud van die houer
 Effens wit, gespikkelde, ronde koubare tablet, gedruk met 'n sokkebal aan die onderkant. Dit is beskikbaar in wit HD polietileen houer met 'n oplyg peuterbestande seël en 'n wit herseelbare polipropileen oplyg doppe wat 120 tablette bevat.

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) 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

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