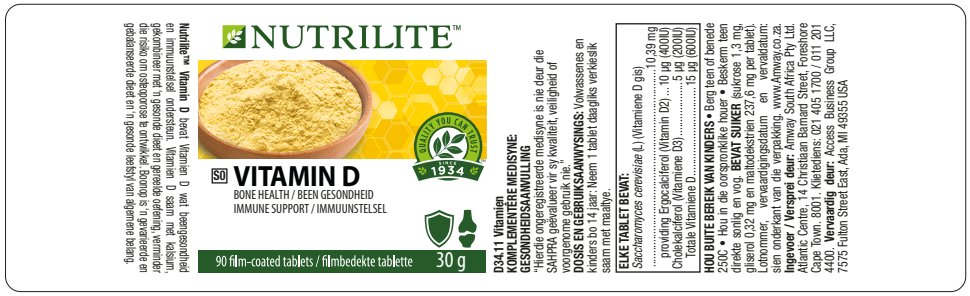
PROOF

BASE

MOCK-UP
DO NOT REMOVE



2. Wat jy moet weet voordat jy NUTRILITE™ VITAMIN D neem
3. Hoe om NUTRILITE™ VITAMIN D te gebruik
4. Moontlike newe effekte
5. Hoe om NUTRILITE™ VITAMIN D te stoor
6. Inhoud van die verpakking en ander inligting

1. Wat NUTRILITE™ VITAMIN D is en waarvoor dit gebruik word?

NUTRILITE™ VITAMIN D bevat vitamien D wat beengesondheid en immuunstelsel ondersteun. Vitamien D saam met kalsium, gekombineer met 'n gesonde dieet en gereelde oefening, verminder die risiko om osteoporose te ontwikkel.

2. Wat jy moet weet voordat jy NUTRILITE™ VITAMIN D neem

Moenie NUTRILITE™ VITAMIN D gebruik

- As jy hipersensitief (allergies) vir enige van die bestanddele is nie (Gelys onder afdeling 6.0)
- Indien jy hoëvlakke van kalsium het in jou bloed of uriene
- Indien jy nierstene of kalsium aanpaksels in jou niere het
- Indien jy erge nierversaking het
- Indien jy alreeds additionele Vitamiene D aanvullings gebruik (bv. multivitamiene of gesondheidsaanvullings

wat vitamien D bevat).

Waarskuwings en voorsorgmaatreëls

Wees veral versigtig met NUTRILITE ™ VITAMIN D, raadpleeg 'n relevante gesondheidsorgverskaffer voor gebruik:

- As jy niersiekte het;
- As jy vir hartsiekte behandel word
- As jy sarkoïdose het;

As jy reeds bykomende dosisse kalsium neem of vitamien D. Jou dokter sal jou bloedvlakke van monitor kalsium om seker te maak hulle is nie te hoog nie.

Kinders

Nie geskik vir die gebruik deur kinders onder die ouderdom van 14 jaar nie.

Ander medisyne en NUTRILITE™ VITAMIN D

Vertel altyd jou gesondheidverskaffer as jy enige ander medisyne neem. Dit sluit alle komplementêre of tradisionele medisyne in. Raadpleeg 'n gesondheidsorgverskaffer voordat u die volgende gebruik:

- Diuretikas (water tablette) – jou bloed kalsium moet gereeld gemoniteer word
- Kortikosteroïede ('steroïede' bv. prednisoloon en deksametasoon)
- Cholesteramien ('n cholesterol verlagende medisyne) of lakseermiddels (bv. paraffien olie) – kan die absorpsie van Vitamiene D verminder
- Hart medisyne (hartglikosiede) – jou dokter moet jou moniteer en moontlik jou EKG en bloed kalsium vlakke moet gemoniteer word
- Antikonvulsante (vir die behandeling van epilepsie), slaap medisyne (bv. hidantoïen, barbiturate) of primidoon – kan die effek van Vitamiene D verminder
- Kalsitonien, etidronaat, galliumnitraat, pamidronaat of plikamisien – kan bloed kalsium vlakke verlaag
- Magnesium bevattende produkte (bv. teensuurmiddels) – moet nie saam met Vitamiene D gebruik word nie as gevolg van die risiko to verhoogde magnesium vlakke
- Fosfor bevattende produkte in groot maat – kan die risiko

tot hoër fosfor vlakke verhoog

NUTRILITE™ VITAMIN D saam met voedsel, drank en alkohol

NUTRILITE™ VITAMIN D mag op enige tyd van die dag geneem word, verkieslik met 'n maaltyd soos aanbeveel (sien afdeling 3) sonder alkohol.

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™ VITAMIN D jou vermoë daarvan kan negatief beïnvloed nie. (Sien Moontlike Newe effekte).

Belangrike inligting oor sommige van die bestanddele in NUTRILITE™ VITAMIN D:

NUTRILITE™ VITAMIN D bevat sukrose, maltodekstrien en gliserol, 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™ VITAMIN D neem. NUTRILITE™ VITAMIN D bevat soya en neuter wat allergiese reaksies kan veroorsaak.

3. Hoe om NUTRILITE™ VITAMIN D te neem

Neem NUTRILITE™ VITAMIN D 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. Volwassenes en kinder bo 14 jaar: Neem een tablet daagliks verkieslik met 'n maaltyd of soos aangedui deur u gesondheidswerker. Moenie die daaglikse dosering oorskry indien nie aanbeveel was deur jou dokter nie.

As u meer NUTRILITE ™ VITAMIEN D neem as wat u moet

Raadpleeg u dokter of apteker in geval van oordosis. As daar nie een beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

As u vergeet om NUTRILITE ™ VITAMINE D in te neem Moenie 'n dubbele dosis neem om die vergete individuele dosisse in te haal nie.

4. Moontlike newe effekte

NUTRILITE™ VITAMIN D kan newe effekte hê. Nie al die newe effekte is gerapporteer van NUTRILITE™ VITAMIN D en ingesluit in hierdie pamflet nie. Indien jou algemene gesondheid agteruitgaan of as jy enige onnodige effekte ondervind terwyl jy NUTRILITE™ VITAMIN D gebruik, kontak asseblief jou dokter, apteker of ander gesondheidswerker vir advies. Sommige minder gereelde newe effekte van NUTRILITE™ VITAMIN D kan ernstig wees. Indien enige van die volgende met jou gebeur, stop om NUTRILITE™ VITAMIN D te gebruik en vertel jou dokter onmiddelik of gaan na die naaste ongevalle afdeling of jou naaste hospitaal toe, omdat jy onmiddelike mediese aandag of hospitalisasie benodig.

- Indien jy enige van die simptome of ernstige allergiese reaksies, soos opgeswelde gesig, lippe, tong of keel, moeilikheid het om te sluk, korwe of moeilike asemhaling

Ongewone newe effekte:

- Te veel kalsium in jou bloed (hiperkalsemia) – simptome sluit in die volgende naarheid, braking, verlies van aptyt, konstipasie en maagkrampe.

Rapportering van newe effekte

Praat met jou dokter, apteker of verpleegster as jy newe effekte ervaar. Jy kan ook newe 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: Adverse Medicine Reaction Reporting

Form http://www.nmrc.com.na/downtipc

Deur newe effekte te rapporteur, kan jy help om meer inligting te verskaf teenoor die veiligheid van NUTRILITE™ VITAMIN D.

5. Hoe om NUTRILITE™ VITAMIN D te stoor

HOU BUITE DIE BEREIK VAN KINDERS.

Stoor in die oorspronklike verpakking/houer. Hou die houer dig toe en beskerm teen lig, hitte en vog. Stoor benede 25°C. Moenie NUTRILITE™ VITAMIN D gebruik na die vervaldatum op die etiket nie. Die vervaldatum verwys na die laaste dag van daardie maand. Moenie NUTRILITE™ VITAMIN D gebruik, indien die tablette van kleur of vorm verander het nie.

Wegdoening van NUTRILITE™ VITAMIN D

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™ VITAMIN D bevat

Die aktiewe stof is vitamien D.

Elke filmbedekte tablet bevat:

Saccharomyces cerevisiae (L) (Vitamiene D gis) .... 10,39 mg
providing Ergocalciferol (Vitamiene D2) 10 µg (400IU)
Cholekalciferol (Vitamiene D3) .... 5 µg (200IU)
Totale Vitamiene D..................... 15 µg (600IU)

Die ander bestanddele is maltodekstrien, mikrokristallyne sellulose, croskarmellose natrium, stysel natriumokteniel suksinaat, hidroksipropiel metielsellulose, silikondioksied, sucrose, gliserol, steariensuur, natriumaskorbaat, dl-alfatokoferol, karnauba was. Die filmdekking bevat hidroksipropiel metielsellulose, gliserol, silikondioksied and karnauba was.

Hoe NUTRILITE™ VITAMIN D lyk en die inhoud van die houer

Ligte roomkleurige tot wit ovaalvormige, filmbedekte tablet. Dit is beskikbaar in wit HD poliëtileen houer met 'n oplig peuterbestande seël en 'n wit herseelbare polipropileen oplig doppie wat 90 tablette bevat.

Registrasie Nommer ierdie produk is nog nie deur die plaaslike owerhied geevalueer nie.

Naam en besigheidsadres van die houer van die registrasiesertifikaat

Amway Suid Afrika (Edms) Bpk Atlantiese Sentrum, 14 Christiaan Barnard Straat, Foreshore, Kaapstad 8001

Datum van Publikasie Moet toegedien word deur die plaaslike owerheid.

Toegang tot die ooreenstemmende Professionele inligting www.Amway.co.za

PATIENT INFORMATION LEAFLET
SCHEDULING STATUS S0
NUTRILITE™ VITAMIN D – film-coated tablets
Ergocalciferol (Vitamin D2) and Cholecalciferol (Vitamin D3)
Contains sugar (sucrose, maltodextrin, glycerol 0,32 mg)
Each film-coated tablet contains sucrose 1.3 mg; maltodextrin 237,6 mg; glycerol 0,32 mg.
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™ VITAMIN D is available without a doctor's prescription, for you to maintain your bone health and immune support. Nevertheless, you still need to use NUTRILITE™ VITAMIN D carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share NUTRILITE™ VITAMIN D with any other person.
- Ask your health care provider or pharmacist if you need

What is in this leaflet?

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

1. What NUTRILITE™ VITAMIN D is and what it is used for

NUTRILITE™ VITAMIN D contains Vitamin D which supports bone health and immune system. Vitamin D taken with Calcium combined with a healthy diet and regular exercise, may reduce the risk of developing osteoporosis.

2. What you need to know before you take NUTRILITE™ VITAMIN D

Do Not Take NUTRILITE™ VITAMIN D

- If you are hypersensitive (allergic) to any of the ingredients or any of the other ingredients (listed in section 6).
- If you have high levels of calcium in your blood or urine.
- If you have kidney stones or calcium deposits in your kidneys.
- If you have severe renal impairment.
- If you are already taking additional doses of vitamin D (e.g. multivitamins or health supplements containing vitamin D).

Warnings and precautions

Take special care with NUTRILITE™ VITAMIN D, consult a relevant health care provider prior to use:

- If you have kidney disease;
- If you are being treated for heart disease
- If you have sarcoidosis;

If you are already taking additional doses of calcium or Vitamin D, your doctor will monitor your blood levels of calcium to make sure they are not too high.

Children and Adolescents

NUTRILITE™ VITAMIN D is not recommended for children under 14 years of age.

Other medicines and NUTRILITE™ VITAMIN D

- Diuretics (water tablets) – your blood calcium levels will be monitored regularly
- Corticosteroids ('steroids' e.g. prednisolone, dexamethasone)
- Cholestyramine (a cholesterol lowering medicine) or laxatives (e.g. paraffin oil) – they reduce vitamin D absorption
- Heart medicines (cardiac glycosides) – you should be monitored by a doctor and possibly your ECG and your blood calcium levels will be monitored
- Anticonvulsants (for the treatment of epilepsy), sleeping medicines (e.g. hydantoin, barbiturates) or primidone – these reduce the effect of vitamin D
- Calcitonin, etidronate, gallium nitrate, pamidronate or plicamycin – these decrease blood calcium levels
- Calcium containing products in high doses: these increase the risk of high blood calcium levels
- Magnesium containing products (e.g. antacids) – these should not be used with vitamin D because of the risk of high magnesium levels
- Phosphorus containing products in large doses – these increase the risk of high phosphate blood levels

NUTRILITE™ VITAMIN D with food and, drink and alcohol

NUTRILITE™ VITAMIN D may be taken at any time of the day, preferably with a meal as recommended (See Section 3) without 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™ VITAMIN D 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™ VITAMIN D does not adversely affect your ability to do so safely (See Possible side-effects).

Important information about some of the ingredients of NUTRILITE™ VITAMIN D:

NUTRILITE™ VITAMIN D **Contains sucrose, maltodextrin and glycerol,** 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™ VITAMIN D. NUTRILITE™ VITAMIN D contain soy and nuts which may cause allergic reactions.

3. How to take NUTRILITE™ VITAMIN D

Always take NUTRILITE™ VITAMIN D 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. Adults and children above 14 years: Take 1 tablet daily preferably with meals or as directed by your healthcare provider. Do not exceed the recommended daily dose unless directed by your doctor.

If you take more NUTRILITE™ VITAMIN D 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™ VITAMIN D

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

4. Possible Side Effects

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

- If you experience symptoms of serious allergic reactions, such as swollen face, lips, tongue or throat, difficult to swallow, hives and difficulty breathing.

Uncommon side effects:

- Too much calcium in your blood (hypercalcaemia) – symptoms include nausea, vomiting, lack of appetite, constipation, stomach-ache.

Reporting of Side Effects

If you get side effects, talk to your doctor or pharmacist or nurse. You can also report side effects 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: https://www.bomra.co.bw/index.php/services/patient-safety-monitoring.
Nambia's publication: Adverse Medicine Reaction Reporting
Form http://www.nmrc.com.na/downtipc
By reporting side effects, you can help provide more information on the safety of Nutrilite™ Vitamin D.

5. How to store NUTRILITE™ VITAMIN D

Store all medicines out of reach of children. Store in the original package/container. Keep the container tightly closed to protect from light and moisture. Do not store above 25°C. Keep the container in the outer carton. Do not use NUTRILITE™ VITAMIN D after the expiry date stated on the label. The expiry date refers to the last day of that month. Do not use NUTRILITE™ VITAMIN D Tablets, if you notice the tablets have changed shape or colour.

Disposal of NUTRILITE™ VITAMIN D

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™ VITAMIN D Contains

The active substance is vitamin D.
Each film coated tablet contains:
Saccharomyces cerevisiae (L) (Vitamin D Yeast) .... 10,39 mg
providing Ergocalciferol (Vitamin D2) .... 0 µg (400IU)
Cholecalciferol (Vitamin D3) .... 5 µg (200IU)
Total Vitamin D 15µg (600IU)

The other Ingredients are maltodextrin, microcrystalline cellulose, croscarmellose sodium, starch sodium octenyl succinate, hydroxypropyl methyl cellulose, silicon dioxide, sucrose, glycerol, stearic acid, sodium ascorbate, medium chain triglycerides, dl-alpha-tocopherol, carnauba wax. The film-coating contains hydroxypropyl methyl cellulose, glycerol, silicon dioxide and carnauba wax.

What NUTRILITE™ VITAMIN D look like and contents of the pack

Light cream white oval shaped film coated tablet. It is available in white HD polyethylene container with lift 'n' peel tamper-proof seal and white re-sealable polypropylene flip- top closure containing 90 tablets.

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 Atlantic Centre, 14 Christiaan Barnard Street, Foreshore, Cape Town 8001

Date of Publication To be allocated by the regulatory authority.

Access to the corresponding Professional Information

www.Amway.co.za

PASIËNTINLIGTINGSTUK
SKEDULERING STATUS S0
NUTRILITE™ VITAMIN D film bedekte tablette
Ergocalciferol (Vitamiene D2) en cholekalciferol (Vitamiene D3)
Bevat suiker (sukrose; maltodekstrien; gliserol)
Elke film bedekte tablet bevat 1.3 mg of sukrose 237,6 mg of maltodekstrien and 0,32 mg of gliserol.
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™ VITAMIN D is beskikbaar vir jou sonder 'n dokters voorskrif vir die instandhouding van bene, tande en gesonde immuunfunksie. Jy moet egter steeds NUTRILITE™ VITAMIN D 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™ VITAMIN D met enige person deel nie.
- Vra jou gesondheidswerker of apteker indien jy meer inligting of advies benodig

Wat is in hierdie pamflet:

1. Wat NUTRILITE™ VITAMIN D is en waarvoor dit gebruik word