

PROFESSIONAL INFORMATION

SCHEDULING STATUS

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1. NAME OF THE MEDICINE

VitaTech Multi Vitamin & Minerals Men Tablets 30

2. COMPOSITION

Each tablet contains:

Ingredients:	Elemental:
Vitamin A (as Palmitate)	450 mcg RE
Vitamin B ₁ (as Nicotinamide HCL)	0,6 mg
Vitamin B ₂ (as Riboflavin)	0,7 mg
Vitamin B ₃ (as Nicotinamide)	8,0 mg
Vitamin B ₆ (as Thiamine HCL)	0,9 mg
Vitamin B ₁₂ (as CyanocobalamIn)	1,2 mcg
Vitamin B ₇ (as D-Biotin)	15,0 mcg
Vitamin C (as L-Ascorbic Acid)	100,0 mg
Vitamin D ₃ (as Cholecalciferol)	7,5 mcg
Vitamin E (as dl-Alpha Tocopherol Acetate)	7,5 mcg
Vitamin B ₉ (as Folic Acid)	200,0 mcg
Vitamin B ₅ (as Pantothenic Acid)	2,5 mg
Calcium (as Carbonate)	65,0 mg
Chromium (as AAC)	17,5 mcg
Copper (as AAC)	0,5 mg
Iodine (as Potassium)	75,0 mcg
Iron (as Ferrous Fumarate)	9,0 mg
Magnesium (as Oxide)	75,0 mg
Manganese (as Sulphate)	1,2 mg
Molybdenum (as AAC)	22,5 mcg
Selenium (as AAC)	27,5 mcg
Zinc (as Gluconate)	5,5 mg
Choline (as Bitartrate)	27,5 mg

* South African Nutrient reference values for individuals 4 years and older

For full list of excipients, see section 6.a

3. PHARMACEUTICAL FORM

White, round or oval tablet.

4. CLINICAL PARTICULARS

(a) Therapeutic indication

The vitamins and minerals in **Vitatech Multi Vitamin & Mineral Men** assist to maintain optimal nutritional support and wellness in the form of good health through a biochemical process at cellular level.

(b) Dosage and method of administration

Adults: Take 1 tablet per day with a glass of water after a meal.

Do not exceed the recommended dose.

Always consult your healthcare professional if you are taking any other medicine.

Only take the medication as indicated on the packet or container.

If you skip a dose, do not take a double dose.

Take at least two hours before or after taking other medication.

(c) Contraindications

Hypersensitivity to any of the ingredients or the excipients. Not for use in children under the age of 18 years.

(d) Special warnings and precautions for use

Vitatech Multi Vitamin & Mineral Men should be used with care if patients have any of these health problems:

- (1) High calcium levels or renal disease.
- (2) If you have certain types of anaemia like pernicious anaemia or haemolytic anaemia.
- (3) If you low levels of dopamine.
- (4) If you have hypothyroidism.
- (5) If you take heart medication.
- (6) If you have gastrointestinal diseases such as IBS (irritable bowel disease), diverticulum and ulcers.
- (7) If you have convulsions or seizures. If you have iron related conditions like Hemochromatosis or haemoglobin

Any other supplementation consisting of vitamins and minerals should be taken into account when prescribing / suggesting **VITATECH MULTI VITAMIN & MINERAL MEN**.

(e) Interaction with other medicines and other forms of interaction

No interaction studies have been performed on **VITATECH MULTI VITAMIN & MINERAL MEN**, however the below information gathered from the literature on the active ingredients should be taken into consideration:

VitaTech Multi Vitamin & Mineral Men may interact with the following medicines. Caution is advised when used concurrently:

Vitamin A:

with retinoids may contribute to hypervitaminosis A,

with warfarin may contribute to increased anticoagulant effects.

with tetracyclines may contribute to headaches, blurred vision, ringing in the ears, etc.

Vitamin B₁₂ (Cyanocobalamin):

and/or iron with bacterial infection medication may contribute to bone marrow suppression.

Vitamin D:

with heart conditions and medication, may contribute to irregular heartbeat and a reduce response to calcium channel blockers with raised calcium levels.

and/or iron with high blood pressure or hypertension medication may contribute to hypercalcemia and milk-alkali syndrome if used with dairy products.

Vitamin B₃ (Nicotinamide):

may contribute to raised levels of anticonvulsant medication

Vitamin B₆ (Pyridoxine):

seizures and epilepsy medications when used in conjunction with pyridoxine and/or folic

acid may experience reduce levels of absorption.

Vitamin B₉ (Folic Acid):

with the simultaneous use of iron may contribute to reduced absorption of levodopa.
with the simultaneous use of other medication may contribute to toxicity

Vitamin C (Ascorbic Acid):

usage may have an influence on certain medication which include hormonal contraceptives, fluphenazine and warfarin.

Choline (as Bitartrate):

The use of choline has been associated with clinical depression in some patients. Therapy with choline should be administered cautiously in patients with depression

Iron (as Ferrous Fumerate):

used in conjunction with osteoporosis or bone density medication may contribute to reduced absorption of certain medications.

may influence to the iron levels and should be monitored for overdose or deficiency.
and/or the supplementary use of zinc may reduce the absorption of antibiotics.

Zinc (as Oxide):

May interact with alcohol

The use of other VitaTech products may reduce the absorption of penicillamine
In conjunction with any thyroid treatment

Anti-acids, such as altretamine, cisplatin, should be taken at least 2 hours before or after **VITATECH MULTI VITAMIN & MINERAL MEN**, as they may reduce the absorption of vitamins and minerals.

- certain antibiotics (e.g., chloramphenicol),
- other vitamin/nutritional supplements
- Anticoagulants/Antiplatelet medicines, like warfarin
- may have estrogenic effects and may therefore interfere with hormone replacement therapy
- Immunosuppressant medicines that may possess immune stimulating properties.
- certain anti-seizure drugs (e.g., phenytoin),

(f) Pregnant or Breastfeeding

If you are pregnant or breastfeeding, before using **VITATECH MULTI VITAMIN & MINERAL MEN**, please consult your health care provider

(g) Ability to drive and use machines

VITATECH MULTI VITAMIN & MINERAL MEN should not affect the ability of individuals to drive or operate machinery.

(h) Side Effects

Signs of an allergic reaction like:

- rash; hives; itching; red, swollen, blistered, or peeling skin with or without fever; wheezing; tightness in the chest or throat; trouble breathing, swallowing, or talking; unusual hoarseness; or swelling of the mouth, face, lips, tongue, or throat.
- Upset stomach or throwing up.
- Not all side effects reported for this medicine are included in this leaflet. Should your general health worsen or if you experience any side-effects while taking this medicine, please consult your health care provider for advice.

(i) Overdose

In the event of over-dosage, consult your doctor or pharmacist. If neither is available, contact

the nearest hospital or poison control centre.

(j) Effects when no further used

There should be no side effects or any withdrawal symptoms after you stop using **VITATECH MULTI VITAMIN & MINERAL MEN**

(5) PHARMACOLOGICAL PROPERTIES

(a) PHARMACOLOGICAL CLASSIFICATION

40.2 Category D (Health Supplement) [S0]

(b) PHARMACOLOGICAL ACTION

- Essential nutrients are substances required by the body to perform its basic functions and must be obtained from our diet since the human body cannot produce them. They have one or more of three basic functions: to provide energy, contribute to body structure, and/or regulate chemical processes in the body.
- They're essential for many body functions, including building strong bones and teeth, regulating your metabolism, and staying properly hydrated. These basic functions allow us to detect and respond to environmental surroundings, move, excrete wastes, breathe, grow, and reproduction.
- When essential nutrients are in short supply or is not able to be utilized properly, a specific deficiency syndrome may be the result.
- When the deficient nutrient is resupplied before irreversible damage occurs, the signs and symptoms are reversed. Deficiency of essential nutrients is noticeable in several symptoms that can be easily observed and includes, but are not limited to, for example: weakness, tiredness, decrease in energy which can also lead to the risk of developing illnesses and health problems.
- B vitamins help to metabolise carbohydrates, fats and proteins, contribute to normal psychological function, normal functioning of the nervous system, maintenance of normal mucous membranes, maintenance of normal skin, regulation of hormonal activity, normal function of the heart, and the reduction of tiredness and fatigue.
- Calcium and Vitamin D contribute to the maintenance of normal muscle function and help in the development of healthy bones and teeth.
- Copper, Manganese, Vitamin C, Vitamin E and Zinc are antioxidants which contribute to the protection of cells from oxidative stress and to normal function of the immune system.
- Folic Acid helps to form red blood cells and contributes to maternal tissue growth during pregnancy.
- Iron contributes to normal formation of red blood cells and haemoglobin and their proper function, normal oxygen transport in the body, cognitive function and immune system function.
- Magnesium contributes to normal electrolyte balance, muscle function, psychological function, and the reduction of tiredness and fatigue.

(6) PHARMACEUTICAL PARTICULARS

(a) Other ingredients

Microcrystalline cellulose, di-calcium phosphate, magnesium stearate & silicone dioxide

(b) Shelf life

2 years

(c) Storage conditions

Store at or below 25 °C.
Protect from sunlight and moisture.
Keep out of reach of children
Store in original packaging
Do not store in a fridge
Always seal the container properly before storage

(d) Presentation and packaging

White with green lid packaged container with tamperproof induction seal
Clearly labelled with detailed information printed on the label.
Containing 30 tablets.

(e) Disposal and handling

Wrap the contents and the container properly in put in a plastic bag.
Dispose the wrapped package in the normal household waste bag

(7) NAME AND ADDRESS OF REGISTRATION HOLDER

Serfie Imports & Exports (PTY) Ltd
Cnr Parkin & Delson Street, North End, Gqeberha 6001
Tel no: +27 (0) 41 816 3100
Email: info@vitatechhealth.com
Website: www.vitatechhealth.com

(8) REGISTRATION NUMBER

To be allocated

(9) DATE OF PUBLICATION OF PROFESSIONAL INFORMATION

July 2021

(10) COMPLEMENTARY MEDICINE

This medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.
This medicine is not intended to diagnose, treat, cure or prevent any disease.