

MULTIVITAMIN WOMEN 50+

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

LOCAL HEALTH MULTIVITAMIN WOMEN 50+ (Capsules)
 Ascorbic Acid (Vitamin C), Calcium (as Calcium Carbonate), Evening Primrose Oil (EPO) (*Oenothera* (sp), seed), Magnesium (as Magnesium Oxide), Nicotinamide (Vitamin B3), d- α -Tocopherol (Vitamin E), Riboflavin (Vitamin B2), Calcium D-Pantothenate (Vitamin B5), Citrus Bioflavonoids (*Citrus aurantium* Citrus fruit, peel), Iron (as Ferrous Fumarate), Zinc (as Zinc Amino Acid Chelate 20%), Pyridoxine (Vitamin B6), Thiamine (Vitamin B1), Lycopene (*Solanum lycopersicum*, fruit), Vitamin A (as Vitamin A Acetate), Copper (as Copper Amino Acid Chelate 10%), Folic Acid, Manganese (as Manganese Sulphate), Lutein (*Togetes erecta* L. Marigold, flower), Zeaxanthin (*Togetes erecta* L. Marigold, flower), Chromium (as Chromium Polynicotinate), Selenium (as Selenium Amino Acid Chelate 2%), Biotin (Vitamin H), Cyanocabalamin (Vitamin B12), Cholecalciferol (Vitamin D3).
 Sugar Free.

COMPLEMENTARY MEDICINE: D.34.12 MULTIPLE SUBSTANCE FORMULATION

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

Read all of this leaflet carefully as it contains important information for you.

LOCAL HEALTH MULTIVITAMIN WOMEN 50+ is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use LOCAL HEALTH MULTIVITAMIN WOMEN 50+ carefully to get the best results from it.

• Keep this leaflet, you may need it again.

• Do not share LOCAL HEALTH MULTIVITAMIN WOMEN 50+ with any other person.

• Ask your healthcare practitioner or pharmacist if you need more information or advice.

What is in this leaflet

• What LOCAL HEALTH MULTIVITAMIN WOMEN 50+ is and what it is used for.

• What you need to know before you use LOCAL HEALTH MULTIVITAMIN WOMEN 50+.

• How to use LOCAL HEALTH MULTIVITAMIN WOMEN 50+.

• Possible side effects.

• How to store LOCAL HEALTH MULTIVITAMIN WOMEN 50+.

• Contents of the pack and other information.

1. What LOCAL HEALTH MULTIVITAMIN WOMEN 50+ is and what it is used for.

LOCAL HEALTH MULTIVITAMIN WOMEN 50+ is a multivitamin and mineral health supplement that:

• Contributes to the maintenance of good health and vitality in WOMEN.

2. What you need to know before you use LOCAL HEALTH MULTIVITAMIN WOMEN 50+.

Do not use LOCAL HEALTH MULTIVITAMIN WOMEN 50+:

• If you are allergic or sensitive to any of the ingredients of LOCAL HEALTH MULTIVITAMIN WOMEN 50+ (listed in section 6).

Warnings and precautions

Take special care:

• If you have a medical condition.

• If you use any other prescription or non-prescription medicines, herbal preparations, or dietary supplements.

• If you are pregnant, planning to become pregnant, or are breast-feeding.

• If you have anaemia, liver or metabolism problems.

• If you are having any surgical procedure done, you should stop taking LOCAL HEALTH MULTIVITAMIN WOMEN 50+ two weeks before an operation.

Children and adolescents

LOCAL HEALTH MULTIVITAMIN WOMEN 50+ is not suitable for individuals 18 years and younger. Consult with your healthcare practitioner before using.

Other medicine and LOCAL HEALTH MULTIVITAMIN WOMEN 50+:

Always tell your healthcare practitioner if you are taking any other medicine. This includes complementary or traditional medicines. Not all possible interactions with other medicine may be included in this leaflet. Consult with your healthcare practitioner prior to use. LOCAL HEALTH MULTIVITAMIN WOMEN 50+ may interact with the following medicine:

• Anticoagulants (e.g. warfarin) because the risk of their side effects may be increased.

• Levodopa or penicillamine because their effectiveness may be decreased.

LOCAL HEALTH MULTIVITAMIN WOMEN 50+ with food and drink

No known interaction with food and drinks. See Section 3.

Pregnancy, breast-feeding and fertility

If you are pregnant, planning to become pregnant, or are breast-feeding, please consult your doctor, pharmacist or healthcare practitioner before using LOCAL HEALTH MULTIVITAMIN WOMEN 50+. Safety in pregnancy has not been established.

Driving and the use of machinery

LOCAL HEALTH MULTIVITAMIN WOMEN 50+, no current studies on the effects on the ability to drive or use of machinery have been performed. Patients should exercise caution before driving or using machinery until they are reasonably certain that LOCAL HEALTH MULTIVITAMIN WOMEN 50+ does not adversely affect their performance.

3. How to use LOCAL HEALTH MULTIVITAMIN WOMEN 50+.

Do not share LOCAL HEALTH MULTIVITAMIN WOMEN 50+ with your any other person.

Always use LOCAL HEALTH MULTIVITAMIN WOMEN 50+ exactly as prescribed in this leaflet or as your healthcare practitioner has instructed. Check with your healthcare practitioner if you are not sure.

Adults 50 years and older

Take one capsule daily or as recommended by your healthcare practitioner. Do not exceed the recommended daily dosage.

If you take more LOCAL HEALTH MULTIVITAMIN WOMEN 50+ than you should

In the event of an overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre. Take this leaflet and the remaining capsules with you so the doctor will know what you have taken.

If you forget to take LOCAL HEALTH MULTIVITAMIN WOMEN 50+:

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

4. Possible side effects

LOCAL HEALTH MULTIVITAMIN WOMEN 50+ can have side effects.

Not all side effects reported for this medicine are included in this leaflet. Should your general health worsen or if you experience any untoward effects, while taking this medicine, please consult your doctor, pharmacist or other healthcare practitioner for advice.

Administration of high doses of Vit A can cause hypervitaminosis A, characterized by fatigue, headache, vertigo, changes in skin and mucous membranes, yellow-orange discolouration of skin, decreased tolerance to sunlight, dry and brittle nails and hair, cracking and bleeding lips, low grade fever, tenderness, pains in joints and bones, hypercalcaemia, hyperglycaemia, intracranial hypertension, visual disturbances, increase in serum cholesterol and serum triglycerides concentrations, irritability and oedema. Long term use of Vit A in high doses (20 000IU) may cause hepatic injury and cirrhosis. Symptoms usually clear with withdrawal of Vit A.

If any of the following happens, stop using LOCAL HEALTH MULTIVITAMIN WOMEN 50+ and tell your doctor or pharmacist immediately, or go to the casualty department at your nearest hospital:

• swelling of the hands, feet, face, lips and mouth or throat which may cause difficulty in swallowing or breathing;

• rash, itching;

• fainting.

These are very serious side effects. If you have them, you may have a serious reaction to LOCAL HEALTH MULTIVITAMIN WOMEN 50+. You may need urgent medical attention or hospitalization.

Tell your doctor if you notice any of the following:

• abdominal pain;

• diarrhoea (loose motion);

• bloating;

• diarrhoea;

• rash;

• fatigue;

• headache;

• vertigo.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you are experiencing side effects, inform your doctor or pharmacist. You can also report your side effects to SAHPRA via the "6.04 Adverse Drug Reaction Form" found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>. By reporting side effects you can help provide more information on the safety of LOCAL HEALTH MULTIVITAMIN WOMEN 50+.

5. How to store LOCAL HEALTH MULTIVITAMIN WOMEN 50+.

• Protect from moisture and store at or below 25 °C.

• KEEP OUT OF REACH OF CHILDREN.

• Do not use after expiry date on the label.

• Return all unused LOCAL HEALTH MULTIVITAMIN WOMEN 50+ 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.

Each capsule contains:

Ascorbic Acid (Vitamin C) 75 mg

Calcium (as Calcium Carbonate) 60 mg

Evening Primrose Oil (EPO) (*Oenothera* (sp), seed) 60 mg

Magnesium (as Magnesium Oxide) 30 mg

Nicotinamide (Vitamin B3) 13 mg

d- α -Tocopherol (Vitamin E) 6,8 mg α -TE (10 IU)

Riboflavin (Vitamin B2) 6 mg

Calcium D-Pantothenate (Vitamin B5) 6 mg

Citrus Bioflavonoids (*Citrus aurantium* Citrus fruit, peel) 5 mg

Iron (as Ferrous Fumarate) 5 mg

Zinc (as Zinc Amino Acid Chelate 20%) 5 mg

Pyridoxine (Vitamin B6) 5 mg

Thiamine (Vitamin B1) 3 mg

Lycopene (*Solanum lycopersicum*, fruit) 750 µg

Vitamin A (as Vitamin A Acetate) 300 µg (1000 IU)

Copper (as Copper Amino Acid Chelate 10%) 500 µg

Folic Acid 250 µg

Manganese (as Manganese Sulphate) 200 µg

Lutein (*Togetes erecta* L. Marigold, flower) 130 µg

Zeaxanthin (*Togetes erecta* L. Marigold, flower) 130 µg

Chromium (as Chromium Polynicotinate) 25 µg

Selenium (as Selenium Amino Acid Chelate 2%) 10 µg

Biotin (Vitamin H) 8 µg

Cyanocabalamin (Vitamin B12) 7 µg

Cholecalciferol (Vitamin D3) 2,5 µg (100 IU)

Other ingredients: Bovine gelatine capsule, Microcrystalline Cellulose, Magnesium Stearate.

Sugar Free.

Presentation and identification of LOCAL HEALTH MULTIVITAMIN WOMEN 50+

Purple, size 0, bovine gelatine capsules packed into a white PET 175 ml container with a white screw-cap lid.

Pack size: 30 capsules.

Holder of certificate of Registration

Manufactured for: CJ Distribution, 23 Stag Road, Glen Austin, Johannesburg, South Africa, 1685.

Careline: 010 589 2729; careline@cjds.co.za; www.localhealth.co.za

This pamphlet was last revised in

October 2024

Registration number

Will be allocated by SAHPRA upon registration.

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SKEDULERINGS STATUS: S0

LOCAL HEALTH MULTIVITAMIN WOMEN 50+ (Kapsules)
 Askorbiensuur (Vitamin C), Kalsium (as Kalsiumkarbonaat), Aandblomolie (EPO) (*Oenothera* (sp), saad), Magnesium (as Magnesiumumskied), Nikotinamid (Vitamin B3), d- α -Tokoferol (Vitamin E), Riboeflavin (Vitamin B2), Kalsium D-Pantotenat (Vitamin B5), Sitrus Bioflavonoide (*Citrus aurantium* vrug, skil), Yster (as Ysterfumarata), Sink (as Sink Aminosuurskiedlaat 20%), Piridoksin (Vitamin B6), Vitamien (Vitamin B1), Likoepen (*Solanum lycopersicum*, vrug), Vitamien A (as Vitamien A Aseata), Koper (as Koper Aminosuurskiedlaat 10%), Foliensuur, Mangaan (as Mangaansuifaat), Luteien (*Togetes erecta* L. Gousblom, blom), Zeaxantien (*Togetes erecta* L. Gousblom, blom), Chroom (as Chroompolynicotinaat), Selenium (as Selenium Aminosuurskiedlaat 2%), Biotien (Vitamin H), Cyanocabalamin (Vitamin B12), Cholekalciiferol (Vitamin D3).
 Suikervry.

KOMPLEMENTÈRE MEDISYNE: D.34.12 MEERVOUDIG BESTANDELLE FORMULASIE
 Hierdie ongegelysteerde medisyne is nie deur SAHPRA vir sy kwaliteit, veiligheid of beogde gebruik nie. Hierdie medisyne is nie bedoel om enige siekte te diagnostiseer, handel, genees of voor gebruik.

LOCAL HEALTH MULTIVITAMIN WOMEN 50+ is verdigbaar sonder die beskikbaar word van jou gesondheid te handhaaf. Nitemien moet jy LOCAL HEALTH MULTIVITAMIN WOMEN 50+ steeds versigtig gebruik om die beste resultate te kry.

Hou hierdie pamphlet, jy mag dit weer nodig hê.

Moet nie LOCAL HEALTH MULTIVITAMIN WOMEN 50+ met enige ander persoon deel nie.

Vra jou gesondheidsoorgeskryf of apteker indien jy meer inligting of advies benodig.

Wat is in hierdie pamphlet?

• Wat LOCAL HEALTH MULTIVITAMIN WOMEN 50+ is en waaroor dit gebruik word.

LOCAL HEALTH MULTIVITAMIN WOMEN 50+ is 'n multivitamin en mineral health supplement wat:

• Bydra tot die instandhouing van gesondheid en vitaliteit in vroue.

2. Wat moet voordeel word van LOCAL HEALTH MULTIVITAMIN WOMEN 50+ gebruik.

Moet nie LOCAL HEALTH MULTIVITAMIN WOMEN 50+ neem:

• As jy nie gesondheidsoorgeskryf is vir enige van die bestandde