

SCHEDULING STATUS: S0

GUMMY VITES SELECT SUGAR FREE MULTIVITAMIN

Multiple Substance Formulation, Gummies

**Vitamin C 40 mg, Vitamin E 7,5 mg, Vitamin B₃ 4 mg, Vitamin B₅ 2,5 mg, Zinc 1 mg,
Vitamin B₆ 850 µg, Folic acid 200 µg, Vitamin A 200 µg, Iodine 75 µg, Vitamin H 15 µg,
Vitamin B₁₂ 1,2 µg, Vitamin D₃ 2000 IU.
Sugar Free.**

Category D: Complementary Medicine

Health Supplements: 34.12 Multiple Substance Formulation

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.

Gummy Vites Select Sugar Free Multivitamin is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to take **Gummy Vites Select Sugar Free Multivitamin** carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share **Gummy Vites Select Sugar Free Multivitamin** with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

What is in this leaflet

1. What **Gummy Vites Select Sugar Free Multivitamin** is and what it is used for.
2. What you need to know before you take **Gummy Vites Select Sugar Free Multivitamin**.
3. How to take **Gummy Vites Select Sugar Free Multivitamin**.
4. Possible side effects.
5. How to store **Gummy Vites Select Sugar Free Multivitamin**.
6. Contents of the pack and other information.

1. What Gummy Vites Select Sugar Free Multivitamin is and what it is used for

A multivitamin and mineral supplement which assists in the:

- Maintenance of good health.
- Development and maintenance of night vision, bones, cartilage, teeth and gums.

- Connective tissue formation.
- Healing of wounds.
- Absorption and use of calcium and phosphorus.
- Maintenance of eyesight, skin, membranes and immune function.
- Metabolising of carbohydrates, fats and proteins.

And contributes to:

- Normal growth and development, red blood cell formation, production of the thyroid hormones and normal thyroid function.
- Absorption and use of calcium and phosphorus.
- Reduction of tiredness and fatigue.

2. What you need to know before you give your child Gummy Vites Select Sugar Free Multivitamin

Do not give your child Gummy Vites Select Sugar Free Multivitamin:

- If your child is hypersensitive (allergic) to any of the active ingredients or any of the other ingredients (listed in section 6).

Warnings and precautions

Take special care with **Gummy Vites Select Sugar Free Multivitamin**:

- Do not give **Gummy Vites Select Sugar Free Multivitamin** to your child if he/she is allergic to iodine.

Other medicines and Gummy Vites Select Sugar Free Multivitamin

Always tell your healthcare provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

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 healthcare provider for advice before taking **Gummy Vites Select Sugar Free Multivitamin**.

Safety in pregnancy, lactation and fertility has not been established.

Driving and using machines

It is not always possible to predict to what extent **Gummy Vites Select Sugar Free Multivitamin** may interfere with your child's daily activities. Ensure that your child does not engage in the above activities until you are aware of the measure to which **Gummy Vites**

Select Sugar Free Multivitamin affects them.

Gummy Vites Select Sugar Free Multivitamin contains:

- Less than 1 mmol **sodium** (23 mg) per gummy, that is to say essentially “sodium-free”.

3. How to give your child Gummy Vites Select Sugar Free Multivitamin

Do not share medicines prescribed for your child with any other person.

Always use **Gummy Vites Select Sugar Free Multivitamin** exactly as described in this leaflet or as your doctor or pharmacist or nurse have told you. Check with your doctor or pharmacist or nurse if you are not sure.

The usual dose is:

Children over the age of 3 years: Chew 1 gummy once daily after food.

Chew thoroughly before swallowing.

Do not exceed the recommended dosage.

If you give your child more Gummy Vites Select Sugar Free Multivitamin than you should

In the event of overdosage, consult your child’s doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you forget to give your child Gummy Vites Select Sugar Free Multivitamin

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

4. Possible side effects

Gummy Vites Select Sugar Free Multivitamin can have side effects.

Not all side effects reported for **Gummy Vites Select Sugar Free Multivitamin** are included in this leaflet. Should your child’s general health worsen or if your child experiences any untoward effects while taking **Gummy Vites Select Sugar Free Multivitamin**, please consult your healthcare provider for advice.

Gummy Vites Select Sugar Free Multivitamin is generally well tolerated.

If any of the following happens, stop giving your child **Gummy Vites Select Sugar Free Multivitamin** and tell your doctor immediately or go to the casualty department at your

nearest hospital:

- swelling of lips and mouth or throat, which may cause difficulty in swallowing or breathing, rash or itching and/or hives or fainting.

These are all very serious side effects. If your child has them, he/she may have had a serious allergic reaction to **Gummy Vites Select Sugar Free Multivitamin**. Your child may need urgent medical attention or hospitalisation.

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

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. You can also report side effects directly to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website. By reporting side affects you can help provide more information on the safety of **Gummy Vites Select Sugar Free Multivitamin**.

5. How to store Gummy Vites Select Sugar Free Multivitamin

Store all medicines out of reach of children.

- Store at or below 25 °C, out of direct sunlight.
- Keep the container tightly closed.
- Keep in the original container until required for use.
- Do not store in a bathroom.
- Do not use after the expiry date stated on the packaging.
- Return all unused medicine 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 Gummy Vites Select Sugar Free Multivitamin contains:

The active substances are:

Each gummy contains:	
Ascorbic acid (Vitamin C)	40 mg
dl- α -Tocopheryl Acetate (Vitamin E)	7,5 mg
Niacinamide (Vitamin B ₃)	4 mg
Calcium d-pantothenate (Vitamin B ₅)	2,5 mg
Zinc citrate (Zinc)	1 mg
Pyridoxine HCl (Vitamin B ₆)	0,85 mg

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Folic acid	200 µg
Retinol Acetate (Vitamin A)	200 µg
Potassium Iodide (Iodine)	75 µg
Biotin (Vitamin H)	15 µg
Cyanocobalamin (Vitamin B ₁₂)	1,2 µg
Cholecalciferol (Vitamin D ₃)	200 IU

The other ingredients are: Agar [E406], berries (strawberry) flavour (natural), carnauba wax [E903], chicory root fibre, colourant black carrot concentrate, chlorophyll [E140], grape flavour (natural), pectin [E440], tapioca starch [E1404], trisodium citrate [E331], water

What Gummy Vites Select Sugar Free Multivitamin looks like and contents of the pack

Red and purple coloured, grape flavoured bear-shaped gummies.

A plastic bottle containing 60 gummies, fitted with a lid.

Holder of Certificate of Registration

Adcock Ingram Limited

1 New Road

Erand Gardens

Midrand

1685

Customer Care: 0860 ADCOCK/232625

This leaflet was last revised in

25 October 2024

Registration number

To be allocated.

PIL 213034 11/2024

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SKEDULERINGSSTATUS: S0

GUMMY VITES SELECT SUGAR FREE MULTIVITAMIN

Veelvuldige Bestanddeel Formulering, Gummies

**Vitamiën C 40 mg, Vitamiën E 7,5 mg, Vitamiën B₃ 4 mg, Vitamiën B₅ 2,5 µg, Sink 1 mg,
Vitamiën B₆ 850 µg, Foliensuur 200 µg, Vitamiën A 200 µg, Jodium 75 µg,
Vitamiën H 15 µg, Vitamiën B₁₂ 1,2 µg, Vitamiën D₃ 2000 IE.
Suikervry.**

Kategorie D: Komplementêre medisyne

Gesondheidsaanvullings: 34.12 Veelvoudige bestanddeel formulering

Hierdie ongeregistreerde medisyne is nie deur die SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik daarvan nie.

Lees hierdie hele biljet noukeurig deur, want dit bevat belangrike inligting vir u.

Gummy Vites Select Sugar Free Multivitamin is beskikbaar sonder 'n doktersvoorskrif, om u gesondheid mee te onderhou. Nietemin moet u steeds **Gummy Vites Select Sugar Free Multivitamin** versigtig neem om die beste resultate daaruit te verkry.

- Hou hierdie biljet. U sal dit dalk weer moet lees.
- Moenie **Gummy Vites Select Sugar Free Multivitamin** met enige ander persoon deel nie.
- Vra u gesondheidsorgverskaffer of apteker indien u meer inligting of advies benodig.

Wat in hierdie biljet is

1. Wat **Gummy Vites Select Sugar Free Multivitamin** is en waarvoor dit gebruik word.
2. Wat u moet weet voordat u **Gummy Vites Select Sugar Free Multivitamin** gebruik.
3. Hoe om **Gummy Vites Select Sugar Free Multivitamin** te gebruik.
4. Moontlike nuwe-effekte.
5. Hoe om **Gummy Vites Select Sugar Free Multivitamin** te bêre.
6. Inhoud van die verpakking en ander inligting.

1. Wat Gummy Vites Select Sugar Free Multivitamin is en waarvoor dit gebruik word
'n Multivitamin- en mineraalaanvulling wat help met:

- Instandhouding van goeie gesondheid.
- Ontwikkeling en instandhouding van nagvisie, bene, kraakbeen, tande en tandvleis.

- Vorming van bindweefsel.
- Genesing van wonde.
- Instandhouding van sig, vel, membrane en immuunfunksie.
- Metabolisme van koolhidrate, vette en proteïene.

En dra by tot:

- Normale groei en ontwikkeling, rooibloedselvorming, produksie van die tiroïedhormone en normale skildklierfunksie.
- Absorpsie en gebruik van kalsium en fosfor.
- Vermindering van moegheid en uitputting.

2. Wat u moet weet voordat u Gummy Vites Select Sugar Free Multivitamin aan u kind gee

Moenie Gummy Vites Select Sugar Free Multivitamin aan u kind gee nie:

- Indien u kind hipersensitief (allergies) is vir enige van die aktiewe bestanddele of enige van die ander bestanddele (gelys in afdeling 6).

Waarskuwings en voorsorgmaatreëls

Wees veral versigtig met **Gummy Vites Select Sugar Free Multivitamin**:

- Moenie **Gummy Vites Select Sugar Free Multivitamin** aan u kind gee indien hy/sy allergies is vir jodium nie.

Ander medisyne en Gummy Vites Select Sugar Free Multivitamin

Lig altyd u gesondheidsorgverskaffer in indien u enige ander medisyne neem. (Dit sluit alle komplementêre of tradisionele medisyne in.)

Swangerskap, borsvoeding en vrugbaarheid

Indien u swanger is of borsvoed, dink u is dalk swanger of van plan is om 'n baba te hê, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat u **Gummy Vites Select Sugar Free Multivitamin** neem.

Veiligheid tydens swangerskap, laktasie en vrugbaarheid is nie vasgestel nie.

Bestuur en hantering van masjinerie

Dit is nie altyd moontlik om te voorspel in watter mate **Gummy Vites Select Sugar Free Multivitamin** met u kind se daaglikse aktiwiteite kan inmeng nie. Maak seker dat u kind nie bogenoemde take verrig voordat u bewus is van die mate waartoe **Gummy Vites Select Sugar Free Multivitamin** hulle beïnvloed nie.

Gummy Vites Select Sugar Free Multivitamin bevat:

- Minder indien 1 mmol **natrium** (23 mg) per gummy, dit wil sê in wese "natriumvry".

3. Hoe om Gummy Vites Select Sugar Free Multivitamin aan u kind te gee

Moenie medisyne wat aan u kind voorgeskryf is, met enige ander persoon deel nie.

Gebruik altyd **Gummy Vites Select Sugar Free Multivitamin** presies soos beskryf in hierdie biljet of soos u kind se dokter of apteker of verpleegkundige u ingelig het. Raadpleeg u dokter of apteker of verpleegkundige indien u nie seker is nie.

Die algemene dosis is:

Kinders ouer as 3 jaar: Kou 1 gummy een keer per dag na voedsel.

Kou deeglik voordat dit gesluk word.

Moenie die aanbevole dosis oorskry nie.

Indien u meer Gummy Vites Select Sugar Free Multivitamin aan u kind gee as wat u moes

In die geval van oordosering, raadpleeg u kind se dokter of apteker. Indien nie een beskikbaar is nie, kontak die naaste hospitaal of gifhulpentrum.

Indien u vergeet om Gummy Vites Select Sugar Free Multivitamin aan u kind te gee

Moenie 'n dubbele dosis gee om op te maak vir vergete individuele dosisse nie.

4. Moontlike newe-effekte

Gummy Vites Select Sugar Free Multivitamin kan newe-effekte hê.

Nie alle newe-effekte wat vir **Gummy Vites Select Sugar Free Multivitamin** aangemeld is, word in hierdie biljet ingesluit nie. Indien u kind se algemene gesondheid verswak of indien u kind enige ongewenste reaksies ervaar tydens die gebruik van **Gummy Vites Select Sugar Free Multivitamin**, raadpleeg asseblief u gesondheidsorgverskaffer vir advies.

Gummy Vites Select Sugar Free Multivitamin word oor die algemeen goed verdra.

Indien enige van die volgende gebeur, hou op om **Gummy Vites Select Sugar Free Multivitamin** aan u kind te gee en lig u dokter dadelik in, of gaan na die ongevalle-afdeling by u naaste hospitaal:

- swelling van lippe en mond of keel, wat probleme met sluk of asemhaling kan

PASIËNT INLIGTINGSBILJET

veroorsaak, veluitslag of jeukerigheid en/of galbulte of floute.

Hierdie is alles baie ernstige newe-effekte. Indien u kind dit ervaar, het hy/sy moontlik 'n ernstige allergiese reaksie op **Gummy Vites Select Sugar Free Multivitamin** gehad. U kind het dalk dringende mediese hulp of hospitalisasie nodig.

Indien u enige newe-effekte opmerk wat nie in hierdie biljet genoem word nie, stel asseblief u kind se dokter of apteker in kennis.

Aanmelding van newe-effekte

Indien u enige newe-effekte ervaar, raadpleeg u dokter, apteker of verpleegkundige. U kan ook newe-effekte direk by SAHPRA aanmeld via die Med Safety Toep (Medsafety X SAHPRA) en elektroniese aanmeldingsplatform (who-umc.org) wat op SAHPRA se webwerf gevind kan word. Deur newe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van **Gummy Vites Select Sugar Free Multivitamin**.

5. Hoe om Gummy Vites Select Sugar Free Multivitamin te bêre

Bêre alle medisyne buite bereik van kinders.

- Bêre teen of benede 25 °C, weg van direkte sonlig.
- Hou die houer dig toe.
- Hou in die oorspronklike houer totdat dit benodig word vir gebruik.
- Moenie in 'n badkamer bêre nie.
- Moenie gebruik ná die vervaldatum wat op die verpakking vermeld word nie.
- Neem alle ongebruikte medisyne terug na u apteker.
- Moenie ongebruikte medisyne in afvoerpype of rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die verpakking en ander inligting

Wat Gummy Vites Select Sugar Free Multivitamin bevat:

Die aktiewe stowwe is:

Elke gummy bevat:	
Askorbiensuur (Vitamien C)	40 mg
dl- α -Tokoferielasetaat (Vitamien E)	7,5 mg
Niasinamied (Vitamien B ₃)	4 mg
Kalsium d-pantotenaat (Vitamien B ₅)	2,5 μ g
Sinksitraat (Sink)	1 mg
Piridoksien HCl (Vitamien B ₆)	850 μ g
Foliensuur	200 μ g
Retinolasetaat (Vitamien A)	200 μ g

PASIËNT INLIGTINGSBILJET

Kaliumjodied (Jodium)	75 µg
Biotien (Vitamien H)	15 µg
Sianokobalamien (Vitamien B ₁₂)	1,2 µg
Cholekalsiferol (Vitamien D ₃)	200 IE

Die ander bestanddele is: Agar [E406], bessie- (aarbei) geursel (natuurlik), karnaubawas [E903], sigoreiwortelvelsel, kleurstof swart wortel-konsentraat, chlorofil [E140], druiwegeursel (natuurlik), pektien [E440], tapioka-stysel [E1404], trinatriumsitraat [E331], water

Hoe Gummy Vites Select Sugar Free Multivitamin lyk en die inhoud van die verpakking

Rooi en pers gekleurde, druiwe- en aarbei-gekeurde, beervormige gummy.

'n Plastiekbottel wat 60 gummy bevat, toegemaak met 'n ligblou deksel.

Houer van Registrasiesertifikaat

Adcock Ingram Limited

New Road 1

Erand Gardens

Midrand

1685

Kliëntediens: 0860 ADCOCK/232625

Hierdie biljet is mees onlangs hersien op

25 Oktober 2024

Registrasie nommer

Moet toegeken word.

PIL 213034 11/2024

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