

Bestuur en die gebruik van masjiene

Dit is onwaarskynlik dat Afrasia Health Immune Support 'n invloed sal hê op jou vermoë om 'n voertuig te bestuur en masjiene te gebruik. Dit is nie altyd moontlik om te voorspel in watter mate Afrasia Health Immune Support die daaglikse aktiwiteite van 'n pasiënt kan beïnvloed nie. Pasiënte moet toesien dat hulle nie aan bogenoemde aktiwiteite deelneem nie, totdat hulle bewus is van die uitwerking wat Afrasia Health Immune Support op hulle sal hê.

3. Hoe om Afrasia Health Immune Support te neem

Moet nie jou medisyne met enige ander persoon deel nie. Neem Afrasia Health Immune Support altyd presies soos aangedui in hierdie inligtingsblad, of soos jou dokter of apteker vir jou verduidelik het. Vra gerus jou dokter of apteker indien jy onseker is. Die gewone dosis is: Volwassenes en kinders ouer as 14 jaar: Neem 1 tablet daaglik na ete, of soos aanbeveel deur jou gesondheidsorgverskaffer.

As jy meer Afrasia Health Immune Support neem as wat jy moet

In geval van oordosering, raadpleeg jou dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

As jy vergeet om Afrasia Health Immune Support te neem

Moet nie 'n dubbele dosis neem om vir die vergete dosis op te maak nie.

4. Moontlike nuwe-effekte

Afrasia Health Immune Support kan nuwe-effekte hê. Vitamien C: nuwe-effekte kan gastro-intestinale versterings insluit soos slegte spysvertering, naarheid, braking, diarree en maagkrampe. Sink: nuwe-effekte kan insluit maagpyn, slegte spysvertering, naarheid, braking, diarree, maagirritasie, 'n metaalagtige smaak in die mond en brandpyn in die boonste buik. Vitamien B₃: nuwe-effekte kan insluit flouheid, hoofpyn, maagkrampe en jeuk. Vitamien D₃: nuwe-effekte hou verband met dosisse, en dit kan hiperkalsemie (hoë kalsiumvlakke in die bloed) en bloedarmoede insluit.

Nie alle nuwe-effekte wat vir Afrasia Health Immune Support rapporteer is, word in hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid verswak of indien jy enige ongunstige effekte onderwind terwyl jy Afrasia Health Immune Support neem, raadpleeg asseblief jou gesondheidsorgverskaffer.

Indien jy enige nuwe-effekte opmerk wat nie in hierdie inligtingsblad genoem word nie, sê asseblief vir jou dokter of apteker daarvan.

Aanmelding van nuwe-effekte

Indien jy nuwe-effekte ondervind, bespreek dit met jou dokter of apteker.

Jy kan ook nuwe-effekte by info@afrasiahealth.co.za rapporteer. Deur nuwe-effekte te rapporteer kan jy help om meer inligting rakende die veiligheid van Afrasia Health Immune Support te verskaf.

5. Hoe om Afrasia Health Immune Support te bêre

- Bêre alle medisyne buite die bereik van kinders.
- Bêre in 'n koel droë plek, teen of benede 25°C, en hou weg van direkte lig.
- Hou die houertoe dig toe.
- Moet nie gebruik word na die vervaldatum wat op die houertoe gedruk is nie.
- Neem alle ongebruikte medisyne terug na jou apteker.
- Moet nie ongebruikte medisyne in dreine en rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die verpakking en ander inligting

Wat Afrasia Health Immune Support bevat

Elke tablet bevat die volgende aktiewe bestanddele:

Askorbiensuur (Vitamien C)	1000 mg
Sinklaktat-trihidraat	20 mg
verskaf Sink (elementêr)	4,5 mg
Nikotinamied (Vitamien B ₃)	15 mg
Cholecalciferol (Vitamien D ₃)	800 iu

Die ander bestanddele is mikrokristallyne sellulose, magnesiumstearaat, povidoon PVC K30, kalsiumkarbonaat. Die tablette bevat geen gluten, suiker en laktose.

Hoe Afrasia Health Immune Support lyk en die inhoud van die verpakking

Wit ovaal tablet met 'n kerflyn.

Pakgrootte van 30: wit tablette in 'n wit plastiekbottel, in 'n kartonhouer.

Pakgrootte van 10: wit tablette in 'n enkele blisterstrook, in 'n kartonhouer.

Houer van Registrasiesertifikaat

Grischo (Pty) Ltd
Unit A, 3 Williams Road, Bedfordview, 2007
info@afrasiahealth.co.za

Hierdie inligtingsblad is hersien in
September 2024.

Registrasienuommer

Sal met registrasie deur die SAHPRA toegeken word.

Toegang tot die ooreenstemmende professionele inligting

Die Professionele Inligtingsblad is beskikbaar by:
<https://www.afrasiahealth.co.za/>

Afrasia Health Immune Support

PROFESSIONAL INFORMATION

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

Afrasia Health Immune Support tablets

COMPOSITION

Each tablet contains:

Ascorbic acid (Vitamin C)	1000 mg
Zinc lactate trihydrate	20 mg
providing Zinc (elemental)	4,5 mg
Nicotinamide (Vitamin B ₃)	15 mg
Cholecalciferol (Vitamin D ₃)	800 iu

Other excipients: Microcrystalline cellulose, magnesium stearate, povidone PVC K30, calcium carbonate.

Tablets are free of gluten, sugar and lactose.

PHARMACOLOGICAL CLASSIFICATION

Category D Complementary Medicine: Health Supplements
34.12 Multi substance formulation

PHARMACOLOGICAL ACTION

Vitamin C has proven antioxidant properties for the maintenance of good health, and maintains the normal function of the immune system. Vitamin C in high doses (up to 1000 mg daily) has been shown to decrease the severity and duration of the common cold. Zinc helps to maintain immune function, and contributes to the maintenance of good health. Zinc deficiency may result in an impaired immune response. Vitamin B₃ is a factor in the maintenance of good health.

Vitamin D₃ is an essential element to maintaining good health, and contributes to the normal function of the immune system.

INDICATIONS

Afrasia Health Immune Support is a multivitamin and mineral supplement which contributes to maintaining immune function.

CONTRAINDICATIONS

Hypersensitivity to any of the ingredients in the formulation. Not suitable for use in children younger than 14 years, unless under medical supervision.

WARNINGS AND SPECIAL PRECAUTIONS

Afrasia Health Immune Support should be used with caution in patients with a history of peptic ulcer disease, and in those patients with diabetes mellitus, gout or impaired liver function. Caution should be taken when this medication is taken by patients with renal dysfunction, a history of urolithiasis, G6PD deficiency, multiple sclerosis, hypercalcaemia, and heart disease.

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

INTERACTIONS

Consult your healthcare provider if you are currently taking the following medication: carbamazepine, hepatotoxic medicine, anticoagulants, antiplatelets, thiazide diuretics, calcium-containing medicines, and indinavir. Interactions may also occur with magnesium-containing antacids, and digoxin. Vitamin C may affect the metabolism of the following: protease inhibitors, estrogen, fluphenazine, warfarin and statins. Zinc supplements reduce the absorption of copper, ciprofloxacin, iron, norfloxacin, penicillamine and tetracyclines.

PREGNANCY AND LACTATION

The safety and efficacy of Afrasia Health Immune Support tablets during pregnancy and lactation have not been established.

EFFECTS ON ABILITY TO DRIVE AND USE MACHINES

It is unlikely that Afrasia Health Immune Support tablets will affect the ability to drive or operate machines.

DOSAGE AND DIRECTIONS FOR USE

Adults and children 14 years and older: Take one tablet daily after food, or as directed by your healthcare provider.

SIDE EFFECTS

Vitamin C: Side effects may include gastrointestinal disturbances such as dyspepsia, nausea, vomiting, diarrhoea and stomach cramps. Zinc: Side effects may include abdominal pain, dyspepsia, nausea, vomiting, diarrhoea, gastric irritation, a metallic taste and gastritis. Vitamin B₃: Side effects may include faintness, headache, abdominal cramps and pruritis. Vitamin D₃: Side effects are dose related, and may include hypercalcaemia and anaemia.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

Treatment is symptomatic and supportive.

IDENTIFICATION

White oval tablet with a scoreline.

PRESENTATION

Pack size of 30: white tablets in a white plastic bottle, in a cardboard carton.

Pack size of 10: white tablets in a single blister-strip, enclosed in a cardboard carton.

STORAGE INSTRUCTIONS

Store in a cool dry place (at or below 25°C) and keep away from direct light. Keep the container tightly closed.

KEEP OUT OF REACH OF CHILDREN

REGISTRATION NUMBER

TBA

DATE OF REGISTRATION

TBA

NAME AND BUSINESS ADDRESS OF THE APPLICANT

Grischo (Pty) Ltd
Unit A, 3 Williams Road, Bedfordview, 2007

CUSTOMER CARE

info@afrasiahealth.co.za

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA

IMM-PI-02