

SCHEDULING STATUS [S0]**MN PREMIUM IRON BOOST CAPSULES****PHARMACEUTICAL CLASSIFICATION:**

Complimentary Medicine Cat D: Health Supplement 34.12 Multiple Substance Formulation

MN Premium Iron Boost is a health supplement and as such has not been evaluated by the SAHPRA. This unregistered medicine is not intended to diagnose, treat, cure, or prevent any disease. Health supplements are only intended to supplement the diet or to complement health.

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

Available without a doctor's prescription.

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

ACTIVE INGREDIENTS PER VEGETARIAN CAPSULE

Ferrochel® (Ferrous Bisglycinate Chelate)	120mg providing 24mg elemental iron
Quatrefolic® (as (6S)-5-methyltetrahydrofolate)	500mcg active folate
Vitamin C (Ascorbic Acid)	350mg
Vitamin B12 (Methylcobalamin)	100mcg

BEFORE YOU TAKE MN PREMIUM IRON BOOST:

- If you are taking other supplements, read the label, since these supplements may contain the same ingredients.
- Do not take if you are hypersensitive to any of the active or inactive ingredients.
- Tell your healthcare provider if you are taking any other medicines, this includes complementary or traditional medicines.

WHAT MN PREMIUM IRON BOOST IS USED FOR:

A unique formula to support low iron levels and contributes to the formation of red blood cells.

Ferrochel® - a more bioavailable iron that causes less gastric upset and safer than typical iron salts.

Quatrefolic® - The 4th generation folate – an active folate with greater stability, higher water solubility and improved bioavailability therefore no need of bioconversion like folic acid.

Ferrochel® is a trademark of Balchem Corporation or its subsidiaries
Quatrefolic® is a registered trademark of Gnosis S.P.A

PREGNANCY AND BREASTFEEDING:

If you are pregnant or breastfeeding, please consult your doctor, pharmacist, or other healthcare professional for advice before taking this medicine.

DIRECTIONS:

Adults and children 14 years and older: Take one (1) capsule daily.
Do not exceed the daily recommended dose.
This product is not recommended for children under 14 years old.

In the event of accidental overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

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

POSSIBLE SIDE-EFFECTS:

Gastrointestinal upset: Nausea, vomiting, abdominal pain, constipation, diarrhoea, poor appetite.

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

HOW TO STORE AND DISPOSE MN PREMIUM IRON BOOST:

Store all medicines out of reach of children.
Store at or below 25°C in a cool, dry place.
Keep the container tightly closed.
Do not use this medicine after the expiry date shown on the label.
Return all unused or expired medicine to your pharmacist for safe disposal.

PRESENTATION:

Container of 30 Vegetarian Capsules

IDENTIFICATION:

White vegetarian capsule containing white powder.

NAME AND BUSINESS ADDRESS OF THE APPLICANT:

BFC Pharmaceuticals cc
P.O Box 1581
Kloof
3640
South Africa

DATE OF PUBLICATION

October 2024

SKEDULERINGSTATUS [S0]

MN PREMIUM IRON BOOST KAPSULES

FARMASEUTIESE KLASSIFIKASIE:

Komplementêre Medisyne Kat D: Gesondheidsaanvulling 34.12 Meervoudige Stof Formulasie

MN Premium Iron Boost is 'n gesondheidsaanvulling en is nie deur die SAHPRA geëvalueer nie. Hierdie ongeregistreerde medisyne is nie bedoel om enige siekte te diagnoseer, behandel, genees of voorkom nie. Gesondheidsaanvullings is slegs bedoel om die dieet of gesondheid aan te vul.

LEES HIERDIE HELE BLAD NOUKEURIG DEUR OMDAT DIT BELANGRIKE INLIGTING VIR U BEVAT

Beskikbaar sonder 'n doktersvoorskrif.

- Hou hierdie blad. Dit mag nodig wees dat u dit weer moet lees.
- Moenie met enige ander persoon deel nie.
- Vra vir u gesondheidsorgverskaffer of apteker as u meer inligting of advies benodig.

AKTIEWE BESTANDDELE PER VEGETARIESE KAPSULE

Ferrochel® (Yster bisglisinaatchelaat)	120mg wat24mg elementêre yster verskaf
Quatrefolic® (as (6S)-5-metietetrahidrafolaat)	500mcg active folate
Vitamiën C (Askorbiensuur)	350mg
Vitamiën B12 (Metielkobalamien)	100mcg

VOORDAT U MN PREMIUM IRON BOOST GEBRUIK:

- As u ander aanvullings gebruik, lees die etiket, aangesien hierdie aanvulling moontlik dieselfde bestanddele kan bevat.
- Moenie gebruik as u oorsensitief is vir enige van die aktiewe of onaktiewe bestanddele nie.
- Laat u gesondheidsorgverskaffer weet as u ander medisyne gebruik, dit sluit komplementêre of tradisionele medisyne in.

WAARVOOR MN PREMIUM IRON BOOST GEBRUIK WORD:

'n Unieke formule dra by tot die vorming van rooibloedselle om lae yster vlakke te ondersteun.

Ferrochel® - 'n meer biobeskikbaar yster wat minder maagontsteking veroorsaak en is veiliger as tipiese ystersoute.

Quatrefolic® - Die 4de generasie folaat – 'n aktiewe folaat met groter stabiliteit, hoer water oplosbaarheid en verbeterde biobeskikbaarheid, dus geen behoefte aan bloemsetting soos foliensuur nie

SWANGERSKAP EN BORSVOEDING:

Indien u swanger is of borsvoed, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat u hierdie medisyne gebruik.

GEBRUIKSAANWYSINGS:

Volwassenes en kinders 14 jaar en ouer: Neem een (1) kapsule daaglik. Moenie die daaglikse aanbevole dosis oorskry nie. Hierdie produk word nie aanbeveel vir kinders onder 14 jaar oud nie.

In geval van 'n oordosis, raadpleeg u dokter of apteker. As een van hulle nie beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

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

MOONTLIKE NEWE-EFFEKTE:

Gastro-intestinale ongemak: Naarheid, braking, maagpyn, hardlywigheid of diarree, swak eetlus.

Nie alle newe-effekte wat aangemeld is, is in hierdie inligtingsblad ingesluit nie. Indien u algemene gesondheidstoestand vererger of as u enige ongewenste effekte ervaar terwyl u hierdie medisyne gebruik, moet u onmiddellik die gebruik stop en asseblief u dokter, apteker of ander gesondheidsorgverskaffer raadpleeg vir advies.

HOE OM MN PREMIUM IRON BOOST TE STOOR EN WEG TE GOOI:

Bêre alle medisyne buite die bereik van kinders.
Bêre dit by of onder 25°C in 'n koel, droë plek.
Hou die houer stewig toegesluit.
Moenie die medisyne gebruik na die vervaldatum nie.
Gee alle ongebruikte of vervalde medisyne terug aan u apteker vir veilige verwydering.

AANBIEDING:

Houer van 30 Vegetariese Kapsules

IDENTIFIKASIE:

Wit vegetariese kapsule wat wit poeier bevat.

NAAM EN BESIGHEIDSADRES VAN DIE AANSOEKER:

BFC Pharmaceuticals cc
Posbus 1581
Kloof
3640
Suid-Afrika

DATUM VAN PUBLIKASIE

Oktober 2024