

SCHEDULING STATUS [S0]

MN PREMIUM MN7 ADULTS MULTI-VITAMIN CAPSULES

PHARMACEUTICAL CLASSIFICATION:

Complimentary Medicine Cat D: Health Supplement 34.12 Multiple Substance Formulation

MN Premium Adults Multi-Vit 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

Vitamin A	900mcg (3000IU)
Vitamin B1 (Thiamine)	1.2mg
Vitamin B2 (Riboflavin)	1.3mg
Vitamin B3 (Nicotinamide)	16mg
Vitamin B5 (Pantothenic Acid)	5mg
Vitamin B6 (Pyridoxine)	2mg
Vitamin B12 (Cyanocobalamin)	2.4mcg
Vitamin C (Ascorbic Acid)	100mg
Vitamin D3 (Cholecalciferol)	15mcg (600IU)
Vitamin E	15mg (23IU)
Vitamin K1	95mcg
Folic Acid	400mcg
Biotin	500mcg
Iron AAC (amino acid chelate)	22mg (elemental)
Iodine	150mcg
Manganese	2.3mg
Magnesium	12mg (elemental)
Selenium	55mcg
Zinc	10mg (elemental)
Grape Seed Extract	10mg
Rhodiola Rosea	10mg
Saccharomyces Boulardii	1.1 Billion CFU's

CFU's = Colony Forming Units

BEFORE YOU TAKE MN PREMIUM ADULTS MULTI-VIT:

- 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 ADULTS MULTI-VIT IS USED FOR:

Essential vitamins and minerals to support everyday health and vitality.

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: Take one (1) capsule daily.

Do not exceed the daily recommended dose.

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, abdominal pain, constipation, diarrhoea, vomiting, 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 ADULTS MULTI-VIT:

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

May 2024

SKEDULERINGSTATUS [S0]

MN PREMIUM ADULTS MULTI-VITAMIN KAPSULES

FARMASEUTIESE KLASSIFIKASIE:

Komplementêre Medisyne D: Gesondheidsaanvulling 34.12 Meervoudige Stof Formulasie

MN Premium Adults Multi-Vit 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

Vitamiën A	900mcg (3000IU)
Vitamiën B1 (Tiamien)	1.2mg
Vitamiën B2 (Riboflavin)	1.3mg
Vitamiën B3 (Nikotinamied)	16mg
Vitamiën B5 (Pantoteensuur)	5mg
Vitamiën B6 (Piridoxien)	2mg
Vitamiën B12 (Sianokobalamien)	2.4mcg
Vitamiën C (Askorbiensuur)	100mg
Vitamiën D3 (Cholecalciferol)	15mcg (600IU)
Vitamiën E	15mg (23IU)
Vitamiën K1	75mcg
Foliensuur	400mcg
Biotien	500mcg
Yster AAC (aminozuur chelaat)	22mg (elementêr)
Jodium	150mcg
Mangaan	2.3mg
Magnesium	12mg (elementêr)
Selenium	55mcg
Sink	10mg (elementêr)
Druiwepit Uittreksel	10mg
Rhodiola Rosea	50mg
Saccharomyces Boulardii	1.1 Miljard CFU's

Onaktiewe bestanddele: Kalsium Karbonaat, Magnesium

CFU's = Kolonievormende Eenhede

VOORDAT U MN PREMIUM ADULTS MULTI-VIT GEBRUIK:

- As u ander aanvullings gebruik, lees die inligtingsblad, 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 ADULTS MULTI-VIT GEBRUIK WORD:

Essensiële vitamienë en minerale om alledaagse gesondheid en vitaliteit te ondersteun.

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: Neem een (1) kapsule daaglik.
Moenie die daaglikse aanbevole dosis oorskry 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 nuwe-effekte wat aangemeld is, is in hierdie inligtingsblad ingesluit nie. Indien u algemene gesondheidstoestand verander 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 ADULTS MULTI-VIT 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 kapsules wat wit poeier bevat.

NAAM EN BESIGHEIDSADRES VAN DIE AANSOEKER:

BFC Pharmaceuticals cc
Posbus 1581
Kloof
3640
Suid-Afrika

DATUM VAN PUBLIKASIE

Mei 2024