

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

Complimentary Medicine Cat D: Health Supplement 34.12 Multiple Substance Formulation

MN Premium Pregnancy 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

Iron AAC (amino acid chelate)	60mg providing 12mg elemental iron
Extrafolate-S® (calcium (6S)-5-methyltetrahydrofolate)	250mcg active folate
Vitamin B1 (Thiamine)	6.25mg
Vitamin B2 (Riboflavin)	6.25mg
Vitamin B3 (Nicotinamide)	50mg
Vitamin B5 (Calcium-d-pantothenate)	17.5mg
Vitamin B6 (Pyridoxine)	12.5mg
Vitamin B12 (Methylcobalamin)	50mcg
Vitamin C (Ascorbic Acid)	100mg
Vitamin D3 (Cholecalciferol)	6.25mcg (250IU)
Vitamin E	6.25mg
Biotin	50mcg
Inositol	25mg
Calcium AAC (amino acid chelate)	12.5mg (elemental)
Magnesium AAC (amino acid chelate)	10mg (elemental)
Copper AAC (amino acid chelate)	0.1mg (elemental)
Ginger Extract	50mg

ACTIVE INGREDIENTS PER VEGETARIAN SOFTGEL

Algae Oil	650mg
Providing Omega-3 Fatty Acids: DHA (as triglycerides)	260mg

BEFORE YOU TAKE MN PREMIUM PREGNANCY:

- 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 PREGNANCY IS USED FOR:

Essential nutrients for before, during and after pregnancy support. With Extrafolate-S® - a pure active folate – that helps your body produce red blood cells and helps prevent anaemia and birth defects.

Extrafolate-S® is a Registered Trademark of Gnosis S.P.A

PREGNANCY AND BREASTFEEDING:

This medicine can be used for the support before, during and after pregnancy. If you are pregnant or breastfeeding and unsure, please consult your doctor, pharmacist, or other healthcare professional for advice before taking this medicine.

DIRECTIONS:

Adults: Take two (2) vegecaps and one (1) softgel 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 PREGNANCY:

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:

Box containing Bottle of 60 Vegetarian Capsules and Bottle of 30 Softgels

IDENTIFICATION:

White vegetarian capsule containing white powder.

Clear vegetarian softgel containing yellow oil

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 PREGNANCY KAPSULES

FARMASEUTIESE KLASSIFIKASIE:

Komplementêre Medisyne D: Gesondheidsaanvulling 34.12 Meervoudige Stof Formulasie

MN Premium Pregnancy 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 BESTANDELE PER VEGETARIESE KAPSULE

Yster AAC (aminosuur chelaat)	60mg verskaf 12mg elementêre yster
Extrafolate-S® (kalsium (6S)-5-methyltetrahydrofolate)	250mcg aktiewe folaat
Vitamien B1 (Tiamien)	6.25mg
Vitamien B2 (Riboflavin)	6.25mg
Vitamien B3 (Nikotinamied)	50mg
Vitamien B5 (Kalsium-d-pantotenaat)	17.5mg
Vitamien B6 (Piridoxien)	12.5mg
Vitamien B12 (Methylcobalamin)	50mcg
Vitamien C (Askorbiensuur)	100mg
Vitamien D3 (Cholecalciferol)	6.25mcg (250IU)
Vitamien E	6.25mg
Biotin	50mcg
Inositol	25mg
Kalsium AAC (aminosuur chelaat)	12.5mg (elementêr)
Magnesium AAC (aminosuur chelaat)	10mg (elementêr)
Koper AAC (aminosuur chelaat)	0.1mg (elementêr)
Gemmer Uittreksel	50mg

AKTIEWE BESTANDELE PER VEGETARIESE SAGTE GEL

Alge olie	650mg
Voorsiening van Omega-3 vetsure: DHA (as trigliseriede)	260mg

ALLERGEËN: Bevat visprodukte

VOORDAT U MN PREMIUM PREGNANCY 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 PREGNANCY GEBRUIK WORD:

Essensiële voedingstowwe vir ondersteuning voor, tydens en na swangerskap. Met Extrafolate-S® - 'n suiwer aktiewe folaat – wat jou liggaam help om rooibloedselle te produseer en help om bloedarmoede en geboortedefekte te voorkom.

Extrafolate-S® is 'n Geregistreerde Handelsmerk van Gnosis S.P.A

SWANGERSKAP EN BORSVOEDING:

Hierdie medisyne kan gebruik word vir ondersteuning voor, tydens en na swangerskap. Indien u swanger is of borsvoed en nie seker is nie, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat u hierdie medisyne gebruik.

GEBRUIKSAANWYSINGS:

Volwassenes: Neem twee (2) kapsules en een (1) sagte gel 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 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 PREGNANCY 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:

Boks wat 'n bottel van 60 Vegetariese Kapsules en 'n bottel van 30 Sagte Gels bevat

IDENTIFIKASIE:

Wit vegetariese kapsule wat wit poeier bevat

Deurskynend vegetariese sagte gel wat geel olie bevat

NAAM EN BESIGHEIDSADRES VAN DIE AANSOEKER:

BFC Pharmaceuticals cc
Posbus 1581
Kloof
3640
Suid-Afrika

DATUM VAN PUBLIKASIE

Oktober 2024