

PROFESSIONAL INFORMATION MAXIVIT PLUS		PROFESIONELE INLIGTING MAXIVIT PLUS	
SCHEDULING STATUS S0		SKEDULERINGSTATUS S0	
PROPRIETARY NAME AND DOSAGE FORM MAXIVIT PLUS (capsules)		HANDELSNAAM EN DOSEERVORM MAXIVIT PLUS (kapsules)	
COMPOSITION Each sachet contains 3 capsules:- <u>1 Multivitamin capsule containing:</u> Biotin 5 µg Calcium 20 mg Choline 5 mg Copper 200 µg Folic acid 500 µg Inositol 1 mg Iodine 140 µg Iron 12 mg Magnesium 500 µg Manganese 5 µg Phosphorous 15 mg Potassium 500 µg Selenium 50 µg Vitamin A (Retinyl Palmitate) 2666 iu Vitamin B1 (Thiamine Nitrate) 3 mg Vitamin B2 (Riboflavin) 2 mg Vitamin B3 (Nicotinamide) 20 mg Vitamin B5 (Pantothenic acid) 5 mg Vitamin B6 (Pyridoxine HCl) 8 mg Vitamin B12 (Cyanocobalamin) 2 µg Vitamin C (Ascorbic acid) 40 mg Vitamin D3 (Cholecalciferol) 120 iu Vitamin E (Alpha-tocopherol) 20 mg Zinc 4 mg <u>1 Marine Fish Oil capsule containing:</u> Marine Fish Oil: 1000 mg providing EPA (Eicosapentaenoic acid) 180 mg DHA (Docosahexaenoic acid) 120 mg <u>1 Lecithin capsule containing:</u> Lecithin 1000 mg The other ingredients are: Green capsule: soya lecithin, carrageenan, glycerol. Yellow and brown capsule: bovine gelatin. Contains no sugar.		SAMESTELLING Elke sakkie bevat 3 kapsules:- <u>1 Multivitamin kapsule met:</u> Biotien 5 µg Kalsium 20 mg Cholien 5 mg Koper 200 µg Foliensuur 500 µg Inositol 1 mg Jodium 140 µg Yster 12 mg Magnesium 500 µg Mangaan 5 µg Fosfaat 15 mg Kalium 500 µg Selenium 50 µg Vitamien A (Retiniel palmitaat) 2666 ie Vitamien B1 (Tiamien Nitraat) 3 mg Vitamien B2 (Riboflaviën) 2 mg Vitamien B3 (Nikotienamied) 20 mg Vitamien B5 (Pantoteensuur) 5 mg Vitamien B6 (Piridoksien HCl) 8 mg Vitamien B12 (Sianokobalamien) 2 µg Vitamien C (Askorbiensuur) 40 mg Vitamien D3 (Cholekalsiferol) 120 ie Vitamien E (Alfa-tokoferol) 20 mg Sink 4 mg <u>1 Mariene Vis Olie kapsule bevat:</u> Mariene vis olie: 1000 mg die verskaffing van EPA (Eikosapentaensuur) 180 mg DHA (Dokosaheksaeensuur) 120 mg <u>1 Lesitien kapsule bevat:</u> Lesitien 1000 mg Onaktiewe bestanddele: Groen kapsule: soja lesitien, karrageenan, gliserol. Geel en bruin kapsule: bees gelatien. Bevat geen suiker.	
PHARMACOLOGICAL CATEGORY Health supplement, Category D34.12 Multiple substance formulation.		FARMAKOLOGIESE KATEGORIE Gesondheidsaanvulling, Kategorie D34.12 Meervoudige bestanddeel formulering.	
PHARMACOLOGICAL ACTION The vitamins and minerals can assist in fat, carbohydrate and amino acid metabolism, nucleic acid and protein synthesis. They have antioxidant properties which assist in maintaining proper immune function. The body cannot produce omega-3 fatty acids. MAXIVIT PLUS provides a source of omega-3. Pharmacodynamic properties Omega-3 fats are thought to be important for normal neural function. There is preliminary evidence that they might improve retinal, visual, learning, and memory function. Lecithin consists of phospholipids which are the chief constituents of cell membranes. Lecithin also contains omega-6 fatty acids and a small amount of omega-3 fatty acids. Pharmacokinetic properties Following consumption, polyunsaturated fatty acids, such as the omega-3 and omega-6 fatty acids, are incorporated into cell membranes, where they modulate membrane protein function, cellular signaling, and gene expression.		FARMAKOLOGIESE WERKING Die vitamene en minerale kan met vette, koolhidrate en aminosuur metabolisme, nukleiënsuur en proteïensintese help. MAXIVIT PLUS het anti-oksidant eienskappe wat help met die handhawing van 'n behoorlike immuun funksie. Die liggaam kan nie omega-3 vetsure produseer nie en MAXIVIT PLUS is 'n bron van omega-3. Farmakodinamiese eienskappe Omega-3 vette vermoed dat omega-3 belangrik is vir normale neurale funksie. Daar is bewys dat dit dalk retinale, visuele, leer, en geheue-funksie verbeter. Lesitien bestaan uit fosfolipide wat die hoof bestanddeel van selmembrane is. Lesitien bevat ook omega-6 vetsure en 'n klein hoeveelheid omega 3-vetsure. Farmakokinetiese eienskappe Na inname van poli-onversadigde vetsure, soos omega-3 en omega-6 vetsure wat in die selmembrane opgeneem word, waar hulle membraan proteien funksie, sellulere sein, en die uitdrukking van gene moduleer.	
INDICATIONS MAXIVIT PLUS assists in maintaining a healthy body and may be able to improve brain function along with assisting in fighting fatigue and improving focus and alertness.		INDIKASIES MAXIVIT PLUS kan help in die handhawing van 'n gesonde liggaam en die verbetering van brein funksie. MAXIVIT PLUS kan ondersteuning bied vir moegheid en die verbetering van konsentrasie.	
CONTRAINDICATIONS MAXIVIT PLUS capsules are contraindicated in patients with known hypersensitivity to any of the ingredients.		KONTRA-INDIKASIES MAXIVIT PLUS is teenaangedui in pasiënte wat hipersensitief is vir enige van die bestanddele.	
WARNINGS AND SPECIAL PRECAUTIONS Not to be taken by persons allergic to fish. Consult a doctor before taking this product if you are on any other Vitamin A medication. Consult a doctor if you are on anticoagulants. Lecithin can cause allergic skin reactions in people with egg and soy allergies. Effects on ability to drive vehicles and use machinery: No known effect.		WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS Moet nie geneem word deur persone wat allergies is vir vis nie. As jy op enige ander vitamien A medikasie is, raadpleeg jou dokter voordat jy hierdie produk gebruik. Raadpleeg jou dokter as jy op antistollings medisyne is. Spesiale voorsorgmaatreëls Lesitien kan allergiese vel reaksies veroorsaak in mense met eier en soja allergieë. Effek op die vermoë om motor te bestuur en masjinerie te gebruik: Geen bekende effek.	
INTERACTIONS Vitamin A may interfere with Warfarin, reducing the anticoagulant effect.		INTERAKSIES Vitamien A kan met Warfarin inmeng en die vermindering van die antistollingsuitwerking beïnvloed.	
PREGNANCY AND BREASTFEEDING Speak to your doctor if you are pregnant or breastfeeding or plan to become pregnant soon. Taking too much vitamin A can be harmful to your baby.		SWANGER EN BORSVOED Raadpleeg jou dokter as jy swanger is of borsvoed, of as jy beplan om binnekort swanger te word. Te veel vitamien A kan skadelik vir jou baba wees.	
DOSAGE AND DIRECTIONS FOR USE Persons 18 years and older: 1 sachet with the 3 capsules daily with a meal and half a glass of water.		DOSIS EN GEBRUIKSAANWYSINGS Persone 18 jaar en ouer: 1 sakkie met die 3 kapsules per dag met ete en 'n halwe glas water.	
SIDE EFFECTS Nervous system disorders <i>Less frequent</i> Headache, sleep disturbances. Gastrointestinal disorders <i>Less frequent</i> Constipation, flatulence, belching, heartburn, indigestion and nausea, bright yellow discoloration of the urine, halitosis and a 'fishy' burp. Skin <i>Less frequent</i> Rash		NEWE-EFFEKTE Senustelsiemversteurings <i>Minder gereeld</i> Hoofpyn, slaapversteurings Gastroïntestinale versteurings <i>Minder gereeld</i> Hardlywigheid, winderigheid, viserige winde opbreek, soolbrand, slegte spysvertering en naarheid, helder geel verkleuring van die urine en halitose	
KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT Treatment should be symptomatic and supportive.		Vel <i>Minder gereeld</i> Veluitslag	
IDENTIFICATION Each sachet contains: 1 green capsule providing vitamins and minerals. 1 clear, light-yellow capsule providing marine fish oil. 1 brown capsule providing lecithin. Note that the colour of the lecithin may vary from batch to batch. This is quite normal and is due to varying environmental factors upon harvesting of the oil.		BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VIR DIE BEHANDELING DAARVAN Behandeling is simptomaties en ondersteunend.	
		IDENTIFIKASIE Elke sakkie bevat: 1 groen kapsule met vitamene en minerale. 1 deursigtige, liggeel kapsule met mariene vis olie. 1 bruin kapsule met lesitien. Let daarop dat die kleur van die Lesitien mag verskil van bondel tot bondel. Dit is heel normaal as gevolg van omgewings faktore met die oes van die olie.	
PRESENTATION Each sachet of MAXIVIT PLUS contains 3 capsules. There are 28 sachets in a box.		AANBIEDING MAXIVIT PLUS bevat 3 kapsules per sakkie. 28 sakkies in 'n boks.	
STORAGE INSTRUCTIONS Store at or below 25 °C Protect from light. Do not use after the expiry date printed on the box. STORE OUT OF REACH OF CHILDREN		BERGINGSINSTRUKSIES Stoor teen of onder 25 °C. Beskerm teen lig. Moet nie na die vervaldatum op die boks gebruik nie. STOOR BUITE BEREIK VAN KINDERS.	
REGISTRATION NUMBER Will be allocated by Council upon registration.		REGISTRASIENOMMER Sal toegeken word deur die Raad na afloop van registrasie.	
NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION Keynote Health (Pty) Ltd Unit 2 Penny Lane Park 64 Ebonyfield Ave Springfield Park 4091		NAAM EN BESIGHEIDSDRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT Keynote Health (Pty) Ltd Unit 2 Penny Lane Park 64 Ebonyfield Ave Springfield Park 4091	
DATE OF PUBLICATION March 2022		DATUM VAN PUBLIKASIE Maart 2022	
This unregistered medicine has not been evaluated by the SAHPRA for it's quality, safety or intended use.		Hierdie ongeregistreerde medisyne was nie geëvalueer deur die SAHPRA vir kwaliteit, veiligheid of gebruiksiensies.	

MP22

Marine Fish Oil:

1000 mg

providing EPA (Eicosapentaenoic acid)

180 mg

DHA (Docosahexaenoic acid)

120 mg

Lecithin

1000 mg

PATIENT INFORMATION LEAFLET MAXIVIT PLUS	PASIËNTINLIGTINGSBLAADJIE MAXIVIT PLUS																																																																																																
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Read all of this leaflet carefully because it contains important information for you. MAXIVIT PLUS is available without a doctor's prescription. Nevertheless you still need to use MAXIVIT PLUS carefully to get the best results from it. • Keep this leaflet. You may need to read it again. • Do not share MAXIVIT PLUS with any other person. • Ask your pharmacist if you need more information or advice. • You must see a doctor if your symptoms worsen or do not improve.	Lees die hele voubiljet noukeurig deur, want dit bevat belangrike inligting vir jou. MAXIVIT PLUS is beskikbaar sonder 'n voorskrif. Nogtans moet jy die gebruiksaanwysings vir MAXIVIT PLUS noukeurig volg om die beste resultate te verkry. • Hou hierdie voubiljet. Jy mag dit dalk weer moet lees. • Moet nie MAXIVIT PLUS met enige ander persoon deel nie. • Vra jou apteker indien jy meer inligting of advies nodig het. • Raadpleeg jou dokter as jou simptome vererger of nie verbeter nie.																																																																																																
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BEFORE YOU TAKE MAXIVIT PLUS: Do not take MAXIVIT PLUS • If you are hypersensitive (allergic) to any of the ingredients. Tell your doctor if you are not sure about any of the above. Take special care with MAXIVIT PLUS Not to be taken by persons allergic to fish. Consult a doctor before taking this product if you are on any other Vitamin A medication. MAXIVIT PLUS can cause allergic skin reactions in people with egg and soy allergies. Taking MAXIVIT PLUS with food and drink: MAXIVIT PLUS should be taken with water and a meal. PREGNANCY AND BREASTFEEDING If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking this medicine. Effects on ability to drive vehicles and use machinery: No known effect. Taking other medicine with MAXIVIT PLUS: Always tell your healthcare professional if you are taking any other medicine. (This includes complementary or traditional medicines.) Tell your doctor if you are taking any anticoagulants such as Warfarin.	VOORDAT JY MAXIVIT PLUS NEEM: Moet nie MAXIVIT PLUS gebruik • Indien jy hipersensitief (allergies) is vir enige van die bestanddele. Raadpleeg jou dokter indien jy nie seker is oor enige van bogenoemde nie. Neem spesiale voorsorg met MAXIVIT PLUS Moet nie geneem word deur persone wat allergies vir vis is nie. Raadpleeg jou dokter voordat jy hierdie produk gebruik as jy op enige ander Vitamin A medikasie is. MAXIVIT PLUS kan allergiese vel reaksies in mense met eier en soja allergieë veroorsaak. Die neem van MAXIVIT PLUS met kos en drank: MAXIVIT PLUS moet met water en 'n maaltyd geneem word. SWANGERSKAP EN BORSVOED As jy swanger is of jou baba borsvoed, raadpleeg jou dokter, apteker of 'n ander professionele gesondheidsorgwerker vir advies voordat jy hierdie medisyne neem. Effek op die vermoë om motor te bestuur en masjinerie te gebruik: Geen bekende effek. Gebruik van ander medisyne saam met MAXIVIT PLUS Vertel jou gesondheidsorg professioneel as jy enige ander medisyne gebruik. (insluitend aanvullende of tradisionele medisyne.) Sorg dat jou dokter weet indien jy enige ander antistolmiddels soos Warfarin neem.																																																																																																
HOW TO TAKE MAXIVIT PLUS Do not share medicines with any other person. Always take MAXIVIT PLUS exactly as indicated or as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure. The dosage is: Persons 18 years and older: one sachet with the 3 capsules daily with a meal and half a glass of water. Do not take more than the recommended dose. If you take more MAXIVIT PLUS than you should In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre. If you forgot to take / missed a dose of MAXIVIT PLUS Take your missed dose when you remember. Do not take a double dose to make up for forgotten individual doses. Effects when treatment with MAXIVIT PLUS is stopped If taking the dose as indicated, then there should be no adverse effects when stopping use of this medication.	HOE OM MAXIVIT PLUS TE NEEM Moet nie jou medisyne met enige ander persone deel nie. Neem MAXIVIT PLUS presies soos aangedui of soos deur jou dokter voorgeskryf. Raadpleeg jou dokter of apteker indien jy onseker is. Die normale dosis is: Persone 18 jaar en ouer: een sakkie met die 3 kapsules per dag met ete en 'n halwe glas water. Moet nie die vasgestelde dosis oorskry nie. As jy meer MAXIVIT PLUS neem as wat jy behoort In die geval van oordosering, raadpleeg jou dokter of apteker. Indien hulle nie beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum. As jy vergeet/nagelaat het om 'n dosis van MAXIVIT PLUS te neem Neem die oorgeslaande dosis sodra jy onthou daarvan. Moet nie 'n dubbele dosis neem om op te maak vir individuele dosisse wat jy oorgeslaan het nie. Uitwerking na behandeling met MAXIVIT PLUS gestaak is: Indien die dosis soos aangedui geneem word, sal daar geen nuwe-effekte wees wanneer die gebruik van MAXIVIT PLUS gestaak word nie.																																																																																																
POSSIBLE SIDE EFFECTS MAXIVIT PLUS has a few uncommon side effects such as headache, sleep disturbances, constipation, flatulence, heartburn, indigestion and nausea, bright yellow discoloration of the urine, halitosis, 'fishy' burp and rash. In the case side effects reported for MAXIVIT PLUS are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other health care professional for advice. If any of the following happens, stop taking MAXIVIT PLUS and tell your doctor immediately or go to the casualty department at your nearest hospital: • Spontaneous bleeding. • Diarrhoea, nausea, vomiting, lack of muscle tone, and weakness. • Increase in blood glucose levels in diabetic patients. If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.	MOONTLIKE NEWE-EFFEKTE MAXIVIT PLUS het 'n paar ongewone nuwe-effekte soos hoofpyn, slaapversteurings, hardlywigheid, windrigheid, soobrand, slegte spysvertering en naarheid, helder geel verkleuring van die urine, halitose en die opbreuk van viserige winde. Nie alle nuwe-effekte aangemeld vir MAXIVIT PLUS is in hierdie pamflet ingesluit nie. Indien jou algemene gesondheid verswak of as jy 'n ongewenste effek ervaar, raadpleeg jou dokter, apteker of 'n ander professionele gesondheidsorg werker vir advies. Indien enige van die volgende gebeur, staak gebruik van MAXIVIT PLUS en raadpleeg jou dokter onmiddellik, of gaan na die ongevalle-afdeling van jou naaste hospitaal: • Spontane bloeding. • Diarree, naarheid, braking, 'n gebrek aan spiertonus, en swaakheid. • 'n Toename in bloedsuikervlakke in diabetiese pasiënte. As jy enige nuwe-effekte ondervind wat nie in hierdie pamflet genoem word nie, laat asseblief jou dokter of apteker weet.																																																																																																
STORING AND DISPOSING OF MAXIVIT PLUS Store at or below 25 °C Protect from light and moisture. Do not store in a bathroom. Do not use after the expiry date stated on the carton. Return all unused medicine to your pharmacist. Do not dispose of unused medicine in drains or sewage systems (e.g. toilets). STORE ALL MEDICINE OUT OF THE REACH OF CHILDREN.	HOE OM MAXIVIT PLUS TE STOOR EN DAARVAN ONTSLAE TE RAAK Stoor teen of onder 25 °C. Die kapsules moet in lig en vog bestande houers gestoor word. Moet nie in 'n badkamer stoor nie. Moet nie na die vervaldatum op die karton gebruik nie. Neem alle ongebruikte medisyne terug na jou apteker. Moet nie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie. STOOR ALLE MEDISYNE BUITE BEREIK VAN KINDERS.																																																																																																
PRESENTATION OF MAXIVIT PLUS Each sachet of MAXIVIT PLUS contains 3 capsules. There are 28 sachets in a box.	AANBIEDING VAN MAXIVIT PLUS MAXIVIT PLUS bevat 3 kapsules per sakkie. 28 sakkies in 'n boks																																																																																																
IDENTIFICATION OF MAXIVIT PLUS Each sachet contains: 1 green capsule providing vitamins and minerals. 1 clear, light - yellow capsule providing marine fish oil. 1 brown capsule providing lecithin. Note that the colour of the lecithin may vary from batch to batch. This is quite normal and is due to varying environmental factors upon harvesting of the oil.	IDENTIFIKASIE VAN MAXIVIT PLUS Elke sakkie bevat: 1 groen kapsule met vitamiene en minerale. 1 deursigtige liggeel kapsule met mariene vis olie. 1 bruin kapsule met lesitien. Let daarop dat die kleur van die Lesitien mag verskil van bondel tot bondel. Dit is heel normaal as gevolg van omgewings faktore met die oes van die olie.																																																																																																
REGISTRATION NUMBER Will be allocated by Council upon registration.	REGISTRASIENOMMER Sal toegeken word deur die Raad na afloop van registrasie.																																																																																																
NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION Keynote Health (Pty) Ltd Unit 2 Penny Lane Park 64 Ebonyfield Ave Springfield Park 4091	NAAM EN BESIGHEIDSAADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT Keynote Health (Pty) Ltd Unit 2 Penny Lane Park 64 Ebonyfield Ave Springfield Park 4091																																																																																																
DATE OF PUBLICATION March 2022 This unregistered medicine has not been evaluated by the SAHPRA for it's quality, safety or intended use.	DATUM VAN PUBLIKASIE VAN DIE VOUBILJET Maart 2022 Hierdie ongeregistreerde medisyne was nie geëvalueer deur die SAHPRA vir kwaliteit, veiligheid of gebruiks intensies.																																																																																																

Marine Fish Oil:

1000 mg

providing EPA (Eicosapentaenoic acid)

180 mg

DHA (Docosahexaenoic acid)

120 mg

Lecithin

1000 mg