

PROFESSIONAL INFORMATION MAXIVIT 25	PROFESIONELE INFORMASIE MAXIVIT 25
PROPRIETARY NAME AND DOSAGE FORM MAXIVIT 25 (vegicapsule)	HANDELSNAAM EN DOSEERVORM MAXIVIT 25 (vegikapsule)
SCHEDULING STATUS SO	SKEDULERINGSTATUS SO
COMPOSITION: Each capsule contains: 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 Excipients: soya lecithin. Outershell contains: carrageenan, glycerol, starch. Contains no sugar	SAMESTELLING: Elke kapsule bevat: Biotin 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 (Riboflavin) 2 mg Vitamien B3 (Nikotienamied) 20 mg Vitamien B5 (Pantoteensuur) 5 mg Vitamien B6 (Piridoksien HCl) 8 mg Vitamien B12 (Cyanocobalaminen) 2 µg Vitamien C (Askorbiensuur) 40 mg Vitamien D3 (Cholekalsiferol) 120 ie Vitamien E (Alfa-tokoferol) 20 mg Sink 4 mg Onaktiewe bestanddele: soja lesitien. Buitenste dop bevat: karrageenan, glycerol, starch. Bevat geen suiker
CATEGORY Health supplement - D34.12 Multiple substance formulation.	KATEGORIE Gesondheidsaanvulling - D34.12 Meervoudige bestanddeel formulering.
PHARMACOLOGICAL ACTION MAXIVIT 25 assists in fat, carbohydrate and amino acid metabolism, nucleic acid and protein synthesis. It is an antioxidant which assists in maintaining proper immune function.	FARMAKOLOGIESE WERKING MAXIVIT 25 help met vet, koolhidraat en aminosuur metabolisme, nukleiensuur en proteïnsintese. MAXIVIT 25 is 'n antioksidant wat kan help in die handhawing van behoorlike immuun funksie.
INDICATIONS MAXIVIT 25 can assist in maintaining a healthy body and boosting vitality.	INDIKASIES MAXIVIT 25 kan met die handhawing van 'n gesonde liggaam en die bevordering van vitaliteit help.
CONTRAINDICATIONS MAXIVIT 25 is contraindicated in patients with known hypersensitivity to any of the ingredients.	KONTRA-INDIKASIES MAXIVIT 25 is teenaangedui in pasiente wat hipersensitief is vir enige van die bestanddele.
WARNINGS AND SPECIAL PRECAUTIONS Consult a doctor before taking MAXIVIT 25 if you are on any other Vitamin A medication. Vitamins, minerals and trace elements do not take the place of a balanced diet. Your body needs carbohydrates, proteins and fats. Vitamins, minerals and trace elements often cannot work without the presence of food. Effects on ability to drive vehicles and use of machinery: Does not affect the ability to drive or operate machinery.	WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS Voordat jy MAXIVIT 25 gebruik moet jy jou dokter raadpleeg as jy op enige ander vitamien A medikasie is. Vitamie, minerale en spoorelemente neem nie die plek van 'n gebalanseerde dieet nie. Jou liggaam het koolhidrate, proteïene en vette nodig. Vitamie, minerale en spoorelemente kan dikwels nie sonder die teenwoordigheid van kos werk nie. Effek op die vermoë om motor te bestuur en masjienerie te gebruik Beïnvloed nie die vermoë om te bestuur of masjienerie te gebruik nie.
INTERACTIONS Vitamin A may interfere with Warfarin thereby reducing the anticoagulant effect.	INTERAKSIES Vitamin A kan met Warfarin inmeng en kan antistollingsuitwerking verminder.
PREGNANCY AND LACTATION 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 the baby.	SWANGERSKAP EN LAKTASIE Raadpleeg jou dokter as jy swanger is of borsvoed, of binnekort beplan om swanger te raak. Te veel vitamien A kan skadelik vir die baba wees.
DOSAGE AND DIRECTIONS FOR USE Adults 18 years and older: 1 capsule daily with a meal and half a glass of water.	DOSIS EN GEBRUIKSAANWYSINGS Volwasseenes 18 jaar en ouer: 1 kapsule daaglik 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 and nausea, bright yellow discoloration of the urine and darkening of the stool.	NUWE-EFFEKTE Senuisisteem versteurings <i>Minder gereeld:</i> hoofpyn, slaapversteurings. Gastrointestinale versteurings <i>Minder gereeld:</i> konstipasie, winderigheid, winde, sooi-brand en naarheid, helder geel verkleuring van die urine en verdonkering van die stoelgang.
KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT Treatment should be symptomatic and supportive.	BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VIR DIE BEHANDELING DAARVAN Behandel simptome en ondersteunend.
IDENTIFICATION Oval opaque green capsules.	IDENTIFIKASIE Ovaal ondeursigtig groen kapsules.
PRESENTATION 30 Capsules in a carton.	AANBIEDING 30 kapsules in 'n karton.
STORAGE INSTRUCTIONS Store at or below 25 °C. The capsules should be stored in light-resistant and preferably, moisture proof containers. Protect from light. Keep in original packaging until required for use. Do not use after the expiry date printed on the bottle. KEEP OUT OF REACH OF CHILDREN.	BERGINGSINSTRUKSIES Stoor teen of onder 25 °C. Die kapsules moet in lig en vog bestande houers gestoor word. Beskerm teen lig. Hou nie in oorspronklike verpakking tot nodig vir gebruik. Moet nie na die vervaldatum wat op die bottel gedruk is, gebruik nie. HOU 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 6 Heron Park 80 Corobrik Road Riverhorse Valley, Durban, 4017	NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT Keynote Health (Pty) Ltd Unit 6 Heron park 80 Corobrik Road Riverhorse Valley, Durban, 4017
DATE OF PUBLICATION OF THE PACKAGE INSERT March 2023	DATUM VAN PUBLIKASIE VAN DIE VOUBILJET Maart 2023
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.	Hierdie ongeregistreerde medisyne was nie geëvalueer deur die SAHPRA vir kwaliteit, veiligheid of gebruiks intensies.

PATIENT INFORMATION LEAFLET MAXIVIT 25	PASIENTINLIGTINGSBLAADJIE MAXIVIT 25																																																																																																
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Read all of this leaflet carefully because it contains important information for you. MAXIVIT 25 is available without a doctor's prescription. Nevertheless you still need to use MAXIVIT 25 carefully to get the best results from it. • Keep this leaflet. You may need to read it again. • Do not share MAXIVIT 25 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 noukeuring deur, want dit bevat belangrike inligting vir jou. MAXIVIT 25 is beskikbaar sonder 'n voorskrif. Nogtans moet jy die gebruiksaanswysings vir MAXIVIT 25 noukeurig volg om die beste resultate te verkry. • Hou hierdie voubiljet. Jy mag dit dalk weer moet lees. • Moet nie MAXIVIT 25 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.																																																																																																
WHAT MAXIVIT 25 CONTAINS The active substances are: <table><tr><td>Biotin</td><td>5 µg</td></tr><tr><td>Calcium</td><td>20 mg</td></tr><tr><td>Choline</td><td>5 mg</td></tr><tr><td>Copper</td><td>200 µg</td></tr><tr><td>Folic acid</td><td>500 µg</td></tr><tr><td>Inositol</td><td>1 mg</td></tr><tr><td>Iodine</td><td>140 µg</td></tr><tr><td>Iron</td><td>12 mg</td></tr><tr><td>Magnesium</td><td>500 µg</td></tr><tr><td>Manganese</td><td>5 µg</td></tr><tr><td>Phosphorous</td><td>15 mg</td></tr><tr><td>Potassium</td><td>500 µg</td></tr><tr><td>Selenium</td><td>50 µg</td></tr><tr><td>Vitamin A (Retinyl Palmitate)</td><td>2666 iu</td></tr><tr><td>Vitamin B1 (Thiamine Nitrate)</td><td>3 mg</td></tr><tr><td>Vitamin B2 (Riboflavin)</td><td>2 mg</td></tr><tr><td>Vitamin B3 (Nicotinamide)</td><td>20 mg</td></tr><tr><td>Vitamin B5 (Pantothenic acid)</td><td>5 mg</td></tr><tr><td>Vitamin B6 (Pyridoxine HCl)</td><td>8 mg</td></tr><tr><td>Vitamin B12 (Cyanocobalamin)</td><td>2 µg</td></tr><tr><td>Vitamin C (Ascorbic acid)</td><td>40 mg</td></tr><tr><td>Vitamin D3 (Cholecalciferol)</td><td>120 iu</td></tr><tr><td>Vitamin E (Alpha-tocopherol)</td><td>20 mg</td></tr><tr><td>Zinc</td><td>4 mg</td></tr></table> The other ingredients are: soya lecithin. Outershell contains: carrageenan, glycerol, starch. Contains no sugar.	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	WAT MAXIVIT 25 BEVAT Die aktiewe bestanddele is: <table><tr><td>Biotin</td><td>5 µg</td></tr><tr><td>Kalsium</td><td>20 mg</td></tr><tr><td>Cholien</td><td>5 mg</td></tr><tr><td>Koper</td><td>200 µg</td></tr><tr><td>Folien suur</td><td>500 µg</td></tr><tr><td>Inositol</td><td>1 mg</td></tr><tr><td>Jodium</td><td>140 µg</td></tr><tr><td>Yster</td><td>12 mg</td></tr><tr><td>Magnesium</td><td>500 µg</td></tr><tr><td>Mangaan</td><td>5 µg</td></tr><tr><td>Fosfaat</td><td>15 mg</td></tr><tr><td>Kalium</td><td>500 µg</td></tr><tr><td>Selenium</td><td>50 µg</td></tr><tr><td>Vitamiën A (Retiniël Palmiataat)</td><td>2666 ië</td></tr><tr><td>Vitamiën B1 (Tiamien Nitraat)</td><td>3 mg</td></tr><tr><td>Vitamiën B2 (Riboflaviën)</td><td>2 mg</td></tr><tr><td>Vitamiën B3 (Nikotienamied)</td><td>20 mg</td></tr><tr><td>Vitamiën B5 (Pantoteensuur)</td><td>5 mg</td></tr><tr><td>Vitamiën B6 (Piridoksien HCl)</td><td>8 mg</td></tr><tr><td>Vitamiën B12 (Cyanocobalamien)</td><td>2 µg</td></tr><tr><td>Vitamiën C (Askorbiensuur)</td><td>40 mg</td></tr><tr><td>Vitamiën D3 (Cholekalsiferol)</td><td>120 ië</td></tr><tr><td>Vitamiën E (Alfa-tokoferol)</td><td>20 mg</td></tr><tr><td>Sink</td><td>4 mg</td></tr></table> Die ander bestanddele is: soja lesitien. Buitenste dop bevat: karrageenan, glycerol, starch. Bevat geen suiker.	Biotin	5 µg	Kalsium	20 mg	Cholien	5 mg	Koper	200 µg	Folien suur	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	Vitamiën A (Retiniël Palmiataat)	2666 ië	Vitamiën B1 (Tiamien Nitraat)	3 mg	Vitamiën B2 (Riboflaviën)	2 mg	Vitamiën B3 (Nikotienamied)	20 mg	Vitamiën B5 (Pantoteensuur)	5 mg	Vitamiën B6 (Piridoksien HCl)	8 mg	Vitamiën B12 (Cyanocobalamien)	2 µg	Vitamiën C (Askorbiensuur)	40 mg	Vitamiën D3 (Cholekalsiferol)	120 ië	Vitamiën E (Alfa-tokoferol)	20 mg	Sink	4 mg
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WHAT MAXIVIT 25 IS USED FOR Assists in maintaining a healthy body and boosting vitality. Used to help the body with fat, carbohydrate and amino acid metabolism as well as nucleic acid and protein synthesis. It is an antioxidant which assists in maintaining proper immune function.	WAARVOOR MAXIVIT 25 GEBRUIK WORD MAXIVIT 25 kan met die handhawing van 'n gesonde liggaam en die bevordering van vitaliteit help. MAXIVIT 25 help met vet, koolhidraat en aminosuur metabolisme, nukleiensuur en proteïensintese. MAXIVIT 25 is 'n antioksidant wat kan help in die handhawing van behoorlike immuun funksie.																																																																																																
BEFORE YOU TAKE MAXIVIT 25 Do not take MAXIVIT 25 • If you are hypersensitive (allergic) to any of the ingredients. Tell your doctor if you are not sure about any of the above.	VOORDAT JY MAXIVIT 25 NEEM Moet nie MAXIVIT 25 gebruik • Indien jy hipersensitief (allergies) is vir enige van die bestanddele. Raadpleeg jou dokter indien jy nie seker is oor enige van bogenoemde nie.																																																																																																
Take special care with MAXIVIT 25 Consult a doctor before taking this product if you are on any other Vitamin A medication. Vitamins, minerals and trace elements do not take the place of a balanced diet. Your body needs carbohydrates, proteins and fats. Vitamins, minerals and trace elements often cannot work without the presence of food.	Neem spesiale voorsorg met MAXIVIT 25 Voordat jy hierdie produk gebruik moet jy jou dokter raadpleeg as jy op enige ander vitamien A medikasie is. Vitamiene, minerale en spoorelemente neem nie die plek van 'n gabalanseerde dieet nie. Jou liggaam het koolhidrate, proteïene en vette nodig. Vitamiene, minerale en spoorelemente kan dikwels nie sonder die teenwoordigheid van kos werk nie.																																																																																																
Taking MAXIVIT 25 with food and drink Should be taken with water and food.	Die neem van MAXIVIT 25 met kos en drank Moet met water en kos geneem word.																																																																																																
Pregnancy and lactation If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking this medicine.	Swangerskap en laktasie As jy swanger is of jou baba borsvoed, raadpleeg jou dokter, apteker of ander professionele gesondheidsorgwerker vir advies voordat jy hierdie medisyne neem.																																																																																																
Effects on ability to drive vehicles and use machinery MAXIVIT 25 does not affect the ability to drive or operate machinery.	Effek op die vermoë om motor te bestuur en masjinerie te gebruik MAXIVIT 25 raak nie die vermoë om te bestuur of masjinerie te gebruik.																																																																																																
Taking other medicines with MAXIVIT 25 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 other medicine with Warfarin.	Gebruik van ander medisyne saam met MAXIVIT 25 Vertel jou gesondheidsorg professionele as jy enige ander medisyne gebruik. (Insluitend aanvullende of tradisionele medisyne.) Sorg dat jou dokter weet indien jy enige ander medisyne neem soos Warfarin.																																																																																																
HOW TO TAKE MAXIVIT 25 Do not share medicines with any other person. Always take MAXIVIT 25 exactly as indicated or as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure. The usual dose is: Adults 18 years and older: 1 capsule daily with a meal and half a glass of water. Do not take more than the recommended dose.	HOE OM MAXIVIT 25 TE NEEM Moet nie jou medisyne met enige ander mense deel nie. Neem MAXIVIT 25 altyd presies soos aangedui of soos deur jou dokter voorgeskryf. Raadpleeg jou dokter of apteker indien jy onseker is. Die normale dosis is: Volwassenes 18 jaar en ouer: 1 kapsule daaglik met 'n maaltyd en 'n halwe glas water. Moet nie die vasgestelde dosis oorskry nie.																																																																																																
If you take more MAXIVIT 25 than you should In the event of overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.	As jy meer MAXIVIT 25 neem as jy behoort In die geval van oordosering, raadpleeg jou dokter of apteker. Indien hulle nie beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.																																																																																																
If you forget to take / missed a dose of MAXIVIT 25 Take your missed dose when you remember. Do not take a double dose to make up for the forgotten individual doses.	As jy vergeet / nagelaat het om 'n dosis van MAXIVIT 25 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.																																																																																																
Effects when treatment with MAXIVIT 25 is stopped If taking the dose as indicated, then there should be no adverse effects when stopping use of this medication.	Uitwerking na behandeling met MAXIVIT 25 gestaak is Indien die dosis soos aangedui geneem word, sal daar geen nuwe-effekte wees wanneer die gebruik van MAXIVIT 25 gestaak word nie.																																																																																																
POSSIBLE SIDE EFFECTS MAXIVIT 25 is well tolerated. However you may experience side effects such as headache, sleep disturbances, and stomach disorders such as constipation, flatulence, burping, heartburn and nausea. Your urine might become bright yellow in colour and your stool a little darker, these are harmless side effects. Not all side effects reported for MAXIVIT 25 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 healthcare professional for advice. If any of the following happens, stop taking MAXIVIT 25 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 25 word goed verdra. Maar jy kan nuwe-effekte soos hoofpyn, slaapversteurings, en maag versteurings soos hardlywigheid, windergheid, sootbrand en naarheid ervaar. Jou urine kan 'n heldergeel kleur word en jou stoelgang 'n bietjie donkerder. Dit is skadelose nuwe-effekte. Nie alle nuwe-effekte aangemeld vir MAXIVIT 25 is in hierdie pamflet ingesluit nie. Indien jou algemene gesondheid verswak of as jy ongeeneste effekte ervaar terwyl jy die medisyne gebruik, raadpleeg jou dokter, apteker of ander professionele gesondheidsorgwerker vir advies. Indien enige van die volgende gebeur, staak gebruik van MAXIVIT 25 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 bloedglukosevlakke 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 25 Store at or below 25 °C. Protect from light and moisture. Store in original packaging until required for use. Do not store in a bathroom. Do not use after the expiry date stated on the label / carton / bottle. Return all unused medicine to your pharmacist. Do not dispose of unused medicines in drains or sewage systems (e.g. toilets). KEEP ALL MEDICINES OUT OF REACH OF CHILDREN.	HOE OM MAXIVIT 25 TE STOOR EN DAARVAN ONTSLAE TE RAAK Bewaar teen of onder 25 °C. Beskerm teen lig en vog. Bewaar in die oorspronklike verpakking tot voor gebruik. Moet nie in 'n badkamer stoor nie. Moet nie na die vervaldatum op de biljet / karton / bottel gebruik nie. Neem alle ongebruikte medisyne terug na jou apteker. Moet nie ongebruikte medisyne in die dreine of rioolstelsels (b.v. toilette) weggooi nie. HOU ALLE MEDISYNE BUITE BEREIK VAN KINDERS.																																																																																																
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