VITAFORCE VITAMIN A 10 000 IU

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS
S2

PROPRIETARY NAME AND DOSAGE FORM
VITAFORCE VITAMIN A 10 000 IU, Capsules

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU
VITAFORCE VITAMIN A 10 000 IU is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use VITAFORCE VITAMIN A 10 000 IU carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share VITAFORCE VITAMIN A 10 000 IU with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

WHAT VITAFORCE VITAMIN A 10 000 IU CONTAINS
The active substance is:
Retinol (Vitamin A palmitate) 10 000 IU

The other ingredients are:
Gelatin, glycerin, sunflower oil and water.
Sugar free.
Allergens: Peanut oil.

WHAT VITAFORCE VITAMIN A 10 000 IU IS USED FOR
A 22.2 Vitamins. Others.
Contributes to the maintenance of normal skin and vision.

BEFORE YOU TAKE VITAFORCE VITAMIN A 10 000 IU
Do not take VITAFORCE VITAMIN A 10 000 IU if you are hypersensitive (allergic) to any of the ingredients.
Do not use if you are allergic to peanut oil.

TAKE SPECIAL CARE WITH VITAFORCE VITAMIN A 10 000 IU
If you are a woman who is pregnant or who is planning pregnancy, you should ensure that any supplements you take does not contain high doses of vitamin A. It is recommended that Vitaforce vitamin A 10 000 IU not be used in pregnancy or in those planning pregnancies.

TAKING VITAFORCE VITAMIN A 10 000 IU WITH FOOD AND DRINK
Vitamin A 10 000 IU should be taken with a meal.

PREGNANCY AND BREASTFEEDING
If you are pregnant or breastfeeding your baby, please consult your healthcare provider for advice before taking this medicine.

IMPORTANT INFORMATION ABOUT SOME OF THE INGREDIENTS OF VITAFORCE VITAMIN A 10 000 IU
Sugar free.
Contains peanut oil.

TAKING OTHER MEDICINES WITH VITAFORCE VITAMIN A 10 000 IU
Always tell your healthcare provider if you are taking any other medicine. Retinoids: These vitamin A derivatives could have additive toxic effects with vitamin A supplements. Individuals that take retinoids should avoid vitamin A supplements. Some retinoids include etretinate, isotretinoin and others. Hepatotoxic medicines (medicines that are toxic to the liver): Excessive doses of vitamin A can cause toxicity of the liver ranging from elevated liver enzymes to liver failure. Individuals combining high doses of vitamin A with hepatotoxic medicines should do so with caution. Some medicines that can adversely affect the liver include paracetamol, amiodarone, carbamazepine, isoniazid, methotrexate, methyldopa and others. Tetracycline antibiotics: Benign intracranial hypertension can occur with tetracyclines and with vitamin A intoxication. Avoid high doses of vitamin A while using tetracyclines. Warfarin: Vitamin A toxicity is associated with haemorrhage and hypoprothrombinaemia, possibly due to vitamin K antagonism. High doses of vitamin A could increase the risk of bleeding with warfarin. Individuals taking warfarin should not exceed the Tolerable Upper Intake Level of 10,000 IU/day for adults. Absorption may also be impaired in cholestatic jaundice and fat malabsorption conditions.

HOW TO TAKE VITAFORCE VITAMIN A 10 000 IU
Do not share medicines prescribed for you with any other person. Always take VITAFORCE VITAMIN A 10 000 IU exactly as instructed. You should check with your doctor or pharmacist if you are unsure.

The usual dosage is:
Take 1 capsule daily with a meal, or as directed by a healthcare professional.

IF YOU TAKE MORE VITAFORCE VITAMIN A 10 000 IU 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 FORGET TO TAKE A DOSE OF VITAFORCE VITAMIN A 10 000 IU
Do not take a double dose to make up for forgotten individual doses.

POSSIBLE SIDE EFFECTS
VITAFORCE VITAMIN A 10 000 IU can have side effects.
Not all side effects reported for this medicine are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your healthcare provider for advice. The administration of large doses of vitamin A over long periods can lead to toxicity. This is characterised by fatigue, irratibility, anorexia and loss of weight, vomiting and other gastro-intestinal disturbances, low grade fever, hepatosplenomegaly, skin changes, alopecia, dry hair, cracking and bleeding lips, anemia, headache, hypercalcaemia, subcutaneous swelling and pains in bones and joints. If any of the following happens, stop taking Vitamin A 10 000 IU and tell your doctor immediately or go to the casualty department at your nearest hospital: Sedation, dizziness, confusion, diarrhoea and vomiting, sore mouth, bleeding gums, and increased intracranial pressure (resulting in building fontanels in infants or severe headache in adults). If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

STORING AND DISPOSING OF VITAFORCE VITAMIN A 10 000 IU
Store all medicines out of reach of children.
Store at or below 25 °C.
Protect from light.
Store in the original package / container.
Keep the container tightly closed.
Protect from moisture.
Do not store in a bathroom.
Do not use after the expiry date stated on the label/carton/bottle.
Do not use VITAFORCE VITAMIN A 10 000 IU if you notice visible signs of deterioration.
Return all unused medicine to your pharmacist.
Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF VITAFORCE VITAMIN A 10 000 IU
A brown amber plastic bottle containing 100 capsules per container, in a carton.

IDENTIFICATION OF VITAFORCE VITAMIN A 10 000 IU
Oval, clear pale yellow soft gelatin capsule.

REGISTRATION NUMBER
T1068 Act 101/1965

DATE OF REGISTRATION
TBA

PROFESSIONAL INFORMATION
For further information refer to the Professional Information of the product.

NAME AND ADDRESS OF REGISTRATION HOLDER
Ascendis Supply Chain (Pty) Ltd.
1 Carey Street
Wynberg, Sandton
JOHANNESBURG
2090
South Africa

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION
TBA

VITAFORCE VITAMIN A 10 000 IU

PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSTATUS
S2

HANDELSNAAM EN DOSEERVORM
VITAFORCE VITAMIN A 10 000 IU, Kapsules

LEES DIE HELE INLIGTINGSBLAADJIE NOUKEURIG DEUR, DIT BEVAT BELANGRIKE INLIGTING VIR JOU.
VITAFORCE VITAMIN A 10 000 IU is beskikbaar sonder 'n doktersvoorskrif en is aanvullende (komplimentêre) medisyne. Jy moet egter nogsteeds VITAFORCE VITAMIN A 10 000 IU versigtig gebruik om die beste resultate te verkry.

- Hou hierdie voubiljet, dit mag dalk nodig wees om dit weer te lees.
- Moenie VITAFORCE VITAMIN A 10 000 IU met enige ander persoon deel nie.
- Raadpleeg jou gesondheidsorgrakisyn of apteker of gesondheidsorgpraktisyn indien jy meer inligting of advies benodig.

WAT VITAFORCE VITAMIN A 10 000 IU BEVAT
Die aktiewe bestanddele is:
Retinol (Vitamien A palmitaat) 10 000 IU

Die ander bestanddele is:
Gelatien, gliserien, sonneblomolie en water
Suikervry
Allergeen: grondboontjieolie

WAARVOOR VITAFORCE VITAMIN A 10 000 IU GEBRUIK WORD
A 22.2 Vitamiene. Ander.
Dra by tot die handhawing van normale vel en gesig.

VOORDAT VITAFORCE VITAMIN A 10 000 IU GEBRUIK WORD
Moenie VITAFORCE VITAMIN A 10 000 IU gebruik indien jy hipersensitief (allergieë) is vir enige van die bestanddele nie. Moenie gebruik as u allergies is vir grondboontjieolie nie.

NEEM SPESIALE SORG MET VITAFORCE VITAMIN A 10 000 IU
Vrouens wat swanger is, of swangerskap beplan, moet verseker dat hul daaglikse aanvullings nie hoe dosis vitamien A bevat nie. Dit word aanbeveel dat Vitaforce vitamin A 10 000 IU nie gebruik word tydens swangerskap of wanneer swangerskap beplan word nie.

NEEM VAN VITAFORCE VITAMIN A 10 000 IU MET KOS EN DRANK
Vitamien A 10 000 IU moet saam met 'n maaltyd geneem word.

SWANGERSKAP EN BORSVOEDING
Raadpleeg jou dokter, apteker of gesondheidsorgpraktisyn voordat jy hierdie medisyn gebruik indien jy swanger is of jou baba borsvoed.

BELANGRIKE INLIGTING IN VERBAND MET SOMMIGE VAN DIE BESTANDDELE IN VITAFORCE VITAMIN A 10 000 IU
Suikervry
Bevat grondboontjieolie

AS JY ANDER MEDISYNE SAAM MET VITAFORCE VITAMIN A 10 000 IU NEEM
Stel altyd jou gesondheidsorgpraktisyn in kennis indien jy enige ander medisyne gebruik.
Retinoïede: Hierdie vitamien A-afgeleides kan toksiese effekte hê met vitamien A-aanvullings. Persone wat retinoïede neem, moet vitamien A-aanvullings vermy. Sommige retinoïede bevat etretinaat, isotretinoïne en ander. Hepatotoksiese medisyne (medisyne wat giftig is vir die lewer): Oormatige dosisse vitamien A kan toksisiteit van die lewer veroorsaak, van verhoogde lewerensieme tot lewerversaking.
Individue wat hoë dosisse vitamien A met hepatotoksiese medisyne kombineer, moet dit versigtig doen. Sommige medisyne wat die lewer nadelig kan beïnvloed, sluit in parasetamol, amiodarone, karbamazepien, isoniazied, metotrexaat, methyldopa en ander.
Tetrasiklienantibiotika: goedaardige intrakraniale hipertensie kan voorkom by tetrasikliene en met vitamien A-vergiftiging. Vermy hoë dosisse vitamien A terwyl u tetrasikliene gebruik.
Warfarin: Vitamien A-toksisiteit word geassosieer met bloeding en hipoprothrombinaemia, moontlik as gevolg van vitamien K-antagonisme. Hoë dosisse vitamien A kan die risiko van bloeding met warfarin verhoog. Persone wat warfarin neem, mag nie die tolerante boonste inname van 10.000 IU per dag vir volwassenes oorskry nie.
Absorpsie kan ook benadeel word tydens cholestatiese geelsug en wanabsorpsie toestande.

HOE OM VITAFORCE VITAMIN A 10 000 IU TE GEBRUIK
Moenie jou medisyne met enige iemand anders deel nie.
Neem VITAFORCE VITAMIN A 10 000 IU altyd presies soos aanbeveel. Bevestig met jou dokter of apteker indien jy onseker is.

Die normale dosering is:
Neem 1 kapsule per dag met 'n maaltyd of soos aanbeveel deur a gesondheidsorgdeskundige.

INDIEN JY MEER VITAFORCE VITAMIN A 10 000 IU GEBRUIK AS WAT JY BEHOORT
Indien oordosering vermoed word, raadpleeg onmiddellik jou dokter of apteker. Indien geeneen beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

INDIEN JY VERGEET HET OM VITAFORCE VITAMIN A 10 000 IU TE NEEM
Moenie 'n dubbele dosis neem om vir oorgeslane dosisse te vergoed nie.

MOONTLIKE NEWE-EFFEKTE
VITAFORCE VITAMIN A 10 000 IU kan moontlik newe-effekte veroorsaak. Nie alle newe-effekte wat vir hierdie medisyn aangemeld is word in hierdie voubiljet genoem nie. Indien jou algemene gesondheid verswak of indien jy enige nadelige effekte ondervind terwyl jy hierdie medikasie gebruik, moet jy asseblief jou dokter, apteker of ander gesondheidsorgpraktisyn raadpleeg. Die toediening van groot dosisse vitamien A oor lang periodes kan tot toksisiteit lei. Dit word gekenmerk deur moegheid, onaangenaamheid, anorexia en gewigsverlies, braking en ander gastro-intestinale versteurings, lae koors, hepatosplenomegalie, velveranderings, alopecia, droë hare, kraakende en bloeiende lippe, bloedarmoede, hoofpyn, hiperkalsemie, swelling onderhuid en pyne in bene en gewrigte. As een van die volgende gebeur, hou op met die neem van vitamien A 10 000 IU en vertel dit onmiddellik aan u dokter of gaan na die ongevalle-afdeling in u naaste hospitaal: Sedasie, duiseligheid, verwarring, diarree en braking, seer mond, bloeiende tandvleis, en verhoogde intrakraniale druk (wat lei tot die opbou van fontanels by babas of ernstige hoofpyn by volwassenes). Indien jy enige newe-effekte waarneem wat nie in hierdie voubiljet genoem word nie, moet jy jou dokter of apteker daarvan vertel.

BERGING EN WEGDOEN VAN VITAFORCE VITAMIN A 10 000 IU
Bewaar alle medikasie buite bereik en sig van kinders.
Bewaar teen of benede 25 °C.
Beskerm teen lig.
Bewaar in die oorspronklike houer.
Maak die houer dig toe.
Beskerm teen vog.
Moenie die produk in die badkamer bewaar nie.
Moenie na die vervaldatum wat op die houer aangedui is, gebruik nie.
Moenie VITAFORCE VITAMIN A 10 000 IU gebruik indien jy enige sigbare tekens van produkafbraak opmerk nie.
Besorg enige ongebruikte medisyne terug aan jou apteker.
Moenie van ongebruikte medisyne ontslae raak in dreine of rioolstelsels nie (bv. toilette).

AANBIEDING VAN VITAFORCE VITAMIN A 10 000 IU
'n Bruin amber plastiekbottel wat 100 kapsules per houer bevat, in 'n karton.

IDENTIFIKASIE VAN VITAFORCE VITAMIN A 10 000 IU
Ovaal, deurskynend liggeel sagte gelatienkapsule.

REGISTRASIENOMMER
T1068 Act 101/1965

DATUM VAN REGISTRASIE
TBA

PROFESSIONELE INLIGTING
Verwys na die voubiljet met professionele inligting vir meer inligting.

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT
Ascendis Supply Chain (Pty) Ltd.
1 Carey Street
Wynberg, Sandton
JOHANNESBURG
2090
South Africa

DATUM VAN PUBLIKASIE VAN DIE PROFESSIONELE INLIGTING
TBA

VITAFORCE VITAMIN A 10 000 IU

PROFESSIONAL INFORMATION

SCHEDULING STATUS
S2

PROPRIETARY NAME AND DOSAGE FORM
Vitaforce Vitamin A 10 000 IU Capsules

COMPOSITION
Each capsule contains:
Retinol (Vitamin A palmitate) 10 000 IU

INACTIVE INGREDIENTS:
Gelatin, glycerin, sunflower oil and water.
Sugar free.
Allergen: Peanut oil.

PHARMACOLOGICAL CLASSIFICATION
Category A: 22.2 Vitamins. Other.

PHARMACOLOGICAL ACTION
Vitamin A is a fat-soluble vitamin.
Vitamin A plays a physiological role in vision, growth and bone development, reproduction, cell proliferation and differentiation, immune function, and the integrity of mucosal and epithelial surfaces. Vitamin A substances are absorbed from the gastrointestinal tract, but absorption may be reduced due to the presence of fat malabsorption, low protein intake, impaired liver or pancreatic function.

INDICATIONS
Vitaforce Vitamin A 10 000 IU is a high potency vitamin A supplement that helps maintain good vision. Vitamin A is essential for growth, reproductive function, good vision (especially night vision). Vitamin A contributes to the maintenance of mucous membranes, healthy skin, normal functioning of the immune system, development and maintenance of bones and teeth, and is a factor in the maintenance of good health.

CONTRAINDICATIONS
Hypersensitivity to any of the ingredients contained in the product.

WARNINGS AND SPECIAL PRECAUTIONS
Do not use this product if you are hypersensitive (allergic) to any of the ingredients. If you are on any medication or suffering from any medical condition, it is advisable to seek medical advice before starting any new medicine, supplement or remedy. Do not use if you are allergic to peanut oil. Do not exceed recommended dosage(s) unless on the advice of a healthcare practitioner. Women who are pregnant or who are planning pregnancy should ensure that any vitamin supplements they take should not contain high doses of vitamin A. It is recommended that Vitaforce Vitamin A 10 000 IU not be used in pregnancy or in those planning pregnancies.

INTERACTIONS
Retinoids: These vitamin A derivatives could have additive toxic effects with vitamin A supplements. Individuals that take retinoids should avoid vitamin A supplements. Some retinoids include etretinate, isotretinoin and others.
Hepatotoxic medicines: Excessive doses of vitamin A can cause hepatotoxicity ranging from elevated liver enzymes to liver failure. Individuals combining high doses of vitamin A with hepatotoxic medicines should do so with caution.
Some medicines that can adversely affect the liver include paracetamol, amiodarone, carbamazepine, isoniazid, methotrexate, methyldopa and others.
Tetracycline antibiotics: Benign intracranial hypertension can occur with tetracyclines and with vitamin A intoxication. Avoid high doses of vitamin A while using tetracyclines.
Warfarin: Vitamin A toxicity is associated with haemorrhage and hypoprothrombinaemia, possibly due to vitamin K antagonism. High doses of vitamin A could increase the risk of bleeding with warfarin. Individuals taking warfarin should not exceed the Tolerable Upper Intake Level of 10,000 IU/day for adults. Absorption of vitamin A from the gastro-intestinal tract may be reduced by the presence of neomycin, cholestyramine or liquid paraffin. Absorption may also be impaired in cholestatic jaundice and fat malabsorption conditions.

HUMAN REPRODUCTION
Safety during pregnancy and lactation has not been established. Excessive doses of vitamin A should be avoided in pregnancy because of possible teratogenic effects.

DOSAGE AND DIRECTIONS FOR USE
Take 1 capsule daily with a meal, or as directed by a healthcare professional.

SIDE EFFECTS
The administration of large doses of vitamin A over long periods can lead to toxicity. Hypervitaminosis A is characterised by fatigue, irritability, anorexia and loss of weight, vomiting and other gastro-intestinal disturbances, low grade fever, hepatosplenomegaly, skin changes, alopecia, dry hair, cracking and bleeding lips, anaemia, headache, hypercalcaemia, subcutaneous swelling and pains in bones and joints. Symptoms of chronic toxicity in children may also include raised intracranial pressure, papilledema mimicking brain tumours, tinnitus, visual disturbances which may be severe and painful swelling over the long bones. Symptoms usually clear on withdrawal of vitamin A, but in children premature closure of the epiphyses of the long bones may result in arrested bone growth.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT
Treatment should be symptomatic and supportive. In the case of accidental overdose of the product, contact the nearest hospital or poison control centre. Acute vitamin A intoxication is characterised by sedation, dizziness, confusion, diarrhoea and vomiting, sore mouth, bleeding gums, desquamation and increased intracranial pressure (resulting in building fontanels in infants or severe headache in adults).

IDENTIFICATION
Oval, clear pale yellow soft gelatin capsule.

PRESENTATION
A brown amber plastic bottle containing 100 capsules per container, in a carton.

STORAGE INSTRUCTIONS
Store at or below 25 °C. Protect from light.
KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER
T1068 Act 101/1965

DATE OF REGISTRATION
TBA

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION
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896827/00

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