VITAFORCE VITAMIN E-500 IU

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

S2

PROPRIETARY NAME AND DOSAGE FORM
VITAFORCE VITAMIN E 500 IU capsule

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU.
VITAFORCE VITAMIN E 500 IU is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use VITAFORCE VITAMIN E 500 IU carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share VITAFORCE VITAMIN E 500 IU 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.

WHAT VITAFORCE VITAMIN E 500 IU CONTAINS
The active substance is:
Vitamin E (d-Alpha Tocopherol) 500 IU

The other ingredients are:
Gelatine, glycerine, sunflower oil and water

WHAT VITAFORCE VITAMIN E 500 IU IS USED FOR
A 22.2 Vitamins. Others.

VITAFORCE VITAMIN E 500 IU is indicated to help protect cells from oxidative stress that can result due to vitamin E deficiency. VITAFORCE VITAMIN E 500 IU helps to maintain good health.

BEFORE YOU TAKE VITAFORCE VITAMIN E 500 IU
Do not take VITAFORCE VITAMIN E 500 IU if you are hypersensitive (allergic) to any of the ingredients.

TAKE SPECIAL CARE WITH VITAFORCE VITAMIN E 500 IU:
-if you are taking blood thinners or anticoagulants
-if you have cancer
-if you have cardiovascular disease or diabetes

TAKING VITAFORCE VITAMIN E 500 IU WITH FOOD AND DRINK
VITAFORCE VITAMIN E 500 IU can be taken with or without food

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

DRIVING AND USING MACHINERY
VITAFORCE VITAMIN E 500 IU does not interfere with your ability to drive and use machines

IMPORTANT INFORMATION ABOUT SOME OF THE INGREDIENTS OF VITAFORCE VITAMIN E 500 IU
Sugar free

TAKING OTHER MEDICINES WITH VITAFORCE VITAMIN E 500 IU
Always tell your healthcare provider if you are taking any other medicines (This includes complementary or traditional medicines). Examples of medicines that may interact with VITAFORCE VITAMIN E 500 IU include:
cholestyramine, colestipol and orlistat

HOW TO TAKE VITAFORCE VITAMIN E 500 IU
Do not share medicines prescribed for you with any other person. Always take VITAFORCE VITAMIN E 500 IU exactly as instructed. You should check with your doctor or pharmacist if you are unsure.

The usual dose is:
Adults: Take 1 capsule once a day

IF YOU TAKE MORE VITAFORCE VITAMIN E 500 IU THAN YOU SHOULD
The administration of excessive amounts of VITAFORCE VITAMIN E 500 IU may lead to toxicity. 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 E 500 IU
Do not take a double dose to make up for forgotten individual doses. Continue taking the capsules as directed on the label. Contact your healthcare provider for further advice.

POSSIBLE SIDE EFFECTS
VITAFORCE VITAMIN E 500 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. Large doses may cause diarrhoea, abdominal pain, and other gastro intestinal disturbances. Cases of fatigue, blurred vision, dizziness and weakness have also been reported.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

STORING AND DISPOSING OF VITAFORCE VITAMIN E 500 IU
Store all medicines out of reach of children.
Store at or below 25 °C.
Keep the container in the outer carton.
Store in the original package / container.
Keep the container tightly closed.
Protect from light.
Protect from moisture.
Do not store VITAFORCE VITAMIN E 500 IU in a bathroom.
Do not use VITAFORCE VITAMIN E 500 IU after the expiry date stated on the label / carton / bottle.
Do not use VITAFORCE VITAMIN E 500 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 E 500 IU
Amber, round, plastic bottle with a black screw cap containing 60 soft gelatine capsules enclosed in a Vitaforce branded cardboard carton.

IDENTIFICATION OF VITAFORCE VITAMIN E 500 IU
Oval, clear, golden soft gelatine capsule with golden to light brown fill oil.

REGISTRATION NUMBER
H2622 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, Gauteng 2090
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+27 11 036 9420

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION
TBA

VITAFORCE VITAMIN E-500 IU

PASIËNTINLIGTINGSBLAADJIE

SKEDULERINGSTATUS

S2

HANDELSNAAM EN DOSEERVORM
VITAFORCE VITAMIN E 500 IU kapsule

LEES DIE HELE INLIGTINGSBLAADJIE NOUKEURIG DEUR AANGESIEN DIT BELANGRIKE INLIGTING VIR JOU BEVAT.
VITAFORCE VITAMIN E 500 IU is beskikbaar sonder 'n doktersvoorskrif en is 'n gesondheidsaanvulling. Jy moet VITAFORCE VITAMIN E 500 IU egter nog steeds versigtig gebruik om die beste resultate te verkry.

- Hou hierdie voubiljet, dit mag dalk nodig wees om dit weer te lees.
- Moenie VITAFORCE VITAMIN E 500 IU met enige iemand anders deel nie.
- Raadpleeg jou apteker of gesondheidsorgpraktisyn indien jy meer inligting of advies benodig.
- Raadpleeg jou dokter indien jou simptome nie verbeter nie of vererger.

WAT VITAFORCE VITAMIN E 500 IU BEVAT
Die aktiewe bestanddele is:
Vitamien E (d-Alpha-Tokoferol) 500 IU
Die ander bestanddele is:
Gelatien, gliserien, sonneblomolie en water

WAARVOOR VITAFORCE VITAMIN E 500 IU GEBRUIK WORD
A 22.2 Vitamiene. Ander.

VITAFORCE VITAMIN E 500 IU word aanbeveel om die selle van die liggaam te beskerm teen oksidatiewe stress wat kan ontstaan as gevolg van 'n vitamien E tekort. VITAFORCE VITAMIN E 500 IU help die liggaam om goeie gesondheid in stand te hou.

VOORDAT VITAFORCE VITAMIN E 500 IU GEBRUIK WORD
Moenie VITAFORCE VITAMIN E 500 IU gebruik indien jy hipersensitief (allergies) is vir enige van die bestanddele nie.

NEEM SPESIALE SORG MET VITAFORCE VITAMIN E 500 IU
- indien jy bloedverdunners of antikoagulante gebruik
- indien jy kanker het
- indien jy enige kardiovaskulêre siekte of diabetis het

NEEM VAN VITAFORCE VITAMIN E 500 IU MET KOS EN DRANK
VITAFORCE E-500 kan met of sonder kos geneem word.

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

DIE BESTUUR EN GEBRUIK VAN MASJINERIE
VITAFORCE VITAMIN E 500 IU beïnvloed nie jou vermoë om 'n voertuig te bestuur of om swaar masjinerie te hanteer nie.

BELANGRIKE INLIGTING IN VERBAND MET SOMMIGE VAN DIE BESTANDDELE IN VITAFORCE VITAMIN E 500 IU
Suikervry

AS JY ANDER MEDISYNE SAAM MET VITAFORCE VITAMIN E 500 IU NEEM
Stel altyd jou gesondheidsorgpraktisyn in kennis indien jy enige ander medisyne gebruik (insluitend komplementêre of tradisionele medisyne). Voorbeelde van medisyne wat moontlik 'n reaksie met VITAFORCE VITAMIN E 500 IU kan uitlok is cholestiramien, colestipol en orlistat.

HOE OM VITAFORCE VITAMIN E 500 IU TE GEBRUIK
Moenie jou medisyne met enige iemand anders deel nie.
Neem VITAFORCE VITAMIN E 500 IU altyd presies soos aanbeveel. Bevestig met jou dokter of apteker indien jy onseker is.

Die normale dosis is:
Volwassenes: Neem 1 kapsule een keer per dag.

INDIEN JY MEER VITAFORCE VITAMIN E 500 IU GEBRUIK AS WAT JY BEHOORT
Die neem van oormatige hoeveelhede VITAFORCE VITAMIN E 500 IU kan toksisiteit veroorsaak. Indien oordosering vermoed word, raadpleeg onmiddellik jou dokter of apteker. Indien geeneen beskikbaar is nie, kontak die naaste hospitaal of giftbeheersentrum.

INDIEN JY VERGEET HET OM VITAFORCE VITAMIN E 500 IU TE NEEM
Moenie 'n dubbele dosis neem om vir oorgeslane dosisse te vergoed nie. Gaan voort om VITAFORCE VITAMIN E 500 IU te neem soos aangedui op die etiket. Raadpleeg jou gesondheidsorgpraktisyn vir meer advies indien nodig.

MOONTLIKE NEWE-EFFEKTE
VITAFORCE VITAMIN E 500 IU kan moontlik newe-effekte veroorsaak. Nie alle newe-effekte wat vir hierdie medisyne aangemeld is word in hierdie biljet genoem nie. Indien jou algemene gesondheid verswak of indien jy enige nadelige effekte ondervind terwyl jy hierdie medisyne gebruik, moet jy jou dokter, apteker of ander gesondheidsorgpraktisyn raadpleeg. Hoë dosisse kan moontlik diarree, abdominale pyn en ander gastro-intestinale versteurings veroorsaak. Gevalle van uitputting, belemmerde visie, duiseligheid en floute is al gerapporteer. Indien jy enige newe-effekte waarneem wat nie in hierdie biljet genoem word nie, moet jy jou dokter of apteker daarvan vertel.

BERGING EN WEGDOEN VAN VITAFORCE VITAMIN E 500 IU
Bewaar alle medisyne buite bereik van kinders.
Bewaar teen of benede 25 °C.
Bewaar die houer in die kartonverpakking.
Bewaar in die oorspronklike houer.
Maak die houer dig toe.
Beskerm teen lig.
Beskerm teen vog.
Moenie VITAFORCE VITAMIN E 500 IU in die badkamer bewaar nie.
Moenie VITAFORCE VITAMIN E 500 IU gebruik na die vervaldatum wat op die houer aangedui is nie.
Moenie VITAFORCE VITAMIN E 500 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 E 500 IU
60 Sagte gelatienkapsules in 'n ronde, amberkleurige plastiekhouer met 'n swart skroefprop in 'n Vitaforce kartonverpakking.

IDENTIFIKASIE VAN VITAFORCE VITAMIN E 500 IU
'n Ovaalvormige sagte gelatienkapsule gevul met 'n helder, goudkleurige vloeistof.

REGISTRASIENOMMER
H2622 Act 101/1965

DATUM VAN PUBLIKASIE
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
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DATUM VAN PUBLIKASIE VAN DIE PROFESSIONELE INLIGTING
TBA

VITAFORCE VITAMIN E-500 IU

PROFESSIONAL INFORMATION

SCHEDULING STATUS

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PROPRIETARY NAME AND DOSAGE FORM
VITAFORCE VITAMIN E 500 IU capsule

COMPOSITION
Each capsule contains:
Vitamin E (d-Alpha Tocopherol) 500 IU

Inactive ingredients:
Gelatine, glycerine, sunflower oil and water
Sugar free

PHARMACOLOGICAL CLASSIFICATION
A 22.2 Vitamins. Others.

PHARMACOLOGICAL ACTION
Vitamin E is an antioxidant that helps protect the body's cells against potentially damaging effects of free radicals.

INDICATIONS
VITAFORCE VITAMIN E 500 IU is indicated to help protect cells from oxidative stress that can result due to vitamin E deficiency. VITAFORCE VITAMIN E 500 IU helps to maintains good health.

CONTRAINDICATIONS
Hypersensitivity to any of the ingredients including excipients

WARNINGS AND SPECIAL PRECAUTIONS
Do not use VITAFORCE VITAMIN E 500 IU 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.

Consult your healthcare practitioner or pharmacist if you are taking blood thinners or anticoagulants, VITAFORCE VITAMIN E 500 IU may increase bleeding tendencies. Consult your healthcare practitioner or pharmacist prior to use if you have cancer, cardiovascular disease or diabetes. Do not exceed recommended dosages unless on the advice of a healthcare practitioner.

INTERACTIONS
Cholestyramine, colestipol and orlistat may interfere with the absorption of VITAFORCE VITAMIN E 500 IU

HUMAN REPRODUCTION
Safety during pregnancy and lactation has not been established.

DOSAGE AND DIRECTIONS FOR USE
Adults: Take 1 capsule once a day.

SIDE EFFECTS
VITAFORCE VITAMIN E 500 IU is usually well tolerated.
Large doses may cause diarrhoea, abdominal pain, and other gastro intestinal disturbances
Cases of fatigue, blurred vision, dizziness and weakness have also been reported.

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.

IDENTIFICATION
Oval, clear, golden soft gelatine capsule with golden to light brown fill oil.

PRESENTATION
Amber, round, plastic bottle with a black screw cap containing 60 soft gelatine capsules enclosed in a Vitaforce branded cardboard carton.

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

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NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION
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