

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS^[50]

Category D: Complementary medicine.

Discipline: Discipline Specific

33.7 Combination Product

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

WELLNESS ESSENTIALS® ACTIVE DAILY PACK,

30 Packs

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

- **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** is available without a doctor's prescription.
- Nevertheless, you still need to use **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** with any other person.
- Ask your pharmacist or healthcare professional if you need more information or advice.

WHAT IS IN THIS LEAFLET

- What **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** is and what it is used for.
- What you need to know before you take **WELLNESS ESSENTIALS® ACTIVE DAILY PACK**.
- How to take **WELLNESS ESSENTIALS® ACTIVE DAILY PACK**.
- Possible side effects.
- How to store **WELLNESS ESSENTIALS® ACTIVE DAILY PACK**.
- Contents of the pack and other information.

WHAT WELLNESS ESSENTIALS® ACTIVE DAILY PACK CONTAINS

Each one (1) pack of **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** contains the following actives:

Potassium (from D-glucosamine sulfate potassium chloride)	120 mg	Selenium (as selenium aspartate and selenomethionine)	200 µg
Vitamin C (as Ascorbic acid)	86 mg	Chromium (as chromium polynicotinate)	100 µg
Vitamin B5 (as D-calcium pantothenate)	37,5 mg	Vitamin B12 (as methylcobalamin)	100 µg
Vitamin E (as d-alpha tocopheryl succinate)	33,5 mg	Iodine (as potassium iodide)	75 µg
Niacin (as niacinamide and niacin)	25 mg	Molybdenum (as molybdenum aspartate complex)	25 µg
Magnesium (as magnesium citrate)	20 mg	Vitamin D (as cholecalciferol)	12,5 µg (500 I.U.)
Choline (as choline bitartrate)	12,5 mg	Marine Lipid Concentrate	2 g
Thiamine (as thiamine mononitrate)	12,5 mg	EPA (Eicosapentaenoic acid)	600 mg
Riboflavin	7,5 mg	DHA (Docosahexaenoic acid)	400 mg
Vitamin K (as phytonadione USP)	60 µg	D-Glucosamine Sulfate (as D-glucosamine sulfate potassium chloride)	1,5 g
Zinc (as zinc citrate)	15 mg	Chondroitin Sulfate	600 mg
Vitamin B6 (as pyridoxine HCl)	12,5 mg	Methylsulfonylmethane (MSM)	500 mg
Vitamin C (as Ascorbyl palmitate)	4 mg	Proprietary Blend of: Tetrahydro-iso-alpha acids complex (from hops (<i>Humulus lupulus L.</i>) cone extract) Rosemary (<i>Rosmarinus officinalis</i>) Leaf Extract Oleo-resin Acid (from olive (<i>Olea europaea</i>) leaf extract)	350 mg
Copper (as copper citrate)	1,25 mg	Proprietary Phytonutrient Blend of: Citrus bioflavonoid complex [5:1 extract standardized to 45% hesperidin], Green coffee (<i>Coffea arabica</i>) bean extract standardized to 45% chlorogenic acid (<5% caffeine), Pomegranate (<i>Punica granatum</i>) [Whole fruit 225:1 extract standardized to 21,6 mg gallic acid equivalents (GAE)], Grape seed extract (<i>Vitis vinifera</i>) [Seed 12:1 extract standardized to 85% oligomeric proanthocyanidins], Blueberry (<i>Vaccinium spp.</i>) [Fruit 70:1 extract standardized to 20% total polyphenols and 15% anthocyanins], Green tea (<i>Camellia sinensis</i>) [Leaf 25:1 extract standardized to 60% catechins and 40% EGCG], Bitter melon (<i>Momordica charantia</i>) [Fruit 10:1 extract], Prune skin (<i>Prunus domestica</i>) [Fruit 10:1 extract standardized to 50% polyphenols], Watercress (<i>Nasturtium officinale</i>) [aerial parts 4:1 extract], Chinese cinnamon (<i>Cinnamomum cassia</i>) [bark powder], Indian gum Arabic tree (<i>Acacia nilotica</i>) [Bark and heartwood 5:1 extract standardized to 6% catechins], Rosemary (<i>Rosmarinus folium</i>) [Leaf 10:1 extract standardized to 7.6% min sum of carnosol-carmonic acid], Artichoke (<i>Cynara scolymus</i>) [Leaf extract containing cynarin and chlorogenic acid]	200 mg
Manganese (as manganese citrate)	1 mg	Myo-Inositol	12,5 mg
Vitamin A (as Mixed carotenoids)	750 µg	Resveratrol (from <i>Polygonum cuspidatum</i> root extract)	5 mg
Vitamin A (as Retinyl acetate)	750 µg	Lutein (from Marigold flowers (<i>Tagetes erecta</i>))	3 mg
Folate (as calcium L-5-methyltetrahydrofolate)	665 µg	Lycopene	3 mg
DFE			
Vitamin H (as Biotin)	250 µg	Zeaxanthin (from Marigold flowers (<i>Tagetes erecta</i>))	1 mg

Other Ingredients: Capsule [hydroxypropylmethylcellulose and sodium copper chlorophyllin (colour)], microcrystalline cellulose, magnesium stearate (vegetable), and silicon dioxide.

OmegaGenics Neuro Fish Oil 1000 mg: Ingredients: Marine lipid concentrate (one or more of: anchovy, calamari, sardine, and mackerel oil), softgel shell (gelatine, glycerine, water), contains 2 percent or less of natural lemon flavours, rosemary extract, and mixed tocopherols and ascorbyl palmitate (antioxidants). **Contains:** Fish (anchovy, sardine, and mackerel).

OmegaGenics Fish Oil EPA-DHA 720 mg: Ingredients: Marine lipid concentrate [fish (sardine, anchovy, and mackerel) oil], softgel shell (gelatine, glycerine, water), contains 2 percent or less of natural lemon flavour, natural lime flavour, mixed tocopherols (antioxidant), rosemary extract, and ascorbyl palmitate (antioxidant). **Contains:** Fish (sardine, anchovy, and mackerel).



TAKING OTHER MEDICINES WITH WELLNESS ESSENTIALS® ACTIVE DAILY PACK

Complementary medicine products contain ingredients which may interact with some medication. If you are taking any chronic medication, do not use this product without consulting your medical practitioner. Consult a registered healthcare professional if you are taking any other medicine (such as lithium) including chronic, complementary, or traditional medicines; or have high blood pressure, glaucoma, and/or detrusor instability (overactive bladder syndrome). Consumption with other medicines (e.g. bitter orange extract, synephrine, octopamine, ephedra, ephedrine) which increase blood pressure is not recommended. Use of caffeine may result in sleep deprivation. Consumption with other caffeine-containing products or foods (e.g. medications, coffee, tea, colas, cocoa, guarana, maté) is not recommended.

HOW TO TAKE WELLNESS ESSENTIALS® ACTIVE DAILY PACK

Do not share medicines prescribed for you with any other person. Always take **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** exactly as described in this leaflet, or as your doctor, healthcare provider has instructed you. You should check with your doctor, pharmacist or healthcare provider if you are unsure.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** may interfere with the daily activities of a patient. Patients should ensure that they do not engage in activities relating to requiring mental alertness, judgement and/or sound co-ordination and vision e.g. driving, riding, flying, sailing, operating machines/equipment, until they are aware of the measure to which **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** may affect you.

Directions for use:

Adults: Take one (1) packet daily or as directed by your healthcare practitioner. **Do not take more than the recommended dose.**

IF YOU TAKE MORE WELLNESS ESSENTIALS® ACTIVE DAILY PACK THAN YOU SHOULD

In the event of overdosage, consult your doctor, pharmacist. Should none of these be available, contact the nearest hospital or poison control centre.

IF YOU FORGET TO TAKE WELLNESS ESSENTIALS® ACTIVE DAILY PACK

Do not take a double dose to make up for a missed dose.

POSSIBLE SIDE EFFECTS

WELLNESS ESSENTIALS® ACTIVE DAILY PACK may have side effects. Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: Bleeding disorders, Heart disease, Diabetes, Head and neck cancer, Weak and brittle bones (osteoporosis), Prostate cancer, An inherited eye condition that causes poor night vision and loss of side vision (retinitis pigmentosa), Stroke, Liver disease, Post-surgical stent placement, Weight loss surgery, Procedures to widen narrowed arteries (angioplasty), Seizure disorder. If you are taking the following medication, please consult with your healthcare practitioner before taking. Medications changed by the liver, Medications for cancer (Chemotherapy), blood clotting (Anticoagulant / Antiplatelet drugs), Warfarin (Coumadin), Antibiotics for Cancer (Anti-tumor Antibiotics), Antibiotics (Tetracycline antibiotics), Amiodarone (Cordarone), Phenobarbital (Luminal), Medications for high blood pressure (antihypertensive drugs), 5-Fluorouracil, Medications for diabetes (Antidiabetes drugs). If any of the following happens, stop using **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** and tell your doctor or go to the casualty department at your nearest hospital:

- Allergic reactions – rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing.

These are all very serious effects. If you have them, you may have had a serious reaction to **WELLNESS ESSENTIALS® ACTIVE DAILY PACK**. You may need urgent medical attention or hospitalisation.

Side effects that usually do not require medical attention (report to your healthcare professional if they continue):

- nausea/vomiting.

Not all side effects and interactions reported for **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** 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 you notice any side effects not mentioned in this leaflet, please inform your doctor, pharmacist or healthcare professional.

REPORTING OF SIDE EFFECTS

If you experience side effects, talk to your doctor, pharmacist or other healthcare professional. You can also report side effects to SAHPRRA via "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRRA's publications:

<https://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of **WELLNESS ESSENTIALS® ACTIVE DAILY PACK**.

STORAGE AND DISPOSING OF WELLNESS ESSENTIALS® ACTIVE DAILY PACK

Store all medicines out of the reach of children.

Store in a cool, dark place, below 25 °C.

Protect from direct sunlight and heat.

Store in the original packaging.

Do not use after the expiry date stated on the bottle.

Do not use **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** if you notice visible signs of deterioration.

Do not dispose of unused medicine in drains or sewerage systems

(e.g. toilets).

PhytoMulti Multivitamin: Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), coating (hydroxypropylmethylcellulose, medium-chain triglycerides, hydroxypropylcellulose, and sodium copper chlorophyllin (colour)), and silicon dioxide.

OmegaGenics Fish Oil EPA-DHA 500 mg: Ingredients: Marine lipid concentrate (fish (anchovy, sardine, and mackerel) oil), softgel shell (gelatine, glycerine, water), contains 2 percent or less of natural lemon flavour, mixed tocopherols (antioxidant), rosemary extract, and ascorbyl palmitate (antioxidant). **Contains:** Fish (anchovy, sardine, and mackerel).

Kaprex: Other Ingredients: Olive oil, gelatine, glycerine, yellow beeswax, water, and sodium copper chlorophyllin (color).

Glucosamine Sulfate 750 mg: Ingredients: Glucosamine sulfate potassium chloride (crustacean shellfish (crab shells, shrimp)), microcrystalline cellulose, cellulose, ascorbic acid, stearic acid (vegetable), silicon dioxide, coating (hydroxypropylmethylcellulose, medium-chain triglycerides, and hydroxypropylcellulose), and croscarmellose sodium.

Contains: Crustacean shellfish (crab shells, shrimp).

ChondroCare: Ingredients: Microcrystalline cellulose, cellulose, croscarmellose sodium, stearic acid (vegetable), coating (hydroxypropylmethylcellulose, medium-chain triglycerides, and hydroxypropylcellulose), and silicon dioxide.

Contains: Crustacean shellfish (crab shells, shrimp)

THIS PRODUCT IS DAIRY FREE AND IS NON-GMO. CONTAINS CAFFEINE

WHAT WELLNESS ESSENTIALS® ACTIVE DAILY PACK IS AND WHAT IT IS USED FOR
WELLNESS ESSENTIALS® ACTIVE DAILY PACK Wellness Essentials Active provides a blend of essential vitamins, minerals, and nutrients to support overall health and wellness. This formula is designed to contribute to nutritional needs for those who lead an active lifestyle. This formulation includes ingredients that may contribute to joint health, flexibility, and mobility. The inclusion of glucosamine sulfate and chondroitin sulfate supports joint health and may help maintain comfort during physical activity.

BEFORE YOU TAKE WELLNESS ESSENTIALS® ACTIVE DAILY PACK

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. Do not take **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** if you are hypersensitive (allergic) to any of the ingredients. If you have allergies, be sure to check with your healthcare professional before taking this supplement. **Surgery:** Stop taking **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** at least two weeks before scheduled surgery. **Antibiotics:** Take your antibiotics 2 hours before or 4 hours after taking **WELLNESS ESSENTIALS® ACTIVE DAILY PACK**. **Laboratory tests:** Active ingredients in **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** may alter the results of tests. Please tell your healthcare practitioner that you are taking **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** before having any laboratory tests.

This medicine has not been evaluated by the SAHPRA for quality, safety, or intended use.

PASIEËNT INLIGTINGSBLAD

SKEDULERINGSSTATUS^[50]

Kategorie D: Komplementêre medisyne.

Dissipline: Dissiplinespesifiek

33.7 Kombinasie produk

HANDELSNAAM EN DOSEERVORM,

WELLNESS ESSENTIALS® ACTIVE DAILY PACK, 30 Pakkies

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT BELANGRIKE INLIGTING VIR U

- **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** is beskikbaar sonder doktersvoorskrif.
- U moet steeds **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** versigtig gebruik om die beste resultate daaruit te kry.
- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
- Moenie **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** met enige ander persoon deel nie.
- Vra jou apteker of gesondheidsorgpraktisyn of jy meer inligting of advies benodig.

WAT IS IN HIERDIE INLIGTINGSBLAD

- Wat **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** is en waarvoor dit gebruik word.
- Wat jy moet weet voordat jy **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** neem.
- Hoe om **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** te neem.
- Moontlike nuwe-effekte.
- Hoe om **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** te bêre.
- Inhoud van die pak en ander inligting

WAT IS WELLNESS ESSENTIALS® ACTIVE DAILY PACK KAPSULE EN WAARVOOR WORD DIT GEBRUIK

WELLNESS ESSENTIALS® ACTIVE DAILY PACK Wellness Essentials Active bied 'n mengsel van noodsaaklike vitamien, minerale en voedingstowwe om algemene gesondheid en verstand te ondersteun. Hierdie formule is ontwerp om by te dra tot voedingsbehoefes vir diegene wat 'n aktiewe leefstyl lei. Hierdie formulering bevat bestanddele wat kan bydra tot gesamentlike gesondheid, buigaamheid en mobiliteit. Die insluiting van glukosamiensulfat en chondroitiensulfat ondersteun gewrigsgesondheid en kan help om gemak tydens fisieke aktiwiteit te handhaaf.

VOORDAT JY WELLNESS ESSENTIALS® ACTIVE DAILY PACK NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** neem as jy hipersensitief (allergies) is vir enige van die bestanddele nie. As jy allergieë het, maak seker dat jy met jou gesondheidsorgpraktisyn gaan voordat jy hierdie aanwysing neem. **Chirurgie:** Hou op om **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** ten minste twee weke voor die geskeduleerde operasie te neem. **Antibiotika:** Neem jou antibiotika 2 ure voor of 4 ure na die neem van **WELLNESS ESSENTIALS® ACTIVE DAILY PACK**. **Laboratoriumtoets:** Aktiewe bestanddele in **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** kan die resultate van toets verander. Vertel asseblief jou gesondheidsorgpraktisyn dat jy **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** neem voordat jy enige laboratoriumtoets ondergaan.

Hierdie medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.

BESTUUR EN GEBRUIK VAN MASJENE

Dit is nie altyd moontlik om te voorspel in watter mate **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** die daaglikse aktiwiteite van 'n pasiënt kan belemmer nie. Pasiënte moet seker maak dat hulle nie betrokke raak by aktiwiteite wat verband hou met die vereiste van verstandelike waaksaamheid, oordeel en/of gesonde koördinasie en visie nie, byvoorbeeld bestuur, ry, vlieg, seil, bedryfsmasjien/toerusting, totdat hulle bewus is van die mate waartoe **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** jou beïnvloed.

PREGNANCY AND BREASTFEEDING

Safety during pregnancy and breastfeeding has not been established, consult with your healthcare professional before use. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult with your healthcare professional before taking this supplement.

PRESENTATION OF WELLNESS ESSENTIALS® ACTIVE DAILY PACK

Branded carton with individually packed packets.

IDENTIFICATION OF WELLNESS ESSENTIALS® ACTIVE DAILY PACK

Each packet contains: 1 PhytoMulti Multivitamin tablet (green), 2 OmegaGenics Fish Oil EPA-DHA 500 mg softgels (golden yellow), 3 ChondroCare tablets (white), 1 Kaprex softgel (dark green), and 1 Glucosamine Sulfate 750 mg tablet (off-white)

REGISTRATION NUMBER –

To be allocated by SAHPRA upon registration.

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

Scan QR code.

THIS LEAFLET WAS LAST REVISED ON

05 February 2025

NAME AND ADDRESS OF REGISTRATION HOLDER

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Tel: 011-802-8101



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NEEM VAN ANDER MEDISYNE SAAM MET WELLNESS ESSENTIALS® ACTIVE DAILY PACK

Komplementêre medisyne produkte bevat bestanddele wat met sommige medisyne 'n interaksie kan hê. As jy enige chroniese medisyne gebruik, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Raadpleeg 'n geregistreerde gesondheidspraktisyn as jy enige ander medisyne (soos lithium) neem, insluitend chroniese, aanvullende of tradisionele medisyne; of hoë bloeddruk, gloukoom en / of detrusor-onstabieliteit (oorskietende blaasindroom) het. Verbruik met ander medisyne (bv. bitter lemoen uittreksel, synephrine, octopamine, ephedra, eferdien) wat bloeddruk verhoog, word nie aanbeveel nie. Die gebruik van kafeïen kan lei tot slaaptekort. Verbruik met ander kafeïenbevattende produkte of voedsel (bv. medikasie, koffie, tee, colas, kakao, guarana, matê) word nie aanbeveel nie.

SWANGERSKAP EN BORSVOEDING

Veiligheid tydens swangerskap en borsvoeding is nie vasgestel nie, raadpleeg jou gesondheidsorgpraktisyn voor gebruik. As u swanger is of borsvoed, dink dat u swanger is of beplan om 'n baba te hê, raadpleeg u gesondheidsorgpraktisyn voordat u hierdie aanvulling neem.

HOE OM WELLNESS ESSENTIALS® ACTIVE DAILY PACK TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** presies soos beskryf in hierdie inligtingsblad, of soos u dokter, gesondheidsorgpraktisyn voorgeskryf het. Raadpleeg jou dokter, apteker of gesondheidsorgpraktisyn as jy onseker is.

Aanwysings vir gebruik:

Volwasse: Neem een (1) pakkie per dag of soos voorgeskryf deur jou gesondheidspraktisyn.

Moenie meer as die aanbevole dosis neem nie.

AS JY MEER WELLNESS ESSENTIALS® ACTIVE DAILY PACK NEEM AS WAT JY MOET

In die geval van oordosering, raadpleeg u dokter of apteker. Indien nie een hiervan beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

AS JY VERGEET OM WELLNESS ESSENTIALS® ACTIVE DAILY PACK TE NEEM

Moenie 'n dubbele dosis neem om op te maak vir 'n dosis wat oorgeslaan is nie.

MOONTLIKE NUWE-EFFEKTE

WELLNESS ESSENTIALS® ACTIVE DAILY PACK kan nuwe-effekte hê.

Indien jy enige van die volgende gedagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: bloedingverstergings, hartsieltes, diabetes, kop- en nekkanter, swak en bros bene (osteoporose), prostaatanker, 'n oorerflige oogtoestand wat swak nagsig en verlies aan visie (retinitis pigmentosa) veroorsaak, beroerte, lewersiekte, post-chirurgiese stenplasing, Gewigsverlieschirurgie, prosedures om verroude are (angioplastie) te verreed, beslagleggingsversterking. As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidspraktisyn voordat jy neem : medisyne vir kanker (Chemoterapie), bloeddopping (Antikoagulant / Antiplaatjies-middels), Warfarin (Coumadin), Antibiotika vir Kanker (Antitumor Antibiotika), Antibiotika (Tetrasielini antibiotika), Amiodaron (Cardaron), Fenobarbital (Luminal), medisyne vir hoë bloeddruk (antihypertensiewe middels), 5-Fluorouracil, medisyne vir diabetes (Antidiabetiese dwelms). As enige van die volgende gebrui, hou op om **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** te gebruik en vertel jou dokter of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- Allergiese reaksies- uitslag, jeuk / swelling (veral van die gesig / tong / keel), erge duiseligheid, probleme met asemhaling;

WATTER WELLNESS ESSENTIALS® ACTIVE DAILY PACK BEVAT

Elke een (1) pakkie van WELLNESS ESSENTIALS® ACTIVE DAILY PACK bevat die volgende aktiewe:

Kallium (van D-kaliumsiensulfaat kaliumchloried)	120 mg	Selenium (as seleniumaspartaat en selenometionien)	200 µg
Vitamiën B5 (as askorbiensuur)	86 mg	Chroom (as chroompolinicotinaat)	100 µg
Vitamiën B12 (as D-kaliumparatofenaat)	37,5 mg	Vitamiën B12 (as metielkobalamin)	100 µg
Vitamiën E (as α -tokoferyluksinaat)	33,5 mg	Jodium (as kaliumjodied)	75 µg
Niasien (as niacinaamide en niasien)	25 mg	Molibdeen (as molibdeen aspartaatkompleks)	25 µg
Magnesium (as magnesiumsitraat)	20 mg	Vitamiën D (as cholecalciferol)	12,5 µg (500 IE)
Cholien (as cholienbitartraat)	12,5 mg	Mariene lipied konsentraat	2 g
Tiamien (as tiamienmononittraat)	12,5 mg	EPA (Eicosapentaensuur)	600 mg
Riboflavin	7,5 mg	DHA (Dokosahexaensuur)	400 mg
Vitamiën K (as phytonadione USP)	60 µg	D-glukosamiensulfaat (as D-glukosamiensulfaatkaliumchloried)	1,5 gram
Sink (as sinkisitraat)	15 mg	Chondroitinsulfaat	600 mg
Vitamiën B6 (as piridoksien HCl)	12,5 mg	Metielfosfonielmetaan (MSM)	500 mg
Vitamiën C (as askorbylpalmitaat)	4 mg	Eie mengsel van: Tetrahydro-iso-alfa-sure kompleks (van hop (<i>Humulus lupulus</i> L.) keel uittreksel) Roosmaryn (<i>Rosmarinus officinalis</i>) Blaarekstrak Oleanoëlsuur (van olywe (<i>Olea europaea</i>) blaarekstrak)	350 mg
Koper (as koperisitraat)	1,25 mg	Eie Phytonutriënt Blend van: Citrus bioflavonoïed kompleks (S: 1 uittreksel gestandaardiseer tot 45% hesperidin), Groen koffie (<i>Coffea arabica</i>) [boonjie uittreksel gestandaardiseer tot 45% chlorogeen suur] (<5% kafeien), Granaat (<i>Punica granatum</i>) [Heel vrugte 225: 1 uittreksel gestandaardiseer tot 21,6 mg galliensurekwivalente (GAE)], Druwesaad uittreksel (<i>Vitis vinifera</i>) [Saad 12: 1 uittreksel gestandaardiseer tot 85% oligomere proantosianidiene], Bloubessie (<i>Vaccinium spp.</i>] [Vrugte 70: 1 uittreksel gestandaardiseer tot 20% totale polifenole en 15% antosianiene], Groen tee (<i>Camellia sinensis</i>) [Blaar 25: 1 uittreksel gestandaardiseer tot 60% kateiene en 40% EGCG], Bitter spanspek (<i>Momordica charantia</i>) [Vrugte 10: 1 uittreksel], Snoeivel (<i>Prunus domestica</i>) [Vrugte 10: 1 uittreksel gestandaardiseer tot 50% polifenole], Waterkers (<i>Nasturtium officinale</i>) [lugdele 4: 1 uittreksel], Chinese kaneel (<i>Cinnamomum cassia</i>) [baspoeler], Indiese gom Arabiese boom (<i>Acacia nilotica</i>) [Bas en kernhout 5: 1 uittreksel gestandaardiseer tot 6% kateiene], Roosmaryn (<i>Rosmarinus folium</i>) [Blaar 10: 1 uittreksel gestandaardiseer tot 7,6% minimum som van karnosol + karnosiensuur], Artisjok (<i>Cynara scolymus</i>) [Blaarekstrak wat sinarien en chlorogene suur bevat]	200 mg
Mangaan (as mangaansitraat)	1 mg	Myo-Inositol	12,5 mg
Vitamiën A (as gemengde karotenoliede)	750 µg	Resveratrol (van <i>Polygonum cuspidatum</i> wortel uittreksel)	5 mg
Vitamiën A (as retinielasetaat)	750 µg	Luteien (van goudsbloemflosers (<i>Tagetes erecta</i>))	3 mg
Folaat (as kalium L-5-metietetrahidrofolaat)	665 µg	Likopeen	3 mg
DFE			
Vitamiën H (as biotien)	250 µg	Zeaxanthin (van goudsbloemflosers (<i>Tagetes erecta</i>))	1 mg

Ander bestanddele: Kapsule [hidroksipropylmetiëlsellulose en natriumkoperchlorofiliën (kleur)], mikrokristallyne sellulose, magnesiumstearaat (groente) en silikondioksied.

OmegaGenics Neuro Fish Oil 1000 mg: Bestanddele: Mariene lipiedkonsentraat (een of meer van: ansjovis, calamari-, sardien- en makrielolie), softgel-dop (gelatien, gliserien, water), bevat 2 persent of minder natuurlike suurlemoengeur, roosmarynekstrak en gemengde tokoferole en askorbylpalmitaat (antioksidante). **Bevat:** Vis (ansjovis, sardien en makriel).

OmegaGenics Fish Oil EPA-DHA 720 mg: Bestanddele: Mariene lipiedkonsentraat [vis (sardien, ansjovis en makriel) olie], softgel-dop (gelatien, gliserien, water), bevat 2 persent of minder natuurlike suurlemoengeur, natuurlike limoengeur, gemengde tokoferole (antioksidant), roosmarynekstrak en askorbylpalmitaat (antioksidant). **Bevat:** Vis (sardien, ansjovis en makriel).

PhytoMulti Multivitamiën: Ander bestanddele: Mikrokristallyne sellulose, croscarmellose-natrium, sellulose, steariensuur (groente), bedekking [hydroxypropylmethylcellulose, medium-chain trigliseriede, hydroxypropylcellulose en natriumkoperchlorofiliën (kleur)], en silikondioksied.

OmegaGenics Fish Oil EPA-DHA 500 mg: Bestanddele: Mariene lipiedkonsentraat [vis (ansjovis, sardien en makriel) olie], softgel-dop (gelatien, gliserien, water), bevat 2 persent of minder natuurlike suurlemoengeur, gemengde tokoferole (antioksidant), roosmarynekstrak en askorbylpalmitaat (antioksidant). **Bevat:** Vis (ansjovis, sardien en makriel).

Kaprek: Ander bestanddele: Olyfolie, gelatien, gliserien, geel bywas, water en natriumkoperchlorofiliën (kleur).

Glucosamine Sulfate 750 mg: Bestanddele: Glukosamiensulfaat kaliumchloried [skaaldier skulpvis (krappoppe, garnale)], mikrokristallyne sellulose, sellulose, askorbiensuur, steariensuur (groente), silikondioksied, laag (hidroksipropylmetiëlsellulose, mediumketting trigliseriede en hidroksipropylsellulose), en kroskarmellosenatrium.

Bevat: Skaaldiere skulpvis (krappoppe, garnale).

ChondroCare: Bestanddele: Mikrokristallyne sellulose, sellulose, kroskarmellosenatrium, steariensuur (groente), laag (hidroksipropylmetiëlsellulose, mediumketting trigliseriede en hidroksipropylsellulose) en silikondioksied.

Bevat: Skaaldier skulpvis (krappoppe, garnale)

Hierdie produk is suiweltry en is nie-GGO. BEVAT KAFEÏEN

Dit is alles baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op WELLNESS ESSENTIALS® ACTIVE DAILY PACK gehad. Jy mag dalk dringende mediese hulp of hospitalisasie nodig hê.

Nowe-effekte wat gewoonlik nie mediese hulp benodig nie (rapporteer aan u gesondheidsorgpraktisyn as dit voortduur):

- naarheid / braking.

Nie alle newe-effekte en interaksies wat vir WELLNESS ESSENTIALS® ACTIVE DAILY PACK gerapporteer word, is by hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid vererger of as jy enige nadelige effekte ervaar tydens die gebruik van hierdie medisyne, raadpleeg asseblief jou dokter, apteaker of ander gesondheidsorgpraktisyn vir raad. As jy enige newe-effekte sien wat nie in hierdie inligtingsblad genoem word nie, stel asseblief jou dokter, apteaker of gesondheidsorgpraktisyn in kennis.

AANMELDING VAN NEWE-EFFEKTE

As jy newe-effekte ervaar, praat met jou dokter, apteaker of ander gesondheidsorgpraktisyn. U kan ook newe-effekte aan SAHPRA rapporteer via "6.04 Adverse Drug Reaction Reporting Form", wat aantlyn gevind word onder SAHPRA se publikasies:

<https://www.sahpra.org.za/Publications/Index/8>. Deur newe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van WELLNESS ESSENTIALS® ACTIVE DAILY PACK.

HOE OM WELLNESS ESSENTIALS® ACTIVE DAILY PACK TE BERË

Bêre alle medisyne buite bereik van kinders.

Bêre in 'n koel, donker plek, onder 25 °C.

Beskerem teen direkte sonlig en hitte.

Bêre in die oorspronklike verpakking.

Moet nie gebruik word na die vervaldatum wat op die bottel aangedui word nie.

Moenie WELLNESS ESSENTIALS® ACTIVE DAILY PACK gebruik as u sigbare tekens van agteruitgang opmerk nie.

Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

AANBIEDING VAN WELLNESS ESSENTIALS® ACTIVE DAILY PACK

Handelsmerkkaartont met individueel verpakte pakkies.

IDENTIFIKASIE VAN WELLNESS ESSENTIALS® ACTIVE DAILY PACK

Elke pakkie bevat: 1 PhytoMulti Multivitamiën tablet (groen), 2 OmegaGenics Visolie EPA-DHA 500 mg softgels (goudgeel), 3 ChondroCare tablette (wit), 1 Kaprek softgel (donkergroen) en 1 Glucosamine Sulfate 750 mg tablet (naaswit)

REGISTRASIE NOMMER

Om deur SAHPRA toegeken te word by registrasie.

TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE

INLIGTING

Skaander QR-kode.

HERIEDE INLIGTINGSBLAD IS LAAS HERSIEN OP

05 Februarie 2025

NAAM EN ADRES VAN REGISTRASIEHOUER

Versprei deur:

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