local health
Your Life / Your Choice

MULTIVITAMIN TABLETS

PROFESSIONAL INFORMATION
Complementary Medicine: Health Supplement
This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. Health supplements are intended only to complement health or supplement the diet.

SCHEDULING STATUS: S0

1. NAME OF THE MEDICINE
LOCAL HEALTH MULTIVITAMIN tablets

2. QUALITATIVE AND QUANTITATIVE COMPOSITION
Each tablet contains:

Calcium (as Tricalcium Phosphate)	243 mg
Phosphorus (as Tricalcium Phosphate)	125 mg
Magnesium (as Magnesium Oxide)	100 mg
Ascorbic Acid (Vitamin C)	60 mg
Niacin (Vitamin B3)	18 mg
d-α-Tocopherol (Vitamin E)	15 IU / 10 mg TE
Iron (as Electrolytic Iron)	10 mg
Pantothenic Acid (Vitamin B5)	6 mg
Zinc (as Zinc Oxide)	5 mg
Pyridoxine (Vitamin B6)	2 mg
Riboflavin (Vitamin B2)	1,6 mg
Thiamine (Vitamin B1)	1,4 mg
Vitamin A (as Vitamin A Palmitate)	4000 IU / 1200 µg
Manganese (as Manganese Sulphate)	1 mg
Copper (as Copper Sulphate 25%)	0,5 mg
Lutein (*Tagetes erecta* L. Marigold)	250 µg
Folic Acid	195 µg
Biotin (Vitamin H)	100 µg
Iodine (as Potassium Iodide)	100 µg
Selenium (as Selenium Amino Acid Chelate 2%)	60 µg
Molybdenum (as Molybdenum Amino Acid Chelate)	50 µg
Chromium (as Chromium Amino Acid Chelate 10%)	40 µg
Menaquinone (Vitamin K2)	30 µg
Cholecalciferol (Vitamin D3)	200 IU / 5 µg
Cyanocobalamin (Vitamin B12)	2 µg

Contains sugar: 88,2 mg isomalt per tablet.
For full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM
Tablets.
Oval, yellow coated tablets.

4. CLINICAL PARTICULARS
4.1 Therapeutic indications
LOCAL HEALTH MULTIVITAMIN is a daily multivitamin supplement that contains a combination of vitamins, minerals, and antioxidants for the maintenance and support of good health.

4.2 Posology and method of administration
Adults 18 years and older: one tablet daily after breakfast.

4.3 Contraindications
- Hypersensitivity to any of the active substances or to any of the excipients listed in section 6.1, including members of the Asteraceae/Compositae plant family (ragweed, chrysanthemums, marigolds, daises, and many other herbs) and iodine.
- Patients with hypercalcaemia, hypercalciuria, or renal impairment.
- Patients with calcium renal calculi or a history of renal calculi.
- Retinoids taken in conjunction with vitamin A containing supplements could have additive toxic effects. Patients should avoid taking vitamin A supplements if they are taking retinoids.
- Patients receiving blood transfusions, parenteral iron therapy, or patients with an anaemia not produced by an iron deficiency, unless iron deficiency is also present, as overdosage may occur.
- Patients with a vitamin B12 deficiency, as folic acid can mask pernicious anaemia by decreasing megaloblastic anaemia. This can prevent appropriate treatment with vitamin B12 and result in neurological damage, such as subacute combined degeneration of the spinal cord.
- Patients with Leber's disease or tobacco amblyopia should not use vitamin B12 as it may cause further degeneration.

4.4 Special warnings and precautions for use
- Vitamin C may increase the risk of hyperoxaluria in patients with chronic kidney dysfunction. Large doses (>2 g daily) have been associated with an increased risk of oxalate kidney stones.
- Large amounts of vitamin C can cause haemolysis in individuals with glucose-6-phosphate dehydrogenase (G6PD) deficiency, and can increase the risk of oxalate stone formation in people with a history of oxalate kidney stones. The daily recommended osage should not be exceeded.
- Patients with iron-storage or iron-absorption diseases such as haemochromatosis or haemoglobinopathies should use iron-containing supplements with caution.
- Patients with gastrointestinal diseases such as inflammatory bowel disease, intestinal strictures or diverticulitis should use iron-containing supplements with caution as iron may cause gastrointestinal irritation and exacerbate these conditions.

4.5 Interaction with other medicines and other forms of interaction
- Retinoids taken in conjunction with vitamin A containing supplements could have additive toxic effects. Patients should avoid taking vitamin A supplements if they are taking retinoids.
- Vitamin A taken concomitantly with warfarin may contribute to increased anticoagulant effects.
- Zinc forms various complexes with antibiotics in the gut, affecting the absorption and effectiveness of antibiotics.
- Iron and zinc may interfere with the absorption and effectiveness of penicillamine.
- Thiazide diuretics reduces the urinary excretion of calcium which may increase the risk of hypercalcaemia and milk-alkali syndrome.
- Iron can form toxic complexes with dimercaprol and these should therefore not be administered together.
- Iron and calcium may interfere with the absorption and effectiveness of bisphosphonates.
- Some anticonvulsants (phenytoin, barbiturates, primidone) may reduce the effect of vitamin D by accelerating its metabolism.
- High doses of vitamin D can cause hypercalcaemia. Hypercalcaemia increases the risk of fatal cardiac arrhythmias with digoxin.

4.6 Fertility, pregnancy and lactation
Safety during pregnancy and lactation has not been established.

4.7 Effects on ability to drive and use machines
No studies on the effects on the ability to drive or use of machinery have been performed. Patients should exercise caution before driving or using machinery until they are reasonably certain that LOCAL HEALTH MULTIVITAMIN does not adversely affect their performance.

4.8 Undesirable effects
Gastrointestinal disorders
Frequent: gastrointestinal irritation, abdominal pain, nausea, vomiting, diarrhoea, constipation.

Immune system disorders
Frequency unknown: hypersensitivity reactions.

Reporting of suspected adverse reactions
Reporting suspected adverse reactions after authorization of the medicine is important. It allows continued monitoring of the benefit/risk balance of the medicine. Health care providers are asked to report any suspected adverse reactions to SAHPRA via the "6.04 Adverse Drug Reactions Reporting Form", found online under SAHPRA's publications: https://www.sahpra.org.za/Publications/Index/8.

4.9 Overdose
In the event of an overdose, undesirable effects as listed in 4.8 can be precipitated or be of increased severity. Treatment of overdose is symptomatic and supportive.

5. PHARMACOLOGICAL PROPERTIES
Class and category: D 34.12 Multiple Substance Formulation

5.1 Pharmacodynamic properties
LOCAL HEALTH MULTIVITAMIN is a daily multivitamin containing a combination of vitamins, minerals and antioxidants for the maintenance of good health.

5.2 Pharmacokinetic properties
The active ingredients in this formulation are well known. Pharmacokinetic studies have not been conducted on LOCAL HEALTH MULTIVITAMIN.

6. PHARMACEUTICAL PARTICULARS
6.1 List of excipients
Magnesium stearate, isomalt, talc, silicon dioxide, polyethylene glycol, yellow coating.

6.2 Incompatibilities
Not applicable

6.3 Shelf Life
24 months

6.4 Special precautions for storage
Store at or below 25 °C.
Store in the original package in order to protect from moisture.

6.5 Nature and contents of container
White PET plastic container and white screwcap lid.
Pack size: 30 or 75 tablets.

6.6 Special precautions for disposal
No special requirements.

7. HOLDER OF CERTIFICATE OF REGISTRATION
CJ Distribution
23 Stag Road, Glen Austin, Johannesburg, South Africa
careline@cjdsa.com
010 589 2729
www.localhealth.com

8. REGISTRATION NUMBER
Will be allocated by SAHPRA upon registration.

9. DATE OF FIRST AUTHORISATION
Will be allocated by SAHPRA upon registration.

local health
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MULTIVITAMIN TABLETS

PATIENT INFORMATION LEAFLET
SCHEDULING STATUS
S0
LOCAL HEALTH MULTIVITAMIN (tablets)
Complementary Medicine: Multiple Substance Formulation (Health Supplement)
This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. Health supplements are intended only to complement health or supplement the diet.

Read all of this leaflet carefully because it contains important information for you.
LOCAL HEALTH MULTIVITAMIN is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use LOCAL HEALTH MULTIVITAMIN carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share LOCAL HEALTH MULTIVITAMIN with any other person.
- Ask your healthcare practitioner or pharmacist if you need more information or advice.

What is in this leaflet

1. What LOCAL HEALTH MULTIVITAMIN is and what it is used for
LOCAL HEALTH MULTIVITAMIN is a daily multivitamin supplement that contains a combination of vitamins, minerals, and antioxidants for the maintenance and support of good health.

2.What you need to know before you use LOCAL HEALTH MULTIVITAMIN
A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.
Do not use LOCAL HEALTH MULTIVITAMIN:
- If you are allergic or sensitive to any of the ingredients listed in section 6, including members of the Asteraceae/Compositae plant family (ragweed, chrysanthemums, marigolds, daises, and many other herbs) and iodine.
- If you have hypercalcaemia, hypercalciuria, or renal impairment.
- If you have calcium renal calculi, or a history of renal calculi.
- If you are taking retinoids.
- If you are receiving blood transfusions, parenteral iron therapy, or if you have an anaemia not produced by iron deficiency.
- If you have a vitamin B12 deficiency, Leber's disease or tobacco amblyopia.

Warnings and precautions
Consult with a healthcare practitioner prior to using LOCAL HEALTH MULTIVITAMIN, especially if you have a medical condition.
Use LOCAL HEALTH MULTIVITAMIN with caution and consult a healthcare practitioner before use:
- If you have hyperoxaluria or G6PD deficiency.
- If you have an iron-storage or iron-absorption disease such as haemochromatosis or haemoglobinopathy.
- If you have an existing gastrointestinal disease such as inflammatory bowel disease, intestinal strictures, or diverticulitis.

Children and adolescents
LOCAL HEALTH MULTIVITAMIN is not recommended for individuals below the age of 18 years. Consult a healthcare practitioner prior to use.
Other medicines and LOCAL HEALTH MULTIVITAMIN
Always tell your healthcare practitioner if you are taking any other medicine (this includes complementary or traditional medicines). Not all possible interactions with other medicines may be included in this leaflet. Consult with a healthcare practitioner prior to use. LOCAL HEALTH MULTIVITAMIN may interact with the following medications: retinoids, anticoagulants, antibiotics, penicillamine, digoxin, thiazide diuretics, anticonvulsants, dimercalprol, bisphosphonates.
Pregnancy, breastfeeding and fertility
If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare practitioner for advice before using LOCAL HEALTH MULTIVITAMIN.
Driving and using machinery
No studies on the effects on the ability to drive or use of machinery have been performed. Patients should exercise caution before driving or using machinery until they are reasonably certain that LOCAL HEALTH MULTIVITAMIN does not adversely affect their performance.

3. How to use LOCAL HEALTH MULTIVITAMIN
Do not share medicines prescribed to you with any other person. Do not exceed the daily recommended dosage. Always use LOCAL HEALTH MULTIVITAMIN exactly as described in this leaflet or as your healthcare practitioner has instructed. Check with your healthcare practitioner if you are not sure.
Adults 18 years and older:
One tablet daily after breakfast, or as recommended by a healthcare practitioner.

4. Possible side effects
LOCAL HEALTH MULTIVITAMIN can have side effects. Not all side effects reported for LOCAL HEALTH MULTIVITAMIN are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking LOCAL HEALTH MULTIVITAMIN, please consult your doctor, pharmacist or other healthcare practitioner for advice. If any of the following happens, stop using LOCAL HEALTH MULTIVITAMIN and tell your doctor or pharmacist immediately, or go the casualty department at your nearest hospital: swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in swallowing or breathing, rash or itching, fainting. These are very serious side effects. If you have them, you may have had a serious reaction to LOCAL HEALTH MULTIVITAMIN. You may need urgent medical attention or hospitalisation.
- **Frequent:** gastrointestinal irritation, abdominal pain, nausea, vomiting, diarrhoea, constipation.
- **Frequency unknown:** hypersensitivity reactions.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.
Reporting of side effects
If you experience side effects, inform your doctor or pharmacist. You can also report side effects to SAHPRA via the "6.04 Adverse Drug Reactions Reporting Form",found online under SAHPRA's publications: http://www.sahpra.org.za/Publications/Index/8. By reporting side effects, you can help provide more information on the safety of LOCAL HEALTH MULTIVITAMIN.

5. How to store LOCAL HEALTH MULTIVITAMIN
- Protect from moisture and store at or below 25 °C.
- KEEP OUT OF REACH OF CHILDREN.
- Store in the original container and keep the container tightly sealed.
- Do not use after the expiry date stated on the label.
- Return all unused LOCAL HEALTH MULTIVITAMIN to your pharmacist.
- Do not dispose of unused LOCAL HEALTH MULTIVITAMIN in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information
What LOCAL HEALTH MULTIVITAMIN contains
Each tablet contains:

Calcium (as Tricalcium Phosphate)	243 mg
Phosphorus (as Tricalcium Phosphate)	125 mg
Magnesium (as Magnesium Oxide)	100 mg
Ascorbic Acid (Vitamin C)	60 mg
Niacin (Vitamin B3)	18 mg
d-α-Tocopherol (Vitamin E)	15 IU / 10 mg TE
Iron (as Electrolytic Iron)	10 mg
Pantothenic Acid (Vitamin B5)	6 mg
Zinc (as Zinc Oxide)	5 mg
Pyridoxine (Vitamin B6)	2 mg
Riboflavin (Vitamin B2)	1,6 mg
Thiamine (Vitamin B1)	1,4 mg
Vitamin A (as Vitamin A Palmitate)	4000 IU / 1200 µg
Manganese (as Manganese Sulphate)	1 mg
Copper (as Copper Sulphate 25%)	0,5 mg
Lutein (*Tagetes erecta* L. Marigold)	250 µg
Folic Acid	195 µg
Biotin (Vitamin H)	100 µg
Iodine (as Potassium Iodide)	100 µg
Selenium (as Selenium Amino Acid Chelate 2%)	60 µg
Molybdenum (as Molybdenum Amino Acid Chelate)	50 µg
Chromium (as Chromium Amino Acid Chelate 10%)	40 µg
Menaquinone (Vitamin K2)	30 µg
Cholecalciferol (Vitamin D3)	200 IU / 5 µg
Cyanocobalamin (Vitamin B12)	2 µg

Other ingredients: magnesium stearate, isomalt, talc, silicon dioxide, polyethylene glycol and yellow coating.
Contains sugar: 88,2 mg isomalt per tablet.

Presentation and identification of LOCAL HEALTH MULTIVITAMIN
Oval, yellow coated tablets packed into a white plastic container with a white plastic screwcap.
Pack size: 30 or 75 tablets.

Holder of Certificate of Registration
Manufactured for: CJ Distribution, 23 Stag Road, Glen Austin, Johannesburg, South Africa, 1685
Careline: 010 589 2729; careline@cjdsa.com; www.localhealth.co.za
This pamphlet was last revised in
Will be allocated by SAHPRA upon registration.
Registration number
Will be allocated by SAHPRA upon registration.

LCH.6 9/22

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MULTIVITAMIN TABLETS

PASIËNTINLIGTINGSBLAD
SKEDULERINGSTATUS
S0
LOCAL HEALTH MULTIVITAMIN (tablette)
Komplementêre Medisyne: Meervoudige Bestanddeel Formulasie (Gesondheidsaanvulling)
Hierdie ongeregistreerde medisyne is nie deur SAHPRA vir gehalte, veiligheid of beoogde gebruik geëvalueer nie. Gesondheidsaanvullings dien slegs as aanvulling tot gesondheid of dieët.
Lees hierdie inligtingsblad noukeurig deur want dit bevat inligting wat belangrik is vir u.
LOCAL HEALTH MULTIVITAMIN is beskikbaar sonder 'n dokter se voorskrif, om u gesondheid te handhaaf. Nietemin moet LOCAL HEALTH MULTIVITAMIN versigtig gebruik word ten einde die beste resultate te verkry.
- Hou hierdie inligtingsblad. Dit kan nodig wees dat u dit weer lees.
- Moenie LOCAL HEALTH MULTIVITAMIN met enige ander persoon deel nie.
- Vra u gesondheidsorgpraktisyn of apteker indien u meer inligting of advies nodig het.

Wat is in hierdie inligtingsblad

1. Wat LOCAL HEALTH MULTIVITAMIN is en waarvoor dit gebruik word
LOCAL HEALTH MULTIVITAMIN is 'n daaglikse multivitamienaanvulling wat 'n kombinasie van vitamiene, minerale en antioksidante bevat vir die handhawing en ondersteuning van goeie gesondheid.

2. Wat u moet weet voordat u LOCAL HEALTH MULTIVITAMIN gebruik
'n Gevarieerde dieet is die doeltreffendste en veiligste manier om goeie voeding, gesondheid, liggaamsamestelling, sowel as geestelike en fisiese prestasie te behaal.
Moet nie LOCAL HEALTH MULTIVITAMIN neem nie:
- Indien u allergies of sensitief is vir enige van die bestanddele gelys in afdeling 6, insluitend lede van die Asteraceae / Compositae plantfamilie (dissel, krisante, gousblomme, madeliefies en ander kruie) en jodium.
- Indien u hiperoksalurie, hiperkalsurie of nierontoereikenheid het.
- Indien u kalsiumnierstene het, of 'n geskiedenis van nierstene het.
- Indien u retinoïede gebruik.
- Indien u bloedoortappings of parenterale ysterterapie ontvang, of as u anemie het wat nie deur ystertekort veroorsaak word nie.
- Indien u 'n vitamien B12-tekort, Leber se siekte of tabak-amblyopie het.

Waarskuwings en voorsorgmaatreëls
Raadpleeg 'n gesondheidsorgpraktisyn voordat u LOCAL HEALTH MULTIVITAMIN gebruik, veral as u 'n mediese toestand het.
Gebruik LOCAL HEALTH MULTIVITAMIN met omsigtigheid en raadpleeg 'n gesondheidsorgpraktisyn voor gebruik:
- Indien u 'n hiperoksalurgie of G6PD-tekort het.
- Indien u ysteropbergings- of ysterabsorpsie-siekte het, soos hemochromatose of hemoglobinopatie.
- Indien u 'n gastrointestinale siekte het, soos inflammatoriese dermsiekte, instestinale vernouings of divertikula.

Kinders en adolessente
LOCAL HEALTH MULTIVITAMIN word nie aanbeveel vir individue jonger as 18 jaar nie. Raadpleeg 'n gesondheidsorgpraktisyn voor gebruik.
Die neem van LOCAL HEALTH MULTIVITAMIN en ander medisyne
Lig altyd u gesondheidsorgpraktisyn in indien u enige ander medisyne neem (dit sluit aanvullende of tradisionele medisyne in). Nie alle moontlike interaksies met ander medisyne word in hierdie pamflet ingesluit nie. Raadpleeg 'n gesondheidsorgpraktisyn voor gebruik. LOCAL HEALTH MULTIVITAMIN kan interaksie hê met die volgende medisyne: retinoïede, antistolmiddels, antibiotika, penisillamien, digoksien, tiasieddiuretika, antikonvulsante, dimercalprol, bisfosfonate.
Swangerskap, borsvoeding en vrugbaarheid
Indien u swanger is of borsvoed, vermoed dat u swanger is of beplan om 'n baba te hê, raadpleeg u dokter, apteker of ander gesondheidsorgpraktisyn vir advies voordat u LOCAL HEALTH MULTIVITAMIN gebruik.
Bestuur en die gebruik van masjinerie
Geen studies is uitgevoer oor die effekte op die vermoë om te bestuur of die gebruik van masjinerie nie. Pasiënte moet versigtig wees voordat hulle bestuur of masjinerie gebruik, totdat hulle redelik seker is dat LOCAL HEALTH MULTIVITAMIN nie hul werkverrigting nadelig beïnvloed nie.

3. Hoe om LOCAL HEALTH MULTIVITAMIN te gebruik
Moenie medisyne wat aan u voorgeskryf is met enige ander persoon deel nie. Moenie die aanbeveelde daaglikse dosis oorskry nie. Gebruik LOCAL HEALTH MULTIVITAMIN presies soos aanbeveel in hierdie inligtingsblad, of soos aanbeveel deur u gesondheidsorgpraktisyn. Raadpleeg u gesondheidsorgpraktisyn indien u nie seker is nie.
Volwassenes 18 jaar en ouer:
Neem een tablet daagliks na ontbyt, of soos aanbeveel deur 'n gesondheidsorgpraktisyn.

4. Moontlike newe-effekte
LOCAL HEALTH MULTIVITAMIN kan newe-effekte hê. Nie alle newe-effekte vir LOCAL HEALTH MULTIVITAMIN is ingesluit in hierdie inligtingsblad nie. Indien u algemene gesondheid vererger, of as u enige ongewensde reaksies ervaar tydens die gebruik van LOCAL HEALTH MULTIVITAMIN, raadpleeg u dokter, apteker of ander gesondheidsorgpraktisyn vir advies. As een van die volgende gebeur, hou op met die gebruik met LOCAL HEALTH MULTIVITAMIN en raadpleeg u dokter of apteker onmiddellik, of gaan na die ongevalle afdeling van u naaste hospitaal: swelling van u hande, voete, enkels, gesig, lippe en mond of keel, wat dit moeilik kan maak om te sluk of asem te haal, veluitslag, gejeuk, of floutes. Hierdie is baie ernstige newe-effekte. Indien u dit het, mag u 'n ernstige allergiese reaksie teen LOCAL HEALTH MULTIVITAMIN gehad het. U mag dringende mediese bystand of hospitalisasie nodig hê.
- **Dikwels:** gastrointestinale irritasie, buikpyn, naarheid, braking, diarree, hardlywigheid.
- **Dikwelsheid onbekend:** hipersensitiwiteitsreaksies.

Lig asseblief u dokter of apteker in indien u enige newe-effekte opmerk wat nie in hierdie inligtingstuk genoem word nie.
Rapportering van newe-effekte
Praat met u dokter of apteker as u newe-effekte ervaar. U kan ook newe-effekte by SAHPRA aanmeld via die "6.04 Adverse Drug Reactions Reporting Form", wat aanlyn gevind kan word onder SAHPRA se publikasies: http://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 LOCAL HEALTH MULTIVITAMIN.

5. Hoe om LOCAL HEALTH MULTIVITAMIN te bêre
- Beskerm teen vog en bêre by of onder 25 °C.
- HOU BUITE BEREIK VAN KINDERS.
- Stoor in die oorspronklike verpakking en hou die houer dig verseël.
- Moenie gebruik na die vervaldatum op die etiket nie.
- Neem alle ongebruikte LOCAL HEALTH MULTIVITAMIN na u apteker terug.
- Moenie ongebruikte LOCAL HEALTH MULTIVITAMIN in afvoerpype of rioolsisteme (bv. toilette) weggooi nie.

6. Inhoud van die verpakking en ander inligting
Wat LOCAL HEALTH MULTIVITAMIN bevat
Elke tablet bevat:

Kalsium (as Trikalsium Fosfaat)	243 mg
Fosfor (as Trikalsium Fosfaat)	125 mg
Magnesium (as Magnesiumoksied)	100 mg
Askorbiensuur (Vitamien C)	60 mg
Niasien (Vitamien B3)	18 mg
d-α-Tokoferol (Vitamien E)	15 IU / 10 mg TE
Yster (as Elektrolitiese Yster)	10 mg
Pantoteensuur (Vitamien B5)	6 mg
Sink (as Sinkoksied)	5 mg
Piridoksien (Vitamien B6)	2 mg
Riboflavien (Vitamien B2)	1,6 mg
Tiamien (Vitamien B1)	1,4 mg
Vitamien A (as Vitamien A Palmitaat)	4000 IU / 1200 µg
Mangaan (as Mangaansulfaat)	1 mg
Koper (as Kopersulfaat 25%)	0,5 mg
Luteïen (*Tagetes erecta* L. Gousblom)	250 µg
Foliensuur	195 µg
Biotien (Vitamien H)	100 µg
Jodium (as Kaliumjodied)	100 µg
Selenium (as Selenium Aminosuurchelaat 2%)	60 µg
Molibdeen (as Molibdeen Aminosuurchelaat)	50 µg
Chroom (as Chroom Aminosuurchelaat 10%)	40 µg
Menakinoon (Vitamien K2)	30 µg
Cholekalsiferol (Vitamien D3)	200 IU / 5 µg
Sianokobalamien (Vitamien B12)	2 µg

Ander bestanddele: magnesiumstearaat, isomalt, talk, silikondioksied, poliëtileenglikol en geel deklaag.
Bevat suiker: 88,2 mg isomalt per tablet.

Aanbieding en identifikasie van LOCAL HEALTH MULTIVITAMIN
Ovaal, geel bedekte tablette verpak in 'n wit plastiekhouer met 'n wit plastiek skroefdop.
Verpakkingsgrootte: 30 of 75 tablette.

Houer van Registrasiesertifikaat
Vervaardig vir: CJ Distribution, 23 Stag Road, Glen Austin, Johannesburg, Suid Afrika, 1685
Sorglyn: 010 589 2729; careline@cjdsa.com; www.localhealth.co.za
Hierdie pamflet is laas hersien in
Sal met registrasie deur SAHPRA toegeken word.
Registrasienommer
Sal met registrasie deur SAHPRA toegeken word.