

MULTIVITAMIN GINSENG

SCHEDULING STATUS

LOCAL HEALTH MULTIVITAMIN GINSENG (Capsules)

Etheurococcus senticosus (Siberian Ginseng)[root], Ascorbic Acid (Vitamin C), Nicotinamide (Vitamin B3), Calcium (as Calcium Carbonate), Pyridoxine (Vitamin B6), Riboflavin (Vitamin B2), Thiamine (Vitamin B1), Calcium D-Pantothenate (Vitamin B5), Magnesium (as Magnesium Oxide), Inositol (as Myo-Inositol), Choline (as Choline Bitartrate), Betacarotene (10%), Iron (as Ferrous Fumarate), Zinc (as Zinc Oxide), Manganese (as Manganese Amino Acid Chelate 10%), Copper (as Copper Sulphate), Vitamin A (as Vitamin A Acetate), Folic Acid, Biotin (Vitamin H), Selenium (as Selenium Amino Acid Chelate 2%), Chromium (as Chromium Polynicotinate), d- α -Tocopherol (Vitamin E), Cyanocabalamin (Vitamin B12), Cholecalciferol (Vitamin D3).

Sugar Free

Complementary Medicine: D.33.7 Combination Product

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use. This medicine is not intended to diagnose, treat, cure or prevent any disease.

Read all of this insert carefully as it contains important information for you.

LOCAL HEALTH MULTIVITAMIN GINSENG is not available with a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use LOCAL HEALTH MULTIVITAMIN GINSENG carefully to get the best results from it.

- Keep this leaflet, you may need it again.
- Do not share LOCAL HEALTH MULTIVITAMIN GINSENG with any other person.
- Ask your healthcare practitioner or pharmacist if you need more information or advice.

What is this leaflet?

LOCAL HEALTH MULTIVITAMIN GINSENG is and what it is used for.

LOCAL HEALTH MULTIVITAMIN GINSENG is a multivitamin and mineral health supplement containing ginseng that:

- Contributes and support energy levels and the maintenance of good health and vitality.

2. What you need to know before you use LOCAL HEALTH MULTIVITAMIN GINSENG.

Do not use LOCAL HEALTH MULTIVITAMIN GINSENG:

- If you are allergic or sensitive to any of the ingredients of LOCAL HEALTH MULTIVITAMIN GINSENG (listed in section 6).

Warnings and precautions

Take special care:

- If you have a medical condition.
- If you use any other prescription or non-prescription medicines, herbal preparations, or dietary supplements.
- If you are pregnant, planning to become pregnant, or are breast-feeding.
- If you have anaemia, liver or metabolism problems.
- If you are having any surgical procedure done, you should stop taking LOCAL HEALTH MULTIVITAMIN GINSENG two weeks before an operation.

Children and adolescents

LOCAL HEALTH MULTIVITAMIN GINSENG is not suitable for individuals 18 years and younger. Consult with your healthcare practitioner before using.

Other medicine and LOCAL HEALTH MULTIVITAMIN GINSENG

Always tell your healthcare practitioner if you are taking any other medicine. This includes complementary or traditional medicines. Not all possible interactions with other medicine may be included in this leaflet. Consult with your healthcare practitioner prior to use. LOCAL HEALTH MULTIVITAMIN GINSENG may interact with the following medicine:

• Anticoagulants & warfarin because the risk of side effects may be increased.

• Levodopa or penicillamine because their effectiveness may be decreased.

• Ginseng may have a mild blood-thinning effect. Ginseng, particularly in high doses or when taken for prolonged periods, can affect blood clotting by inhibiting platelet aggregation. This could increase the risk of bleeding, especially when combined with blood-thinning medications like warfarin or aspirin. It's important to consult a healthcare professional before using ginseng if you are taking anticoagulants or have bleeding disorders.

LOCAL HEALTH MULTIVITAMIN GINSENG with food and drink

Avoid drinking alcohol if you are taking LOCAL HEALTH MULTIVITAMIN GINSENG

Pregnancy, breastfeeding and fertility

If you are pregnant, planning to become pregnant, or are breast-feeding, please consult your doctor, pharmacist or healthcare practitioner before using LOCAL HEALTH MULTIVITAMIN GINSENG. Safety in pregnancy has not been established.

Driving and the use of machinery

LOCAL HEALTH MULTIVITAMIN GINSENG, no current 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 GINSENG does not adversely affect their performance.

3. How to take LOCAL HEALTH MULTIVITAMIN GINSENG.

Do not share medicines prescribed for you with any other person.

Always use LOCAL HEALTH MULTIVITAMIN GINSENG exactly as prescribed 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:

Take one capsule daily or as recommended by your healthcare practitioner. Do not exceed the recommended daily dosage.

If you take more LOCAL HEALTH MULTIVITAMIN GINSENG than you should

In the event of an overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre. Take this leaflet and the remaining capsules with you so the doctor will know what you have taken.

If you forget to take LOCAL HEALTH MULTIVITAMIN GINSENG

Do not take a double dose to make up for individual forgotten doses

4. Possible side effects

LOCAL HEALTH MULTIVITAMIN GINSENG can have side effects. Not all side effects reported in this leaflet 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 practitioner for advice.

Administration of high doses of Vit A can cause hypervitaminosis A, characterized by fatigue, headache, vertigo, changes in skin and mucous membranes, yellow-orange discolouration of skin, decreased tolerance to sunlight, dry and brittle nails and hair, cracking and bleeding lips, low grade fever, tenderness, pains in joints and bones, hypercalcaemia, hyperglycaemia, intracranial hypertension, visual disturbances, increase in serum cholesterol and serum triglycerides concentrations and irritability and oedema. Long term use of Vit A in high doses (20 000IU) may cause hepatic injury and cirrhosis. Symptoms usually clear with withdrawal of Vit A.

If any of the following happens, stop using LOCAL HEALTH MULTIVITAMIN GINSENG and tell your doctor or pharmacist immediately, or go to 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 a serious reaction to LOCAL HEALTH MULTIVITAMIN GINSENG. You may need urgent medical attention or hospitalization.

Tell your doctor if you notice any of the following:

- abdominal pain (indigestion);
- diarrhoea;
- nausea;
- fatigue;
- headache;
- vertigo;

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

Reporting of side effects

If you are experiencing side effects, inform your doctor or pharmacist. You can also report your side effects to SAHPRA via the "6.04 Adverse Drug Reaction 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 GINSENG.

5. How to store LOCAL HEALTH MULTIVITAMIN GINSENG.

Protect from light and store below 25°C.

• KEEP OUT OF REACH OF CHILDREN.

• Do not use after expiry date on the label.

• Return all unused LOCAL HEALTH MULTIVITAMIN GINSENG to your pharmacist.

• Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of the pack and other information.

Each Capsule contains:

Etheurococcus senticosus (Siberian Ginseng) [root, as 25 mg of a 10:1 extract]

Ascorbic Acid (Vitamin C)

Nicotinamide (Vitamin B3)

Calcium (as Calcium Carbonate)

Pyridoxine (Vitamin B6)

d- α -Tocopherol (Vitamin E)

Riboflavin (Vitamin B2)

Thiamine (Vitamin B1)

Calcium D-Pantothenate (Vitamin B5)

Magnesium (as Magnesium Oxide)

Inositol (as Myo-Inositol)

Choline (as Choline Bitartrate)

Betacarotene (10%)

Iron (as Ferrous Fumarate)

Zinc (as Zinc Oxide)

Manganese (as Manganese Amino Acid Chelate 10%)

Copper (as Copper Sulphate)

Vitamin A (as Vitamin A Acetate)

Folic Acid

Biotin (Vitamin H)

Selenium (as Selenium Amino Acid Chelate 2%)

Chromium (as Chromium Polynicotinate)

Cyanocabalamin (Vitamin B12)

Cholecalciferol (Vitamin D3)

3.75 µg (150 IU)

The other ingredients are Bovine gelatine capsule, Silicon dioxide, Magnesium stearate.

Sugar Free

Presentation and identification of LOCAL HEALTH MULTIVITAMIN GINSENG

Brown size 0 bovine gelatine capsules packed into a white PET 175 ml container with a white screw-cap lid. Containing an off-white to brown powder

Pack size: 30 capsules

Holder of certificate of Registration

Manufactured for: CJ Distribution, 23 Stag Road, Glen Austin, Johannesburg, South Africa, 1685.

Caroline: 010 589 7272; caroline@cjds.com; www.localhealth.co.za

This pamphlet was last revised in

October 2024

Registration number

Will be allocated by SAHPRA upon registration.

MULTIVITAMIN GINSENG

SKEDULERINGS STATUS

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LOCAL HEALTH MULTIVITAMIN GINSENG (Kapsules)

Etheurococcus senticosus (Siberiese Ginseng)[root], Askorbinsuur (Vitamin C), Nikotinamide (Vitamin B3), Kalsium (as Kalsium Karbonaat), Piridoksin (Vitamin B6), Riboflavin (Vitamin B2), Thiamine (Vitamin B1), Calcium D-Pantotenat (Vitamin B5), Magnesium (as Magnesium Oxide), Inositol (as Myo-Inositol), Choline (as Choline Bitartrate), Betacarotene (10%), Yster (as Ysterfumarataat), Sink (as Sinkosied), Mangaan (as Mangaan Aminosuurselat 10%), Koper (as Kopersulfat), Vitamin A (as Vitamin A acetate), Folsuur, Biotin (Vitamin H), Selenium (as Selenium Aminosuurselat 2%), Chroom (as Chroompolynicotinaat), d- α -Tokoferol (Vitamin E), Sianokbalamin (Vitamin B12), Cholekalisferol (Vitamin D3).

Sukkervry.

Komplementêre Medisyne: D.33.7 Kombinasie Produs

Hierdie ongeregisterde medisyne is nie deur SAHPRA gevaluerer vir sy kwaliteit, veiligheid of beogde gebruik nie. Hierdie medisyne is nie bedoel om enige siekte te diagnostiseer, behandel, genees of voorkom nie.

Lees hierdie inligtingspamflet deur aangesien dit belangrike inligting vir jou bevat.

LOCAL HEALTH MULTIVITAMIN GINSENG is beskikbaar sonder 'n dokter se voorskrif om jou gesondheid te handhaaf. Nietemin moet jy LOCAL HEALTH MULTIVITAMIN GINSENG steeds versig gebraak om die beste resultate te kry.

Hou hierdie pamflet, jy mag dit weer nodig hê.

Moet nie LOCAL HEALTH MULTIVITAMIN GINSENG met enige ander persoon deel nie.

Vra jou gesondheidsoorgapteks indien jy merk inligting of advies benodig.

Wat is in hierdie pamflet:

• Wat LOCAL HEALTH MULTIVITAMIN GINSENG is en waaroor dit gebruik word.

• Wat jy moet weet voordat jy LOCAL HEALTH MULTIVITAMIN GINSENG gebruik.

• Hoe om LOCAL HEALTH MULTIVITAMIN GINSENG te gebruik.

• Montelike newe-effekte.

• Hoe om LOCAL HEALTH MULTIVITAMIN GINSENG te bêre.

• Inhou van die verpakking en ander inligting.

1. Wat LOCAL HEALTH MULTIVITAMIN GINSENG is en waaroor dit gebruik word.

LOCAL HEALTH MULTIVITAMIN GINSENG is 'n multivitamin- en mineralgeleesondsaanvulling wat ginseng bevat en:

- Dra by tot en ondersteun energievlakke en die instandhouing van goeie gesondheid en vitaliteit.

2. Wat jy moet weet voordat jy LOCAL HEALTH MULTIVITAMIN GINSENG gebruik.

Most nie LOCAL HEALTH MULTIVITAMIN GINSENG neem:

- As jy allergies of sensitief is vir enige van die bestanddele van LOCAL HEALTH MULTIVITAMIN GINSENG (gelys in afdeling 6).

Waarskuwings en voorsigtsgamatte

Neem spesiale sorg:

- As jy 'n mediese vooroorstaande het.
- As jy nie voldoende voorberei vir nie-voorskrifmedisyne, kruispreparaate of deetaanvullings gebruik.
- As jy swanger is, beplan om swanger te raak of borsvoer.
- As jy blodewerende, lewer- of metaboliese probleme het.
- As jy enige chirurgiese procedure gaan ondergaan, moet jy twee weke voor 'n operasie op huur om LOCAL HEALTH MULTIVITAMIN GINSENG te gebruik.

Kinders en adolescentes

LOCAL HEALTH MULTIVITAMIN GINSENG is nie geskik vir individue 18 jaar en jonger nie. Raadpleeg jou gesondheidsoorgapteks voordat jy dit gebruik.

Ander medisyne in LOCAL HEALTH MULTIVITAMIN GINSENG

Vertel altyd jou gesondheidsoorgapteks as jy enige ander medisyne neem. Dit sluit komplementêre of tradisionele medisyne in. Nie alle montelike interaksies met ander medisyne is in hierdie pamflet ingesluit nie. Raadpleeg jou gesondheidsoorgapteks voor gebruik.

LOCAL HEALTH MULTIVITAMIN GINSENG kan interaksie hê met die volgende medisyne:

- Antikoagulante (bv. warfarin) omdat die risiko van hul newe-effekte verhoog kan word.
- Penicillamine of penitensine omdat hul doeltreffendheid verminder kan word.
- Ginseng kan die werk van ander medisyne soos hierdie pamflet vermindert. Daarom kan ginseng die werk van ander medisyne soos hierdie pamflet vermindert. Dit kan die risiko van bloeding verhoog. Veral as dit saam met blodewerende medisyne soos warfarin of aspirin gebruik word. Dit is belangrik om 'n gesondheidsoorgapteks te raadpleeg voordat jy ginseng gebruik as jy antikoagulantne of bloedstoppende middels gebruik.

LOCAL HEALTH MULTIVITAMIN GINSENG met kos en drankgoed

Vermy alkohol te drink as jy LOCAL HEALTH MULTIVITAMIN GINSENG neem.

Swangerskap, borstoedeling en vrugtbaardheid

As jy swanger is, be