

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS:50

LOCAL HEALTH MULTIVITAMIN MEN 50+ (Capsules)
Ascorbic Acid (Vitamin C), *Linum usitatissimum* (Flax)[seed, fixed oil], Calcium (as Calcium Carbonate), Magnesium (as Magnesium Oxide), Nicotinamide (Vitamin B3), Zinc (as Zinc Amino Acid Chelate 20%), L-Lysine, L-Arginine, L-Glutamine, d-α-Tocopherol (Vitamin E), Riboflavin (Vitamin B2), Calcium D-Pantothenate (Vitamin B5), Citrus Bioflavonoids (*Citrus aurantium* fruit, peel), Pyridoxine (Vitamin B6), Thiamine (Vitamin B1), Iron (as Ferrous Fumarate), Copper (as Copper Amino Acid Chelate 10%), Lycopene (*Solanum lycopersicum*, fruit), Vitamin A (as Vitamin A Acetate), Folic Acid, Manganese (as Manganese Sulphate), Lutein (*Tagetes erecta* L. Marigold, flower), Zeaxanthin (*Tagetes erecta* L. Marigold, flower), Chromium (as Chromium Polynicotinate), Selenium (as Selenium Amino Acid Chelate 2%), Biotin (Vitamin H), Cyanocobalamin (Vitamin B12), Cholecalciferol (Vitamin D3), Sugar Free.

COMPLEMENTARY MEDICINE: D.34.12 MULTIPLE SUBSTANCE FORMULATION
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 MEN 50+ is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use LOCAL HEALTH MULTIVITAMIN MEN 50+ carefully, as it may do it's best results from it.

- Keep this leaflet, you may need it again.
- Do not share LOCAL HEALTH MULTIVITAMIN MEN 50+ with any other person.
- Ask your healthcare practitioner or pharmacist if you need more information or advice.

What is in this leaflet

- What LOCAL HEALTH MULTIVITAMIN MEN 50+ is and what it is used for.
- What you need to know before you use LOCAL HEALTH MULTIVITAMIN MEN 50+.
- How to use LOCAL HEALTH MULTIVITAMIN MEN 50+.
- Possible side effects.
- How to store LOCAL HEALTH MULTIVITAMIN MEN 50+.
- Contents of the pack and other information.

1.What LOCAL HEALTH MULTIVITAMIN MEN 50+ is and what it is used for.
LOCAL HEALTH MULTIVITAMIN MEN 50+ is a multivitamin and mineral health supplement that:

- Contributes to the maintenance of good health and vitality in men.

2. What you need to know before you use LOCAL HEALTH MULTIVITAMIN MEN 50+.
Do not use LOCAL HEALTH MULTIVITAMIN MEN 50+:

- If you are allergic or sensitive to any of the ingredients of LOCAL HEALTH MULTIVITAMIN MEN 50+ 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 MEN 50+ two weeks before an operation.

Children and adolescents
LOCAL HEALTH MULTIVITAMIN MEN 50+ is not suitable for individuals 18 years and younger. Consult with your healthcare practitioner before using.

Other medicine and LOCAL HEALTH MULTIVITAMIN MEN 50+
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 MEN 50+ may interact with the following medicine:

- Anticoagulants (e.g. warfarin) because the risk of their side effects may be increased.
- Levodopa or penicillamine because their effectiveness may be decreased.

LOCAL HEALTH MULTIVITAMIN MEN 50+ with food and drink
No known interaction with food and drinks. See Section 3.

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 MEN 50+. Safety in pregnancy has not been established.

Driving and the use of machinery
LOCAL HEALTH MULTIVITAMIN MEN 50+, 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 MEN 50+ does not adversely affect their performance.

3. How to use LOCAL HEALTH MULTIVITAMIN MEN 50+.
Do not share medicines prescribed for you with any other person.
Always use LOCAL HEALTH MULTIVITAMIN MEN 50+ exactly as prescribed in this leaflet or as your healthcare practitioner has instructed. Check with your healthcare practitioner if you are not sure.

Adults 50 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 MEN 50+ 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 MEN 50+
Do not take a double dose to make up for individual forgotten doses.

4. Possible side effects.
LOCAL HEALTH MULTIVITAMIN MEN 50+ 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 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 discoloration 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 triglyceric concentrations, 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 MEN 50+ 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 MEN 50+. You may need urgent medical attention or hospitalization.
Tell your doctor if you notice any of the following:

- abdominal pain,
- dyspepsia (indigestion),
- bloating,
- diarrhoea,
- rash,
- 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/B>. By reporting side effects you can help provide more information on the safety of LOCAL HEALTH MULTIVITAMIN MEN 50+.

5. How to store LOCAL HEALTH MULTIVITAMIN MEN 50+.

- Protect from moisture and store at or below 25 °C.
- KEEP OUT OF REACH OF CHILDREN.
- Do not use after expiry date on the label.
- Return all unused LOCAL HEALTH MULTIVITAMIN MEN 50+ 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: | |
| Ascorbic Acid (Vitamin C) | 75 mg |
| <i>Linum usitatissimum</i> (Flax)[seed, fixed oil] | 50 mg |
| Calcium (as Calcium Carbonate) | 40 mg |
| Magnesium (as Magnesium Oxide) | 30 mg |
| Nicotinamide (Vitamin B3) | 13 mg |
| Zinc (as Zinc Amino Acid Chelate 20%) | 13 mg |
| L-Lysine | 10 mg |
| L-Arginine | 10 mg |
| L-Glutamine | 10 mg |
| d-α-Tocopherol (Vitamin E) | 6,8 mg α-TE (10 IU) |
| Riboflavin (Vitamin B2) | 6 mg |
| Calcium D-Pantothenate (Vitamin B5) | 6 mg |
| Citrus Bioflavonoids (<i>Citrus aurantium</i> fruit, peel) | 5 mg |
| Pyridoxine (Vitamin B6) | 5 mg |
| Thiamine (Vitamin B1) | 3 mg |
| Iron (as Ferrous Fumarate) | 2 mg |
| Copper (as Copper Amino Acid Chelate 10%) | 750 µg |
| Lycopene (<i>Solanum lycopersicum</i> , fruit) | 750 µg |
| Vitamin A (as Vitamin A Acetate) | 300 µg (1000 IU) |
| Folic Acid | 250 µg |
| Manganese (as Manganese Sulphate) | 200 µg |
| Lutein (<i>Tagetes erecta</i> L. Marigold, flower) | 130 µg |
| Zeaxanthin (<i>Tagetes erecta</i> L. Marigold, flower) | 130 µg |
| Chromium (as Chromium Polynicotinate) | 25 µg |
| Selenium (as Selenium Amino Acid Chelate 2%) | 15 µg |
| Biotin (Vitamin H) | 8 µg |
| Cyanocobalamin (Vitamin B12) | 7 µg |
| Cholecalciferol (Vitamin D3) | 2,5 µg (100 IU) |

Other ingredients: Bovine gelatine capsule, Microcrystalline Cellulose, Magnesium Stearate.

Sugar free.

Presentation and identification of LOCAL HEALTH MULTIVITAMIN MEN 50+
Blue, size 0, Bovine gelatine capsules packed into a white PET 175 ml container with a white screw-cap lid. Pack size: 30 capsules.

Holder of certificate of Registration
Manufactured for: C.J 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
October 2024

Registration number
Will be allocated by SAHPRA upon registration.

LC/MVM50/30Caps/01

SKEDULERINGS STATUS:50

LOCAL HEALTH MULTIVITAMIN MEN 50+ (Capsules)
Askorbiensuur (Vitamien C), *Linum usitatissimum* (Vla) [saad, vaste olie], Kalsium (as Kalsiumkarbonaat), Magnesium (as Magnesiumoksied), Nikotinamied (Vitamien B3), Sink (as Sink Aminosuurcheelaat 20%), L-Lisien, L-Arginin, L-Glutامين, d-α-Tokoferol (Vitamien E), Riboflavin (Vitamien B2), Kalsium D-Pantotenaat (Vitamien B5), Sitrus bioflavonoiede (*Citrus aurantium* vrug, skil), Piridoksien (Vitamien B6), Tiamien (Vitamien B1), Yster (as Ysterfumarata), Koper (as Koper, Aminosuurcheelaat 10%), Likopeen (*Solanum lycopersicum*, vrug), Vitamien A (as Vitamien A Asetaata), Foliensuur, Mangaan (as Mangaansulfaat), Luteien (*Tagetes erecta* L. Gousblom, blom), Zeaxantien (*Tagetes erecta* L. Gousblom, blom), Chroom (as Chroomoplinkotinaat), Selenium (as, Selenium Aminosuurcheelaat 2%), Biotien (Vitamien H), Sianokobalamien (Vitamien B12), Cholekalsiferol (Vitamien D3), Sulkervy.

KOMPLEMENTÊRE MEDISYNE: D.34.12 MEERVOUDIGE BESTANDEEL FORMULASIE
Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer vir sy kwaliteit, veiligheid of beoogde gebruik nie. Hierdie medisyne is nie bedoel om enige siekte te diagnoseer, behandel, genees of voorkom nie.

Lees hierdie inligtingspamflet deeglik deur aangesien dit belangrike inligting vir jou bevat.
LOCAL HEALTH MULTIVITAMIN MEN 50+ is beskikbaar sonder 'n dokter se voorskrif om jou gesondheid te handhaaf. Nietemins moet jy LOCAL HEALTH MULTIVITAMIN MEN 50+ steeds versigtig gebruik om die beste resultate te kry.
Hou hierdie pamflet by jou, mag dit weer nodig hê.
Moet nie LOCAL HEALTH MULTIVITAMIN MEN 50+ met enige ander persoon deel nie.
Vra jou gesondheidsorgpraktisynt of apteker indien jy meer inligting of advies benodig.

Wat is in hierdie pamflet

- Wat LOCAL HEALTH MULTIVITAMIN MEN 50+ is en waarvoor dit gebruik word.
- Wat jy moet weet voordat jy LOCAL HEALTH MULTIVITAMIN MEN 50+ gebruik.
- Hoe om LOCAL HEALTH MULTIVITAMIN MEN 50+ te gebruik.
- Moontlike nuwe-effekte.
- Hoe om LOCAL HEALTH MULTIVITAMIN MEN 50+ te bêre.
- Inhoud van die verpakking en ander inligting.

1. Wat LOCAL HEALTH MULTIVITAMIN MEN 50+ is en waarvoor dit gebruik word.
LOCAL HEALTH MULTIVITAMIN MEN 50+ is 'n multivitamin en mineraalgesondheidsaanvulling wat:

- Bydra tot die instandhouding van goeie gesondheid en vitaliteit in mans.

2. Wat jy moet weet voordat jy LOCAL HEALTH MULTIVITAMIN MEN 50+ gebruik.
Moet nie LOCAL HEALTH MULTIVITAMIN MEN 50+ neem:

- As jy allergies of sensitief is vir enige van die bestanddele van LOCAL HEALTH MULTIVITAMIN MEN 50+ (gelys in afdeling 6).

Waarskuwings en voorsorgmaatreëls
Neem spesiale sorg:

- As jy 'n mediese toestand het.
- As jy enige ander voorskrif- of nie-voorskriemedisyne, kruiereparate of dieetaanvullings gebruik.
- As jy swanger is, beplan om swanger te raak, of borsvoed.
- As jy bloedaariede, lever- of metabolismeprobleme het.
- As jy enige chirurgiese prosedure gaan ondergaan, moet jy twee weke voor 'n operasie ophou om LOCAL HEALTH MULTIVITAMIN MEN 50+ te gebruik.

Kinders en adoloesente
LOCAL HEALTH MULTIVITAMIN MEN 50+ is nie geskik vir individue 18 jaar en jonger nie. Raadpleeg jou gesondheidsorgpraktisynt voordat jy dit gebruik.

Ander medisyne en LOCAL HEALTH MULTIVITAMIN MEN 50+
Vertel altyd jou gesondheidsorgpraktisynt as jy enige ander medisyne neem. Dit sluit komplementêre of tradisionele medisyne in. Nie alle moontlike interaksies met ander medisyne is in hierdie pamflet ingesluit nie. Raadpleeg jou gesondheidsorgpraktisynt vir gebruik.
LOCAL HEALTH MULTIVITAMIN MEN 50+ kan interaksie hê met die volgende medisyne:

- Antikoagulanste (bv. warfarin) omdat die risiko van hul nuwe-effekte verhoog kan word.
- Levodopa of penisilamien omdat hul doeltreffendheid verminder kan word.

LOCAL HEALTH MULTIVITAMIN MEN 50+ met kos en drinkgoed
Bek bekende interaksie met kos en drinkgoed nie. Sien Afdeling 3.

Swangerskap, borsvoeding en vrugbaarheid
As jy swanger is, beplan om swanger te raak, of borsvoed, raadpleeg asseblief jou dokter, apteker of gesondheidsorgpraktisynt voordat jy LOCAL HEALTH MULTIVITAMIN MEN 50+ gebruik. Veiligheids tipes swangerskeel nie vasgestel nie.

Bestuur en gebruik van masjinerie
Gen studies oor die effekte op bestuur of die gebruik van masjinerie is uitgevoer nie. Passiente moet versigtig wees voordat hulle bestuur of masjinerie gebruik totdat hulle redelik seker is dat LOCAL HEALTH MULTIVITAMIN MEN 50+ nie hul prestasie negatief beïnvloed nie.

3. Hoe om LOCAL HEALTH MULTIVITAMIN MEN 50+ te gebruik.
Moet nie medisyne wat vir jou persoon reël nie. Moet nie die daaglikse aanbevole dosis oorskry nie. Gebruik altyd LOCAL HEALTH MULTIVITAMIN MEN 50+ presies soos in hierdie pamflet voorgeskryf of soos jou gesondheidsorgpraktisynt jou aangesê het. Raadpleeg jou gesondheidsorgpraktisynt indien jy onseker is.

Volwassees ouer as 50 jaar
Neem 1 kapsule daaglik of soos aangedui deur 'n gesondheidsorgpraktisynt. Moenie die aanbevole daaglikse dosis oorskry nie.

As jy meer LOCAL HEALTH MULTIVITAMIN MEN 50+ neem as wat jy behoort
In die geval van 'n oordosering, raadpleeg jou dokter of apteker. As geen van hulle beskikbaar is nie, kontak die naaste hospital of vergiftigingsentrum. Neem hierdie brosjure en die oorblywende kapsules saam sodat die dokter sal weet wat jy geneem het.

As jy vergeet om LOCAL HEALTH MULTIVITAMIN MEN 50+ te neem
Moet nie 'n dubbele dosis neem om vir individuele vergete dosisse in te haal nie.

4. Moontlike nuwe-effekte.
LOCAL HEALTH MULTIVITAMIN MEN 50+ kan nuwe-effekte hê.
Nie alle nuwe-effekte wat vir hierdie medisyne gerapporteer is, word in hierdie brosjure ingesluit nie. Indien jou algemene gesondheid versleg of as jy enige ongewenste effekte ervaar, vertel jy hierdie medisyne gebruik, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgpraktisynt vir advies.
Toediening van hoë dosisse Vitamien A kan hipervitaminose A veroorsaak, geteken deur moegheid, hoofpyn, duiseligheid, veranderings in die vel en stymliese, geel-oranje verkleuring van die vel, verminderde verdraagsaamheid teenoor sonlig, droë en brose naels en hare, gebarste en bloeiende lippe, lae graad koors, teerheid, pyne in gewigte en bene, hiperkalsemie, hiperurikaemie, intrakraniale hipertensie, sipeensteurings, verhoging in serum cholesterol en serum trigliseriedkonsentrasies, gemitteerdheid en eedsem. Langtermyn gebruik van Vitamien A in hoë dosisse (20 000IE) kan lewerbeskadiging en sirtrose veroorsaak. Simptome verdwyn gewoonlik met die ontrekking van Vitamien A.

Indien jy enige van die volgende ervaar, hou op om LOCAL HEALTH MULTIVITAMIN MEN 50+ te neem en sê dadelik vir jou dokter of apteker, of gaan na die ongewalle-afdeling by jou naaste hospitaal:

- swelling van jou hande, voete, enkels, gesig, lippe en mond of keel, wat probleme kan veroorsaak met sluk en asemhaaling;
- uitslag of gejeuk;
- floue;

Hierdie is baie ernstige nuwe-effekte. Indien jy dit het, mag jy 'n ernstige allergiese reaksie op LOCAL HEALTH MULTIVITAMIN MEN 50+ gehad het. Jy mag dringend mediese bystand of hospitalisasie benodig.
Sê vir jou dokter as jy enige van die volgende opmerk:

- buikpyn,
- dispepsie (indigestie),
- opgeblasenheid,
- diarree,
- uitslag,
- moegheid,
- hoofpyn,
- ligthoofdigheid.

As jy enige nuwe-effekte opmerk wat nie in hierdie pamflet genoem word nie, lig asseblief jou dokter of apteker in.
Rapportering van nuwe-effekte
As jy enige nuwe-effekte ervaar, lig asseblief jou dokter of apteker in. Jy kan ook jou nuwe-effekte aan SAHPRA rapporteer deur die **"6.04 Adverse Drug Reaction Form"** wat aanlyn beskikbaar is onder SAHPRA se publikasies: <http://www.sahpra.org.za/Publications/index/B>. Deur nuwe-effekte te rapporteer kan jy help om meer inligting rakende die veiligheid van LOCAL HEALTH MULTIVITAMIN MEN 50+ te verskaf.

5. Berging van LOCAL HEALTH MULTIVITAMIN MEN 50+.

- Beskerm teen vog en baire teen of onder 25 °C.
- HOU BUITE BEREIK VAN KINDERS.
- Moet nie gebruik na die vervaldatum op die etiket nie.
- Stuur alle ongebruikte LOCAL HEALTH MULTIVITAMIN MEN 50+ terug na jou apteker.
- Moet nie ongebruikte medisyne in dreine of rioolstelsels (bv. toilettes) weggooi nie.

6. Inhoud van die verpakking en ander inligting.

| | |
|---|---------------------|
| Elke kapsule bevat: | |
| Askorbiensuur (Vitamien C) | 75 mg |
| <i>Linum usitatissimum</i> (Vla) [saad, vaste olie] | 50 mg |
| Kalsium (as Kalsiumkarbonaat) | 40 mg |
| Magnesium (as Magnesiumoksied) | 30 mg |
| Nikotinamied (Vitamien B3) | 13 mg |
| Sink (as Sink Aminosuurcheelaat 20%) | 13 mg |
| L-Lisien | 10 mg |
| L-Arginin | 10 mg |
| L-Glutامين | 10 mg |
| d-α-Tokoferol (Vitamien E) | 6,8 mg α-TE (10 IU) |
| Riboflavin (Vitamien B2) | 6 mg |
| Kalsium D-Pantotenaat (Vitamien B5) | 6 mg |
| Sitrus bioflavonoiede (<i>Citrus aurantium</i> vrug, skil) | 5 mg |
| Piridoksien (Vitamien B6) | 5 mg |
| Tiamien (Vitamien B1) | 3 mg |
| Yster (as Ysterfumarata) | 2 mg |
| Koper (as Koper Aminosuurcheelaat 10%) | 750 µg |
| Likopeen (<i>Solanum lycopersicum</i> , vrug) | 750 µg |
| Vitamien A (as Vitamien A Asetaata) | 300 µg (1000 IU) |
| Foliensuur | 250 µg |
| Mangaan (as Mangaansulfaat) | 200 µg |
| Luteien (<i>Tagetes erecta</i> L. Gousblom, blom) | 130 µg |
| Zeaxantien (<i>Tagetes erecta</i> L. Gousblom, blom) | 130 µg |
| Chroom (as Chroomoplinkotinaat) | 25 µg |
| Selenium (as Selenium Aminosuurcheelaat 2%) | 15 µg |
| Biotien (Vitamien H) | 8 µg |
| Sianokobalamien (Vitamien B12) | 7 µg |
| Cholekalsiferol (Vitamien D3) | 2,5 µg (100 IU) |

Ander bestanddele: Bees-gelatin kapsule, Mikrokrystalline Sellulose, Magnesiumstearaat. Sulkervy.

Aanbieding en identifikasie van LOCAL HEALTH MULTIVITAMIN MEN 50+
Blou, grootte 0, besegelaten kapsules, verpak in 'n wit PET 175 ml houer met 'n wit skroefop. Verpakkingroete: 30 kapsules.

Houer van Registrasiesertifikaat:
C.J Distribution, 23 Stagweg, Glen Austin, Johannesburg, Suid-Afrika, 1685. Kliëntediens: 010 589 2729; careline@cjdsa.com; www.localhealth.co.za

Hierdie pamflet is laas hersien in
Oktober 2024

Registrasienommer:
Sal met registrasie deur SAHPRA toegeken word

PROFESSIONAL INFORMATION

COMPLEMENTARY MEDICINE: D.34.12 MULTIPLE SUBSTANCE FORMULATION
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

SCHEDULING STATUS

50

1.NAME OF THE MEDICINE
LOCAL HEALTH MULTIVITAMIN MEN 50+ (Capsules)
2. QUALITATIVE AND QUANTITATIVE COMPOSITION

| | |
|---|-------------------|
| Each Capsule contains: | |
| Ascorbic Acid (Vitamin C) | 75 mg |
| <i>Linum usitatissimum</i> (Flax)[seed, fixed oil] | 50 mg |
| Calcium (as Calcium Carbonate) | 40 mg |
| Magnesium (as Magnesium Oxide) | 30 mg |
| Nicotinamide (Vitamin B3) | 13 mg |
| Zinc (as Zinc Amino Acid Chelate 20%) | 13 mg |
| L-Lysine | 10 mg |
| L-Arginine | 10 mg |
| L-Glutamine | 10 mg |
| d-α-Tocopherol (Vitamin E) | 6,8 mg-TE (10 IU) |
| Riboflavin (Vitamin B2) | 6 mg |
| Calcium D-Pantothenate (Vitamin B5) | 6 mg |
| Citrus Bioflavonoids (<i>Citrus aurantium</i> fruit, peel) | 5 mg |
| Pyridoxine (Vitamin B6) | 5 mg |
| Thiamine (Vitamin B1) | 3 mg |
| Iron (as Ferrous Fumarate) | 2 mg |
| Copper (as Copper Amino Acid Chelate 10%) | 750 µg |
| Lycopene (<i>Solanum lycopersicum</i> , fruit) | 750 µg |
| Vitamin A (as Vitamin A Acetate) | 300 µg (1000 IU) |
| Folic Acid | 250 µg |
| Manganese (as Manganese Sulphate) | 200 µg |
| Lutein (<i>Tagetes erecta</i> L. Marigold, flower) | 130 µg |
| Zeaxanthin (<i>Tagetes erecta</i> L. Marigold, flower) | 130 µg |
| Chromium (as Chromium Polynicotinate) | 25 µg |
| Selenium (as Selenium Amino Acid Chelate 2%) | 15 µg |
| Biotin (Vitamin H) | 8 µg |
| Cyanocobalamin (Vitamin B12) | 7 µg |
| Cholecalciferol (Vitamin D3) | 2,5 µg (100 IU) |

Sugar free

For full list of excipients, see section 6.1

3. PHARMACEUTICAL FORM

Capsules.
Blue, size 0, Bovine gelatine capsules containing an off-white to brown coloured powder.
LOCAL HEALTH MULTIVITAMIN MEN 50+ contains herbal extracts which may vary in colour and taste from batch to batch.

4. CLINICAL PARTICULARS

4.1 Therapeutic indications

LOCAL HEALTH MULTIVITAMIN MEN 50+ is a multivitamin and mineral health supplement that:

- Contributes to the maintenance of good health and vitality in men.

4.2 Posology and method of administration

Posology
Adults 50 years and older: Take 1 capsule daily or as recommended by your healthcare practitioner. Do not exceed the recommended daily dosage.

Method of administration

For oral use.

4.3 Contraindications

Hypersensitivity to any of the active substances or to any of the excipients listed in section 6.1. It is a supplement and is not intended for a specific vitamin deficiency.

4.4 Special warnings and precautions to use

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 MEN 50+ two weeks before an operation.

4.5 Interactions

Pyridoxine (Vitamin B6)

- Can reduce the effect of levodopa, but this effect will not occur if a dopa decarboxylase inhibitor is given in conjunction.
- Penicillamine may alter the metabolism of pyridoxine.

Vitamin A (as Vitamin A Acetate)

- Cholestyramine, liquid paraffin and neomycin may reduce the absorption of Vit A in the GIT (gastro-intestinal tract).
- Absorption of Vit A can also be impaired by cholestatic jaundice and related fat malabsorption conditions.

Cyanocobalamin (Vitamin B12)

- Aminglycosides, aminosalicilic acid, anticonvulsants, methyldopa, biguanides and chloramphenicol may reduce absorption of cyanocobalamin (Vitamin B12).

4.6 Fertility, pregnancy and lactation

Safety in pregnancy and lactation has not been established.