

PATIENT INFORMATION LEAFLET
SCHEDULING STATUS: S9
NUTRILITE™ VITAMIN C PLUS – film coated extended-release tablets

Each film coated extended-release tablet contains:
 L-Ascorbic Acid (Vitamin C) 470 mg
Magnifica emulgator (L-Acrosol) 30 mg
 (Unit: 19.341 mg extended-release/26th ascorbic acid powder/570mg - 70mg Quantity Grade Equivalent)
Citrus bioflavonoids 35 mg
 from: *Citrus paradisi* (L), *Citrus reticulata* (L), *Citrus limon* (L)
 (Final end peel, 3.61 mg extended-release/2nd to 8th total flavonoid powder) 105 mg - 210 mg
 Quantity Grade Equivalent.
 Sugar free

D.34.12 Multiple substance formulation
COMPLEMENTARY MEDICINE – HEALTH SUPPLEMENT

[This unregistered medicine has not been evaluated by the SAHPRA for its quality safety or intended use.]

Read all of this leaflet carefully because it contains important information for you.
 NUTRILITE™ VITAMIN C PLUS is available without a doctor's prescription, for you to help support your immunity. Nevertheless, you still need to use NUTRILITE™ VITAMIN C PLUS carefully to get the best results from it.
 • Keep your leaflet. You may need to read it again.
 • Do not take NUTRILITE™ VITAMIN C PLUS with any other person.
 • Ask your health care provider or pharmacist if you need more information or advice.
What is this leaflet:
 1. What NUTRILITE™ VITAMIN C PLUS is and what it is used for
 2. What you need to know before you take NUTRILITE™ VITAMIN C PLUS
 3. How to take NUTRILITE™ VITAMIN C PLUS
 4. Possible side-effects
 5. How to store NUTRILITE™ VITAMIN C PLUS
 6. Contents of the pack and other information

1. What NUTRILITE™ VITAMIN C PLUS is and what it is used for
 NUTRILITE™ VITAMIN C PLUS contains Vitamin C from L-Ascorbic acid and acerola fruit extract as well as citrus bioflavonoids for immune support.
 Vitamin C contributes to normal function of the immune system.
 Antioxidants from citrus bioflavonoids from lemons, oranges and grapefruit for cell protection against oxidative damage caused by free radicals.
 *A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance."

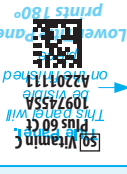
2. What you need to know before you take NUTRILITE™ VITAMIN C PLUS
Do not take NUTRILITE™ VITAMIN C PLUS
 • If you are hypersensitive, (allergic) to any of the ingredients, (See list in section 6.0).
 • If you take other medicines containing vitamin C and citrus bioflavonoids.
 • If you suffer from hypoxaluria (excretion of urine containing large amounts of calcium oxalate crystals).
 • If you are pregnant or breast feeding your baby.

Warnings and precautions
 Take special care with NUTRILITE™ VITAMIN C PLUS. Consult a relevant health care provider prior to use:
 • If you are undergoing any blood or urine tests as ascorbic acid can interfere with some blood and urine tests.
 • If you are a regular smoker.

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• If you have kidney failure or ascorbic acid enhances aluminum absorption (phenitoin acetate) (with many other drugs).
 • If you are taking prescription medicines, consult a relevant health care provider prior to use, as citrus bioflavonoids may alter the effectiveness of these medicines.
 Do not exceed daily dosage level without consulting a relevant health care provider.
 Long term uses (3-month continuous use) should be evaluated and practiced under the care of a relevant health care provider.

Children and Adolescents

Not suitable for children and adolescents under 18 years of age.

Other medicines and NUTRILITE™ VITAMIN C PLUS

Always tell your health care provider if you are taking any other medicine, including all complementary or traditional medicines. This is particularly important if you are taking any of the following:
 • Ascorbic acid may reduce the blood levels and effect of antiparkinsonian.
 • Oral contraceptives containing estrogens may decrease the effects of ascorbic acid.
 • Aspirin and NSAIDs may lower the amount of ascorbic acid in the body, because these cause more of the vitamin to be lost in urine. If you regularly take aspirin or NSAIDs, talk to your doctor before taking more than the recommended daily allowance of vitamin C.
 • Iron-containing medicines.
 • Ascorbic acid may increase the amount of aluminum in your body, which could cause the side effects of these medications to be worse.
 NUTRILITE™ VITAMIN C PLUS should not be taken for the first month after starting desferrioxamine treatment. If you need to have a blood or urine test, you should tell your health care provider you are taking NUTRILITE™ VITAMIN C PLUS as they may interfere with the results.

NUTRILITE™ VITAMIN C PLUS with food and drink and alcohol

NUTRILITE™ VITAMIN C PLUS may be taken at any time of the day, preferably with food as recommended (see section 3) without alcohol.

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding, talk to your health care provider or pharmacist for advice before taking this complementary medicine.
 Safety in pregnancy and breastfeeding has not been established.

Driving and using machines

NUTRILITE™ VITAMIN C PLUS is not expected to influence your ability to drive. However, you should not drive, use machinery or perform tasks that require concentration until you are certain that NUTRILITE™ VITAMIN C PLUS does not adversely affect your ability to do so safely. See Possible Side-effects.

Important information about some of the ingredients of NUTRILITE™ VITAMIN C PLUS.

NUTRILITE™ VITAMIN C PLUS should be used with caution in patients with known sensitivity or allergy to coconut or palm kernel fruit.
 NUTRILITE™ VITAMIN C PLUS contains maltodextrin and glycerol, which may have an effect on the control of your blood sugar if you have diabetes mellitus. If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking NUTRILITE™ VITAMIN C PLUS.

3.5. How to take NUTRILITE™ VITAMIN C PLUS

Always take NUTRILITE™ VITAMIN C PLUS exactly as described in this leaflet or as your doctor or pharmacist instructs. Check with your doctor or pharmacist if you are unsure.

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Adults: Take 1-2 tablets per day preferably with meals or as directed by your healthcare provider. Do not exceed the recommended daily dose unless directed by your doctor.
If you take more NUTRILITE™ VITAMIN C PLUS than you should
 In the event of overdose, consult your doctor or pharmacist. If you take more NUTRILITE™ VITAMIN C PLUS than you should, it is advisable to contact the nearest hospital or poison centre.
If you forget to take NUTRILITE™ VITAMIN C PLUS
 Do not take a double dose to make up for forgotten individual doses.

4. Possible Side Effects

NUTRILITE™ VITAMIN C PLUS can have side effects. Not all side effects reported for NUTRILITE™ VITAMIN C PLUS are included in this leaflet.
 Should your general health worsen or if you experience any unusual effects while taking NUTRILITE™ VITAMIN C PLUS, please consult your health care provider for advice.
 Stop taking this medicine immediately and consult your doctor if you experience any of the following you should see your doctor or pharmacist:
 • Dizziness.
 • Stomach cramps.
 • Nausea (feeling sick) and vomiting (being sick).
 • Flushing or redness of the skin.
 • Headache.
 • Haemorrhagic anaemia (where the body's immune system attacks its own red blood cells), signs may include fatigue and painless.
 • Diarrhoea (loose, increased urine flow) due to increased intake of ascorbic acid over a prolonged period.
 • Itching.
 • If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.
 This may lead to dehydration if the amount of ascorbic acid taken is reduced or stopped abruptly. High doses of over-dosing daily can have a diuretic effect in some people.
 If any of the following happens, stop taking NUTRILITE™ VITAMIN C PLUS and tell your doctor immediately or go to the casualty department at your nearest hospital:
 • Swelling of your hands, feet, ankles, face, mouth or throat.
 • Rash or itching.
 • Fainting.
 • Reddening of your skin and eyes, also called conjunctivitis.
 • These are all very serious side effects. If you have them, you may have had a serious allergic reaction; you may need urgent medical attention or hospitalisation.
 Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:
 • Chest pain.
 • Changes in the way your heart beats, for example, if you notice a racing heart, dizziness, difficulty breathing, or signs of recurrent infections such as fever or sore throat.
 Less urine than is normal for you.
 These are all serious side effects. You may need urgent medical attention, tell your doctor as soon as possible if you notice any of the following:
 • Abnormal, painful, or bloody urine.
 • Headache.
 • Dizziness.
 • Itching.
 • Light-headedness.
 • Dry cough.
 • Constipation.
 • Flatulence or wind.
 • Diarrhoea.
 • Loss of appetite.

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If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.
Reporting of Side Effects
 If you get side effects, talk to your doctor, pharmacist or nurse. You can also report side effects to SAHPRA via the 0-800-Adverse Drug Reaction Reporting Form, found online under SAHPRA's publications. SAHPRA via the 0-800 Adverse Drug Reaction Reporting Form.
 https://www.sahealth.gov.au/publications/index/8
 Botsvaanas's publications: BOMMA via SAHPRA Adverse Drug Reactions Reporting Form
 https://www.bonnia.co.za/index.php/suspected-adverse-drug-reactions-reporting-form
 Namibia's publication: Adverse Medicine Reaction (Safety Yellow Form)
 https://rme.gov.na/documents/181630/410067/Safety-Yellow+form.pdf?d=8db543-3d-4b3a-74c1-50b881f6ab26.
 May also report to Amnweg South Africa Pty Limited using the following email:
 Regulatory_Dept@amnweg.com.
 By reporting side effects, you can help improve information on the safety of NUTRILITE™ VITAMIN C PLUS.

5. How to store NUTRILITE™ VITAMIN C PLUS

Store out of the reach and sight of children.
 Store in the original container.
 Store at or below 25°C.
 Keep the container tightly closed to protect from sunlight, heat and moisture.
 Do not use NUTRILITE™ VITAMIN C PLUS after the expiry date stated on the label.
 The expiry date refers to the last day of that month.
 Do not use NUTRILITE™ VITAMIN C PLUS, if you notice the tablets have changed shape or colour.

6. Contents of the pack and other information

What NUTRILITE™ VITAMIN C PLUS tablets contains
 The active substances are Vitamin C from L-Ascorbic acid and *Magnifica emulgator* (L-Acrosol) fruit extract and citrus bioflavonoids.
 The other ingredients are microcrystalline cellulose, hydroxypropyl methylcellulose, magnesium stearate, methylcellulose, silicon dioxide, methylcellulose, glycerol, canabala wax.
 The film-coating contains hydroxypropyl methyl cellulose, glycerol, silicon dioxide and canabala wax.

What NUTRILITE™ VITAMIN C PLUS looks like and contents of the pack

Yellowish-white oval shaped extended-release film coated tablet. It is available in white HD polyethylene container with 16 peel tamper-proof seal and re-sealable flip-top closure containing 60 tablets.

Registration Number

This product has not yet been allocated by the regulatory authority.

Name and Address of Holder of Certificate of Registration

Amnweg South Africa (Pty) Ltd, Unit B1, 33 Brussels road, Spartan, Isando 1619.

Date of Publication

To be allocated by the regulatory authority.

Access to the corresponding Professional Information

www.amnweg.co.za

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