

PROPRIETARY NAME (and dosage form)
NOVAVIT PLUS (film-coated tablets)

COMPOSITION

Each film-coated tablet contains:	
Vitamin A Acetate	2 750 IU
Vitamin D ₃	500 IU
Vitamin E Acetate	22,35 IU
Ascorbic Acid (Vitamin C)	108 mg
Niacin (Vitamin B ₃)	18 mg
Pyridoxine (Vitamin B ₆)	5,18 mg
Riboflavin (Vitamin B ₂)	4 mg
Thiamine Hydrochloride (Vitamin B ₁)	4 mg
Beta-carotene	0,6 mg
Calcium-D-Pantothenate (Vitamin B ₅)	0,55 mg
Folic Acid	0,5 mg
Biotin (Vitamin H)	0,15 mg
Cyanocobalamin (Vitamin B ₁₂)	0,0072 mg
Magnesium Oxide Heavy 167 mg, providing Magnesium (elemental)	100,708 mg
Dicalcium Phosphate 218,91 mg, providing Calcium (elemental)	100,19 mg
Dipotassium Phosphate 90 mg, providing Potassium (elemental)	40,41 mg
Zinc gluconate 77 mg, providing Zinc (elemental)	11,01 mg
Ferrous AAC 45 mg, providing Ferrous (elemental)	9 mg
Boron AAC 10 mg, providing Boron (elemental)	1 mg
Copper AAC 10 mg, providing Copper (elemental)	1 mg
Manganese AAC 10 mg, providing Manganese (elemental)	1 mg
Iodine AAC 7,5 mg, providing Iodine (elemental)	0,15 mg
Chromium Polynicotinate 0,4 mg, providing Chromium (elemental)	0,049 mg
Molybdenum AAC 12,5 mg, providing Molybdenum (elemental)	0,025 mg
Selenium AAC 12,5 mg, providing Selenium (elemental)	0,025 mg
L-Lysine	25 mg
Citrus Bioflavonoids	17,86 mg

Other ingredients:

Microcrystalline cellulose (PH 102), povidone VA64, sodium starch glycolate, colloidal silicone dioxide, magnesium stearate.

SUGAR FREE.

INDICATIONS AND USE

NOVAVIT PLUS is a health supplement with a multiple substance formulation containing vitamins, minerals, citrus bioflavonoids and a source of an essential amino acid. It is a factor in the maintenance of good health. Suitable for a vegan lifestyle and diabetics.

Vitamin A Acetate:

- Contributes to the maintenance of eyesight, skin, membranes and immune function.
- Contributes to the development and maintenance of night vision.
- Contributes to the development and maintenance of bones and teeth.

Thiamine Hydrochloride (Vitamin B₁):

- Helps to metabolise carbohydrates, fats and proteins.
- Contributes to normal growth.

Riboflavin (Vitamin B₂):

- Helps to metabolise carbohydrates, fats and proteins.
- Contributes to tissue formation.

Niacin (Vitamin B₃):

- Helps to metabolise carbohydrates, fats and proteins.
- Contributes to normal growth and development.

Calcium-D-Pantothenate (Vitamin B₅):

- Helps to metabolise carbohydrates, fats and proteins.
- Contributes to tissue formation.

Pyridoxine (Vitamin B₆):

- Helps to metabolise carbohydrates, fats and proteins.
- Contributes to tissue formation.

Cyanocobalamin (Vitamin B₁₂):

- Helps to metabolise carbohydrates, fats and proteins.
- Contributes to normal red blood cell formation.

Ascorbic Acid (Vitamin C):

- Helps to metabolise fats and proteins.
- Helps in the development and maintenance of bones, cartilage, teeth and gums.
- Helps in connective tissue formation.
- Helps in wound healing.
- An antioxidant for the maintenance of good health.

Vitamin D₃ (Cholecalciferol):

- Helps in the development and maintenance of bones and teeth.
- Helps in the absorption and use of calcium and phosphorus.
- Calcium intake, when combined with sufficient vitamin D, a healthy diet and regular exercise, may reduce the risk of developing osteoporosis.

Vitamin E Acetate:

- An antioxidant for the maintenance of good health.

Biotin (Vitamin H):

- Helps the body to metabolise carbohydrates, fats and proteins.

Folic Acid:

- Helps to reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy. Refer to “**INTERACTIONS**”.
- Helps the body to metabolise proteins.
- Helps to form red blood cells.

Boron AAC (Boron):

- A factor in the maintenance of good health.

Dicalcium Phosphate (Calcium):

- Contributes to the development and maintenance of bones and teeth.
- Calcium intake, when combined with sufficient vitamin D, a healthy diet, and regular exercise, may reduce the risk of developing osteoporosis.

Chromium polynicotinate (Chromium):

- Provides support for healthy glucose metabolism.
- Helps the body to metabolise carbohydrates and fats.

Copper AAC (Copper):

- Helps to produce and repair connective tissue.
- Helps to form red blood cells.

Iodine AAC (Iodine):

- Contributes to the normal production of the thyroid hormones and normal thyroid function.

Ferrous AAC (Ferrous):

- Helps to form red blood cells and helps in their proper function.

Magnesium Oxide Heavy (Magnesium):

- Helps to metabolise carbohydrates, fats and proteins.
- Contributes to the development and maintenance of bones and teeth.
- Contributes to tissue formation.
- Contributes to the maintenance of normal muscle function.

Manganese AAC (Manganese):

- Helps the body to metabolise carbohydrates, fats and protein.
- Contributes to the development and maintenance of normal bones.

Molybdenum AAC (Molybdenum):

- Helps the body to metabolise proteins.

Dipotassium Phosphate (Potassium):

- A factor in the maintenance of good health.

Selenium AAC (Selenium):

- An antioxidant for the maintenance of good health.

Zinc Gluconate (Zinc):

- Helps in connective tissue formation.
- Helps to maintain healthy skin.
- Helps the body to metabolise carbohydrates, fats and proteins.
- Helps to maintain immune function.

Citrus Bioflavonoids:

- Provides antioxidants.

The use of **NOVAVIT PLUS** tablets should not replace a well-balanced diet.

CONTRA-INDICATIONS

Known hypersensitivity or allergy to any of the ingredients, including the ingredients listed under “**Other ingredients**”.

NOT TO BE TAKEN BY CHILDREN UNDER THE AGE OF 18 YEARS.

PRECAUTIONS

If you are suffering from a medical condition consult with your healthcare provider prior to taking **NOVAVIT PLUS** tablets.

WARNINGS

Mild cases of gastro-intestinal disturbances can occur. This can be controlled by taking the tablets with or shortly after a meal.

INTERACTIONS

Vitamin and mineral supplements can interact with certain medications, or affect how medications work in your body. If you are currently taking other medications consult with your healthcare provider before taking **NOVAVIT PLUS** tablets.

Always tell your healthcare provider if you are taking any other medicine. If you are pregnant or breastfeeding your baby, please consult with your healthcare provider for advice before taking **NOVAVIT PLUS** tablets.

INSTRUCTIONS ON HOW TO TAKE THE MEDICINE

Adults over 18 years of age:

Take one tablet daily with a glass of water, preferably after breakfast. Do not exceed the recommended dose unless instructed to do so by a healthcare provider.

Do not share your medicines with anyone else.

In the event of overdosage, stop drinking the tablets and consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

SIDE EFFECTS

Affecting the stomach:

Stomach (abdominal) discomfort; constipation; diarrhoea; feeling sick (nausea) (also refer to “**WARNINGS**” and “**PRECAUTIONS**”).

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 healthcare provider for advice.

STORAGE AND DISPOSAL INFORMATION

STORE ALL MEDICINES OUT OF REACH OF CHILDREN.

Store in a cool, dry place at or below 25 °C, out of direct sunlight.

Keep the container firmly closed, and keep the desiccant (silica gel sachets) inside the container until the container is empty.

Do not store in bathrooms.

Do not use after the expiry date stated on the bottom of the container.

Return all unused medicine to your pharmacist.

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

PRESENTATION

30 Tablets packed into a white, plastic, pre-printed securitainer with a green lid. There is a foam wad, 2 silica gel sachets and a package leaflet included in the container.

IDENTIFICATION

Orange oblong tablet.

REGISTRATION NUMBER

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

NAME AND BUSINESS ADDRESS OF THE APPLICANT

Novagen Pharma (Pty) Ltd.
Office 2,
100 Sovereign Drive,
Route 21 Corporate Park,
Nellmapius Drive
Irene 0157
Tel: 086 006 6824

DATE OF PUBLICATION OF THE PATIENT INFORMATION LEAFLET

16 November 2021

Professional Information for NOVAVIT PLUS tablets available on the Novagen Pharma website: <http://www.novagenpharma.co.za/products/wellness/novavit-plus>

NOVAVIT PLUS PASIËNTINLIGTINGSPAMFLET

Kategorie D 34.12 Komplementêre Medisyne:
Gesondheidsaanvulling – Veelvoudige-middel formulasie



**EIENDOMSNAAM (en doseervorm)
NOVAVIT PLUS (filmbedekte tablette)**

SAMESTELLING

Elke filmbedekte tablet bevat:	
Vitamiën A Asetaat	2 750 IU
Vitamiën D ₃	500 IU
Vitamiën E Asetaat	22,35 IU
Askorbiensuur (Vitamiën C)	108 mg
Niasien (Vitamiën B ₃)	18 mg
Piridoksien (Vitamiën B ₆)	5,18 mg
Riboflaviën (Vitamiën B ₂)	4 mg
Tiamienhidrochloried (Vitamiën B ₁)	4 mg
Beta-karoteen	0,6 mg
Kalsium-D-Pantotenaat (Vitamiën B ₅)	0,55 mg
Foliensuur	0,5 mg
Biotien (Vitamiën H)	0,15 mg
Sianokobalamien (Vitamiën B ₁₂)	0,0072 mg
Magnesiumoksied “Swaar” 167 mg, wat Magnesium (elementêr) verskaf	100,708 mg
Dikalsiumfosfaat 218,91 mg, wat Kalsium (elementêr) verskaf	100,19 mg
Dikaliumposfaat 90 mg, wat Kalium (elementêr) verskaf	40,41 mg
Sinkglukonaat 77 mg, wat Sink (elementêr) verskaf	11,01 mg
Yster AAC 45 mg, wat Yster (elementêr) verskaf	9 mg
Boor AAC 10 mg, wat Boor (elementêr) verskaf	1 mg
Koper AAC 10 mg, wat Koper (elementêr) verskaf	1 mg
Mangaan AAC 10 mg, wat Mangaan (elementêr) verskaf	1 mg
Jodium AAC 7,5 mg, wat Jodium (elementêr) verskaf	0,15 mg
Chroompikolinaat 0,4 mg, wat Chroom (elementêr) verskaf	0,049 mg
Molibdenum AAC 12,5 mg, wat Molibdenum (elementêr) verskaf	0,025 mg
Selenium AAC 12,5 mg, wat Selenium (elementêr) verskaf	0,025 mg
L-Lisien	25 mg
Sitrus Bioflavonoïede	17,86 mg

Ander bestanddele:
Mikrokristallyne sellulose (PH 102), povidoon VA64, natriumstyselglikolaat, kolloïdale silikoon-dioksied, magnesiumstearaat.

SUIKERVRY.

INDIKASIES EN GEBRUIK

NOVAVIT PLUS is 'n gesondheidsaanvulling met 'n veelvoudige-middel formulasie wat vitamien, minerale, sitrus bioflavonoïede en 'n bron van 'n noodsaaklike aminosuur bevat. Dit is 'n faktor by die handhawing van goeie gesondheid. Geskik vir 'n veganistiese leefstyl en diabele.

Vitamiën A Asetaat:

- Dra by tot die handhawing van sig, vel, membrane en immuunfunksie.
- Dra by tot die ontwikkeling en instandhouding van nagvisie.
- Dra by tot die ontwikkeling en instandhouding van bene en tande.

Tiamienhidrochloried (Vitamiën B₁):

- Help om koolhidrate, vette en proteïene te metaboliseer.
- Dra by tot normale groei.

Riboflaviën (Vitamiën B₂):

- Help om koolhidrate, vette en proteïene te metaboliseer.
- Dra by tot die vorming van weefsels.

Niasien (Vitamiën B₃):

- Help om koolhidrate, vette en proteïene te metaboliseer.
- Dra by tot normale groei en ontwikkeling.

Kalsium-D-Pantotenaat (Vitamiën B₅):

- Help om koolhidrate, vette en proteïene te metaboliseer.
- Dra by tot die vorming van weefsels.

Piridoksien (Vitamiën B₆):

- Help om koolhidrate, vette en proteïene te metaboliseer.
- Dra by tot die vorming van weefsels.

Sianokobalamien (Vitamiën B₁₂):

- Help om koolhidrate, vette en proteïene te metaboliseer.
- Dra by tot normale vorming van rooibloedselle.

Askorbiensuur (Vitamiën C):

- Help om vette en proteïene te metaboliseer.
- Help met die ontwikkeling en instandhouding van bene, kraakbeen, tande en tandvleis.
- Help met die vorming van bindweefsel.
- Help om wonde te genees.
- 'n Antioksidant vir die handhawing van goeie gesondheid.

Vitamiën D3 (Cholecalciferol):

- Help met die ontwikkeling en instandhouding van bene en tande.
- Help met die opname en gebruik van kalsium en fosfor.
- Kalsiuminname, in kombinasie met voldoende vitamien D, 'n gesonde dieet en gereelde oefening, verminder die risiko om osteoporose te ontwikkel.

Vitamiën E Asetaat:

- 'n Antioksidant vir die handhawing van goeie gesondheid.

Biotien (Vitamiën H):

- Help die liggaam om koolhidrate, vette en proteïene te metaboliseer.

Foliensuur:

- Help om die risiko van neurale buisdefekte te verminder wanneer dit daaglik geneem word voordat u swanger raak en tydens vroeë swangerskap. Sien ook **“INTERAKSIES”**.
- Help die liggaam om proteïene te metaboliseer.
- Help om rooibloedselle te vorm.

Boor AAC (Boor):

- 'n Faktor vir die handhawing van goeie gesondheid.

Dikalsiumfosfaat (Kalsium):

- Dra by tot die ontwikkeling en instandhouding van bene en tande.
- Kalsiuminname, in kombinasie met voldoende vitamien D, 'n gesonde dieet en gereelde oefening, verminder die risiko om osteoporose te ontwikkel.

Chroompikolinaat (Chroom):

- Bied ondersteuning vir 'n gesonde glukosemetabolisme.
- Help die liggaam om koolhidrate en vette te metaboliseer.

Koper AAC (Koper):

- Help om bindweefsel te produseer en te herstel.
- Help om rooibloedselle te vorm.

Jodium AAC (Jodium):

- Dra by tot die normale produksie van die skildklierhormone en normale skildklierfunksie.

Yster AAC (Yster):

- Help om rooibloedselle te vorm en help met die korrekte werking daarvan.

Magnesiumoksied “Swaar” (Magnesium):

- Help om koolhidrate, vette en proteïene te metaboliseer.
- Dra by tot die ontwikkeling en instandhouding van bene en tande.
- Dra by tot die vorming van weefsels.
- Dra by tot die handhawing van normale spierfunksie.

Mangaan AAC (Mangaan):

- Help die liggaam om koolhidrate, vette en proteïene te metaboliseer.
- Dra by tot die ontwikkeling en instandhouding van normale bene.

Molybdenum AAC (Molybdenum):

- Help die liggaam om proteïene te metaboliseer.

Dikaliumposfaat (Kalium):

- 'n Faktor vir die handhawing van goeie gesondheid.

Selenium AAC (Selenium):

- 'n Antioksidant vir die handhawing van goeie gesondheid.

Sinkglukonaat (Sink):

- Help met die vorming van bindweefsel.
- Help om 'n gesonde vel te handhaaf.
- Help die liggaam om koolhidrate, vette en proteïene te metaboliseer.
- Help om die immuunfunksie te handhaaf.

Sitrus Bioflavonoïede:

- Bied antioksidante.

Die gebruik van **NOVAVIT PLUS** tablette moenie 'n goeie gebalanseerde dieet vervang nie.

KONTRAINDIKASIES

Bekende hipersensitiwiteit of allergie vir enige van die bestanddele, insluitend die bestanddele onder **“Ander bestanddele”**.

MOENIE DEUR KINDERS JONGER AS 18 JAAR GENEEM WORD NIE.

VOORSORGMATREËLS

Raadpleeg u gesondheidsorgverskaffer as u aan 'n mediese toestand ly voordat u **NOVAVIT PLUS** tablette neem.

WAARSKUWINGS

Ligte gevalle van gastro-intestinale versteurings kan voorkom. Dit kan beheer word deur die tablette tesame, of kort na 'n maaltyd te neem.

INTERAKSIES

Vitamiën- en mineraalaanvullings kan 'n interaksie hê met sekere medikasie, of 'n invloed hê op die werking van medisyne in u liggaam. Raadpleeg u gesondheidsorgverskaffer as u tans ander medisyne gebruik voordat u **NOVAVIT PLUS** tablette neem.

Vertel altyd u dokter as u ander medisyne gebruik. Raadpleeg u gesondheidsorgverskaffer as u swanger is of u baba borsvoed voordat u **NOVAVIT PLUS** tablette neem.

INSTRUKSIES OM DIE MEDISYNE TE NEEM

Volwassenes ouer as 18 jaar:

Neem een tablet daaglik met 'n glas water, verkieslik na ontbyt. Moenie die aanbevole dosis oorskry nie, tensy u 'n opdrag van 'n gesondheidsorgverskaffer het om dit te doen.

Moenie u medisyne met iemand anders deel nie.

In die geval van 'n oordosering, staak die gebruik van die tablette, en raadpleeg u dokter of apteker. As daar nie een beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

NEWE-EFFEKTE

Beïnvloed die maag:

Maag (abdominale) ongemak; hardlywigheid; diarree; siek gevoel (naarheid) (sien ook **“WAARSKUWINGS”** en **“VOORSORGMATREËLS”**).

Nie alle newe-effekte wat vir hierdie medisyne gerapporteer word, word in hierdie pamflet ingesluit nie. Raadpleeg u gesondheidsorgverskaffer as u algemene gesondheid versleg, of as u nadelige gevolge ondervind tydens die gebruik van hierdie medisyne.

BERGING- EN WEGDOENINLIGTING

BERG ALLE MEDISYNE BUITE BEREIK VAN KINDERS.

Bêre op 'n koel, droë plek by of benede 25 °C, uit direkte sonlig.

Hou die houer stewig toe en hou die droogmiddel, (sakkies met silikajel) in die houer totdat die houer leeg is.

Moenie in badkamers bêre nie.

Moenie gebruik na die vervaldatum op die onderkant van die houer nie.

Stuur alle ongebruikte medisyne aan u apteker.

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

AANBIEDING

30 tablette verpak in 'n wit, plastiek, vooraf-gedrukte veiligheidsouer (“securitainer”) met 'n groen deksel. Daar is 'n sponsie, 2 sakkies met silikajel en 'n verpakingsbiljet in die houer.

IDENTIFIKASIE

Oranje langwerpige tablet.

REGISTRASIENOMMER

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

NAAM EN BESIGHEIDSADRES VAN DIE APPLIKANT

Novagen Pharma (Pty) Ltd.
Kantoor 2,
Sovereignrylaan 100,
Route 21 Corporate Park,
Nellmapiusrylaan
Irene 0157
Tel: 086 006 6824

DATUM VAN PUBLIKASIE VAN DIE PASIENTINLIGTINGSPAMFLET

16 November 2021

Professionele Inligting vir NOVAVIT PLUS tablets beskikbaar op die Novagen Pharma webtuiste: <http://www.novagenpharma.co.za/products/wellness/novavit-plus>