

NOVAVIT PLUS PATIENT INFORMATION LEAFLET

Complementary Medicine: Health Supplement

SCHEDULING STATUS S 0

PROPRIETARY NAME (and dosage form)

NOVAVIT PLUS (film-coated tablets)

COMPOSITION

Each film-coated tablet contains:	Per tablet	% RDA ¹
Vitamin A	2750 IU	
Beta-carotene	1000 IU	
(Vit A & Beta-carotene)		100 %
Vitamin D	500 IU	80 %
Vitamin E	22,35 IU	100 %
Vitamin C (Ascorbic Acid)	90 mg	100 %
Vitamin B1 (Thiamine)	4 mg	333 %
Vitamin B2 (Riboflavin)	4 mg	308 %
Vitamin B3 (Nicotinamide)	18 mg	113 %
Vitamin B5 (Pantotensuur)	6 mg	120 %
Vitamin B6 (Pyridoxine)	5,1 mg	300 %
Vitamin B12 (Cyanocobalamin)	7,2 mcg	300 %
Biotin	150 mcg	500 %
Folic acid	500 mcg	125 %
Boron	1 mg	*
Calcium	170 mg	13 %
Chromium	50 mcg	143 %
Copper	1 mg	111 %
Iodine	150 mcg	100 %
Iron	9 mg	50 %
Magnesium	100 mg	24 %
Manganese	1 mg	44 %
Molybdenum	25 mcg	56 %
Phosphorus	100 mg	8 %
Potassium	40 mg	*
Selenium	55 mcg	100 %
Citrus bioflavonoids	25 mg	*
L-Lysine	25 mg	*
Other ingredients: Microcrystalline cellulose (PH102), povidone VA64, sodium starch glycolate, colloidal silicone dioxide, magnesium stearate		
Sugar free		

¹ South African Recommended Daily Allowance (RDA) for adults and persons older than 4 years of age

* No RDA established

APPROVED INDICATIONS AND USE

NOVAVIT PLUS is indicated to provide vitamin and mineral supplementation, where the dietary intake is known to be insufficient. 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'.

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:

Children over 12 years of age:

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

Do not share your medicines with anyone else.

In the event of over-dosage, 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.

Do not store in bathrooms.

Do not use after the expiry date stated on the label.

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 securitainer.

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

DATE OF PUBLICATION OF THE PATIENT INFORMATION LEAFLET

Not applicable

Professional Information for NOVAVIT PLUS tablets available on the Novagen Pharma website:

<http://www.novagenpharma.co.za/products/wellness/novavit-plus>