

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: **S0**

Category D: Complementary medicine.

Discipline: Health Supplement

34.12 Multiple substance formulation

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

ULTRA POTENT-C® VITAMIN C 1000 mg,

30 & 90 Tablets

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

- **ULTRA POTENT-C® VITAMIN C 1000 MG** is available without a doctor's prescription.
- Nevertheless, you still need to use **ULTRA POTENT-C® VITAMIN C 1000 MG** carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share **ULTRA POTENT-C® VITAMIN C 1000 MG** with any other person.
- Ask your pharmacist or healthcare practitioner if you need more information or advice.

WHAT IS IN THIS LEAFLET

- What **ULTRA POTENT-C® VITAMIN C 1000 MG** is and what it is used for.
- What you need to know before you take **ULTRA POTENT-C® VITAMIN C 1000 MG**.
- How to take **ULTRA POTENT-C® VITAMIN C 1000 MG**.
- Possible side effects.
- How to store **ULTRA POTENT-C® VITAMIN C 1000 MG**.
- Contents of the pack and other information.

WHAT ULTRA POTENT-C® VITAMIN C 1000 MG CONTAINS

Each one (1) tablet of **ULTRA POTENT-C® VITAMIN C 1000 MG** contains the following actives:

Calcium ascorbate (providing elemental Calcium 45 mg and Vitamin C 400,8 mg)	510,6 mg
Niacinamide ascorbate (Providing Vitamin C (as Ascorbic acid) 221,5 mg and Vitamin B3 70 mg)	301,4 mg
Vitamin C (as Ascorbic acid)	204,4 mg
Sodium ascorbate (providing elemental Sodium 11 mg and Vitamin C 84,1 mg)	95,5 mg
Magnesium ascorbate (providing elemental magnesium 5,3 mg and Vitamin C 40,7 mg)	52,9 mg
L-Lysine	33 mg
Citrus Bioflavonoid Complex [standardized to 45 % (14,4 mg) full spectrum bioflavonoids]	32 mg
Vitamin C (as Ascorbyl palmitate)	30,3 mg
Vitamin C (as Potassium ascorbate)	18,2 mg
Tetrasodium Pyrophosphate (providing elemental sodium 4,7 mg and elementary phosphorous 3,3 mg)	14 mg
D-Ribose	13 mg
L-Cysteine	8 mg
L-Glutathione	5 mg

Inactive Ingredients: : Coating (hypromellose, medium-chain triglycerides, and hydroxypropylcellulose), croscarmellose sodium, hydroxypropylcellulose, magnesium stearate (vegetable), microcrystalline cellulose, silica.

Contains Sugar: Xylitol (9 mg)

This product is non-GMO, gluten free and vegetarian

WHAT ULTRA POTENT-C® VITAMIN C 1000 MG IS AND WHAT IT IS USED FOR
ULTRA POTENT-C® VITAMIN C 1000 MG is a proprietary formulation designed to be gentle on the stomach and well-tolerated at high doses. Vitamin C is a vital part of your immune system.

BEFORE YOU TAKE ULTRA POTENT-C® VITAMIN C 1000 MG

If you are taking any chronic medication, do not use this product without consulting your healthcare practitioner. Do not take **ULTRA POTENT-C® VITAMIN C 1000 MG** if you are hypersensitive (allergic) to any of the ingredients. If you have allergies, be sure to check with your healthcare practitioner before taking this supplement.

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

PREGNANCY AND BREASTFEEDING

Safety during pregnancy and breastfeeding has not been established, consult with your healthcare practitioner before use. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult with your healthcare practitioner before taking this supplement.

IMPORTANT INFORMATION ABOUT SOME OF THE INGREDIENTS OF VITAMIN C 1000 MG

VITAMIN C 1000 MG contains Xylitol. If you have been told that you have an intolerance to some sugars, you should not take **VITAMIN C 1000 MG**.

VITAMIN C 1000 MG contains Xylitol and may have a laxative effect.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent **ULTRA POTENT-C® VITAMIN C 1000 MG** may interfere with the daily activities of a patient. Patients should ensure that they do not engage in activities relating to requiring mental alertness, judgement and/or sound co-ordination and vision e.g. driving, riding, flying, sailing, operating machines/equipment, until they are aware of the measure to which **ULTRA POTENT-C® VITAMIN C 1000 MG** may affect you.

TAKING OTHER MEDICINES WITH ULTRA POTENT-C® VITAMIN C 1000 MG

Complementary medicine products contain ingredients which may interact with some medication. If you are taking any chronic medication, do not use this product without consulting your healthcare practitioner.

HOW TO TAKE ULTRA POTENT-C® VITAMIN C 1000 MG - Do not share medicines prescribed for you with any other person. Always take **ULTRA POTENT-C® VITAMIN C 1000 MG** exactly as described in this leaflet, or as your doctor, healthcare practitioner has instructed you. You should check with your doctor, pharmacist or healthcare practitioner if you are unsure.



Directions for use:

Adults: Take one (1) tablet daily, or as directed by your healthcare practitioner. **Surgery:** **ULTRA POTENT-C® VITAMIN C 1000 MG** might increase the risk of bleeding during surgery. Stop taking **ULTRA POTENT-C® VITAMIN C 1000 MG** 2 weeks before surgery. **Do not take more than the recommended dose.**

IF YOU TAKE MORE ULTRA POTENT-C® VITAMIN C 1000 MG THAN YOU SHOULD

In the event of overdose, consult your doctor, pharmacist. Should none of these be available, contact the nearest hospital or poison control centre.

IF YOU FORGET TO TAKE ULTRA POTENT-C® VITAMIN C 1000 MG

Do not take a double dose to make up for a missed dose.

POSSIBLE SIDE EFFECTS

ULTRA POTENT-C® VITAMIN C 1000 MG may have side effects.

Should you have any of the following diagnosed conditions, consult with your healthcare practitioner before use: Kidney disease, Kidney stones, Diabetes, Angina, Gallbladder disorder, Gout, Liver disease, Low blood pressure, Thyroid disorders, Asthma.

If you are taking the following medication, please consult with your healthcare practitioner before taking: Cancer medication, Anticoagulants (Warfarin), Aspirin, Cholesterol medication (statins), Insulin. If any of the following happens, stop using **ULTRA POTENT-C® VITAMIN C 1000 MG** and tell your doctor or go to the casualty department at your nearest hospital:

- Allergic reactions – rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing.

These are all very serious effects. If you have them, you may have had a serious reaction to **ULTRA POTENT-C® VITAMIN C 1000 MG**. You may need urgent medical attention or hospitalisation. Side effects that usually do not require medical attention (report to your healthcare practitioner if they continue):

- Stomach discomfort, diarrhoea, flushing.

Not all side effects and interactions reported for **ULTRA POTENT-C® VITAMIN C 1000 MG** 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. If you notice any side effects not mentioned in this leaflet, please inform your doctor, pharmacist or healthcare practitioner.

REPORTING OF SIDE EFFECTS

If you experience side effects, talk to your doctor, pharmacist or other healthcare practitioner. You can also report side effects to SAHPRA via "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of **ULTRA POTENT-C® VITAMIN C 1000 MG**.

STORAGE AND DISPOSING OF ULTRA POTENT-C® VITAMIN C 1000 MG

Store all medicines out of the reach of children.

Store in a cool, dark place, below 25 °C.

Protect from direct sunlight and heat.

Store in the original packaging.

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

Do not use **ULTRA POTENT-C® VITAMIN C 1000 MG** if you notice visible signs of deterioration.

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

PRESENTATION OF ULTRA POTENT-C® VITAMIN C 1000 MG

A white 175 ml HDPE bottle with a white cap, induction seal, tamper shrink seal, wadding and silica gel sachet.

IDENTIFICATION OF ULTRA POTENT-C® VITAMIN C 1000 MG

Yellow/Tan spotted coated oral tablet.

REGISTRATION NUMBER - To be allocated by SAHPRA upon registration.

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

Scan QR code.

THIS LEAFLET WAS LAST REVISED ON

25 October 2024

NAME AND ADDRESS OF REGISTRATION HOLDER

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PASIENT INLIGTINGSBLAD

SKEDULERINGSSTATUS: 50

Kategorie D: Komplementêre medisyne.

Disipline: Gesondheidsaanvulling

34.12 Meervoudige Bestandeel Formulêre

HANDELSNAAM EN DOSEERVORM,

ULTRA POTENT-C® VITAMIN C 1000 MG, 30 & 90 tablette

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT BELANGRIKE INLIGTING VIR U

- **ULTRA POTENT-C® VITAMIN C 1000 MG** is beskikbaar sonder doktersvoorskrif.
 - U moet steeds **ULTRA POTENT-C® VITAMIN C 1000 MG** versigtig gebruik om die beste resultate draai te kry.
 - Hou hierdie inligtingsblad. Misken moet u dit weer lees.
 - Moenie **ULTRA POTENT-C® VITAMIN C 1000 MG** met enige ander persoon deel nie.
 - Vra jou apteker of gesondheidsorgpraktisyn of jy meer inligting of advies benodig.
- WAT IS IN HIERDIE INLIGTINGSBLAD**
- Wat **ULTRA POTENT-C® VITAMIN C 1000 MG** is en waarvoor dit gebruik word.
 - Wat jy moet weet voordat jy **ULTRA POTENT-C® VITAMIN C 1000 MG** neem.
 - Hoe om **ULTRA POTENT-C® VITAMIN C 1000 MG** te neem.
 - Moontlike nuwe-effekte.
 - Hoe om **ULTRA POTENT-C® VITAMIN C 1000 MG** op te slaan.
 - Inhoud van die pakket en ander inligting

WATTER ULTRA POTENT-C® VITAMIN C 1000 MG BEVAT

Elke een (1) tablet **ULTRA POTENT-C® VITAMIN C 1000 MG** bevat die volgende aktiewe:

Kalsiumskorbaat (verskaf elementêre kalsium 45 mg en vitamien C 400,8 mg)	510,6 mg
Niacinamide askorbaat (Verskaf vitamien C (as askorbiensuur) 221,5 mg en vitamien B3 70 mg)	301,4 mg
Vitamien C (as askorbiensuur)	204,4 mg
Natriumskorbaat (verskaf elementêre natrium 11 mg en vitamien C 84,1 mg)	95,5 mg
Magnesiumskorbaat (verskaf elementêre magnesium 5,3 mg en vitamien C 40,7 mg)	52,9 mg
L-lysien	33 mg
Sitrus Bioflavonoïed Kompleks [gestandaardiseer tot 45% (14,4 mg) volspektrum bioflavonoïede]	32 mg
Vitamien C (as askorbyl(palmitaat))	30,3 mg
Vitamien C (as kaliumskorbaat)	18,2 mg
Tetranatriumpyrofosfaat (verskaf elementêre natrium 4,7 mg en elementêre fosfor 3,3 mg)	14 mg
D-ribose	13 mg
L-sisteien	8 mg
L-glutathion	5 mg

Onaktiewe bestanddele: Bedekking (hipromellose, mediumketting triglisieriede en hidrokispropylselulose), kroskarmellosenatrium, hidrokispropylselulose, magnesiumstearaat (groente), mikrokristallyne selulose, silika.

Bevat suiker: Xylitol (9 mg)

Hierdie produk is nie-GGO, glutenvry en vegetariër.

WAT IS ULTRA POTENT-C® VITAMIN C 1000 MG EN WAARVOOR WORD DIT GEBRUIK

ULTRA POTENT-C® VITAMIN C 1000 MG is 'n nie-formulerende wat ontwerp is om sag op die maag te wees en goed verdra te word teen hoë dosisse. Vitamien C is 'n belangrike deel van jou immuunstelsel.

VOORDAT JY ULTRA POTENT-C® VITAMIN C 1000 MG NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **ULTRA POTENT-C® VITAMIN C 1000 MG** neem as jy hipersensitief (allergies) is vir enige van die bestanddele nie. As jy allergieë het, maak seker dat jy met jou gesondheidsorgpraktisyn gaan praat voordat jy hierdie aanvulling neem.

SWANGERSKAP EN BORSVOEDING

Veiligheid tydens swangerskap en borsvoeding is nie vasgestel nie, raadpleeg u gesondheidsorgpraktisyn voor gebruik. As jy swanger is of borsvoed, dink jy kan swanger wees of beplan om 'n baba te hê, raadpleeg asseblief jou gesondheidsorgpraktisyn voordat jy hierdie aanvulling neem.

BELANGRIKE INLIGTING OOR SOMMIGE VAN DIE BESTANDELE VAN VITAMIN C 1000 MG

VITAMIN C 1000 MG bevat Xylitol. As jy meedeel is dat jy 'n onverdraagsaamheid teenoor sommige suikers het, moet jy nie **vitamien C 1000 MG** neem nie. **VITAMIN C 1000 MG** bevat Xylitol en kan 'n lakseermiddel hê.

BESTUUR EN GEBRUIK VAN MASJIENE

Dit is nie altyd moontlik om te voorspel in watter mate **ULTRA POTENT-C® VITAMIN C 1000 MG** die daaglikse aktiwiteit van 'n pasiënt kan belemmer nie. Pasiënte moet seker maak dat hulle nie betrokke raak by aktiwiteite wat verband hou met die vereiste van verstandelike waaksaamheid, oordeel en/of gesonde koördinasie en visie nie, byvoorbeeld bestuur, vr, vlieg, seil, bedryfsmasjien/toerusting, totdat hulle bewus is van die mate waartoe **ULTRA POTENT-C® VITAMIN C 1000 MG** jou beïnvloed.

NEEM VAN ANDER MEDISYNE SAAM MET ULTRA POTENT-C® VITAMIN C 1000 MG

Komplementêre medisyne produkte bevat bestanddele wat met sommige medisyne kan 'n interaksie kan hê. As jy enige chroniese medisyne gebruik, moenie hierdie produk gebruik sonder om jou mediese praktisyn te raadpleeg nie.

HOE OM ULTRA POTENT-C® VITAMIN C 1000 MG TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **ULTRA POTENT-C® VITAMIN C 1000 MG** presies soos beskryf in hierdie inligtingsblad, of soos u dokter, of gesondheidsorgpraktisyn voorgeskryf het. Raadpleeg jou dokter, apteker of gesondheidsorgpraktisyn as jy onseker is.

Aanwysings vir gebruik:

Volwasse: Neem daaglik een (1) tablet, of soos voorgeskryf deur jou gesondheidsorgpraktisyn. **Chirurgie: ULTRA POTENT-C® VITAMIN C 1000 MG** kan die risiko van bloeding tydens die operasie verhoog. Hou op om **ULTRA POTENT-C® VITAMIN C 1000 MG** 2 weke voor die operasie te neem.

Moenie meer as die aanbevole dosis neem nie.

AS JY MEER ULTRA POTENT-C® VITAMIN C 1000 MG NEEM AS WAT JY MOET

In die geval van oordosering, raadpleeg u dokter, apteker. Indien nie een hiervan beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

AS JY VERGEET OM ULTRA POTENT-C® VITAMIN C 1000 MG TE NEEM

Moenie 'n dubbele dosis neem om op te maak vir 'n dosis wat oorgeslaan is nie

MOONTLIKE NUWE-EFFEKTE

ULTRA POTENT-C® VITAMIN C 1000 MG kan nuwe-effekte hê.

Indien jy enige van die volgende gedagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: Niersiekte, Nierstene, Diabetes, Angina, Galblaasversteuring, Jig, Lewersiekte, Lae bloeddruk, Skildklierafwykings, Asma. As jy die volgende medikasie neem, raadpleeg asseblief jou gesondheidsorgpraktisyn voordat jy neem: Kankermedikasie, Antikoagulanse (Warfarin), Aspirien, Cholesterolmedikasie (statiene), Insulien.

As enige van die volgende gebeur, hou op om ULTRA POTENT-C® VITAMIN

C 1000 MG te gebruik en vertel jou dokter of gaan na die ongevallende afdeling by jou naaste hospitaal:

- Allergiese reaksies - uitslag, jeuk / swelling (veral van die gesig / tong / keel), erge duiseligheid, probleme met asemhaling.

Dit is alles baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op **ULTRA POTENT-C® VITAMIN C 1000 MG** gehad. Jy sal dalk dringende mediese hulp of hospitalisasie nodig hê.

Nuwe-effekte wat gewoonlik nie mediese hulp benodig nie (rapporteer aan jou gesondheidsorgpraktisyn as hulle voortduur):

- Maagongemak, diarree, bloot.

Nie alle nuwe-effekte en interaksies wat vir **ULTRA POTENT-C® VITAMIN C**

1000 MG gerapporteer word, is by hierdie inligtingsblad ingesluit nie.

Indien jou algemene gesondheid vererger of as jy enige nadelige effekte ervaar tydens die gebruik van hierdie medisyne, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgpraktisyn vir raad. As jy enige nuwe-effekte sien wat nie in hierdie inligtingsblad genoem word nie, stel asseblief jou dokter, apteker of gesondheidsorgpraktisyn in kennis.

AANMELDING VAN NUWE-EFFEKTE

As jy nuwe-effekte kry, praat met jou dokter, apteker of ander gesondheidsorgpraktisyn. U kan ook nuwe-effekte aan SAHPRA rapporteer via "6.04 Adverse Drug Reaction Reporting Form", wat aanlyn gevind word onder SAHPRA se publikasies:

<https://www.sahpra.org.za/Publications/Index/8>. Deur nuwe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van **ULTRA POTENT-C® VITAMIN C 1000 MG**.

HOE OM ULTRA POTENT-C® VITAMIN C 1000 MG TE BEREË

Bêre alle medisyne buite bereik van kinders.

Bêre in 'n koel, donker plek, onder 25 °C.

Beskerem teen direkte sonlig en hitte.

Bêre in die oorspronklike verpakking.

Moet nie gebruik word na die vervaldatum wat op die bottel aangedui word nie.

Moenie **ULTRA POTENT-C® VITAMIN C 1000 MG** gebruik as u sigbare tekens van agteruitgang opmerk nie.

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

AANBIEDING VAN ULTRA POTENT-C® VITAMIN C 1000 MG

'n Wit 175 ml HDPE-bottel met 'n wit dop, induksieseël, peuterkrimpspeël, spons en silikagelsakkie.

IDENTIFIKASIE VAN ULTRA POTENT-C® VITAMIN C 1000 MG

Geel/braun gevlekte bedekte ovaal tablet.

REGISTRASIE NOMMER - Om deur SAHPRA toegeken te word by

registrasie.

TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING

Skandeer QR-kode..

HIERDIE INLIGTINGSBLAD IS LAAS HERSEIN OP

25 Oktober 2024

NAAM EN ADRES VAN REGISTRASIEHOUEUR

Versprei deur:

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