

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

Category D: Complementary medicine.

Discipline: Health Supplement

34.7 Minerals

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

ZINC GLYCINATE, 30 & 60 Tablets

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

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

WHAT IS IN THIS LEAFLET

- What **ZINC GLYCINATE** is and what it is used for.
- What you need to know before you take **ZINC GLYCINATE**.
- How to take **ZINC GLYCINATE**.
- Possible side effects.
- How to store **ZINC GLYCINATE**.
- Contents of the pack and other information.

WHAT ZINC GLYCINATE CONTAINS

Each one (1) tablet of ZINC GLYCINATE contains the following actives:

Zinc (as Zinc bisglycinate) 22.5 mg
Vitamin B6 (as Pyridoxal-5-phosphate) 0.5 mg

Inactive Ingredients: Hydroxypropylcellulose, magnesium salts of fatty acids, microcrystalline cellulose, silicon dioxide.

This product is suitable for Vegans and non-GMO. (Sugar Free)

WHAT ZINC GLYCINATE IS AND WHAT IT IS USED FOR

ZINC GLYCINATE features zinc as an amino acid chelate with glycine designed to be highly absorbable and well tolerated. Zinc is especially important for immune and tissue health and helps maintain normal skin, hair, nails & bones.

BEFORE YOU TAKE ZINC GLYCINATE

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. Do not take **ZINC GLYCINATE** if you are hypersensitive (allergic) to any of the ingredients. If you have allergies, be sure to check with your healthcare professional before taking this supplement.

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

PREGNANCY AND BREASTFEEDING

Although safety during pregnancy and breastfeeding has been established, you should 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 your doctor, pharmacist or other healthcare practitioner for advice before taking this supplement.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent **ZINC GLYCINATE** 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 **ZINC GLYCINATE** may affect you.

TAKING OTHER MEDICINES WITH ZINC GLYCINATE

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 medical practitioner

HOW TO TAKE ZINC GLYCINATE

Do not share medicines prescribed for you with any other person. Always take **ZINC GLYCINATE** exactly as described in this leaflet, or as your doctor, healthcare provider has instructed you. You should check with your doctor, pharmacist or healthcare provider if you are unsure.

Directions for use:

Adults: Take one (1) tablet daily or as directed by your healthcare practitioner.

Do not take more than the recommended dose.

IF YOU TAKE MORE ZINC GLYCINATE THAN YOU SHOULD

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



IF YOU FORGET TO TAKE ZINC GLYCINATE

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

POSSIBLE SIDE EFFECTS

ZINC GLYCINATE may have side effects.

Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: Alcohol use disorder, Surgery for weight-loss (bariatric surgery), Copper deficiency, Kidney disease, post-surgical stent placement. If you are taking the following medication, please consult with your healthcare practitioner before taking: Antibiotics (Quinolone antibiotics & Tetracycline antibiotics), Penicillamine (Cuprimine, Depen), Ritonavir (Norvir), Medications for HIV/AIDS (Integrase inhibitors), Medications for high blood pressure (antihypertensive drugs). If any of the following happens, stop using **ZINC GLYCINATE** 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 **ZINC GLYCINATE**. You may need urgent medical attention or hospitalisation.

Side effects that usually do not require medical attention (report to your healthcare professional if they continue):

- nausea, stomach pain, loss of appetite, headache.

Not all side effects and interactions reported for **ZINC GLYCINATE** 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 professional for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor, pharmacist or healthcare professional.

REPORTING OF SIDE EFFECTS

If you experience side effects, talk to your doctor, pharmacist or other healthcare professional. 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 **ZINC GLYCINATE**.

STORAGE AND DISPOSING OF ZINC GLYCINATE

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 **ZINC GLYCINATE** if you notice visible signs of deterioration.

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

PRESENTATION OF ZINC GLYCINATE

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

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

IDENTIFICATION OF ZINC GLYCINATE

Coated white caplet.

REGISTRATION NUMBER –

To be allocated by SAHPRA upon registration.

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

Scan QR code.

THIS LEAFLET WAS LAST REVISED ON

19 November 2024

NAME AND ADDRESS OF REGISTRATION HOLDER

Distributed by:

Ampro Advanced Development Products (Pty) Ltd
Unit 3, Eastgate Business Park, 1 South Road, Eastgate Extension,
Sandton, 2146
Tel: 011-802-8101



PASIËNT INLIGTINGSBLAD

SKEDULERINGSSTATUS **50**

Kategorie D: Komplementêre medisyne.

Dissipline: Gesondheidsaanvulling

34.7 Minerale

HANDELSNAAM EN DOSEERVORM,

ZINC GLYCINATE, 30 & 60 tablette

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT

BELANGRIKE INLIGTING VIR U

- **ZINC GLYCINATE** is beskikbaar sonder doktersvoorskrif.
- U moet steeds **ZINC GLYCINATE** versigtig gebruik om die beste resultate daaruit te kry.
- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
- Moenie **ZINC GLYCINATE** met enige ander persoon deel nie.
- Vra jou apteker of gesondheidsorgpraktisyn of jy meer inligting of advies benodig.

WAT IS IN HIERDIE INLIGTINGSBLAD

- Wat **ZINC GLYCINATE** is en waarvoor dit gebruik word.
- Wat jy moet weet voordat jy **ZINC GLYCINATE** neem.
- Hoe om **ZINC GLYCINATE** te neem.
- Moontlike nuwe-effekte.
- Hoe om **ZINC GLYCINATE** te bêre.
- Inhoud van die pak en ander inligting

WAT ZINC GLYCINATE BEVAT

Eke een (1) tablet **ZINC GLYCINATE** bevat die volgende aktiewe:

Sink (as sinkbisglisinaat)	22,5 mg
Vitamiën B6 (as Pyridoxal-5-fosfaat)	0,5 mg

Onaktiewe bestanddele: Hydroxypropylcellulose, magnesioumsoute van versure, mikrokristallyne sellulose, silikondioksied.

Hierdie produk is geskik vir Vegans en nie-GGO. (Suikervry)

WAT IS ZINC GLYCINATE EN WAARVOOR WORD DIT GEBRUIK

ZINC GLYCINATE bevat sink as 'n aminosuurchelaat met glisien wat ontwerp is om hoogs opneembaar en goed verdra te wees. Sink is veral belangrik vir immuun- en weefselgesondheid en help om normale vel, hare, naels en bene te handhaaf.

VOORDAT JY ZINC GLYCINATE NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **ZINC GLYCINATE** neem as jy hipersensitief (allergies) is vir enige van die bestanddele nie. As jy allergieë het, maak seker dat jy met jou gesondheidsorgpraktisyn gaan voordat jy hierdie aanvulling neem.

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

SWANGERSKAP EN BORSVOEDING

Alhoewel veiligheid tydens swangerskap en borsvoeding vasgestel is, moet u voor gebruik met u gesondheidsorgpraktisyn konsulteer. As u swanger is of borsvoed, dink dat u swanger is of beplan om 'n baba te hê, raadpleeg u gesondheidsorgpraktisyn voordat u hierdie aanvulling neem.

BESTUUR EN GEBRUIK VAN MASIËNE

Dit is nie altyd moontlik om te voorspel in watter mate **ZINC GLYCINATE** die daaglikse aktiwiteite 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, ry, vlieg, seil, bedryfsmasjiene/toerusting, totdat hulle bewus is van die mate waartoe **ZINC GLYCINATE** jou beïnvloed.

NEEM VAN ANDER MEDISYNE SAAM MET ZINC GLYCINATE

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

HOE OM ZINC GLYCINATE TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **ZINC GLYCINATE** presies soos beskryf in hierdie inligtingsblad, of soos u dokter, gesondheidsorgpraktisyn voorgeskryf het. Raadpleeg jou dokter, apteker of gesondheidsorgpraktisyn as jy onseker is.

Aanwysings vir gebruik:

Volwassenes: Neem een (1) tablet daaglik, of soos voorgeskryf deur jou gesondheidspraktisyn.

Moenie meer as die aanbevole dosis neem nie.

AS JY MEER ZINC GLYCINATE NEEM AS WAT JY MOET

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

AS JY VERGEET OM ZINC GLYCINATE TE NEEM

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

MOONTLIKE NUWE-EFFEKTE

ZINC GLYCINATE kan nuwe-effekte hê.

Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: Alkoholgebruiksversteuring, Chirurgie vir gewigsverlies (bariatriese chirurgie), Kopertekort, Niersiekte, post-chirurgiese stentplasing. As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidspraktisyn voordat jy neem: Antibiotika (Quinolone antibiotika & Tetracycline antibiotika), Penicillamine (Cuprimine, Depen), Ritonavir (Norvir), medisyne vir MIV / vigs (Integrase remmers), medisyne vir hoë bloeddruk (antihypertensiewe middels). As enige van die volgende gebeur, hou op om **ZINC GLYCINATE** 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 **ZINC GLYCINATE** gehad. Jy mag dalk dringende mediese hulp of hospitalisasie nodig hê.

Nuwe-effekte wat gewoonlik nie mediese hulp benodig nie (rapporteur aan u gesondheidsorgpraktisyn as dit voortduur):

- naarheid, maagpyn, verlies aan eetlust, hoofpyn.

Nie alle nuwe-effekte en interaksies wat vir **ZINC GLYCINATE** 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 ervaar, 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 **ZINC GLYCINATE**.

HOE OM ZINC GLYCINATE TE BÊRE

Bêre alle medisyne buite bereik van kinders.

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

Beskermt 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 **ZINC GLYCINATE** gebruik as u sigbare tekens van agteruitgang opmerk nie.

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

AANBIEDING VAN ZINC GLYCINATE

30 TABLETTE - 'n Wit 175 ml HDPE-bottel met 'n wit dop, induksieseel, peuterkrimpsel, spons en slikgelsakkie.

60 TABLETTE - 'n Wit 175 ml HDPE-bottel met 'n wit dop, induksieseel, peuterkrimpsel, spons en slikgelsakkie.

IDENTIFIKASIE VAN ZINC GLYCINATE

Bedekte wit caplet.

REGISTRASIONOMMER

Om deur SAHPRA toegeken te word by registrasie.

TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING

Skandeer QR-kode.

HIERDIE INLIGTINGSBLAD IS LAAS HERSIEN OP

19 November 2024

NAAM EN ADRES VAN REGISTRASIEHOUER

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