

PROFESSIONAL INFORMATION

SCHEDULING STATUS: **S0**

Category D: Complementary medicine.

Discipline: Health Supplement

34.12 Multiple substance formulation

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM -

MULTIGENICS®CHEWABLE, 90 Tablets

COMPOSITION

Each one (1) tablet of MULTIGENICS®CHEWABLE contains the following actives:

Vitamin C (as magnesium ascorbate)	50 mg
Vitamin C (as ascorbic acid)	50 mg
Vitamin B3 (as niacinamide)	20 mg
Calcium (as calcium citrate)	15 mg
Calcium (as calcium malate)	15 mg
Vitamin E (as D-alpha tocopheryl acetate)	13,4 mg
Vitamin B5 (as D-calcium pantothenate)	10 mg
Magnesium (as magnesium Citrate)	8 mg
Magnesium (as magnesium ascorbate)	7 mg
Iron (as Iron glycinate)	2 mg
Quercetin	2 mg
Zinc (as Zinc gluconate)	2 mg
Vitamin B2 (as riboflavin)	1,6 mg
Vitamin B1 (as thiamine mononitrate)	1,4 mg
Vitamin B6 (as pyridoxine HCl)	1,4 mg
Vitamin A (as Vitamin A Acetate)	416,7 µg
Folate (as calcium L-5-methyltetrahydrofolate)	300 µg
Vitamin A (as beta carotene)	220,8 µg
Manganese (as manganese citrate)	200 µg
Vitamin A (as mixed carotenoids)	195,8 µg
Copper (as copper gluconate)	100 µg
Iodine (as potassium iodide)	70 µg
Vitamin H (as biotin)	38 µg
Vitamin B12 (as methylcobalamin) 6 µg	2,5 µg (100 I.U.)
Vitamin D (as cholecalciferol)	

Inactive Ingredients: Fructose, xylitol, sorbitol, stearic acid (vegetable), natural flavours, silica, guar gum, mono- and diglycerides, malic acid, and citric acid. **Contains Sugar.**

This product is suitable for non-GMO, dairy and gluten free.

PHARMACOLOGICAL CLASSIFICATION - Complementary Medicine

INDICATION & PHARMACOLOGICAL ACTION

MULTIGENICS CHEWABLE® offers a tasty and convenient way to meet your daily vitamin and mineral needs, perfect for those who prefer chewable tablets. This comprehensive formula provides a broad spectrum of essential vitamins and mineral amino acid chelates, carefully formulated for optimal nutrient absorption. With a refreshing orange flavour and balanced B vitamins, it supports energy and overall well-being.

DOSEAGE AND DIRECTIONS FOR USE

Adults: Chew one (1) tablet daily or as directed by your healthcare practitioner. Chew or crush tablets completely before swallowing. Do not swallow tablets whole.

Do not take more than the recommended dose.

CONTRA INDICATIONS:

If you are taking any chronic medication, do not use this product without consulting your healthcare professional. Do not take

MULTIGENICS CHEWABLE 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. **Surgery:** **MULTIGENICS CHEWABLE** might increase the risk of bleeding during and after surgery. Stop using **MULTIGENICS CHEWABLE** at least 2 weeks before a scheduled surgery. **LABORATORY TESTS:** Active ingredients in **MULTIGENICS CHEWABLE** may alter the results of some tests. Please tell your healthcare practitioner that you are taking **MULTIGENICS CHEWABLE** before you have any blood tests.

INTERACTIONS
Always tell your healthcare professional if you are taking any other medicine. It is possible that exposure of certain supplement ingredients may interfere with certain medications. (See Warnings & Special precautions)

INTERACTIONS

Always tell your healthcare professional if you are taking any other medicine. It is possible that exposure of certain supplement ingredients may interfere with certain medications. (See Warnings & Special precautions)

Ingredient	Uses for Ingredient
Vitamin C (as magnesium ascorbate)	Supports immune function, antioxidant activity, and collagen synthesis while being gentle on the stomach.
Vitamin C (as ascorbic acid)	Boosts immunity, acts as an antioxidant, and supports skin, bone, and connective tissue health.
Vitamin B3 (as niacinamide)	Supports energy production, skin health, and nervous system function while minimizing flushing effects.
Calcium (as calcium citrate)	Promotes bone health and supports muscle function with enhanced absorption in low-stomach acid conditions.
Calcium (as calcium malate)	Enhances bone density and supports teeth and skeletal health.
Vitamin E (as D-alpha tocopheryl acetate)	Provides antioxidant protection to cells, supports skin health, and promotes cardiovascular wellness.
Vitamin B5 (as D-calcium pantothenate)	Aids energy metabolism and supports the synthesis of coenzyme A and fatty acids.
Magnesium (as magnesium Citrate)	Supports muscle relaxation, nerve function, and energy production.
Magnesium (as magnesium ascorbate)	Combines antioxidant benefits of vitamin C with magnesium for energy production and immune support.
Iron (as Iron glycinate)	Enhances red blood cell formation and oxygen transport with minimal gastrointestinal side effects.
Quercetin	Provides antioxidant support, modulates inflammation, and promotes immune function.
Zinc (as Zinc gluconate)	Supports immune system health, wound healing, and normal growth and development.

NAME AND BUSINESS ADDRESS OF APPLICANT

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

DATE OF PUBLICATION - To be allocated by the regulatory authority.



KNOWN SYMPTOMS OF OVER DOSAGE AND PARTICULARS OF ITS TREATMENT

See side-effects. **Treatment:** Discontinue use and consult your doctor, pharmacist or other healthcare professional for advice.

WARNING AND SPECIAL PRECAUTIONS

Contains sucrose. Patients with rare hereditary conditions such as fructose intolerance, glucose-galactose mal-absorption or sucrose-isomaltase insufficiency should not take **MULTIGENICS CHEWABLE**®. Contains Xylitol which may have a laxative effect.

Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: Kidney stones in individuals with oxalate sensitivity or history of stones, Iron overload disorders (e.g., hemochromatosis), Liver disease, Gout, Hypercalcemia, Severe kidney disease, Bleeding disorders, Vitamin K deficiency, Heart block, Haemolytic anaemia, Copper deficiency, Pernicious anaemia (may mask symptoms), Wilson's disease, Thyroid disorders (e.g., hyperthyroidism), Leber's optic neuropathy (may worsen condition), Sarcoidosis or other granulomatous disorders. If you are taking the following medication, please consult with your healthcare professional before taking: May enhance iron absorption, increasing risk of toxicity in conditions like hemochromatosis. - Reduces efficacy of some chemotherapy agents, Can increase the risk of myopathy when combined with statins, Reduces blood glucose-lowering effects of antidiabetic drugs, Reduces absorption of tetracyclines, quinolones, and thyroid medications, Interferes with bisphosphonates, Reduces the efficacy of chemotherapy and radiotherapy, Absorption decreased by antacids and calcium supplements, May interfere with cyclosporine metabolism, Reduces efficacy of orlistat and bile acid sequestrants. If any of the following happens, stop using **MULTIGENICS CHEWABLE** 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 **MULTIGENICS CHEWABLE**. 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/vomiting.

These are all very serious effects. If you have them, you may have had a serious reaction to **MULTIGENICS CHEWABLE**. You may need urgent medical attention or hospitalisation. Seek advice from a healthcare professional if you have any medical condition. Discontinue use immediately should any adverse reaction occur. Read this leaflet carefully because it contains important information for you. This product is available without a doctor's prescription.

- Keep this leaflet. You may need to read it again.

- Do not share medication with any other person.

- Ask your pharmacist if you need more information or advice.

- You must consult a doctor should your condition worsen or does not improve.

DO NOT USE THIS PRODUCT:

- If you are hypersensitive (allergic) to any of the ingredients listed.
- Do not accept this package if seals are broken.

STORAGE INSTRUCTION

Store in a cool, dark place, below 25 °C. Protect from direct sunlight and heat.

Store in the original bottle. Keep the bottle tightly closed.

Replace the protective cap after each use. Do not use after the expiry date stated on the bottle. Do not use **MULTIGENICS CHEWABLE** if you notice visible signs of deterioration.

IDENTIFICATION - Yellow/Beige round tablet.

PRESENTATION - A white 250 ml HDPE bottle with a white cap, induction seal, tamper shrink seal, wadding and silica gel sachet.

SIDE EFFECTS

Should your general health worsen, or if you experience any untoward effects while being exposed to this product, please consult your doctor, pharmacist or other healthcare professional for advice.

Ingredient	Uses for Ingredient
Vitamin B2 (as riboflavin)	Helps in energy production and supports eye, skin, and nervous system health.
Vitamin B1 (as thiamine mononitrate)	Supports energy metabolism and healthy nervous system function.
Vitamin B6 (as pyridoxine HCl)	Aids in amino acid metabolism, neurotransmitter synthesis, and haemoglobin production.
Vitamin A (as Vitamin A Acetate)	Supports vision, immune health, and cellular growth and differentiation.
Folate (as calcium L-5-methyltetrahydrofolate)	Promotes DNA synthesis, red blood cell production, and fetal development during pregnancy.
Vitamin A (as beta carotene)	Acts as a precursor to vitamin A, supporting vision, immune function, and antioxidant activity.
Manganese (as manganese citrate)	Supports bone development, cartilage health, and antioxidant enzyme activity.
Vitamin A (as mixed carotenoids)	Provides a blend of carotenoids for antioxidant support and eye health.
Copper (as copper gluconate)	Supports red blood cell production, iron metabolism, and antioxidant enzyme systems.
Iodine (as potassium iodide)	Essential for thyroid hormone production and regulation of metabolic processes.
Vitamin H (as biotin)	Supports healthy hair, skin, nails, and energy metabolism.
Vitamin B12 (as methylcobalamin) 6 µg Vitamin D (as cholecalciferol)	Aids red blood cell formation, nervous system health, and energy production.
Vitamin D (as cholecalciferol)	Promotes calcium absorption, bone health, immune support, and muscle function.

REGISTRATION NUMBER - To be allocated by SAHPRA upon registration.

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

Document reference: MCG60C.PI.V1 20-25

PROFESIONELE INLIGTINGSBLAD

SKEDULERINGSSTATUS: S0

Kategorie D: Komplementêre medisyne.

Dissipline: Gesondheidsaanvulling

34.12 Veelvuldige stoffmulering

HANDELSNAAM EN DOSEERVORM,

MULTIGENICS®CHEWABLE, 90 Tablette

SAMESTELING

Elke one (1) tablet van MULTIGENICS®CHEWABLE bevat die volgende aktiewe stowwe:

Vitamiem C (as magnesiumpyruvaat)	50 mg
Vitamiem C (as askorbiumsuur)	50 mg
Vitamiem B3 (as niacinaamide)	20 mg
Kalsium (as kalsiumitraat)	15 mg
Kalsium (as kalsiummalaat)	15 mg
Vitamiem E (as D-alfa-tokoferielasetaat)	13,4 mg
Vitamiem B5 (as D-kalsiumpanthoenaat)	10 mg
Magnesium (as magnesiumpyruvaat)	8 mg
Magnesium (as magnesiumpyruvaat)	7 mg
Yster (as ysterglisinaat)	2 mg
Quercetin	2 mg
Sink (as sinkglukonaat)	2 mg
Vitamiem B2 (as riboflavin)	1,6 mg
Vitamiem B1 (as tiamiemononitraat)	1,4 mg
Vitamiem B6 (as piridoksien HCl)	1,4 mg
Vitamiem A (as vitamien A-asetaat)	416,7 µg
Folaat (as kalsium L-5-metiltetrahidrofolaat)	300 µg
Vitamiem A (as beta-karoteen)	220,8 µg
Mangaan (as mangaansitraat)	200 µg
Vitamiem A (as gemengde karotenoiede)	195,8 µg
Koper (as koperglukonaat)	100 µg
Jodium (as kaliumjodied)	70 µg
Vitamiem H (as biotien)	38 µg
Vitamiem B12 (as metielkobalamien) 6 µg	2,5 µg (100 IE)
Vitamiem D (as cholecalciferol)	

Aktiewe bestanddele: Fruktose, xylitol, sorbitol, stearynsuur (groente), natuurlike geure, silika, gurgarm, mono- en diglisieriede, appelsuur en sproetwater. **Bevat suiker.**

Hierdie produk is geskik vir nie-GO, suiwel en gluten-vry.
FARMAKOLOGIESE KLASSIFIKASIE - Komplementêre medisyne

AANDUIDING EN FARMAKOLOGIESE WERKING

MULTIGENICS®CHEWABLE bied 'n smaaklike en gerieflike manier om in jou daaglikse vitamien- en mineraalbehoefte te voorsien, perfek vir diegene wat koubare tablette verkies. Hierdie omvattende formule bied 'n breë spektrum van noodsaaklike vitamien- en minerale aminosuurchelate, noukeurig geformuleer vir optimale voedingstofabsorpsie. Met 'n verrissende lemoengeur en gealseanderse B-vitamiene, ondersteun dit energie en algehele welstand.

KONTRA-INDIKASIES:

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **MULTIGENICS®CHEWABLE** 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.

Chirurgie: MULTIGENICS®CHEWABLE kan die risiko van bloeding tydens en na die operasie verhoog. Hou op om **MULTIGENICS®CHEWABLE** ten minste 2 weke voor 'n geskeduleerde operasie te gebruik. **LABORATORIUMTOETSE:**

Aktiewe bestanddele in MULTIGENICS®CHEWABLE kan die resultate van sommige toetse verander. Vertel asseblief jou gesondheidsorgpraktisyn dat jy **MULTIGENICS®CHEWABLE** neem voordat jy enige bloedtoetse ondergaan.

INTERAKSIE

Vertel altyd jou gesondheidsorgpraktisyn as jy enige ander medisyne gebruik. Dit is moontlik dat blootstelling van sekere aanvullingsbestanddele met sekere medisyne 'n interaksie mag hê. (Sien **Waarskuwings en Spesiale voorsorgmaatreëls**)

DOSES EN AANWYSINGS VIR GEBRUIK

Volwassenes: Koudaaglik een (1) tablet of soos voorgeskryf deur jou gesondheidsorgpraktisyn. Kou of verpletter tablette heeltemal voordat jy sluk. Moenie tablette heel sluk nie. **Moenie meer as die aanbevole dosis neem nie.**
WAARSKUIWING EN SPESIALE VOORSORGMAATREËLS
Bevat suiker. Patiënte met seldsame oorerflike toestande soos fruktose-intoleransie, glukose-galaktose-wanabsorpsie of sukrase-isomaltase-ontoeriktheid moet nie **MULTIGENICS®CHEWABLE** neem nie. Bevat Xylitol wat 'n lakseermiddel kan hê. Indien jy enige van die volgende gedagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: Nierstene by individue met oksalaatsensitiewe of geskiedenis van klippe, ysteroerlaadingsversteuring (bv. hemochromatose), lewersiekte, jig, hiperkalsemie, ernstige niersterte, bloedingversteuring, vitamien K-tekort, hartbolk, hemolitiese anemie, kopertekort, Pernisieuse anemie (kan simptome masker), Wilms se siekte, Skildklierafwykings (bv. hipertirose), Leber se optiese neuropatie (kan toestand vererger), Sarkoidose of ander granulomatiese afwykings. As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidsorgpraktisyn voordat jy neem: Kan ysterabsorpsie verbeter, verhoog risiko van toksisiteit in toestande soos hemochromatose, - Verminder doeltreffendheid van sommige chemoterapiemiddels, Kan die risiko van miopatie verhoog wanneer dit gekombineer word met statiene, Verminder bloedglukose-verlagende effekte van anti-diabetiese middels, Verminder absorpsie van tetrasiklene, kinolone en skildkliermedikasie, Meng in met bisfosonate, Verminder die doeltreffendheid van chemoterapie en radioterapie, Absorpsie verminder deur teenuursuure en kalsiumaanvullings, Kan inngem met siklosporienmetabolisme, Verminder doeltreffendheid van orlistat en galsuursekwestrasie. As enige van die volgende gebeur, hou op om **MULTIGENICS®CHEWABLE** te gebruik en vertel jou dokter of gaan na die ongevallende afdeling by jou naaste hospitaal:

- Allergiese reaksie-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 jou dalk 'n ernstige reaksie op **MULTIGENICS®CHEWABLE** gehad. Jy sal dalk dringende mediese hulp of hospitalisasie nodig hê. Nieuwe-effekte wat gewoonlik nie mediese hulp benodig nie (rapporteer aan jou gesondheidsorgpraktisyn as hulle voortduur):

- naarheid / braking,

Dit is alles baie ernstige gevolge. As u dit het, het u moontlik 'n ernstige reaksie op **MULTIGENICS®CHEWABLE** gehad. Miskien het u dringende mediese hulp of hospitalisasie nodig.

Raadpleeg 'n gesondheidsorgpraktisyn as u enige mediese toestand het. Staak gebruik onmiddellik indien enige nadelige reaksie plaasvind. Lees hierdie inligtingsblad aandagdig deur, want dit bevat belangrike inligting vir u. Hierdie produk is beskikbaar sonder doktersvoorskrif.

- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
- Moenie medisyne met enige ander persoon deel nie.
- Vra jou apteker of jy meer inligting of advies benodig.
- Jy moet 'n dokter raadpleeg indien jou toestand vererger of nie verbeter nie.
- MOENIE HIERDIE PRODUK GEBRUIK NIE:
- As jy hipersensitief (allergies) is vir enige van die bestanddele wat gelys word.
- Jy moet nie hierdie produk aanvaar as seels gebreek word nie.

NEWE-EFFEKTE

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.

BEKEUDE SIMPTOME VAN OORDOSEERING EN BESONDERHEDE VAN DIE

BEHANDELING DAARVAN Sien neewe-effekte.

Behandeling: Staak gebruik en raadpleeg jou dokter, apteker of ander gesondheidsorgpraktisyn vir advies.

Bestanddeel	Gebruik vir bestanddeel
Vitamiem C (as magnesiumpyruvaat)	Ondersteun immuunfunksie, antioksidantaktiwiteit en kollageensintese terwyl dit sag op die maag is.
Vitamiem C (as askorbiumsuur)	Verhoog immunitet, dien as 'n antioksidant en ondersteun vel-, been- en bindweefselgesondheid.
Vitamiem B3 (as niacinaamide)	Ondersteun energieprouksie, velgesondheid en senuweestelselaktiwiteit terwyl spoteffekte tot die minimum beperk word.
Kalsium (as kalsiumitraat)	Bewonder beengondheid en ondersteun spierfunksie met verbeterde absorpsie in laemaagur toestande.
Kalsium (as kalsiummalaat)	Verhoog beendigheid en ondersteun tande en skeletgesondheid.
Vitamiem E (as D-alfa-tokoferielasetaat)	Bied antioksidantbeskerming aan selle, ondersteun velgesondheid en bevorder kardiovaskulêre welstand.
Vitamiem B5 (as D-kalsiumpanthoenaat)	Help energiemetabolisme en ondersteun die sintese van kobinsiem A en vetsure.
Magnesium (as magnesiumpyruvaat)	Ondersteun spierverlapping, senuweefunksie en energieprouksie.
Magnesium (as magnesiumpyruvaat)	Kombineer antioksidante voordele van vitamien C met magnesium vir energieprouksie en immuunondersteuning.
Yster (as ysterglisinaat)	Verbetert rooibloedselvoorming en suuroortvervoer met minimale gastro-intestinale neewe-effekte.
Quercetin	Versak antioksidantondersteuning, moduler inflammasie en bevorder immuunfunksie.
Sink (as sinkglukonaat)	Ondersteun immuunstelsel gesondheid, wondgenesing, en normale groei en ontwikkeling.

IDENTIFIKASIE - - Geel/Beige ronde tablet.

AANBEDIING - 'n Wit 250 ml HDPE-bottel met 'n wit dop, indusiesieël, peuterskroef, spons en silikagelakkie.

REGISTRASIE NOMMER

Om by registrasie deur SAHPRA toegeken te word.

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

DATUM VAN PUBLIKASIE

Om deur die regulerende owerheid toegeken te word.

Bestanddeel	Gebruik vir bestanddeel
Vitamiem B2 (as riboflavin)	Help met energieprouksie en ondersteun oog-, vel- en senuweestelselgesondheid.
Vitamiem B1 (as tiamiemononitraat)	Ondersteun energiemetabolisme en gesonde senuweestelselfunksie.
Vitamiem B6 (as piridoksien HCl)	Hulpmiddels in aminosuuremetabolisme, neurotransmittersintese en hemoglobienprouksie.
Vitamiem A (as vitamien A-asetaat)	Ondersteun visie, immuugondheid en sellulêre groei en differensiasie.
Folaat (as kalsium L-5-metiltetrahidrofolaat)	Bewonder DNA-sintese, rooibloedselvoorming en fetale ontwikkeling tydens swangerskap.
Vitamiem A (as beta-karoteen)	Dien as 'n voorloper van vitamien A, wat visie, immuunfunksie en antioksidantaktiwiteit ondersteun.
Mangaan (as mangaansitraat)	Ondersteun beenontwikkeling, kraakbeengondheid en antioksidante ensiemaktiwiteit.
Vitamiem A (as gemengde karotenoiede)	Versak 'n mengsel van karotenoiede vir antioksidantondersteuning en ooggondheid.
Koper (as koperglukonaat)	Ondersteun rooibloedselproduksie, ystermetabolisme en antioksidante ensiemstelsels.
Jodium (as kaliumjodied)	Noodsaaklik vir skildklierhormoonprouksie en regulering van metaboliese prosesse.
Vitamiem H (as biotien)	Ondersteun gesonde hare, vel, naels en energiemetabolisme.
Vitamiem B12 (as metielkobalamien) 6 µg Vitamiem D (as cholecalciferol)	Help rooibloedselvoorming, senuweestelsel funksie, en energieprouksie.
Vitamiem D (as cholecalciferol)	Bewonder kalsiumabsorpsie, beengondheid, immuunondersteuning en spierfunksie.

BERGING INSTRUKSIE

Bêre in 'n koel, donker plek, onder 25 °C. Beskerm teen direkte sonlig en hitte. Bêre n die oorspronklike bottel. Hou die bottel styf toe. Vervang die beskermende dop na elke gebruik. Moet nie gebruik word na die vervaldatum wat op die bottel aangedui is nie. Moenie **MULTIGENICS®CHEWABLE** gebruik as u sigbare tekens van agteruitgang opmerk nie.

NAAM EN BESITHEIDSDRES VAN APPLIKANT

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

