

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

Category D: Complementary medicine.

Discipline: Health Supplement

34.12 Multiple substance formulation

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

MULTIGENICS®CHEWABLE, 90 Tablets

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

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

WHAT IS IN THIS LEAFLET

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

WHAT MULTIGENICS®CHEWABLE CONTAINS

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.

WHAT MULTIGENICS®CHEWABLE IS AND WHAT IT IS USED FOR

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.

BEFORE YOU TAKE MULTIGENICS®CHEWABLE

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. 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. 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 professional 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 professional before taking this supplement.

Important information about some of the ingredients of

MULTIGENICS®CHEWABLE: If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking **MULTIGENICS®CHEWABLE** as it contains Fructose and sorbitol. May have an effect on the control of your blood sugar if you have diabetes mellitus. Xylitol may have a laxative effect.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent

MULTIGENICS®CHEWABLE 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 coordination and vision e.g. driving, riding, flying, sailing, operating machines/equipment, until they are aware of the measure to which **MULTIGENICS®CHEWABLE** may affect you.



TAKING OTHER MEDICINES WITH MULTIGENICS®CHEWABLE

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 MULTIGENICS®CHEWABLE

Do not share medicines prescribed for you with any other person. Always take **MULTIGENICS®CHEWABLE** 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: 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.

IF YOU TAKE MORE MULTIGENICS®CHEWABLE 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 MULTIGENICS®CHEWABLE

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

POSSIBLE SIDE EFFECTS

MULTIGENICS®CHEWABLE may have side effects.

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, Hypercalcaemia, 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., hypothyroidism), Leber's optic neuropathy (may worsen condition), Sarcoidosis or other granulomatous disorders. If you are taking the following medication, please consult with your healthcare practitioner 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, 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 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.

Not all side effects and interactions reported for

MULTIGENICS®CHEWABLE 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 **MULTIGENICS®CHEWABLE**.

STORAGE AND DISPOSING OF MULTIGENICS®CHEWABLE

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 **MULTIGENICS®CHEWABLE** if you notice visible signs of deterioration.

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

PRESENTATION OF MULTIGENICS®CHEWABLE

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

IDENTIFICATION OF MULTIGENICS®CHEWABLE

Yellow/Beige round 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

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NAME AND ADDRESS OF REGISTRATION HOLDER

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PASIËNT INLIGTINGSBLAD

SKEDULERINGSSTATUS: **S0**

Kategorie D: Komplementêre medisyne.

Disipliene: Gesondheidsaanvulling

34.12 Veelvuldige stofformulering

HANDELSNAAM EN DOSEERVORM,

MULTIGENICS®CHEWABLE, 90 Tablettes

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT

BELANGRIKE INLIGTING VIR U

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

WAT IS IN HIERDIE INLIGTINGSBLAD

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

WAT IS MULTIGENICS®CHEWABLE KAPSULES EN WAARVOOR WORD DIT GEBRUIK

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

VOORDAT JY MULTIGENICS®CHEWABLE NEEM

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 allergeïe 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.

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

BESTUUR EN GEBRUIK VAN MASJIENE

Dit is nie altyd moontlik om te voorspel in watter mate

MULTIGENICS®CHEWABLE 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 waaikaansamheid, oordeel en/of gesonde koördinasie en visie nie, byvoorbeeld bestuur, ry, vlieg, seil, bedryfsmasjiene/toerusting, totdat hulle bewus is van die mate waartoe **MULTIGENICS®CHEWABLE** jou beïnvloed.

WATTER MULTIGENICS®CHEWABLE BEVAT

Ekteer een (1) tablet MULTIGENICS®CHEWABLE bevat die volgende aktiewe:

Vitamiën C (as magnesiumskorbaat)	50 mg
Vitamiën C (as askorbien-suur)	50 mg
Vitamiën B3 (as niacinaamide)	20 mg
Kalsium (as kalsiumsitraat)	15 mg
Kalsium (as kalsiummalaat)	15 mg
Vitamiën E (as D-alfa-tokoferiëlesetaat)	13,4 mg
Vitamiën B5 (as D-kalsiumpantothenaat)	10 mg
Magnesium (as magnesiumsitraat)	8 mg
Magnesium (as magnesiumskorbaat)	7 mg
Yster (as ystergisinaat)	2 mg
Quercetin	2 mg
Sink (as sinkglukonaat)	2 mg
Vitamiën B2 (as riboflavien)	1,6 mg
Vitamiën B1 (as tiamienmononitraat)	1,4 mg
Vitamiën B6 (as piridoksien HCl)	1,4 mg
Vitamiën A (as vitamien A-asetaat)	416,7 µg
Folaat (as kalsium L-5-metiltetrahydrofolaat)	300 µg
Vitamiën A (as beta-karoteen)	220,8 µg
Mangaan (as mangaan-sitraat)	200 µg
Vitamiën A (as gemengde karotenoiëde)	195,8 µg
Koper (as koperglukonaat)	100 µg
Jodium (as kaliumjodied)	70 µg
Vitamiën H (as biotien)	38 µg
Vitamiën B12 (as metielkobalamin) 6 µg Vitamiën D (as cholecalciferol)	2,5 µg (100 IE)

Onaktiewe bestanddele: Fruktose, xylitol, sorbitol, steariensuur (groente), natuurlike geure, silika, guar gom, mono- en diglisieriede, appelsuur en sitroensuur. **Bevat suiker.**

Hierdie produk is geskik vir nie-GGO, suiwel en gluten-vry.

BELANGRIKE INLIGTING OOR SOMMIGE VAN DIE BESTANDELE VAN

MULTIGENICS®CHEWABLE: As u dokter vir u gesê het dat u 'n onverdraagsaamheid teenoor sommige suikers het, kontak u dokter voordat u **MULTIGENICS®CHEWABLE** neem, aangesien dit fruktose en sorbitol bevat. Kan 'n uitwerking hê op die beheer van jou bloedsuiker as jy diabetes mellitus het. Xylitol kan 'n lakseermiddel hê.

NEEM VAN ANDER MEDISYNE SAAM MET MULTIGENICS®CHEWABLE

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.

SWANGERSKAP EN BORSVOEDING

Veiligheid tydens swangerskap en borsvoeding is nie vasgestel nie, raadpleeg jou gesondheidsorgpraktisyn voor gebruik. 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.

HOE OM MULTIGENICS®CHEWABLE TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **MULTIGENICS®CHEWABLE** 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 daaglik twee (2) kapsule of soos voorgeskryf deur jou gesondheidsorgpraktisyn.

Moenie meer as die aanbevole dosis neem nie.

AS JY MEER MULTIGENICS®CHEWABLE 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 VERGET OM MULTIGENICS®CHEWABLE TE NEEM

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

MOONTLIKE NUWE-EFFEKTE

MULTIGENICS®CHEWABLE kan nuwe-effekte hê.

Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: Nierstene by individue met oksalaatsensitieweit of geskiedenis van klippe, ysteroorladingversteurings (bv. hemochromatose), lewersiekte, jigg, hiperkalsemie, ernstige niersiekte, bloedingversteurings, vitamien K-tekort, hartblik, hemolitiese anemie, kopertekort, Pernisiese anemie (kan simptome masker), Wilson 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 toestand 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 bisfosfonate, Verminder die doeltreffendheid van chemoterapie en radioterapie, Absorpsie verminder deur teenuurmiddels en kalsiumaanvullings, Kan inmeng met siklosporienmetabolisme, Verminder doeltreffendheid van orlistat en galsuurekstrakte. As enige van die volgende gebeur, hou op om **MULTIGENICS®CHEWABLE** te gebruik en vertel jou dokter of gaan na die ongevalle-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 **MULTIGENICS®CHEWABLE** 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 / braking.

Nie alle nuwe-effekte en interaksies wat vir MULTIGENICS®CHEWABLE

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 **MULTIGENICS®CHEWABLE**.

HOE OM MULTIGENICS®CHEWABLE TE BÊRE

Bêre alle medisyne buite bereik van kinders.

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

Beskerm 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 **MULTIGENICS®CHEWABLE** gebruik as u sigbare tekens van agteruitgang opmerk nie.

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

AANBIEDING VAN MULTIGENICS®CHEWABLE

'n Wit 250 ml HDPE-bottel met 'n wit dop, induksieseël, peuterkrimpseël, spons en silikagelsakkie.

IDENTIFIKASIE VAN MULTIGENICS®CHEWABLE

Geel/Beige ronde tablet.

REGISTRASIONUMMER

Om deur SAHPRA toegeken te word by registrasie.

TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING

Skandeer QR-kode.

HIERDIE INLIGTINGSBLAD IS LAAS HERSIEN OP

19 Desember 2024

NAAM EN ADRES VAN REGISTRASIEHOUDER

Versprei deur:

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