

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: **S0**

Category D: Complementary medicine.

Discipline: Health Supplement

34.11 Vitamins

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

METAKIDS™ D3 LIQUID, 20 ml

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

- **METAKIDS™ D3 LIQUID** is available without a doctor's prescription.
- Nevertheless, you still need to use **METAKIDS™ D3 LIQUID** carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share **METAKIDS™ D3 LIQUID** with any other person.
- Ask your pharmacist or healthcare professional if you need more information or advice.

WHAT IS IN THIS LEAFLET

- What **METAKIDS™ D3 LIQUID** is and what it is used for.
- What you need to know before you take **METAKIDS™ D3 LIQUID**.
- How to take **METAKIDS™ D3 LIQUID**.
- Possible side effects.
- How to store **METAKIDS™ D3 LIQUID**.
- Contents of the pack and other information.

WHAT METAKIDS™ D3 LIQUID CONTAINS

Each one (1) drop of **METAKIDS™ D3 LIQUID** contains the following actives:

Vitamin D (as cholecalciferol) 25 µg (1000 I.U.)

Inactive Ingredients: Ascorbic acid (antioxidant), medium-chain triglycerides, peppermint oil, rosemary (antioxidant), spearmint oil.

This product is gluten free. (Sugar free)

WHAT METAKIDS™ D3 LIQUID IS AND WHAT IT IS USED FOR

METAKIDS™ D3 LIQUID is important for immune function and contributes to the development and maintenance of strong bones and teeth.

BEFORE YOU TAKE METAKIDS™ D3 LIQUID

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. Do not take **METAKIDS™ D3 LIQUID** 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. **Laboratory tests**: This medication may interfere with certain lab tests (such as blood tests for cholesterol), possibly causing false test results. Make sure lab personnel and all your doctors know you use this medicine.

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, 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.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent **METAKIDS™ D3 LIQUID** 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 **METAKIDS™ D3 LIQUID** may affect you.

TAKEING OTHER MEDICINES WITH METAKIDS™ D3 LIQUID

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 METAKIDS™ D3 LIQUID

Do not share medicines prescribed for you with any other person. Always take **METAKIDS™ D3 LIQUID** 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.

Caution: Consult your healthcare practitioner before use.

Directions for use:

For children older than 1 years old: Give one (1) drop daily or as advised by your healthcare practitioner.

Do not take more than the recommended dose.

IF YOU TAKE MORE METAKIDS™ D3 LIQUID 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 METAKIDS™ D3 LIQUID

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

POSSIBLE SIDE EFFECTS

METAKIDS™ D3 LIQUID may have side effects.

Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: heart disease, diabetes, phenylketonuria (PKU), kidney disease or an electrolyte imbalance. If you are taking the following medication, please consult with your healthcare practitioner before taking: burosumab, phosphate binders, If any of the following happens, stop using **METAKIDS™ D3 LIQUID** 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 **METAKIDS™ D3 LIQUID**. 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, constipation, loss of appetite, increased thirst,

increased urination, mental/mood changes, unusual tiredness.

Not all side effects and interactions reported for **METAKIDS™ D3 LIQUID** 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 **METAKIDS™ D3 LIQUID**.

STORAGE AND DISPOSING OF METAKIDS™ D3 LIQUID

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 **METAKIDS™ D3 LIQUID** if you notice visible signs of deterioration.

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

PRESENTATION OF METAKIDS™ D3 LIQUID

Presented in a 20ml glass amber bottle with a tamper resistant dropper cap.

IDENTIFICATION OF METAKIDS™ D3 LIQUID

Clear to Light Yellow Liquid.

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:

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PASIËNT INLIGTINGSBLAD

SKEDULERINGSSTATUS S0

Kategorie D: Komplementêre medisyne.

Dissipline: Gesondheidsaanvulling

34.11 Vitamiene

HANDELSNAAM EN DOSEERVORM,

METAKIDS™ D3 LIQUID, 20 ml

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT

BELANGRIKE INLIGTING VIR U

- **METAKIDS™ D3 LIQUID** is beskikbaar sonder doktersvoorskrif.
- U moet steeds **METAKIDS™ D3 LIQUID** versigtig gebruik om die beste resultate daaruit te kry.
- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
- Moenie **METAKIDS™ D3 LIQUID** met enige ander persoon deel nie.
- Vra jou apteker of gesondheidsorgpraktisyn of jy meer inligting of advies benodig.

WAT IS IN HIERDIE INLIGTINGSBLAD

- Wat **METAKIDS™ D3 LIQUID** is en waarvoor dit gebruik word.
- Wat jy moet weet voordat jy **METAKIDS™ D3 LIQUID** neem.
- Hoe om **METAKIDS™ D3 LIQUID** te neem.
- Moontlike nuwe-effekte.
- Hoe om **METAKIDS™ D3 LIQUID** te bêre.
- Inhoud van die pak en ander inligting

WAT METAKIDS™ D3 LIQUID BEVAT

Eike een (1) druppel **METAKIDS™ D3 LIQUID** bevat die volgende aktiewe:

Vitamiene D3 (as cholekalsiferol) 25 µg (1000 I.E.)

Onaktiewe bestanddele: Askorbiensuur (antioksidant), mediumketting trigliseriede, pepermentolie, roosmaryn (antioksidant), sparmintolie. Hierdie produk is glutenvry (Suikervry)

WAT IS METAKIDS™ D3 LIQUID KAPSULES EN WAARVOOR WORD DIT GEBUIK

METAKIDS™ D3 LIQUID is belangrik vir immuun funksioneer en dra by tot die ontwikkeling en instandhouding van sterk bene en tande.

VOORDAT JY METAKIDS™ D3 LIQUID NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **METAKIDS™ D3 LIQUID** 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. **Laboratoriumtoets:** Hierdie medisyne kan inmeng met sekere laboratoriumtoets (soos bloedoetse vir kolesterol), wat moontlik vals toetsresultate kan veroorsaak. Maak seker dat laboratoriumpersoneel en al jou dokters weet dat jy hierdie medisyne gebruik.

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

SWANGERSKAP EN BORSVOEDING

Alhoewel veiligheids tydens swangerskap en borsvoeding vasgestel is, raadpleeg u 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.

BESTUUR EN GEBUIK VAN MASJINE

Dit is nie altyd moontlik om te voorspel in watter mate **METAKIDS™ D3 LIQUID** 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 waaksamheid, oordeel en/of gesonde koördinasie en visie nie, byvoorbeeld bestuur, ry, vlieg, seil, bedryfsmasjien/toerusting, totdat hulle bewus is van die mate waartoe **METAKIDS™ D3 LIQUID** jou beïnvloed.

NEEM VAN ANDER MEDISYNE SAAM MET METAKIDS™ D3 LIQUID

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 METAKIDS™ D3 LIQUID TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **METAKIDS™ D3 LIQUID** presies soos beskryf in hierdie inligtingsblad, of soos u dokter, gesondheidsorgpraktisyn voorgeskryf het. Raadpleeg jou dokter, apteker of gesondheidsorgpraktisyn as jy onseker is. **Let op: Raadpleeg jou gesondheidsorgpraktisyn voor gebruik.**

Aanwysings vir gebruik: Vir kinders ouer as 1 jaar oud: Gee een (1) druppel daaglik of soos aanbeveel deur jou gesondheidspraktisyn.

Moenie meer as die aanbevole dosis neem nie.

AS JY MEER METAKIDS™ D3 LIQUID 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 METAKIDS™ D3 LIQUID TE NEEM

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

MOONTLIKE NUWE-EFFEKTE

METAKIDS™ D3 LIQUID kan nuwe-effekte hê.

Indien jy enige van die volgende gedagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: hartsiektes, diabetes, fenielketonurie (PKU), niersiekte of 'n elektrolietwanbalans. As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidspraktisyn voordat jy neem: burosuumb, fosfaatbindmiddels As enige van die volgende gebeur, hou op om **METAKIDS™ D3 LIQUID** 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 **METAKIDS™ D3 LIQUID** gehad. Jy mag dalk dringende mediese hulp of hospitalisasie nodig hê.

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

- naarheid / braking, hardlywigheid, verlies aan eetlus, verhoogde dors, verhoogde urinering, geestelike / gemoedsveranderinge, ongewone moegheid.

Nie alle nuwe-effekte en interaksies wat vir **METAKIDS™ D3 LIQUID** 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 **METAKIDS™ D3 LIQUID**.

HOE OM METAKIDS™ D3 LIQUID 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 **METAKIDS™ D3 LIQUID** gebruik as u sigbare tekens van agteruitgang opmerk nie.

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

AANBIEDING VAN METAKIDS™ D3 LIQUID

Aangebied in 'n 20 ml glas amber bottel met 'n peuterbestande druppel.

IDENTIFIKASIE VAN METAKIDS™ D3 LIQUID

Helder tot liggeel vloeistof.

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 REGISTRASIEHOUEUR

Versprei deur:

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