

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

Category D: Complementary medicine.

Discipline: Discipline Specific

33.7 Combination Product

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

METAMULTI MULTIVITAMIN, 30 Chewables

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT

INFORMATION FOR YOU

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

WHAT IS IN THIS LEAFLET

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

WHAT METAMULTI MULTIVITAMIN CONTAINS

Each one (1) chew of **METAMULTI MULTIVITAMIN** contains the following actives:

| | | | |
|--|--------|---|-------------------|
| Calcium (as calcium citrate) | 100 mg | Vitamin B3 (as niacinamide) | 7,5 mg |
| Vitamin C (as ascorbic acid) | 60 mg | Zinc (as zinc citrate) | 6 mg |
| Vegetable Blend of: | 25 mg | Vitamin B6 (as pyridoxine HCl) | 2 mg |
| Beet (<i>Beta vulgaris L.</i>) Root | 12 mg | Vitamin B2 (as Riboflavin) | 1,7 mg |
| Kale (<i>Brassica oleracea sabellica</i>) Leaf | 9,5 mg | Vitamin B1 (as thiamine mononitrate) | 1,5 mg |
| Carrot (<i>Daucus carota sativus</i>) Root | 3,5 mg | Vitamin A (as retinyl palmitate) | 570 µg |
| Fruit Blend of: | 25 mg | Folate (from (6S)-5-methyltetrahydrofolic acid; glucosamine salt) | 85 µg |
| Apple (<i>Malus domestica</i>) Fruit | 13 mg | Iodine (as potassium iodide) | 75 µg |
| Cranberry (<i>Vaccinium macrocarpon</i>) Fruit | 11 mg | Vitamin H (as biotin) | 45 µg |
| Blueberry (<i>Vaccinium angustifolium</i>) Fruit | 1 mg | Vitamin D (as cholecalciferol) | 7,5 µg (300 I.U.) |
| Vitamin B5 (as calcium D-pantothenate) | 10 mg | Vitamin B12 (as methylcobalamin) | 1,2 µg |
| Vitamin E (as d-alpha tocopheryl acetate) | 10 mg | | |

Inactive Ingredients: Carnauba wax, citric acid, fruit and vegetable juice (colour), natural flavours, palm oil, sea salt, sunflower lecithin and tapioca syrup.

Contains Sugar: Cane sugar 540 mg, erythritol 540 mg, xylitol 150 mg

Contains Sweetener: Rebbaudioside A (from Stevia rebaudiana leaf extract) 10 mg
This product is dairy free and is non-GMO.

WHAT METAMULTI MULTIVITAMIN IS AND WHAT IT IS USED FOR

METAMULTI MULTIVITAMIN provides 15 essential vitamins and minerals to help meet our nutritional needs along with unique phytonutrients from fruit and vegetable powders.

BEFORE YOU TAKE METAMULTI MULTIVITAMIN

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. Do not take **METAMULTI MULTIVITAMIN** 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: Stop taking **METAMULTI MULTIVITAMIN** at least two weeks before scheduled surgery.

Antibiotics: Take your antibiotics 2 hours before or after taking **METAMULTI MULTIVITAMIN**.

Laboratory tests: Active ingredients in **METAMULTI MULTIVITAMIN** may alter the results of tests. Please tell your healthcare practitioner that you are taking **METAMULTI MULTIVITAMIN** before having any laboratory tests.

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

IMPORTANT INFORMATION ABOUT SOME OF THE INGREDIENTS OF METAMULTI MULTIVITAMIN

METAMULTI MULTIVITAMIN contains cane sugar, erythritol, xylitol which may have an effect on the control of your blood sugar if you have diabetes mellitus.

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.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent **METAMULTI MULTIVITAMIN** 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 **METAMULTI MULTIVITAMIN** may affect you.

TAKING OTHER MEDICINES WITH METAMULTI MULTIVITAMIN

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.

Document Reference: MKMV.PIL.CMP 12-24



HOW TO TAKE METAMULTI MULTIVITAMIN

Do not share medicines prescribed for you with any other person. Always take **METAMULTI MULTIVITAMIN** 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:

Children age 4 (Four) and above: Take one (1) chew daily or as directed by your healthcare practitioner.

Do not take more than the recommended dose.

IF YOU TAKE MORE METAMULTI MULTIVITAMIN 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 METAMULTI MULTIVITAMIN

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

POSSIBLE SIDE EFFECTS

METAMULTI MULTIVITAMIN may have side effects.

Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: Bleeding disorders, Heart disease, Diabetes, Head and neck cancer, Weak and brittle bones (osteoporosis), Prostate cancer, An inherited eye condition that causes poor night vision and loss of side vision (retinitis pigmentosa), Stroke, Liver disease, Post-surgical stent placement, Weight loss surgery, Procedures to widen narrowed arteries (angioplasty), Seizure disorder. If you are taking the following medication, please consult with your healthcare practitioner before taking. Medications changed by the liver, Medications for cancer (Chemotherapy), blood clotting (Anticoagulant / Antiplatelet drugs), Warfarin (Coumadin), Antibiotics for Cancer (Antitumor Antibiotics), Antibiotics (Tetracycline antibiotics), Amiodarone (Cardarone), Phenobarbital (Luminal), Medications for high blood pressure (antihypertensive drugs), 5-Fluorouracil, Medications for diabetes (Antidiabetes drugs). If any of the following happens, stop using **METAMULTI MULTIVITAMIN** 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 **METAMULTI MULTIVITAMIN**. 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 **METAMULTI MULTIVITAMIN** 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 **METAMULTI MULTIVITAMIN**.

STORAGE AND DISPOSING OF METAMULTI MULTIVITAMIN

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 **METAMULTI MULTIVITAMIN** if you notice visible signs of deterioration.

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

PRESENTATION OF METAMULTI MULTIVITAMIN

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

IDENTIFICATION OF METAMULTI MULTIVITAMIN

Light pink/purple, square chewy bite.

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 December 2024

NAME AND ADDRESS OF REGISTRATION HOLDER

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PASIËNT INLIGTINGSBLAD

SKEDULERINGSSTATUS ⁵⁰

Kategorie D: Komplementêre medisyne.

Dissipline: Dissiplinespesifiek

33.7 Kombinasie produk

HANDELSNAAM EN DOSEERVORM,

METAMULTI MULTIVITAMIN, 30 koubare tablette

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

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

WAT IS IN HIERDIE INLIGTINGSBLAD

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

WAT IS METAMULTI MULTIVITAMIN KAPSULES EN WAARVOOR WORD DIT

GEBRUIK

METAMULTI MULTIVITAMIN verskaf 15 noodsaaklike vitamene en minerale om te help om aan ons voedingsbehoefes te voldoen, tesame met unieke fitonutriënte van vrugte- en groentepoeiers.

BELANGRIKE INLIGTING OOR SOMMIGE VAN DIE BESTANDEDE VAN METAMULTI MULTIVITAMIN

METAMULTI MULTIVITAMIN bevat rietsuiker, eritritol, xylitol wat 'n uitwerking op die beheer van jou bloedsuiker kan hê as jy diabetes mellitus het.

VOORDAT JY METAMULTI MULTIVITAMIN NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **METAMULTI MULTIVITAMIN** 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:** Hou op om **METAMULTI MULTIVITAMIN** ten minste twee weke voor die geskeduleerde operasie te neem. **Antibiotika:** Neem jou antibiotika 2 uur voor of na die neem van **METAMULTI MULTIVITAMIN**. **Laboratoriumtoets:** Aktiewe bestanddele in **METAMULTI MULTIVITAMIN** kan die resultate van toets verander. Vertel asseblief jou gesondheidsorgpraktisyn dat jy **METAMULTI MULTIVITAMIN** neem voordat jy enige laboratoriumtoets ondergaan.

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

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BESTUUR EN GEBRUIK VAN MASJIENE

Dit is nie altyd moontlik om te voorspel in watter mate **METAMULTI MULTIVITAMIN** 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, bedryfsmasjien/toerusting, totdat hulle bewus is van die mate waartoe **METAMULTI MULTIVITAMIN** jou beïnvloed.

WATTER METAMULTI MULTIVITAMIN BEVAT

Elke een (1) koubare tablet van **METAMULTI MULTIVITAMIN** bevat die volgende aktiewe:

| | | | |
|--|--------|--|-----------------|
| Kalsium (as kalsiumstriaat) | 100 mg | Vitamiën B3 (as niacinamien) | 7,5 mg |
| Vitamiën C (as askorbien-suur) | 60 mg | Sink (as sinkstriaat) | 6 mg |
| Groente versnit van: | 25 mg | Vitamiën B6 (as piridoksin HCl) | 2 mg |
| Biet (<i>Beta vulgaris</i> L.) Wortel | 12 mg | Vitamiën B2 (as riboflavin) | 1,7 mg |
| Boerenkool (<i>Brassica oleracea sabellicca</i>) Blaar | 9,5 mg | Vitamiën B1 (as tiamienmononitraat) | 1,5 mg |
| Wortel (<i>Daucus carota sativus</i>) Wortel | 3,5 mg | Vitamiën A (as retinylpalmitaat) | 570 µg |
| Vrugte versnit van: | 25 mg | Folaat (van (6S)-5-metiltetrahidrofoliensuur; glukosamiensout) | 85 µg |
| Appel (<i>Malus domestica</i>) Vrugte | 13 mg | Jodium (as kaliumjodied) | 75 µg |
| Cranberry (<i>Vaccinium macrocarpon</i>) Vrugte | 11 mg | Vitamiën H (as biotien) | 45 µg |
| Bloubessie (<i>Vaccinium angustifolium</i>) Vrugte | 1 mg | Vitamiën D (as cholecalciferol) | 7,5 µg (300 IE) |
| Vitamiën B5 (as kalsium D-pantotheenaat) | 10 mg | Vitamiën B12 (as metielkobalamien) | 1,2 µg |
| Vitamiën E (as d-alfa-tokoferiëlasetaat) | 10 mg | | |

Onaktiewe bestanddele: Karnaubawas, siltroensuur, vrugte- en groentesap (kleur), natuurlike geure, palmolie, seesout, sonneblomesliten en tapiokastroep.

Bevat suiker: Rietsuiker 540 mg, eritritol 540 mg, xylitol 150 mg

Bevat versoeter: Rebaudioside A (van Stevia rebaudiana blaarekstrak) 10 mg

Hierdie produk is suiweelvry en is nie-GGO.

NEEM VAN ANDER MEDISYNE SAAM MET METAMULTI MULTIVITAMIN

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 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.

HOE OM METAMULTI MULTIVITAMIN TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **METAMULTI MULTIVITAMIN** 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:

Kinders van 4 jaar (vier) en ouer: Kou een (1) daaglikse soos voorgeskryf deur jou gesondheidsorgpraktisyn.

Moenie meer as die aanbevole dosis neem nie.

AS JY MEER METAMULTI MULTIVITAMIN 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 METAMULTI MULTIVITAMIN TE NEEM

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

MOONTLIKE NEWE-EFFEKTE

METAMULTI MULTIVITAMIN kan newe-effekte hê.

Indien jy enige van die volgende gedagioneerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: bloedingsversterkings, hartsiektes, diabetes, kop- en nekankers, swak en bros bene (osteoporose), prostaatkanker, 'n oorerflige oogtoestand wat swak nagsig en verlies aan visie (retinitis pigmentosa) veroorsaak, beroerte, lewersiekte, post-chirurgiese steniasplang, Gewisverlieschirurgie, prosedures om veroude aëre (antiplaste) te verbreed, beslagleggingsversterking. As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidspraktisyn voordat jy neem: medisyne vir kanker (Chemoterapie), bloedstolling (Antikoagulant / Antiplaatjie-middels), Warfarin (Coumadin), Antibiotika vir Kanker (Antitumor Antibiotika), Antibiotika (Tetraskilien antibiotika), Amiodaron (Cordaron), Fenobarbital (Luminal), medisyne vir hoë bloeddruk (antihipertensiewe middels), 5-Fluorouracil, medisyne vir diabetes (Antidiabetiese dwelms). As enige van die volgende gebeur, hou op om **METAMULTI MULTIVITAMIN** 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), erse, duiseligheid, probleme met asemhaling;
- Dit is alles baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op **METAMULTI MULTIVITAMIN** gehad. Jy mag dalk dringende mediese hulp of hospitalisasie nodig hê. Newe-effekte wat gewoonlik nie mediese hulp benodig nie (rapporteur aan u gesondheidsorgpraktisyn as dit voortduur):

- naarheid / braking.

Nie alle newe-effekte en interaksies wat vir **METAMULTI**

MULTIVITAMIN 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 newe-effekte sien wat nie in hierdie inligtingsblad genoem word nie, stel asseblief jou dokter, apteker of gesondheidsorgpraktisyn in kennis.

AANMELDING VAN NEWE-EFFEKTE

As jy newe-effekte ervaar, praat met jou dokter, apteker of ander gesondheidsorgpraktisyn. U kan ook newe-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 newe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van **METAMULTI MULTIVITAMIN**.

HOE OM METAMULTI MULTIVITAMIN 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 **METAMULTI MULTIVITAMIN** gebruik as u sigbare tekens van agteruitgang opmerk nie. Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

AANBIEDING VAN METAMULTI MULTIVITAMIN

'n Wit 250 ml HDPE-bottel met 'n wit dop, induksiesêel, peutekrimpseël, spons en silikaagelsakke.

IDENTIFIKASIE VAN METAMULTI MULTIVITAMIN

Ligpienk/pers, vierkantige koubare tablet.

REGISTRASIONOMMER

Om deur SAHPRA toegeken te word by registrasie.

TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE

INLIGTING

Skandeer QR-kode.

HIERDIE INLIGTINGSBLAD IS LAAS HERSEN OP

19 Desember 2024

NAAM EN ADRES VAN REGISTRASIEHOUEUR

Versprei deur:

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