

## PROFESSIONAL INFORMATION

SCHEDULING STATUS: **S0**

Category D: Complementary medicine.

Discipline: Discipline Specific

33.7 Combination Product

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM -

**PHYTOMULTI® MULTIVITAMIN, 30 & 60 Tablets**

### COMPOSITION

Each one (1) tablet of PHYTOMULTI® MULTIVITAMIN contains the following actives:

Proprietary Phytomultin® Blend of: Citrus bioflavonoid complex [standardized to 45% hesperidin], green coffee bean extract [standardized to 45% chlorogenic acid], pomegranate whole fruit extract [standardized to 21.6 mg gallic acid equivalents (GAE)], grape seed extract [standardized to 85% oligomeric proanthocyanidins], blueberry (Vaccinium spp.) fruit extract [standardized to 20% total polyphenols and 15% anthocyanins], green tea leaf extract [standardized to 60% catechins and 40% EGCG], bitter melon fruit extract, prune skin extract [standardized to 50% polyphenols], watercress aerial parts 4:1 extract, Chinese cinnamon (Cinnamomum cassia) bark powder, Indian gum Arabic tree bark and heartwood extract [standardized to 6% catechins], rosemary extract [standardized to 7.6% min sum of carnosol-carnoic acid], artichoke leaf extract [containing cynarin and chlorogenic acid]	200 mg	Lutein [from Marigold flowers (Tagetes erecta)]	3 mg
Vitamin C (as Ascorbic acid and Ascorbyl palmitate)	60 mg	Lycopene	3 mg
Pantothenic Acid (as Calcium D-pantothenate)	37.5 mg	Zeaxanthin [from Marigold flowers (Tagetes erecta)]	1 mg
Vitamin E (as D-alpha tocopheryl succinate)	33.5 mg	Copper (as Copper citrate)	0.5 mg
Vitamin B3 (as Niacinamide and niacin)	25 mg	Manganese (as Manganese citrate)	0.25 mg
Magnesium (as Magnesium citrate)	20 mg	Vitamin A (50% from Mixed carotenoids and 50% as retinyl acetate)	1500 µg
Choline (as Choline bitartrate)	12.5 mg	Folate (as Calcium L-5-methyltetrahydrofolate)†	680 µg DFE
Myo-Inositol	12.5 mg	Vitamin H (Biotin)	250 µg
Vitamin B1 (as Thiamine mononitrate)	12.5 mg	Chromium (as Chromium polynicotinate)	100 µg
Vitamin B6 (as Pyridoxine HCl)	12.5 mg	Vitamin B12 (as Methylcobalamin)	100 µg
Vitamin B2 (Riboflavin)	7.5 mg	Iodine (as Potassium iodide)	75 µg
Zinc (as Zinc citrate)	7.5 mg	Vitamin K (as Phytonadione)	60 µg
Resveratrol (from Polygonum cuspidatum root extract)		Selenium (as Selenium aspartate)	50 µg
		Molybdenum (as Molybdenum aspartate complex)	25 µg
		Vitamin D (as Cholecalciferol)	12.5 µg (500 I.U.)

† As Metafolin®, Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany

**Inactive Ingredients:** Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), silica, and coating [hypromellose, medium-chain triglycerides, hydroxypropylcellulose, and sodium copper chlorophyllin (colour)]. **This product is dairy free and is non-GMO. CONTAINS CAFFEINE**

**PHARMACOLOGICAL CLASSIFICATION -** Complementary Medicine

### INDICATION & PHARMACOLOGICAL ACTION

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

Ingredients	Uses for ingredient
Vitamin C (as Ascorbic acid and Ascorbyl palmitate)	Supports immune health, antioxidant defence, and collagen synthesis.
Pantothenic Acid (as Calcium D-pantothenate)	Essential for energy production and synthesis of coenzyme A.
Vitamin E (as D-alpha tocopheryl succinate)	Provides antioxidant support and promotes skin and cardiovascular health.
Vitamin B3 (as Niacinamide and niacin)	Supports energy metabolism and skin health while helping maintain healthy cholesterol levels.
Magnesium (as Magnesium citrate)	Aids in muscle relaxation, energy production, and bone health.
Choline (as Choline bitartrate)	Supports brain health, liver function, and nerve signalling.
Myo-Inositol	Promotes hormonal balance and supports mental health and cellular signalling.
Vitamin B1 (as Thiamine mononitrate)	Essential for energy metabolism and nervous system function.



### CONTRA INDICATIONS:

If you are taking any chronic medication, do not use this product without consulting your healthcare professional. Do not take **PHYTOMULTI® 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 **PHYTOMULTI® MULTIVITAMIN** at least two weeks before scheduled surgery. **Antibiotics:** Take your antibiotics 2 hours before or after taking **PHYTOMULTI® MULTIVITAMIN**. **Laboratory tests:** Active ingredients in **PHYTOMULTI® MULTIVITAMIN** may alter the results of tests. Please tell your healthcare practitioner that you are taking **PHYTOMULTI® MULTIVITAMIN** before having any laboratory 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**)

### DOSE AND DIRECTIONS FOR USE

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

**Do not take more than the recommended dose.**

### KNOWN SYMPTOMS OF OVER DOSEAGE 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

Consult a registered healthcare professional if you are taking any other medicine (such as lithium including chronic, complementary, or traditional medicines; or have high blood pressure, glaucoma, and/or detrusor instability (overactive bladder syndrome). Consumption with other medicines (e.g. bitter orange extract, synephrine, octopamine, ephedra, ephedrine) which increase blood pressure is not recommended. Use of caffeine may result in sleep deprivation. Consumption with other caffeine-containing products or foods (e.g. medications, coffee, tea, cola, cocoa, guarana, maté) is not recommended. 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 professional 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 (Cordarone), Phenobarbital (Luminal), Medications for high blood pressure (antihypertensive drugs), 5-Fluorouracil, Medications for diabetes (Antidiabetes drugs) If any of the following happens, stop using **PHYTOMULTI® 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 **PHYTOMULTI® 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. These are all very serious effects. If you have them, you may have had a serious reaction to **PHYTOMULTI® MULTIVITAMIN**. 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 **PHYTOMULTI® MULTIVITAMIN** if you notice visible signs of deterioration. **IDENTIFICATION -** Green, coated, oblong tablet.

### PRESENTATION

**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 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.

Ingredients	Uses for ingredient
Manganese (as Manganese citrate)	Supports bone development, enzyme function, and antioxidant defence.
Vitamin A (50% from Mixed carotenoids and 50% as retinyl acetate)	Supports vision, skin health, and immune function.
Folate (as Calcium L-5-methyltetrahydrofolate)†	Essential for DNA synthesis, red blood cell production, and foetal development.
Vitamin H (Biotin)	Supports healthy hair, skin, nails, and energy metabolism.
Chromium (as Chromium polynicotinate)	Helps regulate blood sugar and supports macronutrient metabolism.

Ingredients	Uses for ingredient
Vitamin B6 (as Pyridoxine HCl)	Aids in protein metabolism, neurotransmitter synthesis, and red blood cell production.
Vitamin B2 (Riboflavin)	Supports energy production and acts as an antioxidant.
Zinc (as Zinc citrate)	Boosts immune function, wound healing, and skin health.
Zinc	Boosts immune function, wound healing, and skin health.
Resveratrol (from Polygonum cuspidatum root extract)	Provides antioxidant support and promotes cardiovascular health.
Lutein (from Marigold flowers [Tagetes erecta])	Supports eye health and protects against oxidative stress.
Lycopene	Acts as an antioxidant and supports prostate and cardiovascular health.
Zeaxanthin (from Marigold flowers [Tagetes erecta])	Promotes eye health by protecting against blue light damage.
Copper (as Copper citrate)	Aids in iron metabolism, connective tissue formation, and immune support.

**REGISTRATION NUMBER** - To be allocated by SAHPRA upon registration. This medicine has not been evaluated by SAHPRA for quality, safety, or intended use.

**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

**PROFESIONELE INLIGTINGSBLAD**

**SKEDULERINGSSTATUS:** **B0**

Kategorie D: Komplementêre medisyne.

Disipline: Diëtiespesifiek

33.7 Kombinasie produk

HANDELSNAAM EN DOSEERVORM,

**PHYTMULTI® MULTIVITAMIN,**

**30 & 60 tablette**

**FARMAKOLOGIESE KLASIFIKASIE**

Komplementêre medisyne

**AANDUIDING EN FARMAKOLOGIESE WERKING**

**PHYTMULTI® MULTIVITAMIN** bied 'n proprietêre mengsel van 13 gekonsentreerde plantekstrakte en fitonutriente afkomstig van die natuur om sellulêre gesondheid, gesonde veroudering, nutriënt balans en daaglikse welstand te ondersteun.

**KONTRA-INDIKASIES:**

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

**INTERAKSIES**

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

**DOSIS EN AANWYSINGS VIR GEBRUIK**

**Volwassenes:** Neem een (1) tablet per dag of soos voorgeskryf deur jou gesondheidspraktisyn.

**Moenie meer as die aanbevole dosis neem nie.**

**WAARSKUWING EN SPESIALE VOORSORGMATREËLS**

Raadpleeg 'n geregistreerde gesondheidspraktisyn as jy enige ander medisyne (soos litium) neem, insluitend chroniese, aanvullende of transisionele medisyne; of hoë bloeddruk, gloukoom en / of detrusor-onstabieliteit (oorkattiewe blaasindroom) het. Verbruik met ander medisyne (bv. bitter lymoene uitreksel, synephrine, octopamine, ephedra, efedrien) wat bloeddruk verhoog, word nie aanbeveel nie. Die gebruik van kafeïen kan lei tot slaaptkort. Verbruik met ander kafeïenbevattende produkte of voedsel (bv. medikasie, koffie, tee, colas, kakao, guarana, maté) word nie aanbeveel nie.

Ingredients	Uses for ingredient
Vitamin B12 (as Methylcobalamin)	Essential for red blood cell formation, nerve function, and DNA synthesis.
Iodine (as Potassium iodide)	Supports thyroid function and hormone production.
Vitamin K (as Phytanadione)	Promotes blood clotting and bone health.
Selenium (as Selenium aspartate)	Provides antioxidant protection and supports thyroid function.
Molybdenum (as Molybdenum aspartate complex)	Aids in enzymatic detoxification and metabolism of sulphur-containing compounds.
Vitamin D (as Cholecalciferol)	Supports calcium absorption, bone health, and immune function.

**DATE OF PUBLICATION**

To be allocated by the regulatory authority.

Document reference: PMV.P1.V1 01-25

**WAARSKUWING EN SPESIALE VOORSORGMATREËLS**

Indien jy enige van die volgende gedagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: bloedingsversteurings, hartsiektes, diabetes, kop- en nekkanke, swak en bros bene (osteoporose), prostaatkanker, 'n oorgeërfde oogtoestand wat swak nagsig en verlies aan visie (retinitis pigmentosa) veroorsaak, beroerte, lewersiekte, post-chirurgiese stentplasing, Gewigsverlieschirurgie, prosedures om vernoude are (angioplastie) te verbreed, beslagleggingsversteuring.

As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidsorgpraktisyn voordat jy neem: medisyne vir kanker (Chemoterapie), bloedstolling (Antikoagulant / Antiplaatjie-middels), Warfarin (Coumadin), Antibiotika vir Kanker (Antitumor Antibiotika), Antibiotika (Tetrasikline antibiotika), Amiodaron (Cordaron), Fenobarbitol (Luminal), medisyne vir hoë bloeddruk (antihypertensiewe middels), 5-Fluorouracil, medisyne vir diabetes (Antidiabetes dwelms). As enige van die volgende gebeur, hou op om **PHYTMULTI® MULTIVITAMIN** 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 **PHYTMULTI® MULTIVITAMIN** gehad. Jy sal dalk dringende mediese hulp of hospitalisasie nodig hê. Newe-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 **PHYTMULTI® MULTIVITAMIN** 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 doktersvoorskryf.

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

**BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE**

**BEHANDELING DAARVAN** sien newe-effekte.

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

**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 word nie. Moenie **PHYTMULTI® MULTIVITAMIN** gebruik as u sigbare tekens van agteruitgang opmerk nie.

**IDENTIFIKASIE**

Groen, bedekte, langwerpige tablet.

**AANBIEDING**

**30 TABLETTE:** 'n Wit 175 ml HDPE-bottel met 'n wit dop, induksiesêël, peuterkrimpseël, watte en silikagelsakke.

**60 TABLETTE:** 'n Wit 250 ml HDPE-bottel met 'n wit doppie, induksiesêël, peuterkrimpseël, wattering en silikagelsakke.

**REGISTRASIE NOMMER**

Om by registrasie deur SAHPRA toegeen te word.

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

**Elke een (1) tablet van PHYTMULTI® MULTIVITAMIN bevat die volgende**

**aktiewe stowwe:**

Proprietêre phytonutriëntmengsel: Sitrus bioflavoïed kompleks [gestandaardiseer tot 45% hesperidin], groen koffieboon uittreksel [gestandaardiseer tot 45% chlorogeen suur], granaat heet vrugte uittreksel [gestandaardiseer tot 21.6 mg galliensuur- ekwivalente (GAE)], druiwesad uittreksel [gestandaardiseer tot 85% oligomere proantosianidene], bloubessie (Vaccinium ssp.) vrugte-uittreksel [gestandaardiseer tot 20% totale polifenole en 15% antosianiene], groen teeblaar uittreksel [gestandaardiseer tot 60% kateiene en 40% EGCG], bitter spanspek vrugte uittreksel, pruimedant vel uittreksel [gestandaardiseer tot 50% polifenole], waterkers lugdele 4: 1 uittreksel, Chinese kaneel (Cinnamomum cassia) bespoeler, Indiese gom Arabiese boombas en kernhout uittreksel [gestandaardiseer tot 8% kateiene], roomsmaryn uittreksel [gestandaardiseer tot 7.6% min som van karnosol + karnosiensuur], artjieskiblaar uittreksel [bevat sinarien en chlorogeen suur] Vitamiën C (as askorbiensuur en askorbipalmitaat) Pantoteensuur (as kalsium D- pantothenaat) Vitamiën E (as D- alfatokoferylsukinaat) Vitamiën B3 (as Niacinamide en niasien) Magnesium (as magnesiumsitraat) Cholien (as Cholienbitarraat) Myo-Inositol Vitamiën B1 (as tiamienmononitraat) Vitamiën B6 (as Pyridoxine HCl) Vitamiën B2 (riboflavien) Sink (as sinkisitraat) Resveratrol (van Polygonum cuspidatum wortel uittreksel)	200 mg	Luteïen [van goudsbloemblomme (Tagetes erecta)]	3 mg
	60 mg	Likopeen	3 mg
	37,5 mg	Zeaxanthin [van goudsbloemblomme (Tagetes erecta)]	1 mg
	33,5 mg	Koper (as kopersitraat)	0,5 mg
	25 mg	Mangaan (as mangaansitraat)	0,25 mg
	20 mg	Vitamiën A (50% van gemengde karotenoïede en 50% as retinolaasetaat)	1500 µg
	12,5 mg	Folaat (as kalsium L-5- metietetrahydrofolaat)†	680 µg DFE
	12,5 mg	Vitamiën H (Biotien)	250 µg
	12,5 mg	Chroom (as chroompolinicotinaat)	100 µg
	12,5 mg	Vitamiën B12 (as metietkobalamien)	100 µg
	7,5 mg	Jodium (as kaliumjodied)	75 µg
	7,5 mg	Vitamiën K (as Phytonadione) Selenium (as Selenium aspartaat)	60 µg 50 µg
		Molibdeen (as Molibdeen aspartaatkompleks)	25 µg
		Vitamiën D (as Cholecalciferol)	12,5 µg (500 IE)

† As Metafolin®. Metafolin® is 'n geregistreerde handelsmerk van Merck KGaA, Darmstadt Duitsland

**Onaktiewe bestanddele:** Mikrokristallyne sellulose, kroskarmellosenaatrium, sellulose, steariensuur (groente), silika en laag [hypromellose, mediumketting trigliseriede, hidroksi-propylselleulose en natriumkoperchlorofiliën (kleurstof)]. Hierdie produk is suiwerly en is nie-GGO. BEVAT KAFÉÏEN

Ingredients	Uses for ingredient
Vitamin C (as Ascorbic acid and Ascorbyl palmitate)	Supports immune health, antioxidant defence, and collagen synthesis.
Pantothenic Acid (as Calcium D-pantothenate)	Essential for energy production and synthesis of coenzyme A.
Vitamin E (as D-alpha tocopheryl succinate)	Provides antioxidant support and promotes skin and cardiovascular health.
Vitamin B3 (as Niacinamide and niacin)	Supports energy metabolism and skin health while helping maintain healthy cholesterol levels.
Magnesium (as Magnesium citrate)	Aids in muscle relaxation, energy production, and bone health.
Choline (as Choline bitartrate)	Supports brain health, liver function, and nerve signalling.
Myo-Inositol	Promotes hormonal balance and supports mental health and cellular signalling.
Vitamin B1 (as Thiamine mononitrate)	Essential for energy metabolism and nervous system function.
Vitamin B6 (as Pyridoxine HCl)	Aids in protein metabolism, neurotransmitter synthesis, and red blood cell production.
Vitamin B2 (Riboflavin)	Supports energy production and acts as an antioxidant.
Zinc (as Zinc citrate)	Boosts immune function, wound healing, and skin health.
Resveratrol (from Polygonum cuspidatum root extract)	Provides antioxidant support and promotes cardiovascular health.
Lutein (from Marigold flowers (Tagetes erecta))	Supports eye health and protects against oxidative stress.
Lycopene	Acts as an antioxidant and supports prostate and cardiovascular health.
Zeaxanthin [from Marigold flowers (Tagetes erecta)]	Promotes eye health by protecting against blue light damage.
Copper (as Copper citrate)	Aids in iron metabolism, connective tissue formation, and immune support.
Manganese (as Manganese citrate)	Supports bone development, enzyme function, and antioxidant defence.
Vitamin A (50% from Mixed carotenoids and 50% as retinyl acetate)	Supports vision, skin health, and immune function.
Folate (as Calcium L-5-methyltetrahydrofolate)†	Essential for DNA synthesis, red blood cell production, and foetal development.
Vitamin H (Biotin)	Supports healthy hair, skin, nails, and energy metabolism.
Chromium (as Chromium polynicotinate)	Helps regulate blood sugar and supports macronutrient metabolism.
Vitamin B12 (as Methylcobalamin)	Essential for red blood cell formation, nerve function, and DNA synthesis.
Iodine (as Potassium iodide)	Supports thyroid function and hormone production.
Vitamin K (as Phytonadione)	Promotes blood clotting and bone health.
Selenium (as Selenium aspartate)	Provides antioxidant protection and supports thyroid function.
Molybdenum (as Molybdenum aspartate complex)	Aids in enzymatic detoxification and metabolism of sulphur-containing compounds.
Vitamin D (as Cholecalciferol)	Supports calcium absorption, bone health, and immune function.

**NAAM EN BESIGHEIDSADRES 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

**DATUM VAN PUBLIKASIE**

Om deur die regulerende owerheid toegeken te word.