

## PROFESSIONAL INFORMATION

SCHEDULING STATUS: **S0**

Category D: Complementary medicine.

Discipline: Discipline Specific

33.7 Combination Product

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM -

**PHYTOMULTI® MULTIVITAMIN WITH IRON,**

**30 & 60 Tablets**

### COMPOSITION

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

Proprietary	200	Lycopene	3 mg
Phytonutrient Blend of: Citrus bioflavonoid complex [5:1 extract standardized to 45% hesperidin], Green coffee (Coffea arabica) [bean extract standardized to 45% chlorogenic acid], Pomegranate (Punica granatum) [Whole fruit 225:1 extract standardized to 21.6 mg gallic acid equivalents (GAE)], Grape seed extract (Vitis vinifera) [Seed 12:1 extract standardized to 85% oligomeric proanthocyanidins], Blueberry (Vaccinium spp.) [Fruit 70:1 extract standardized to 20% total polyphenols and 15% anthocyanins], Green tea (Camellia sinensis) [Leaf 25:1 extract standardized to 60% catechins and 40% EGCG], Bitter melon (Momordica charantia) [Fruit 10:1 extract], Prune skin (Prunus domestica) [Fruit 10:1 extract standardized to 50% polyphenols], Watercress (Nasturtium officinale) [aerial parts 4:1 extract], Chinese cinnamon (Cinnamomum cassia) [Bark powder], Indian gum Arabic tree (Acacia nilotica) [Bark and heartwood 5:1 extract standardized to 6% catechins], Rosemary (Rosmarini folium) [Leaf 10:1 extract standardized to 7.6% min sum of carnosol+carnosic acid], Artichoke (Cynara scolymus) [Leaf extract containing cynarin and chlorogenic acid]			
Vitamin C (as Ascorbic acid & Ascorbyl palmitate);	60 mg	Zeaxanthin [from Marigold flosers (Tagetes erecta)]	1 mg
Vitamin B5 (as Calcium D-pantothenate)	37,5 mg	Copper (as Copper citrate)	0,5 mg
Vitamin E (as D-alpha tocopheryl succinate)	33,5 mg	Manganese (as Manganese citrate)	0,25 mg
Vitamin B3 (as Niacinamide & Niacin)	25 mg	Vitamin A (as Mixed carotenoids)	750 mcg
Magnesium (as Magnesium citrate)	20 mg	Vitamin A (as Retinyl acetate)	750 mcg
Choline (as Choline bitartrate)	12,5 mg	Folate (as Calcium L-5-methyltetrahydrofolate)	400 mcg
Myo-Inositol	12,5 mg	Vitamin H (as biotin)	250 mcg
Vitamin B1 (as thiamine mononitrate)	12,5 mg	Chromium (as Chromium polynicotinate)	100 mcg
Vitamin B6 (as Pyridoxine HCl)	12,5 mg	Vitamin B12 (as Methylcobalamin)	100 µg
Iron (as Ferrous bis-glycinate)	9 mg	Iodine (as Potassium iodide)	75 µg
Vitamin B2 (as Riboflavin)	7,5 mg	Vitamin K (as Phytonadione)	60 µg
Zinc (as Zinc citrate)	7,5 mg	Selenium (as Selenium aspartate)	50 µg
Resveratrol (from Polygonum cuspidatum root extract)	5 mg	Molybdenum (as Molybdenum aspartate complex)	25 µg



### CONTRA INDICATIONS:

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

### DOSAGE 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 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

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, colas, 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 WITH IRON** 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 WITH IRON**. 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 WITH IRON**. 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 WITH IRON** 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.

Lutein [from Marigold flowers (Tagetes erecta)]	3 mg	Vitamin D (as Cholecalciferol)	12,5 µg (500 I.U.)
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**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 WITH IRON®** 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
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 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.

Document reference: PMV/WI.PI.V1 01-25

## PROFESIONELE INLIGTINGSBLAD

**SKEDULERINGSSTATUS:** [S0](#)

Kategorie D: Komplementêre medisyne.

Dissipline: Dissiplinespesifiek

33.7 Kombinasie produk

HANDELSNAAM EN DOSEERVORM,

## PHYTOMULTI® MULTIVITAMIN WITH IRON,

### 30 & 60 tablette

#### FARMAKOLOGIESE KLASSIFIKASIE

Komplementêre medisyne

#### AANDUIDING EN FARMAKOLOGIESE WERKING

**PHYTOMULTI® MULTIVITAMIN WITH IRON** bied 'n proprietêre mengsel van 13 gekonsentreerde plantekstrakte en fitonutriënte afkomstig van die natuur om sellulêre gesondheid, gesonde veroudering, nutriënt balans en daaglikse verstand te ondersteun.

#### KONTRA-INDIKASIE:

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **PHYTOMULTI® MULTIVITAMIN WITH IRON** 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 **PHYTOMULTI® MULTIVITAMIN WITH IRON** ten minste twee weke voor die geskeduleerde operasie te neem. **Antibiotika:** Neem jou antibiotika 2 ure voor of na die neem van **PHYTOMULTI® MULTIVITAMIN WITH IRON**.

**Laboratoriumtoets:** Aktiewe bestanddele in **PHYTOMULTI® MULTIVITAMIN WITH IRON** kan die resultate van toetse verander. Vertel asseblief jou gesondheidsorgpraktisyn dat jy **PHYTOMULTI® MULTIVITAMIN WITH IRON** neem voordat jy enige laboratoriumtoets 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**)

#### DOSIS EN AANWYSINGS VIR GEBRUIK

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

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

#### WAARSKUWING EN SPESIALE VOORSORGMAATREËLS

Raadpleeg 'n geregistreerde gesondheidspraktisyn as jy enige ander medisyne (soos litem) neem, insluitend chroniese, aanvullende of tradisionele medisyne; of hoë bloeddruk, gloukoom en / of detrusor-onstabielteit (ooraktiewe blaasindroom) het. Verbruik met ander medisyne (bv. bitter lemoen uittreksel, synefrine, octopamine, ephedra, efedrine) wat bloeddruk verhoog, word nie aanbeveel nie. Die gebruik van kafeïen kan nie dit slaaptoket. Verbruik met ander kafeïenbevattende produkte of voedsel (bv. medikasie, koffie, tee, colas, kakao, guarana, maté) word nie aanbeveel nie.

#### SAMESTELING

Elke een (1) tablet van **PHYTOMULTI® MULTIVITAMIN WITH IRON** bevat die volgende aktiewe stowwe:

Eie Phytonutrient Blend van: Sitrus bioflavonoïed kompleks	200 mg	Likopeen	3 mg
[5: 1 uittreksel gestandaardiseer tot 45% hesperidin], Groen koffie (Coffea arabica) [boontjie uittreksel gestandaardiseer tot 45% chlorogene suur], Granaat (Punica granatum) [Heel vrugte 225: 1 uittreksel gestandaardiseer tot 21,6 mg			

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 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 Phytionadione)	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.
Iron (as Ferrous bis-glycinate)	Supports red blood cell production, oxygen transport, and energy metabolism while being gentle on the stomach.

**REGISTRASIONUMBER -** 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

#### DATE OF PUBLICATION

To be allocated by the regulatory authority.

#### WAARSKUWING EN SPESIALE VOORSORGMAATREËLS

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

As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidspraktisyn voordat jy neem: medisyne vir kanker (Chemoterapie), bloedstolling (Antikoagulant / Antiplatelet-middels), Warfarin (Coumadin), Antibiotika vir Kanker (Antitumor Antibiotika), Antibiotika (Tetrasielien antibiotika), Amiodaron (Cordaron), Fenofibrat (Luminal), medisyne vir hoë bloeddruk (antihipertensiewe middels), 5-Fluorouracil, medisyne vir diabetes (Antidiabetes dwelms). As enige van die volgende gebeur, hou op om **PHYTOMULTI® MULTIVITAMIN WITH IRON** te neem 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 **PHYTOMULTI® MULTIVITAMIN WITH IRON**. Jy sal dalk dringende mediese hulp of hospitalisasie nodig hê. Nuwe-efekte wat gewoonlik nie mediese hulp nodig nie (rapporteer aan jou gesondheidsorgpraktisyn as hulle voortduur):
  - Vuurtoed / braking.
- Dit is alles baie ernstige gevolge. As u dit het, het u moontlik 'n ernstige reaksie op **PHYTOMULTI® MULTIVITAMIN WITH IRON** 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 te read, 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 geïdentifiseer 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 nuwe-efekte sien wat nie in hierdie inligtingsblad genoem word nie, stel asseblief jou dokter, apteker of gesondheidsorgpraktisyn in kennis.

#### BEKENDE SIMPTOME VAN OORDOERSING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN

Sien nuwe-efekte. **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 nie die oorspronklike bottel. Hou die bottel styf toe. Vervang die beskermerende dop na elke gebruik. Moet nie gebruik word na die vervaldatum wat op die bottel aangedui word nie. Moenie **PHYTOMULTI® MULTIVITAMIN WITH IRON** gebruik as u sigarete tekens van agteruitgang opmerk nie.

galliensuur-ekwivalente (GAE)], Druivesaad uittreksee (Vitis vinifera) [Saad 12: 1 uittreksee gestandaardiseer tot 85% oligomere proantosianiene], Btoubessie (Vaccinium spp.) [Vrugte 70: 1 uittreksee gestandaardiseer tot 20% totale polifenole en 15% antosianiene], Groen tee (Camellia sinensis) [Blaar 25: 1 uittreksee gestandaardiseer tot 60% katekiene en 40% EGCG]. Bitter spanspek (Momordica charantia) [Vrugte 10: 1 uittreksee], Snoeivel (Prunus domestica) [Vrugte 10: 1 uittreksee gestandaardiseer tot 50% polifenole], Waterkers (Nasturtium officinale) [lugdele 4: 1 uittreksee], Chinese kaneel (Cinnamomum cassia) [Daspoeier], Indiese gom Arabiese boom (Acacia nilotica) [Bas en kernhout 5: 1 uittreksee gestandaardiseer tot 6% katekiene], Roosmaryn (Rosmarini folium) [Blaar 10: 1 uittreksee gestandaardiseer tot 7.6% minimum som van karnosol + karnosiensuur], Artisjok (Cynara scolymus) [Blaarekstrak wat sinariene en chlorogene suur bevat]

Vitamiën C (as askorbipalmitaat); 60 mg Zeaxanthin [van goudsbloemflosers (Tagetes erecta)] 1 mg

Vitamiën B5 (as kalsium D-pantothenaat) 37,5 mg Koper (as kopersitraat) 0,5 mg

Vitamiën E (as D-alfa-tokoferylsuksinaat) 33,5 mg Mangaan (as mangaansitraat) 0,25 mg

Vitamiën B3 (as Niasinamide & Niasin) 25 mg Vitamiën A (as gemengde karotenoïede) 750 mcg

Magnesium (as magnesiumsitraat) 20 mg Vitamiën A (as retinielasetaat) 750 mcg

Cholien (as Cholienbitartraat) 12,5 mg Folaat (as kalsium L-5-metiltetrahidrofolaat) 400 mcg

Myo-Inositol 12,5 mg Vitamiën H (as biotien) 250 mcg

Vitamiën B1 (as tiamienmononitraat) 12,5 mg Chroom (as chroompolinicotinaat) 100 mcg

Vitamiën B6 (as Pyridoxine HCl) 12,5 mg Vitamiën B12 (as metielkobalamien) 100 µg

Yster (as ysterhoudende bis-glycinaat) 9 mg Jodium (as kaliumjodied) 75 µg

Vitamiën B2 (as riboflavin) 7,5 mg Vitamiën K (as Phytonadione) 60 µg

Sink (as sinksitraat) 7,5 mg Selenium (as selenium aspartaat) 50 µg

Resveratrol (van Polygonum cuspidatum wortel uittreksee) 5 mg Molibdeen (as molibdeen aspartaat) 25 µg

Luteien [van goudsbloemflosers (Tagetes erecta)] 3 mg Vitamiën D (as Cholecalciferol) 12,5 µg (500 IE)

**Onaktiewe bestanddele:** Mikrokristallyne sellulose, kroskarmellosenaatrium, sellulose, steariensuur (groente), silika en laag [hypromellose, mediumketting trigisesiede, hidroksi-propyl-sellulose en natriumkoperchlorofillien (kleurstof)]. **Hierdie produk is suiwerly en is nie-GGO. BEVAT KAFËËN**

**IDENTIFIKASIE**

Groen, bedekte, langwerpige tablet.

**AANBIDING**

**30 TABLETTE:** 'n Wit 175 ml HDPE-bottel met 'n wit dop, induksiesêel, peuter-krimpsêel, watter en silikagelakkie.

**60 TABLETTE:** 'n Wit 250 ml HDPE-bottel met 'n wit doppie, induksiesêel, peuter-krimpsêel, wattering en silikagelakkie.

**REGISTRASIE NOMMER**

Om by registrasie deur SAHPRA toegeken te word.

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

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 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.
Yster (as ysterhoudende bis-glycinaat)	Suursteruun rooibloedselproduksie, suurstofvervoer en energiemetabolisme teeny dit sag op die maag is.

**NAAM EN BESIGHEIDSADRES VAN APPLIKANT**

**Versprei deur:**

Amipro 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.