

## PATIENT INFORMATION LEAFLET

### SCHEDULING STATUS: **S0**

Category D: Complementary medicine.

Discipline: Health Supplement

34.12 Multiple substance formulation

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

## ULTRA POTENT-C® VITAMIN C,

### 90 chewable tablets

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

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

#### WHAT IS IN THIS LEAFLET

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

#### WHAT ULTRA POTENT-C® VITAMIN C CONTAINS

Each one (1) tablet of **ULTRA POTENT-C® VITAMIN C** contains the following actives:

Calcium ascorbate (providing Elemental Calcium 11,3 mg and Vitamin C 100,2 mg)	127,7 mg
Niacinamide ascorbate (Providing Vitamin C (as Ascorbic acid) 55,4 mg and Vitamin B3 17,5 mg)	75,4 mg
Vitamin C (as Ascorbic acid)	51,1 mg
Magnesium ascorbate (providing Elemental Magnesium 13,3 mg and Vitamin C 10,2 mg)	13,2 mg
Sodium ascorbate (providing Elemental Sodium 2,7 mg and Vitamin C 21,0 mg)	23,9 mg
L-Lysine	8 mg
Citrus Bioflavonoid Complex	8 mg
Vitamin C (as Ascorbyl palmitate)	7,6 mg
Vitamin C (as Potassium ascorbate)	4,6 mg
D-Ribose	3 mg
L-Cysteine	2 mg
Sodium (as Tetrasodium Pyrophosphate)	1,3 mg
Glutathione	1 mg

**Inactive Ingredients:** Fructose (1044,17 mg), sorbitol (549 mg), xylitol (344,49 mg), stearic acid, natural flavours, citric acid, silica.

**This product is suitable for Vegetarians. MSG Free, Gluten free (Sugar Free)**

#### WHAT ULTRA POTENT-C® VITAMIN C IS AND WHAT IT IS USED FOR

**ULTRA POTENT-C® VITAMIN C** is a proprietary formulation designed to be gentle on the stomach and well-tolerated at high doses. Vitamin C is a vital part of your immune system.

#### BEFORE YOU TAKE ULTRA POTENT-C® VITAMIN C

If you are taking any chronic medication, do not use this product without consulting your healthcare practitioner. Do not take **ULTRA POTENT-C® VITAMIN C** if you are hypersensitive (allergic) to any of the ingredients. If you have allergies, be sure to check with your healthcare practitioner before taking this supplement.

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 practitioner 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 practitioner before taking this supplement.

#### DRIVING AND USING MACHINES

It is not always possible to predict to what extent **ULTRA POTENT-C® VITAMIN C** 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 **ULTRA POTENT-C® VITAMIN C** may affect you.

#### TAKING OTHER MEDICINES WITH ULTRA POTENT-C® VITAMIN C

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 healthcare practitioner.

**HOW TO TAKE ULTRA POTENT-C® VITAMIN C** - Do not share medicines prescribed for you with any other person. Always take **ULTRA POTENT-C® VITAMIN C** exactly as described in this leaflet, or as your doctor, healthcare practitioner has instructed you. You should check with your doctor, pharmacist or healthcare practitioner if you are unsure.



#### Directions for use:

**Adults (18 and older):** Chew one (1) tablet, one to two times per day or as directed by your healthcare practitioner. Please consult your healthcare practitioner for use in children under 18 years. **Surgery: ULTRA POTENT-C® VITAMIN C** might increase the risk of bleeding during surgery. Stop taking **ULTRA POTENT-C® VITAMIN C** 2 weeks before surgery. **Do not take more than the recommended dose.**

#### IF YOU TAKE MORE ULTRA POTENT-C® VITAMIN C 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 ULTRA POTENT-C® VITAMIN C

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

#### POSSIBLE SIDE EFFECTS

**ULTRA POTENT-C® VITAMIN C** may have side effects.

Should you have any of the following diagnosed conditions, consult with your healthcare practitioner before use: Kidney disease, Kidney stones, Diabetes, Angina, Gallbladder disorder, Gout, Liver disease, Low blood pressure, Thyroid disorders, Asthma.

If you are taking the following medication, please consult with your healthcare practitioner before taking: Cancer medication, Anticoagulants (Warfarin), Aspirin, Cholesterol medication (statins), Insulin. If any of the following happens, stop using **ULTRA POTENT-C® VITAMIN C** 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 **ULTRA POTENT-C® VITAMIN C**. You may need urgent medical attention or hospitalisation. Side effects that usually do not require medical attention (report to your healthcare practitioner if they continue):

- Stomach discomfort, diarrhoea, flushing.

Not all side effects and interactions reported for **ULTRA POTENT-C® VITAMIN C** 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 practitioner for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor, pharmacist or healthcare practitioner.

#### REPORTING OF SIDE EFFECTS

If you experience side effects, talk to your doctor, pharmacist or other healthcare practitioner. 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 **ULTRA POTENT-C® VITAMIN C**.

#### STORAGE AND DISPOSING OF ULTRA POTENT-C® VITAMIN C

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 **ULTRA POTENT-C® VITAMIN C** if you notice visible signs of deterioration.

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

#### PRESENTATION OF ULTRA POTENT-C® VITAMIN C

A white 175 ml HDPE bottle with a white cap, induction seal, tamper shrink seal, wadding and silica gel sachet.

#### IDENTIFICATION OF ULTRA POTENT-C® VITAMIN C

Light Orange Speckled Tablet, round.

**REGISTRATION NUMBER** - To be allocated by SAHPRA upon registration.

#### ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

Scan QR code.

#### THIS LEAFLET WAS LAST REVISED ON

25 October 2024

#### NAME AND ADDRESS OF REGISTRATION HOLDER

Distributed by:

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## PASIENT INLIGTINGSBLAD

### SKEDULERINGSSTATUS: [50]

Kategorie D: Komplementêre medisyne.

Disipline: Gesondheidsaanvulling

34.12 Meervoudige Bestanddeel Formulasie

HANDELSNAAM EN DOSEERVORM,

## ULTRA POTENT-C® VITAMIN C, 90 koubare tablette

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

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

### WAT IS IN HIERDIE INLIGTINGSBLAD

- Wat **ULTRA POTENT-C® VITAMIN C** is en waarvoor dit gebruik word.
- Wat jy moet weet voordat jy **ULTRA POTENT-C® VITAMIN C** neem.
- Hoe om **ULTRA POTENT-C® VITAMIN C** te neem.
- Moontlike newe-effekte.
- Hoe om **ULTRA POTENT-C® VITAMIN C** op te slaan.
- Inhoud van die pakket en ander inligting

### WATTER ULTRA POTENT-C® VITAMIN C BEVAT

Elke een (1) tablet **ULTRA POTENT-C® VITAMIN C** bevat die volgende aktiewe:

Kalsiumskorbaat (verskaf elementêre kalsium 11,3 mg en vitamien C 100,2 mg)	127,7 mg
Niacinamide askorbaat (Verskaf vitamien C (as askorbiensuur) 55,4 mg en vitamien B3 17,5 mg)	75,4 mg
Vitamien C (as askorbiensuur)	51,1 mg
Magnesiumskorbaat (verskaf elementêre magnesium 13,3 mg en vitamien C 10,2 mg)	13,2 mg
Natriumskorbaat (verskaf elementêre natrium 2,7 mg en vitamien C 21,0 mg)	23,9 mg
L-tyisien	8 mg
Sitrus Bioflavonoïed Kompleks	8 mg
Vitamien C (as askorbyl(palmitaat))	7,6 mg
Vitamien C (as kaliumskorbaat)	4,6 mg
D-ribose	3 mg
L-sisteien	2 mg
Natrium (as tetranatriumpyrofosfaat)	1,3 mg
Glutathion	1 mg

**Onaktiewe bestanddele:** Fruktose (1044,17 mg), sorbitol (549 mg), xylitol (344,49 mg), steariensuur, natuurlike geure, sitroensuur, silika.

**Hierdie produk is geskik vir vegetariërs. MSG-vry, glutenvry (suikervry)**

**WAT IS ULTRA POTENT-C® VITAMIN C EN WAARVOOR WORD DIT GEBRUIK**  
**ULTRA POTENT-C® VITAMIN C** is 'n eie formulering wat ontwerp is om sag op die maag te wees en goed verdra teen hoë dosisse. Vitamien C is 'n belangrike deel van jou immuunstelsel.

### VOORDAT JY ULTRA POTENT-C® VITAMIN C NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **ULTRA POTENT-C® VITAMIN C** neem as jy hipersensitief (allergies) is vir enige van die bestanddele nie. As jy allergieë het, maak seker dat jy met jou gesondheidsorgpraktisyn gaan praat voordat jy hierdie aanvulling neem.

### SWANGERSKAP EN BORSVOEDING

Veiligheid tydens swangerskap en borsvoeding is nie vasgestel nie, raadpleeg u gesondheidsorgpraktisyn voor gebruik. As jy swanger is of borsvoed, dink jy kan swanger wees of beplan om 'n baba te hê, raadpleeg asseblief jou gesondheidsorgpraktisyn voordat jy hierdie aanvulling neem.

### BESTUUR EN GEBRUIK VAN MASJIENE

Dit is nie altyd moontlik om te voorspel in watter mate **ULTRA POTENT-C® VITAMIN C** die daglikse 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, bedryfsmasjiene/toerusting, totdat hulle bewus is van die mate waartoe **ULTRA POTENT-C® VITAMIN C** jou beïnvloed.

### NEEM VAN ANDER MEDISYNE SAAM MET ULTRA POTENT-C® VITAMIN C

Komplementêre medisyne produkte bevat bestanddele wat met sommige medisyne kan 'n interaksie kan hê. As jy enige chroniese medisyne gebruik, moenie hierdie produk gebruik sonder om jou mediese praktisyn te raadpleeg nie.

### HOE OM ULTRA POTENT-C® VITAMIN C TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **ULTRA POTENT-C® VITAMIN C** presies soos beskryf in hierdie inligtingsblad, of soos u dokter, of gesondheidsorgpraktisyn voorgeskryf het. Raadpleeg jou dokter, apteker of gesondheidsorgpraktisyn as jy onseker is.

### Aanwysings vir gebruik:

**Volwasse (18 en ouer):** Neem een (1) tablet, een tot twee keer per dag of soos voorgeskryf deur jou gesondheidsorgpraktisyn. Raadpleeg asseblief jou gesondheidsorgpraktisyn vir gebruik by kinders jonger as 18 jaar.

**Chirurgie:** **ULTRA POTENT-C® VITAMIN C** kan die risiko van bloeding tydens die operasie verhoog. Hou op om **ULTRA POTENT-C® VITAMIN C** 2 weke voor die operasie te neem. **Moenie meer as die aanbevole dosis neem nie.**

### AS JY MEER ULTRA POTENT-C® VITAMIN C NEEM AS WAT JY MOET

In die geval van oorsoring, raadpleeg u dokter, apteker. Indien nie een hiervan beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

### AS JY VERGEET OM ULTRA POTENT-C® VITAMIN C TE NEEM

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

### MOONTLIKE NEWE-EFFEKTE

**ULTRA POTENT-C® VITAMIN C** kan newe-effekte hê.

Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: Niersiekte, Nierstene, Diabetes, Angina, Galblaasversteuring, Jig, Lewersiekte, Lae bloeddruk, Skildklierafwykings, Asma. As jy die volgende medikasie neem, raadpleeg asseblief jou gesondheidsorgpraktisyn voordat jy neem: Kankermedikasie, Antikoagulanter (Warfarin), Aspirien, Cholesterolmedikasie (statiene), Insulien.

As enige van die volgende gebeur, hou op om **ULTRA POTENT-C® VITAMIN C** te gebruik en vertel jou dokter of gaan na die ongevallafdeling 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 **ULTRA POTENT-C® VITAMIN C** 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):

- Maagongemak, diarree, bloot.

Nie alle newe-effekte en interaksies wat vir **ULTRA POTENT-C® VITAMIN C** 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 kry, 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 aamlyn 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 **ULTRA POTENT-C® VITAMIN C**.

### HOE OM ULTRA POTENT-C® VITAMIN C TE BERÊ

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 **ULTRA POTENT-C® VITAMIN C** gebruik as u sigbare tekens van agteruitgang opmerk nie.

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

### AANBIEDING VAN ULTRA POTENT-C® VITAMIN C

'n Wit 175 ml HDPE-bottel met 'n wit dop, induksiesêël, peuterkrimpsêël, spons en silikagelsakkie.

### IDENTIFIKASIE VAN ULTRA POTENT-C® VITAMIN C

Ligte oranje gespikkelde tablet, rond..

**REGISTRASIE NOMMER** - Om deur SAHPRA toegeken te word by registrasie.

**TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING**  
Skandeer QR-kode..

### HIERDIE INLIGTINGSBLAD IS LAAS HERSEIN OP

25 Oktober 2024

### NAAM EN ADRES VAN REGISTRASIEHOUEUR

Versprei deur:

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