

## PROFESSIONAL INFORMATION

### SCHEDULING STATUS: 50

Category D: Complementary medicine.

Discipline: Discipline Specific

33.7 Combination Product

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM -

## WELLNESS ESSENTIALS® ACTIVE DAILY PACK, 30

### Packets

#### COMPOSITION

Each one (1) packet of WELLNESS ESSENTIALS® ACTIVE DAILY PACK contains the following actives:

Potassium (from D-glucosamine sulfate potassium chloride)	120 mg	Selenium (as selenium aspartate and selenomethionine)	200 µg
Vitamin C (as Ascorbic acid)	86 mg	Chromium (as chromium polynicotinate)	100 µg
Vitamin B5 (as D-calcium pantothenate)	37.5 mg	Vitamin B12 (as methylcobalamin)	100 µg
Vitamin E (as d-alpha tocopheryl succinate)	33.5 mg	Iodine (as potassium iodide)	75 µg
Niacin (as niacinamide and niacin)	25 mg	Molybdenum (as molybdenum aspartate complex)	25 µg
Magnesium (as magnesium citrate)	20 mg	Vitamin D (as cholecalciferol)	12.5 µg (500 I.U.)
Choline (as choline bitartrate)	12.5 mg	Marine Lipid Concentrate	2 g
Thiamine (as thiamine mononitrate)	12.5 mg	EPA (Eicosapentaenoic acid)	600 mg
Riboflavin	7.5 mg	DHA (Docosahexaenoic acid)	400 mg
Vitamin K (as phytonadione USP)	60 µg	D-Glucosamine Sulfate (as D-glucosamine sulfate potassium chloride)	1.5 g
Zinc (as zinc citrate)	15 mg	Chondroitin Sulfate	600 mg
Vitamin B6 (as pyridoxine HCl)	12.5 mg	Methylsulfonylmethane (MSM)	500 mg
Vitamin C (as Ascorbyl palmitate)	4 mg	Proprietary Blend of: Tetrahydro-alpha alpha complex (from hops ( <i>Humulus lupulus L.</i> ) cone extract) Rosemary ( <i>Rosmarinus officinalis</i> ) Leaf Extract Oleoanolic (from olive ( <i>Olea europaea</i> ) leaf extract)	350 mg
Copper (as copper citrate)	1.25 mg	Proprietary Phytonutrient Blend of: Citrus bioflavonoid complex (S-1 extract standardized to 45% hesperidin, Green coffee ( <i>Coffea arabica</i> ) [bean extract standardized to 45% chlorogenic acid] (<5% caffeine), Pomegranate ( <i>Punica granatum</i> ) [Whole fruit 225:1 extract standardized to 21.6 mg gallic acid equivalents (GAE)], Grape seed extract ( <i>Vitis vinifera</i> ) [Seed 12:1 extract standardized to 85% oligomeric proanthocyanidins], Blueberry ( <i>Vaccinium spp.</i> ) [Fruit 70:1 extract standardized to 20% total polyphenols and 15% anthocyanins], Green tea ( <i>Camellia sinensis</i> ) [Leaf 25:1 extract standardized to 60% catechins and 40% EGCG], Bitter melon ( <i>Momordica charantia</i> ) [Fruit 10:1 extract], Prune skin ( <i>Prunus domestica</i> ) [Fruit 10:1 extract standardized to 50% polyphenols], Watercress ( <i>Nasturtium officinale</i> ) [aerial parts 4:1 extract], Chinese cinnamon ( <i>Cinnamomum cassia</i> ) [bark powder], Indian gum Arabic tree ( <i>Acacia nilotica</i> ) [Bark and heartwood S-1 extract standardized to 6% catechins], Rosemary ( <i>Rosmarinus folium</i> ) [Leaf 10:1 extract standardized to 7.6% min sum of carnosol+carnosic acid], Artichoke ( <i>Ynara scolymus</i> ) [Leaf extract containing cynarin and chlorogenic acid]	200 mg
Manganese (as manganese citrate)	1 mg	Myo-Inositol	12.5 mg
Vitamin A (as Mixed carotenoids)	750 µg	Resveratrol (from <i>Polygonum cuspidatum</i> root extract)	5 mg
Vitamin A (as Retinyl acetate)	750 µg	Lutein (from Marigold flowers ( <i>Tagetes erecta</i> ))	3 mg
Folate (as calcium L-5-methyltetrahydrofolate)	665 µg	Lycopene	3 mg
DFE		Zeaxanthin (from Marigold flowers ( <i>Tagetes erecta</i> ))	1 mg
Vitamin H (as Biotin)	250 µg		

**Other Ingredients: Capsule** [hydroxypropylmethylcellulose and sodium copper chlorophyllin (colour)], microcrystalline cellulose, magnesium stearate (vegetable), and silicon dioxide.

**OmegaGenics Neuro Fish Oil 1000 mg:** Ingredients: Marine lipid concentrate (one or more of: anchovy, calamari, sardine, and mackerel oil), softgel shell (gelatine, glycerine, water), contains 2 percent or less of natural lemon flavours, rosemary extract, and mixed tocopherols and ascorbyl palmitate (antioxidants). **Contains:** Fish (anchovy, sardine, and mackerel).

**OmegaGenics Fish Oil EPA-DHA 720 mg:** Ingredients: Marine lipid concentrate [fish (sardine, anchovy, and mackerel) oil], softgel shell (gelatine, glycerine, water), contains 2 percent or less of natural lemon flavour, natural lime flavour, mixed tocopherols (antioxidant), rosemary extract, and ascorbyl palmitate (antioxidant). **Contains:** Fish (sardine, anchovy, and mackerel).

**PhytoMulti Multivitamin:** Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), coating [hydroxypropylmethylcellulose, medium-chain triglycerides, hydroxypropylcellulose, and sodium copper chlorophyllin (colour)], and silicon dioxide.

**OmegaGenics Fish Oil EPA-DHA 500 mg:** Ingredients: Marine lipid concentrate [fish (anchovy, sardine, and mackerel) oil], softgel shell (gelatine, glycerine, water), contains 2 percent or less of natural lemon flavour, mixed tocopherols (antioxidant), rosemary extract, and ascorbyl palmitate (antioxidant). **Contains:** Fish (anchovy, sardine, and mackerel).

**Kaprex:** Other Ingredients: Olive oil, gelatine, glycerine, yellow beeswax, water, and sodium copper chlorophyllin (colour).

**Glucosamine Sulfate 750 mg:** Ingredients: Glucosamine sulfate potassium chloride [crustacean shellfish (crab shells, shrimp)], microcrystalline cellulose, cellulose, ascorbic acid, stearic acid (vegetable), silicon dioxide, coating [hydroxypropylmethylcellulose, medium-chain triglycerides, and hydroxypropylcellulose], and croscarmellose sodium. **Contains:** Crustacean shellfish (crab shells, shrimp).

**ChondroCare:** Ingredients: Microcrystalline cellulose, cellulose, croscarmellose sodium, stearic acid (vegetable), coating [hydroxypropylmethylcellulose, medium-chain triglycerides, and hydroxypropylcellulose], and silicon dioxide.

**Contains:** Crustacean shellfish (crab shells, shrimp)

**This product is dairy free and is non-GMO. CONTAINS CAFFEINE**



#### CONTRA INDICATIONS:

If you are taking any chronic medication, do not use this product without consulting your healthcare professional. Do not take **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** 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 **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** at least two weeks before scheduled surgery. **Antibiotics:** Take your antibiotics 2 hours before or 4 hours after taking **WELLNESS ESSENTIALS® ACTIVE DAILY PACK**. **Laboratory tests:** Active ingredients in **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** may alter the results of tests. Please tell your healthcare practitioner that you are taking **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** 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) packet 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 state (remittent), 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 (Cardorane), Phenobarbital (Luminal), Medications for high blood pressure (antihypertensive drugs), 5-Fluorouracil, Medications for diabetes (Antidiabetic drugs)

If any of the following happens, stop using **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** 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 **WELLNESS ESSENTIALS® ACTIVE DAILY PACK**. 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 **WELLNESS ESSENTIALS® ACTIVE DAILY PACK**. 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 **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** if you notice visible signs of deterioration.

#### IDENTIFICATION

**Each packet contains:** 1 PhytoMulti Multivitamin tablet (green), 2 OmegaGenics Fish Oil EPA-DHA 500 mg softgels (golden yellow), 3 ChondroCare tablets (white), 1 Kaprex softgel (dark green), and 1 Glucosamine Sulfate 750 mg tablet (off-white)

**PRESENTATION -** Branded carton with individually packed packets.

#### 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.

Ingredient	Use for Ingredient
Potassium (from D-glucosamine sulfate potassium chloride)	Supports electrolyte balance, muscle function, and heart health.
Vitamin C (as Ascorbic acid)	Boosts immune health, collagen production, and skin health.
Vitamin B5 (as D-calcium pantothenate)	Supports energy metabolism, healthy skin, hair, and adrenal function.
Vitamin E (as $\alpha$ -tocopherol succinate)	Acts as an antioxidant, supporting skin health and cell protection.
Niacin (as niacinamide and niacin)	Supports energy production, skin health, and reduces cholesterol levels.
Magnesium (as magnesium citrate)	Supports muscle function, bone health, and relaxation.
Choline (as choline bitartrate)	Supports brain function, liver health, and fat metabolism.
Thiamine (as thiamine mononitrate)	Essential for energy metabolism and nervous system health.
Riboflavin	Supports energy metabolism, healthy skin, and red blood cell production.
Vitamin K (as phytonadione USP)	Essential for blood clotting and bone health.
Zinc (as zinc citrate)	Supports immune function, skin health, and wound healing.
Vitamin B6 (as pyridoxine HCl)	Aids brain function, mood regulation, and red blood cell production.
Vitamin C (as Ascorbyl palmitate)	Fat-soluble form of vitamin C, supporting skin health and antioxidants.
Copper (as copper citrate)	Essential for red blood cell formation, immune health, and nerve function.
Manganese (as manganese citrate)	Supports bone health, metabolism, and acts as an antioxidant.
Vitamin A (as Mixed carotenoids)	Supports vision, immune health, and skin health.
Vitamin A (as Retinyl acetate)	Promotes vision, skin health, and immune function.
Folate (as calcium L-5-methyltetrahydrofolate) DFE	Supports DNA synthesis, red blood cell production, and foetal development.
Vitamin H (as Biotin)	Promotes healthy hair, skin, nails, and supports metabolism.

#### PHARMACOLOGICAL CLASSIFICATION - Complementary Medicine

#### INDICATION & PHARMACOLOGICAL ACTION

**WELLNESS ESSENTIALS® ACTIVE DAILY PACK** • Wellness Essentials Active provides a blend of essential vitamins, minerals, and nutrients to support overall health and wellness. This formula is designed to contribute to nutritional needs for those who lead an active lifestyle. This formulation includes ingredients that may contribute to joint health, flexibility, and mobility. The inclusion of glucosamine sulfate and chondroitin sulfate supports joint health and may help maintain comfort during physical activity.

Document reference: WEAWP30P.PI.V02 20-25

## PROFESSIONELE INLIGTINGSBLAD

SKEDULERINGSSTATUS: **B0**

Kategorie D: Komplementêre medisyne.

Disipline: Dissiplinespesifiek

33.7 Kombinasie produk

HANDELSNAAM EN DOSEERVORM,

## WELLNESS ESSENTIALS® ACTIVE DAILY PACK, 30 Pakkies

### FARMAKOLOGIESE KLASIFIKASIE

Komplementêre medisyne

### AANDUIDING EN FARMAKOLOGIESE WERKING

**WELLNESS ESSENTIALS® ACTIVE DAILY PACK** Wellness Essentials Active bied 'n mengsel van noodsaaklike vitamiene, minerale en voedingsstowwe om algemene gesondheid en welstand te ondersteun. Hierdie formule is ontwerp om by te dra tot voedingsbehoefte vir diegene wat 'n aktiewe leefstyl lei. Hierdie formulering bevat bestanddele wat kan bydra tot gesamentlike gesondheid, buigsamheid en mobiliteit. Die insluiting van glukosamiensulfaat en chondroitiensulfaat ondersteun gewrigsgesondheid en kan help om gemak tydens fisieke aktiwiteit te handhaaf.

### KONTRA-INDIKASIE:

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** neem as jy hipersensitief (allergies) is vir enige van die bestanddele nie. As jy allergiese het, maak seker dat jy met jou gesondheidsorgpraktisyn gaan voordat jy hierdie aanruiling neem. **Chirurgie:** Hou op om **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** ten minste twee weke voor die geskeduleerde operasie te neem. **Antibiotika:** Neem jou antibiotika 2 ure voor of 4 ure na die neem van **WELLNESS ESSENTIALS® ACTIVE DAILY PACK**. **Laboratoriumtoets:** Aktiewe bestanddele in **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** kan die resultate van toets verander. Vertel asseblief jou gesondheidsorgpraktisyn dat jy **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** neem voordat jy enige laboratoriumtoets ondergaan.

### INTERAKSIE

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

### DOSES EN AANWYSINGS VIR GEBRUIK

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

**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 medisyne, aanvullende of tradisionele medisyne; of hoë bloeddruk, gloukoom en / of detrusor-onstabieliteit (oeraktiewe blaasindroom) het. Verbruik met ander medisyne (bv. bitter lemoen uitreksel, synefrine, octopamine, ephedra, efedrine) 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.

Ingredient	Use for Ingredient
Selenium (as selenium aspartate and selenomethionine)	Provides antioxidant support and supports thyroid function.
Chromium (as chromium polynicotinate)	Helps regulate blood sugar levels and supports healthy metabolism.
Vitamin B12 (as methylcobalamin)	Supports nerve function, red blood cell formation, and energy metabolism.
Iodine (as potassium iodide)	Essential for thyroid function and metabolic regulation.
Molybdenum (as molybdenum aspartate complex)	Supports enzyme activity in the body and detoxification.
Vitamin D (as cholecalciferol)	Promotes bone health, immune function, and calcium absorption.
Marine Lipid Concentrate (EPA & DHA)	Supports heart health, brain function, and reduces inflammation.
D-Glucosamine Sulfate (as D-glucosamine sulfate potassium chloride)	Supports joint health and cartilage maintenance.
Chondroitin Sulfate	Supports joint health by maintaining cartilage integrity and reducing pain.
Methylsulfonylmethane (MSM)	Reduces joint pain and inflammation, supports skin health.
Myo-Inositol	Supports hormone balance and ovarian health, particularly in PCOS.
Resveratrol (from Polygonum cuspidatum root extract)	Acts as an antioxidant, supports heart health, and anti-aging effects.
Lutein [from Marigold flowers (Tagetes erecta)]	Supports eye health, especially in protecting against age-related macular degeneration.
Lycopene	Provides antioxidant protection, supports prostate health, and reduces oxidative stress.

**REGISTRASIONUMMER** - 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:** Ampiro Advanced Development Products (Pty) Ltd Galaxy Park, Unit 5B, Galaxy Avenue, Limbro Park Sandton, 2090, Tel: 011-802-8101

### DATE OF PUBLICATION

To be allocated by the regulatory authority.

### WAARSKUWING EN SPESIALE VOORSORGMATREËLS

Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: bloedingversteurings, hartsiektes, diabetes, kop- en nekanker, swak en bros bene (osteoporse), prostaatkanker, 'n oorgeëfde oogtoestand wat swak nagsig en verlies aan visie (retinitis pigmentosa) veroorsaak, beroerte, lewersiekte, post-chirurgiese stenoplasing, Gewigsverlieschirurgie, prosedures om verouerde are (angioplastie) te verbreed, beslagleggingsversteuring.

As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidspraktisyn voordat jy neem: medisyne vir kanker (Chemoterapie), bloedstolling (Antikoagulant / Antiplaattjie-middels), Warfarin (Coumadin), Antibiotika vir Kanker (Antitumour Antibiotika), Antibiotika (Tetrasielien antibiotika), Amiodaron (Cordaron), Fenobarbital (Luminal), medisyne vir hoë bloeddruk (antihypertensiewe middels), 5-Fluorouracil, medisyne vir diabetes (Antidiabetiese dwelms). As enige van die volgende gebeur, hou op om **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** te gebruik en vertel jou dokter of gaan na die ongevalle-afdeling of 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 **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** 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 **WELLNESS ESSENTIALS® ACTIVE DAILY PACK** 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 aandagtig deur, 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

## SAMESTELING

Elke een (1) pakkie van WELLNESS ESSENTIALS® ACTIVE DAILY PACK bevat die volgende

### aktiewe stowwe:

Kalium (van D-glukosamiensulfaat kaliumchloried)	120 mg	Selenium (as seleniumsarspaat en selenometionien)	200 µg
Vitamiën (as askorbiensuur)	86 mg	Chroom (as chroompolinicotinaat)	100 µg
Vitamiën B5 (as D-kalsiumpanthothenaat)	37,5 mg	Vitamiën B12 (as metielkobalamin)	100 µg
Vitamiën E (as d-alfa-tokoferylsuksinaat)	33,5 mg	Jodium (as kaliumjodied)	75 µg
Niasien (as niacinaamide en niasien)	25 mg	Molibdeen (as molibdeen asparaatkompleks)	25 µg
Magnesium (as magnesiumsitraat)	20 mg	Vitamiën D (as cholecalciferol)	12,5 µg (500 IE)
Cholein (as choleenbitartraat)	12,5 mg	Mariene lipied konsentraat	2 g
Tiamien (as tiamienmononitrat)	12,5 mg	EPA (Eicosapentaensuur)	600 mg
Riboflavin	7,5 mg	DHA (Dokosaheksaensuur)	400 mg
Vitamiën K (as fytionadiene USP)	60 µg	D-glukosamiensulfaat (as d-glukosamiensulfaatkaliumchloried)	1,5 gram
Sink (as sinkisitraat)	15 mg	Chondroitinsulfaat	600 mg
Vitamiën B6 (as piridoksiën HCl)	12,5 mg	Metielsulfoniemetaan (MSM)	500 mg
Vitamiën C (as askorbylpalmitaat)	4 mg	Eie mengsel van: Tetrahydro-iso-alfa-sure kompleks (van hooi ( <i>Humulus lupulus L.</i> ) keël uitreksel) Rosmaryn ( <i>Rosmarinus officinalis</i> ) Blaarekstrak Oleanolsuur (van olywe ( <i>Olea europaea</i> ) blaarekstrak)	350 mg
Koper (as koperisitraat)	1,25 mg	Eie Phytonutriënt Blend van: Citrus bioflavonoïde komplekse [5: 1 uitreksel gestandaardiseer tot 45% hesperidin], Groen koffie ( <i>Coffea arabica</i> ) [boontjie uitreksel gestandaardiseer tot 45% chlorogeen suur] (4-5% kafeïen), Granaat ( <i>Punica granatum</i> ) [Heel vrugte 225: 1 uitreksel gestandaardiseer tot 21,6 mg galliensurekwivalente (GAE)], Druwesaad uitreksel ( <i>Vitis vinifera</i> ) [Saad 12: 1 uitreksel gestandaardiseer tot 85% oligomeer proantosianidine], Bloussie ( <i>Vaccinium spp.</i> ) [Vrugte 70: 1 uitreksel gestandaardiseer tot 20% totale polifenole en 15% antosianiene], Groen tee ( <i>Camellia sinensis</i> ) [Blaar 25: 1 uitreksel gestandaardiseer tot 60% katekine en 40% EGCG], Bitter spanspek ( <i>Momordica charantia</i> ) [Vrugte 10: 1 uitreksel], Snoeivel ( <i>Prunus domestica</i> ) [Vrugte 10: 1 uitreksel gestandaardiseer tot 50% polifenole], Waterkers ( <i>Nasturtium officinale</i> ) [Blaadje 4: 1 uitreksel], Chinese kaneel ( <i>Cinnamomum cassia</i> ) [baspoer], Indiese gom Arabiese boom ( <i>Acacia nilotica</i> ) [Bas en kernhout 5: 1 uitreksel gestandaardiseer tot 6% katekine], Rosmaryn ( <i>Rosmarinus folium</i> ) [Blaar 10: 1 uitreksel gestandaardiseer tot 7,6% minimum som van karnosol + karnosien], Artsjok ( <i>Cynara scolymus</i> ) [Blaarekstrak wat sinanien en chlorogene suur bevat]	200 mg
Mangaan (as mangansitraat)	1 mg	Myo-Inositol	12,5 mg
Vitamiën A (as gemengde karotenoïede)	750 µg	Resveratrol (van <i>Polygonum cuspidatum</i> wortel uitreksel)	5 mg
Vitamiën A (as retiniasetaat)	750 µg	Luteïen (van goudsbloemfloers ( <i>Tagetes erecta</i> ))	3 mg
Folaat (as kalsium L-5-metiltetrahidrofolaat) DFE	665 µg	Likopeen	3 mg
Vitamiën H (as biotien)	250 µg	Zeaxanthin (van goudsbloemfloers ( <i>Tagetes erecta</i> ))	1 mg

**Ander bestanddele: Kapsule** [hidroksipropylmetiellselulose en natriumkopkerchlorofiliën (kleur)], mikrokrystallyne sellulose, magnesiumsteaaraat (groente) en silikondioksied.

**OmegaGenics Neuro Fish Oil 1000 mg:** Bestanddele: Mariene lipiedkonsentraat (een of meer van: ansjovis, calamar-, sardien- en makrielolie), softgel-dop (gelatien, gliserien, water), bevat 2 persent of minder natuurlike suurlemoengeur, roosmarynekstrak en gemengde tokoferole en askorbylpalmitaat (antioksidante). **Bevat:** Vis (ansjovis, sardien en makriel).

**OmegaGenics Fish Oil EPA-DHA 720 mg:** Bestanddele: Mariene lipiedkonsentraat [vis (sardien, ansjovis en makriel) olie], softgel-dop (gelatien, gliserien, water), bevat 2 persent of minder natuurlike suurlemoengeur, natuurlike limoengeur, gemengde tokoferole (antioksidant), roosmarynekstrak en askorbylpalmitaat (antioksidant).

**Bevat:** Vis (sardien, ansjovis en makriel).

**PhytoMulti Multivitamiën:** Ander bestanddele: Mikrokrystallyne sellulose, crossamlose-natrium, sellulose, steariensuur (groente), bedekking [hydroksipropylmetiellselulose, medium-chain trigliseriede, hydroksipropylcellulose en natriumkopkerchlorofiliën (kleur)], en silikondioksied.

**OmegaGenics Fish Oil EPA-DHA 500 mg:** Bestanddele: Mariene lipiedkonsentraat [vis (ansjovis, sardien en makriel) olie], softgel-dop (gelatien, gliserien, water), bevat 2 persent of minder natuurlike suurlemoengeur, gemengde tokoferole (antioksidant), roosmarynekstrak en askorbylpalmitaat (antioksidant). **Bevat:** Vis (ansjovis, sardien en makriel).

**Kaprek:** Ander bestanddele: Olyfolie, gelatien, gliserien, geel bywas, water en natriumkopkerchlorofiliën (kleur).

**Glukosamine Sulfate 750 mg:** Bestanddele: Glukosamiensulfaat kaliumchloried [skaaldier skulpvis (krappodde, garnale)], mikrokrystallyne sellulose, sellulose, askorbiensuur, steariensuur (groente), silikondioksied, laag (hidroksipropylmetiellselulose, mediumketting trigliseriede en hidroksipropylselulose), en kroskarmellosenatrium.

**Bevat:** Skaaldiere skulpvis (krappodde, garnale).

**ChondroCare:** Bestanddele: Mikrokrystallyne sellulose, sellulose, kroskarmellosenatrium, steariensuur (groente), laag (hidroksipropylmetiellselulose, mediumketting trigliseriede en hidroksipropylselulose) en silikondioksied.

**Bevat:** Skaaldiere skulpvis (krappodde, garnale).

**Hierdie produk is suwelyer en is nie-GGO. BEVAT KAFEÏEN**

## NAAM EN BESIGHEIDSADRES VAN APPLIKANT

### Versprei deur:

Ampro Advanced Development Products (Pty) Ltd  
Galaxy Park, Unit 5B  
Galaxy Avenue, Limbro Park  
Sandton, 2090, Tel: 011- 802-8101

## DATUM VAN PUBLIKASIE

Om deur die regulerende owerheid toegeken te word.

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.

**BEKENDE SIMPTOME VAN OORDOSEEREN EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN** Sien nuwe-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

**WELLNESS ESSENTIALS® ACTIVE DAILY PACK** gebruik as u sigbare tekens van agteruitgang opmerk nie.

### IDENTIFIKASIE

**Elke pakkie bevat:** 1 PhytoMulti Multivitamiën tablet (groen), 2 OmegaGenics Visolie EPA-DHA 500 mg softgels (goudgeel), 3 ChondroCare tablette (wit), 1 Kaprek softgel (donkergroen) en 1 Glukosamine Sulfate 750 mg tablet (nawwit)

### AANBIDING

Handelsmerkcarton met individueel verpakte pakkies.

### REGISTRASIE NOMMER

Om by registrasie deur SAHPRA toegeken te word.

Hierdie medisyne is nie deur SAHPRA gevalueer vir kwaliteit, veiligheids of beoogde gebruik nie.

Ingredient	Use for Ingredient
Potassium (from D-glucosamine sulfate potassium chloride)	Supports electrolyte balance, muscle function, and heart health.
Vitamin C (as Ascorbic acid)	Boosts immune health, collagen production, and skin health.
Vitamin B5 (as D-calcium pantothenate)	Supports energy metabolism, healthy skin, hair, and adrenal function.
Vitamin E (as D-alpha tocopheryl succinate)	Acts as an antioxidant, supporting skin health and cell protection.
Niacin (as niacinamide and niacin)	Supports energy production, skin health, and reduces cholesterol levels.
Magnesium (as magnesium citrate)	Supports muscle function, bone health, and relaxation.
Choline (as choline bitartrate)	Supports brain function, liver health, and fat metabolism.
Thiamine (as thiamine mononitrate)	Essential for energy metabolism and nervous system health.
Riboflavin	Supports energy metabolism, healthy skin, and red blood cell production.
Vitamin K (as phytonadione USP)	Essential for blood clotting and bone health.
Zinc (as zinc citrate)	Supports immune function, skin health, and wound healing.
Vitamin B6 (as pyridoxine HCl)	Aids brain function, mood regulation, and red blood cell production.
Vitamin C (as Ascorbyl palmitate)	Fat-soluble form of vitamin C, supporting skin health and antioxidants.
Copper (as copper citrate)	Essential for red blood cell formation, immune health, and nerve function.
Manganese (as manganese citrate)	Supports bone health, metabolism, and acts as an antioxidant.
Vitamin A (as Mixed carotenoids)	Supports vision, immune health, and skin health.
Vitamin A (as Retinyl acetate)	Promotes vision, skin health, and immune function.
Folate (as calcium L-5-methyltetrahydrofolate) DFE	Supports DNA synthesis, red blood cell production, and fetal development.
Vitamin H (as Biotin)	Promotes healthy hair, skin, nails, and supports metabolism.
Selenium (as selenium aspartate and selenomethionine)	Provides antioxidant support and supports thyroid function.
Chromium (as chromium polynicotinate)	Helps regulate blood sugar levels and supports healthy metabolism.
Vitamin B12 (as methylcobalamin)	Supports nerve function, red blood cell formation, and energy metabolism.
Iodine (as potassium iodide)	Essential for thyroid function and metabolic regulation.
Molybdenum (as molybdenum aspartate complex)	Supports enzyme activity in the body and detoxification.
Vitamin D (as cholecalciferol)	Promotes bone health, immune function, and calcium absorption.
Marine Lipid Concentrate (EPA & DHA)	Supports heart health, brain function, and reduces inflammation.
D-Glucosamine Sulfate (as D-glucosamine sulfate potassium chloride)	Supports joint health and cartilage maintenance.
Chondroitin Sulfate	Supports joint health by maintaining cartilage integrity and reducing pain.
Methylsulfonylmethane (MSM)	Reduces joint pain and inflammation, supports skin health.
Myo-Inositol	Supports hormone balance and ovarian health, particularly in PCOS.
Resveratrol (from Polygonum cuspidatum root extract)	Acts as an antioxidant, supports heart health, and anti-aging effects.
Lutein (from Marigold flowers (Tagetes erecta))	Supports eye health, especially in protecting against age-related macular degeneration.
Lycopene	Provides antioxidant protection, supports prostate health, and reduces oxidative stress.
Zeaxanthin (from Marigold flowers (Tagetes erecta))	Supports eye health, especially in preventing macular degeneration.

