Product Information Leaflet

MultiVitChoice™ plus Omega-3 Capsules

Winthrop | Group sanofi aventis | PharmaChoice HEALTHCARE

COMPOSITION:
Each capsule contains:

Fish Oil – Natural	500,00 mg
Equiv. Omega-3 marine Triglycerides	(150,00 mg)
Beta-carotene	1,50 mg
Thiamine Nitrate (Vitamin B1)	15,00 mg
Riboflavin (Vitamin B2)	15,00 mg
Nicotinamide (Vitamin B3)	15,00 mg
Calcium Pantothenate (Vitamin B5)	20,00 mg
Pyridoxine Hydrochloride (Vitamin B6)	25,00 mg
Cyanocobalamin (Vitamin B12)	0.025 mg
Folic Acid	0,250 mg
Ascorbic Acid (Vitamin C)	100,00 mg
Citrus Bioflavonoid Extract	25,00 mg
Vitamin D3	200 IU
Vitamin E	50 IU
Calcium	120,00 mg
Magnesium	60,00 mg
Iron	5,00 mg
Zinc	5,00 mg
Iodine	10 µg

No added yeast, gluten, lactose, sugar, artificial colours or flavours or artificial sweeteners or dairy products.

PHARMACOLOGICAL CLASSIFICATION
A. 22.2 Other: Nutritional substances that purport to have therapeutically or medicinal effects.

INDICATIONS
MultiVitChoice™ plus Omega-3 is a well balanced multivitamin, mineral and omega-3 supplement, specifically formulated for people who may be lacking in essential vitamins, minerals and seek to increase their intake of fish oil. MultiVitChoice™ plus Omega-3 assists in the prevention and treatment of vitamin and/or mineral deficiencies.

General health, energy and vitality
The essential vitamins, minerals and omega-3 fatty acids help support and maintain optimal health and well-being. B-complex vitamins are necessary to unlock the energy from food to support daily energy levels and vitality. Iron is necessary for the formation of healthy blood and to prevent anaemia.

Bone health
Calcium and vitamin D are necessary to maintain healthy bones.

Heart health
Folic acid, vitamin B6 and vitamin B12 as well as omega-3 fatty acids are necessary to support heart and circulatory health.

Immune health
Vitamin C, vitamin E and Beta-carotene are antioxidants which help to protect the body's cells from damage and support the immune system.

CONTRA-INDICATIONS
Hypersensitivity to any of the ingredients.

WARNINGS
Nutritional supplementation should not replace a balanced diet.[1]
Taking multiple supplements and multivitamins may cause a cumulative intake of certain nutrients and or substances.[1]

INTERACTIONS
Supplemental intake of certain ingredients may interfere with certain medication, other supplements and herbal products, diseases, conditions, laboratory tests and foods.

PREGNANCY AND LACTATION
If you are pregnant, or considering becoming pregnant, do not take vitamin supplements without consulting your doctor or pharmacist.

DOSAGE AND DIRECTIONS FOR USE
Take 1 capsule twice daily with food or as recommended by your healthcare professional.

SIDE-EFFECTS AND SPECIAL PRECAUTIONS
Do not exceed the recommended dosage without consulting your medical practitioner.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT
There are no known cases of over dosage. Treatment should be supportive and symptomatic.

IDENTIFICATION
Opaque brown, orange suspension filled, oblong soft capsule.

PRESENTATION
Container containing 60 capsules.

STORAGE INSTRUCTIONS
Store at or below 25 °C in a cool, dry place.
Keep container sealed to keep out moisture.
KEEP OUT OF REACH OF CHILDREN

REGISTRATION NUMBER
To be allocated.

All products in the Choice range are manufactured to the highest standards and are available in leading pharmacies throughout South Africa. Quality products in the Choice range:–

CHOICE PRODUCTS	
OMEGA PORTFOLIO	
OmegaChoice™ General	High quality omega-3 supplement to help maintain general health and well-being.
OmegaChoice Odourless™ 1500 mg	High quality omega-3 supplement for heart, brain and joint health.
SLEEP HEALTH	
SleepChoice™	Natural sleep aid which helps in falling asleep, staying asleep and waking up refreshed.
IMMUNE HEALTH	
ImmunoChoice®	Powerful antioxidants and immune boosting nutrients combined to provide protection for optimal health.
ViralChoice® Effervescent	Long-term immune support for cold and flu management in an effervescent dosage form.
ViralChoice® Capsules	Cold and flu immune system supplement.
ViralChoice® Vegetabs	Cold and flu immune supplement for vegetarians.
ViralChoice® Junior	Cold and flu immune supplement syrup for children.
ViralChoice® Junior Multivitamin	A comprehensive, balanced fruity flavoured vitamin and mineral supplement chewtab for growing children.
MultiVitChoice™	An affordable, comprehensive multivitamin and mineral supplement with Lycopene.
HEART HEALTH	
Stat10Choice™	Nutritional supplement to replenish depleted Co-enzyme Q10 levels.
HeartChoice™ Optimal	Helps to improve heart health and circulation.
HeartChoice™ Energiser	Helps to improve heart health and overall energy.
INTESTINAL HEALTH	
GastroChoice™ IBS	Helps in relieving symptoms of Irritable Bowel Syndrome (IBS).
GastroChoice™	Helps in restoring the balance of natural flora in conditions such as diarrhoea, traveller's diarrhoea and antibiotic associated diarrhoea
HydraChoice™	Aids in restoring intestinal flora and in fluid and electrolyte replacement.
WOMAN'S HEALTH	
WomansChoice™ Cranberry Max	An extra strength cranberry juice concentrate supplement, to help maintain urinary tract health.
WomansChoice™ Intimacy	Helps improve sexual, mental and physical energy.
MEN'S HEALTH	
PerformaChoice®	Helps improve sexual, mental and physical energy.
BONE AND JOINT HEALTH	
ArthroChoice™	Helps to preserve and nourish joint cartilage, as well as helping to provide relief from pain, inflammation and joint stiffness.
ArthroChoice™ Advanced	Helps to preserve and nourish joint cartilage. Provides the optimal dose of glucosamine to assist in the management of joint pain, inflammation and stiffness.
OsteoChoice®	The ultimate calcium supplement containing vitamin D, minerals and other unique bone building nutrients.
ENERGY PORTFOLIO	
MultiVitChoice™	An affordable, comprehensive multivitamin and mineral supplement with Lycopene.
VitaChoice®	Multi-nutritional supplement for people with busy, stressful lifestyles.

Join the PharmaChoice Loyalty Programme. BUY 3 PharmaChoice Products* and get 1 FREE.
*** Terms and conditions apply. Go to www.pharmachoice.co.za for claim procedures and more information.**

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1. Natural Medicine Comprehensive data base. (5th edition).

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Produk Inligtingspamflet

MultiVitChoice™ plus Omega-3 Kapsules

Winthrop | sanofi aventis Group | PharmaChoice HEALTHCARE

SAMESTELLING:

Elke kapsule bevat:

Visolie – Natuurlik	500,00 mg
Gelykstaande aan:	
Omega-3 mariene Trigliseriede	(150,00 mg)
Beta-karotene	1,50 mg
Tiamiennitraat (Vitamien B1)	15,00 mg
Riboflavien (Vitamien B2)	15,00 mg
Nikotienamied (Vitamien B3)	15,00 mg
Kalsiumpantotenaat (Vitamien B5)	20,00 mg
Piridoksienhidrochloried (Vitamien B6)	25,00 mg
Sianokobalamien (Vitamien B12)	0,025 mg
Foliensuur	0,250 mg
Askorbiensuur (Vitamien C)	100,00 mg
Sitrus Bioflavonoïed ekstrak	25,00 mg
Vitamien D3	200 IE
Vitamien E	50 IE
Kalsium	120,00 mg
Magnesium	60,00 mg
Yster	5,00 mg
Sink	5,00 mg
Jodium	10 µg

Geen bygevoegde gis, gluten, laktose, suiker, kunsmatige kleurstowwe of geurmiddels, kunsmatige versoeters of suiwelprodukte nie.

FARMAKOLOGIESE KLASSIFIKASIE
A.32.2. Ander: Voedingsstowwe wat na bewering terapeutiese of medisinale effekte het.

INDIKASIES
MultiVitChoice™ plus Omega-3 is 'n goed gebalanseerde multivitamien, mineraal en omega-3 aanvulling, spesifiek geformuleer vir persone wat 'n tekort het aan essensiële vitamiene, minerale en wat beoog om hul visolie inname te vermeerder. MultiVitChoice™ plus Omega-3 help met die voorkoming en behandeling van vitamien- en/of mineraal tekorte.

Algemene gesondheid, energie en groeikrag
Die essensiële vitamiene, minerale en omega-3 vetsure help met die ondersteuning en instandhouding van optimale gesondheid en welsyn. B-kompleks vitamiene is nodig om die energie vanuit voedsel te ontsluit om daaglikse energievlakke en welsyn te ondersteun. Yster is nodig vir die formulering van gesonde bloed en om anemie te voorkom.

Beengesondheid
Kalsium en vitamien D is nodig om gesonde bene in stand te hou.

Hartgesondheid
Foliensuur, vitamien B6 en vitamien B12 sowel as omega-3 vetsure is nodig om die hart- en sirkulatoriese gesondheid te ondersteun.

Immuungesondheid
Vitamien C, vitamien E en Beta-karotene is anti-oksidante wat help om die liggaam se selle te beskerm teen beskadiging en ondersteun die imuunsisteem.

KONTRA-INDIKASIES
Hipersensitiwiteit teenoor enige van die bestanddele.

WAARSKUWINGS
Voedingsaanvulling behoort nie 'n gebalanseerde dieet te vervang nie.[1] Inname van veelvuldige aanvullings en multivitamienes kan 'n kumulatiewe inname van sekere voedingstowwe en/of verbindings veroorsaak. [1]

INTERAKSIES
Aanvullende gebruik van sekere bestanddele kan met sekere medikasies, ander aanvullings en kruiemiddels, siektes, toestande, laboratoriumtoetse en voedsel inmeng.

SWANGERSKAP EN LAKTASIE
Indien u swanger is of beplan om swanger te raak moet u nie die vitamienaanvullings neem sonder om u geneesheer of apteker te raadpleeg nie.

DOSIS EN GEBRUIKSAANWYSINGS
Neem 1 kapsule twee keer per dag saam met voedsel, of soos deur jou gesondheidssorgspesialis aanbeveel.

NEWE-EFFEKTE EN SPESIALE VOORSORGMAATREËLS
Moenie die aanbevole dosis oorskry, sonder om jou mediese praktisyn te raadpleeg nie.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN
Geen gevalle van oordosering bekend nie. Behandeling behoort ondersteunend en simptomaties te wees.

IDENTIFIKASIE
Ondeursigte bruin, oranje suspensie gevulde, langwerpige, sagte kapsule

AANBIEDING
Houer wat 60 kapsules bevat.

BERGINGSAANWYSINGS
Bewaar teen of benede 25 °C op 'n koel, droë plek.
Hou houer diggesluit om teen vog te beskerm.
HOU BUITE BEREIK VAN KINDERS

REGISTRASIENOMMER
Sal toegeken word.

Al die produkte in die Choice reeks word volgens die hoogste standaarde vervaardig en is beskikbaar in toonaangewende apteke regdeur Suid-Afrika. Kwaliteit produkte in die Choice reeks:–

CHOICE PRODUKTE	
OMEGA-PORTEFEULJE	
OmegaChoice™ General	Hoë kwaliteit omega-3-aanvulling om algemene gesondheid en welsyn te help onderhou.
OmegaChoice Odourless™ 1500 mg	Hoë kwaliteit omega-3-aanvulling vir hart-, brein- en gewrigsgesondheid.
SLAAPGESONDHEID	
SleepChoice™	Natuurlike slaapmiddel wat persone help om aan die slaap te raak, aan die slaap te bly en verfris wakker te word.
IMMUNITEITSGESONDHEID	
ImmunoChoice®	Kragtige anti-oksidante en voedingstowwe wat immuniteit versterk, gekombineer om beskerming vir optimale gesondheid, te verskaf.
ViralChoice® Effervescent	Langtermyn ondersteuning van immuniteit vir die hantering van verkoues en griep in 'n bruis-doseringsvorm.
ViralChoice® Capsules	Immuunsisteemaanvulling teen verkoue en griep.
ViralChoice® Vegetabs	Immuniteitsaanvulling teen verkoue en griep vir vegetariërs.
ViralChoice® Junior	Immuniteitsaanvullingstroop teen verkoue en griep vir kinders.
ViralChoice® Junior Multivitamin	'n Omvattende, gebalanseerde vrugtegeur vitamien- en mineraalaanvulling koutablet vir groeiende kinders.
MultiVitChoice™	'n Bekostigbare, omvattende vitamien- en mineraalaanvulling met Likopeen.
HARTGESONDHEID	
Stat10Choice™	Voedingsaanvulling om uitgeputte Koënsiem Q10-vlakke aan te vul.
HeartChoice™ Optimal	Help om hartgesondheid en sirkulasie te verbeter.
HeartChoice™ Energiser	Help om hartgesondheid en algehele energie te verbeter.
INTESTINALE GESONDHEID	
GastroChoice™ IBS	Help om die simptome van Prikkelbare Dermsindroom (PDS) te verlig.
GastroChoice™	Help om die balans van die natuurlike flora in toestande soos diarree, reisigersdiarree en antibiotikum-geassosieerde diarree, te herstel.
HydraChoice™	Help om intestinale flora te herstel en om vloeistof en elektroliete te vervang.
VROULIKE GESONDHEID	
WomansChoice™ Cranberry Max	'n Ekstra sterkte aanvulling van bosbessiesap-konsentraat, om die gesondheid van die urinêre stelsel te onderhou.
WomansChoice™ Intimacy	Help om seksuele, verstandelike en fisiese energie te verbeter.
MANLIKE GESONDHEID	
PerformaChoice®	Help om seksuele, verstandelike en fisiese energie te verbeter.
BEEN- EN GEWRIGSGESONDHEID	
ArthroChoice™	Help om die kraakbeen van die gewrigte te preserveer en te voed, en help ook om verligting van pyn, inflammasie en gewrigstyfheid te verskaf.
ArthroChoice™ Advanced	Help om die kraakbeen van die gewrigte te preserveer en te voed. Verskaf die optimale dosis glukosamien om die behandeling van gewrigpyn, -inflammasie en -styfheid te ondersteun.
OsteoChoice®	Die vernaamste kalsiumaanvulling wat vitamien D, minerale en ander unieke beenbou-voedingstowwe bevat.
ENERGIE-PORTEFEULJE	
MultiVitChoice™	'n Bekostigbare, omvattende multivitamien- en mineraalaanvulling met Likopeen.
VitaChoice®	Veelvuldige voedingsaanvulling vir persone met besige, stresvolle lewenstyle.

Sluit aan by die PharmaChoice lojaliteitsprogram. Koop 3 PharmaChoice Produkte* en kry 1 verniet.
*** Terme en voorwaardes geld. Gaan na www.pharmachoice.co.za vir eis prosedures en meer inligting.**

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