

## PATIENT INFORMATION LEAFLET

### Scheduling status:

50

### TURBOVITE® VITALITY syrup

Vitamin B1 (thiamine hydrochloride); Vitamin B2 (riboflavin); Vitamin B3 (nicotinamide); Vitamin B5 (calcium D-pantothenate); Vitamin B6 (pyridoxine hydrochloride); Vitamin B9 (folic acid); Vitamin B12 (cyanocobalamin); Biotin (D-biotin), Vitamin C (ascorbic acid),

Sugar free

- Complementary Medicine: Health Supplements - Other
- Health Supplements are intended only to complement health or supplement the diet. This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

### Read all of this leaflet carefully because it contains important information for you.

Turbovite® Vitality syrup is available without a doctor's prescription. Nevertheless, you still need to use Turbovite® Vitality syrup carefully to get the best results from it.

- Keep this leaflet. You may need to read it again
- Do not share Turbovite® Vitality syrup with any other person
- Ask your healthcare practitioner or pharmacist if you need more information or advice.

### WHAT IS IN THIS LEAFLET

1. What Turbovite® Vitality syrup is and what it is used for
2. What you need to know before you take Turbovite® Vitality syrup
3. How to take Turbovite® Vitality syrup
4. Possible side effects
5. How to store Turbovite® Vitality syrup
6. Contents of the pack and other information

#### 1. What Turbovite® Vitality syrup is and what it is used for

Turbovite® Vitality syrup is a multi-vitamin and mineral health supplement indicated for the maintenance of healthy energy levels.

#### 2. What you need to know before you take Turbovite® Vitality syrup

##### Do not take Turbovite® Vitality syrup:

- If you are hypersensitive (allergic) to any of the ingredients of Turbovite® Vitality syrup (listed in section 6).
- If you suffer from liver disease or have peptic ulcer disease as Turbovite® Vitality syrup contains nicotinamide.
- If you have cobalamin or cobalt hypersensitivity as Turbovite® Vitality syrup contains vitamin B12.

#### Warnings and precautions

- Patients with a history of oxalate kidney stones should avoid high doses of vitamin C due to increased risk of kidney stone formation.

**Porphyria:** Safety has not been established.

Tell your doctor if you are not sure about any of the above.

#### Other medicines with Turbovite® Vitality syrup

Always tell your healthcare professional if you are taking any other medicine. This includes complementary or traditional medicines.

Consult your doctor, pharmacist or healthcare practitioner before use if you are taking:

- You should use Turbovite® Vitality syrup with caution if you have a vitamin B12 deficiency, as vitamin B9 (folic acid) could mask the deficiency.

#### Taking Turbovite® Vitality syrup with food and drink

You should take Turbovite® Vitality syrup after a meal.

#### Pregnancy and Breastfeeding

If you are pregnant or breastfeeding, think you might be pregnant or are planning to have a baby, please consult your doctor or pharmacist or other healthcare practitioner for advice before taking this medication.

#### Driving and using machinery

Turbovite® Vitality syrup should not affect your ability to drive or use machinery. However, if you think you are affected you should not drive or operate machinery until you feel better.

#### 3. How to take Turbovite® Vitality syrup

Do not share medicines with any other person.

Always take Turbovite® Vitality syrup exactly as described in this leaflet or as your healthcare practitioner has instructed you. You should check with your doctor or pharmacist if you are unsure.

*The usual dose for adults 18 years and older:*

Take one to two medicine measures (5-10 ml) in the morning and early afternoon, after meals.

#### If you take more Turbovite® Vitality Syrup than you should

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control center.

#### If you forget to take / missed a dose of Turbovite® Vitality syrup

Take your missed dose when you remember. Do not take a double dose to make up for forgotten individual doses.

#### If you stop taking Turbovite® Vitality syrup

If you are taking the dose as indicated, it is unlikely that there should be withdrawal effects when you stop using this medication.

#### 4. Possible side effects

Turbovite® Vitality syrup can have side effects.

Not all side effects reported for Turbovite® Vitality syrup are included in this leaflet. Should your general health worsen or if you experience any undesired effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice.

Like all medicines, this medicine can cause side effects although not everybody gets them.

**If any of the following or other side effects occur, stop taking this product and consult your doctor or pharmacist or go to the casualty department at your nearest hospital:**

Allergic reactions such as: skin inflammation or rash.

**Tell your doctor or pharmacist if you notice any of the following:**

*Frequency unknown:*

- Abdominal discomfort, diarrhea, difficulty swallowing, heartburn, nausea and vomiting.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

#### Reporting of side effects

If you get side effects, talk to your doctor, pharmacist or nurse. You can also report side effects to SAHPRA via the "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 Turbovite® Vitality syrup.

#### 5. How to store Turbovite® Vitality syrup

- STORE ALL MEDICINES OUT OF REACH OF CHILDREN
- Store in a dry place at or below 25 °C.
- Keep the container tightly closed.
- Protect from light.
- Do not refrigerate.
- Do not store in a bathroom.
- Do not use after the expiry date stated on the label and carton.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

#### 6. Contents of pack and other information

##### What Turbovite® Vitality syrup contains

Active ingredients	Per 10 ml	Per max daily dose (20 ml)	%NRV# per max daily dose (20ml)
Vitamin B1 (thiamine hydrochloride)	1,2 mg	2,4 mg	200 %
Vitamin B2 (riboflavin)	2 mg	4 mg	308 %
Vitamin B3 (nicotinamide)	9 mg	18 mg	113 %
Vitamin B5 (calcium D-pantothenate)	3 mg	6 mg	120 %
Vitamin B6 (pyridoxine hydrochloride)	2,5 mg	5 mg	294 %
Vitamin B9 (folic acid)	250 µg	500 µg	125 %
Vitamin B12 (cyanocobalamin)	8 µg	16 µg	666 %
Biotin (D-biotin)	50 µg	100 µg	333 %
Ascorbic acid (vitamin C)	60 mg	120 mg	120 %

The other ingredients or excipients are: water, glycerine, flavour, xanthan gum.

Turbovite® Vitality syrup contains sweetener: sucralose (4,16 mg per 10 ml) and stevia (8,32 mg per 10 ml).

Turbovite® Vitality syrup contains preservatives: potassium sorbate (0,20% m/v).

Turbovite® Vitality syrup is sugar free.

#### What Turbovite® Vitality syrup looks like and contents of the pack

Turbovite® Vitality syrup is a yellow syrup with a passion fruit flavor, available in 10 ml sachets. It is packed in a printed display shipper that contains 48 sachets and includes a patient information leaflet.

#### Holder of Certificate of Registration

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#### This leaflet was last revised in

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#### Date of registration

To be allocated

#### Registration number

To be allocated

#### Professional Information

The Turbovite® Vitality syrup Professional Information may be obtained from the Nativa website ([www.nativa.co.za](http://www.nativa.co.za)).