

PATIENT INFORMATION LEAFLET
TURBOVITE® VITALITY EFFERVESCENT TABLETS

SCHEDULING STATUS

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PROPRIETARY NAME AND DOSAGE FORM

TURBOVITE® VITALITY EFFERVESCENT TABLETS (effervescent tablet)

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

TURBOVITE® VITALITY EFFERVESCENT TABLETS is available without a doctor's prescription, as a supplement. Nevertheless, you still need to use TURBOVITE® VITALITY EFFERVESCENT TABLETS carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share TURBOVITE® VITALITY EFFERVESCENT TABLETS with any other person.
- Ask your pharmacist if you need more information or advice.
- If you experience any side effects consult your doctor.

The TURBOVITE® VITALITY EFFERVESCENT TABLETS professional information may be obtained from the Nativa (www.nativa.co.za) or Turbovite® website (www.turbovite.co.za).

1. WHAT TURBOVITE® VITALITY EFFERVESCENT TABLETS CONTAINS

Active Ingredients	per effervescent tablet (maximum daily dosage)	% NRV* per maximum daily dosage
Vitamin B1 (Thiamine hydrochloride)	18 mg	1500
Vitamin B2 (Riboflavin)	10 mg	769
Vitamin B3 (Nicotinamide)	18 mg	113
Vitamin B5 (Calcium D-Pantothenate)	25 mg	500
Vitamin B6 (Pyridoxine hydrochloride)	10 mg	588
Vitamin B9 (Folic acid)	500 µg	125
Vitamin B12 (Cyanocobalamin)	20 µg	833
Biotin (D-biotin)	100 µg	333
Vitamin C (Ascorbic acid)	500 mg	500
Magnesium (Magnesium sulfate)	84 mg	20
Zinc (Zinc gluconate)	11 mg	100

* Nutrient Reference Values.

The other ingredients are: citric acid, maltodextrin, mannitol, orange flavour, polyethylene glycol 6000, polysorbate 60

sodium bicarbonate, sodium carbonate, sodium cyclamate, saccharin sodium.

Important information about some of the ingredients of TURBOVITE® VITALITY EFFERVESCENT TABLETS:

- Contains sweeteners (sodium cyclamate 30 mg/tablet, and saccharin sodium 20 mg/tablet)
- TURBOVITE® VITALITY EFFERVESCENT TABLETS are sugar free.

2. WHAT TURBOVITE® VITALITY EFFERVESCENT TABLETS IS USED FOR

TURBOVITE® VITALITY EFFERVESCENT TABLETS is a multi-vitamin and mineral health supplement indicated for the maintenance of healthy energy levels.

TURBOVITE® VITALITY EFFERVESCENT TABLETS contains;

- B complex vitamins, biotin, magnesium and zinc which assist the body's healthy energy yielding metabolism
- B vitamins and biotin that contribute to normal nervous system and psychological function
- B vitamins and magnesium help in the reduction of tiredness and fatigue
- Vitamin C and zinc function as antioxidants to help protect cells from oxidative stress and maintain normal immune function.

3. BEFORE YOU TAKE TURBOVITE® VITALITY EFFERVESCENT TABLETS

Do not take TURBOVITE® VITALITY EFFERVESCENT TABLETS

- If you are hypersensitive (allergic) to any of the ingredients of TURBOVITE® VITALITY EFFERVESCENT TABLETS (see **WHAT TURBOVITE® VITALITY EFFERVESCENT TABLETS CONTAINS**)
- If you suffer from liver disease or have peptic ulcer disease as TURBOVITE® VITALITY EFFERVESCENT TABLETS contains nicotinamide
- If you have cobalamin or cobalt hypersensitivity as TURBOVITE® VITALITY EFFERVESCENT TABLETS contains vitamin B12.

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

Take special care with TURBOVITE® VITALITY EFFERVESCENT TABLETS

- If you are taking other medication (see **Taking other medicines with TURBOVITE® VITALITY EFFERVESCENT TABLETS** and **HOW TO TAKE TURBOVITE® VITALITY EFFERVESCENT TABLETS**)
- If you are taking antibiotics (see **Taking other medicines with TURBOVITE® VITALITY EFFERVESCENT TABLETS**)
- If you have copper or vitamin B12 deficiency (see **Taking other medicines with TURBOVITE® VITALITY EFFERVESCENT TABLETS**)
- **Porphyria:** safety has not been established.

Taking TURBOVITE® VITALITY EFFERVESCENT TABLETS with food and drink:

You should take TURBOVITE® VITALITY EFFERVESCENT TABLETS after a meal.

Pregnancy and Breastfeeding

TURBOVITE® VITALITY EFFERVESCENT TABLETS is considered safe for use during pregnancy and when breastfeeding, however you should always consult with your doctor, pharmacist or other healthcare professional before using any supplements at this time.

Driving and using machinery:

There is insufficient information on the effect of TURBOVITE® VITALITY EFFERVESCENT TABLETS on the ability to drive and use machinery.

Taking other medicines with TURBOVITE® VITALITY EFFERVESCENT TABLETS

- Always tell your healthcare professional if you are taking any other medicine (This includes complementary or traditional medicines)
- You should use TURBOVITE® VITALITY EFFERVESCENT TABLETS with caution if you are taking antibiotics (used to treat infections), as the magnesium and zinc in TURBOVITE® VITALITY EFFERVESCENT TABLETS may reduce their absorption. You should take all oral antibiotics at least two (2) hours before, or four (4) to six (6) hours after TURBOVITE® VITALITY EFFERVESCENT TABLETS or similar supplements.
- You should use TURBOVITE® VITALITY EFFERVESCENT TABLETS with caution if you have vitamin B12 deficiency, as vitamin B9 (Folic acid) can mask the deficiency.
- You should use TURBOVITE® VITALITY EFFERVESCENT TABLETS with caution if you have copper deficiency, as zinc could increase the deficiency.

Please check with your doctor or pharmacist if you are unsure.

4. HOW TO TAKE TURBOVITE® VITALITY EFFERVESCENT TABLETS

Do not share medicines with any other person.

Do not exceed the recommended daily dosage. Always take TURBOVITE® VITALITY EFFERVESCENT TABLETS exactly as indicated or as your doctor has instructed you.

You should check with your doctor or pharmacist if you are unsure.

The usual dose is:

Adults and children 14 years and older:

Dissolve one (1) effervescent tablet in a glass of water daily, after a meal. Take a few hours before or after taking other medications (see **Taking other medicines with TURBOVITE® VITALITY EFFERVESCENT TABLETS**).

If you take more TURBOVITE® VITALITY EFFERVESCENT TABLETS than you should

Possible symptoms of TURBOVITE® VITALITY EFFERVESCENT TABLETS overdose may include but are not limited to; excessive urination, or unusual urine colour, dizziness, sleepiness, headache and insomnia.

TURBOVITE® VITALITY EFFERVESCENT TABLETS contains zinc, which may cause copper deficiency. If you are unsure whether you are taking enough copper, consult a medical practitioner prior to use. If you have a history of kidney stones you should avoid high doses of vitamin C as this can increase risk of kidney stone formation.

In the event of overdose, 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 EFFERVESCENT TABLETS

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

Effects when treatment with TURBOVITE® VITALITY EFFERVESCENT TABLETS is stopped

When taking the dose as indicated it is unlikely that there should be withdrawal effects when stopping use of this medication.

5. POSSIBLE SIDE EFFECTS

TURBOVITE® VITALITY EFFERVESCENT TABLETS can have side effects such as:

- abdominal discomfort
- diarrhoea
- difficulty swallowing
- heartburn
- nausea
- skin inflammation or rash
- vomiting

For other side effects related to overdose, see **If you take more TURBOVITE® VITALITY EFFERVESCENT TABLETS than you should**

Not all side effects reported for TURBOVITE® VITALITY EFFERVESCENT TABLETS are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this supplement, please consult your doctor, pharmacist or other healthcare professional for advice.

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

6. STORING AND DISPOSING OF TURBOVITE® VITALITY EFFERVESCENT TABLETS

Store at or below 25 °C.

Protect from light and moisture.

Store in original packaging until required for use.

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).

STORE ALL MEDICINES OUT OF REACH OF CHILDREN.

7. PRESENTATION OF TURBOVITE® VITALITY EFFERVESCENT TABLETS

One (1) plastic tube container with 10 effervescent tablets, in a unit carton.

Two (2) plastic tube containers with 10 effervescent tablets each (20 effervescent tablets in total), in a unit carton.

Three (3) plastic tube containers with 10 effervescent tablets each (30 effervescent tablets in total), in a unit carton.

8. IDENTIFICATION OF TURBOVITE® VITALITY EFFERVESCENT TABLETS

Light yellow, round, orange flavoured effervescent tablets.

9. REGISTRATION NUMBER

To be allocated

10. NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION

Nativa (Pty) Ltd

260 Cradock Avenue, Lyttelton, Centurion, 0157, Gauteng, South Africa

Tel: +27 (0) 12 664 7110

Customer care line: **0860 628 482**

Email: health@nativa.co.za

Website: www.nativa.co.za

11. DATE OF PUBLICATION

To be allocated

12. DATE OF REGISTRATION

To be allocated

COMPLEMENTARY MEDICINE

Health Supplement

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.