

**NOVAVIT® PLUS PATIENT INFORMATION LEAFLET**

Complementary Medicine: Health Supplement

**NOVAGEN**  
Pharma**PROPRIETARY NAME (and dosage form): NOVAVIT® PLUS (film-coated tablets)****COMPOSITION**

| Each film-coated tablet contains:         | Per tablet | % RDA <sup>1</sup> |
|---|------------|--------------------|
| Vitamin A                                 | 2750 IU    |                    |
| Beta-carotene                             | 1000 IU    |                    |
| (Vit A & Beta-carotene)                   |            | 100 %              |
| Vitamin D                                 | 500 IU     | 80 %               |
| Vitamin E                                 | 22,35 IU   | 100 %              |
| Vitamin C (Ascorbic Acid)                 | 90 mg      | 100 %              |
| Vitamin B <sub>1</sub> (Thiamine)         | 4 mg       | 333 %              |
| Vitamin B <sub>2</sub> (Riboflavin)       | 4 mg       | 308 %              |
| Vitamin B <sub>3</sub> (Nicotinamide)     | 18 mg      | 113 %              |
| Vitamin B <sub>5</sub> (Pantothenic Acid) | 6 mg       | 120 %              |
| Vitamin B <sub>6</sub> (Pyridoxine)       | 5,1 mg     | 300 %              |
| Vitamin B <sub>12</sub> (Cyanocobalamin)  | 7,2 mcg    | 300 %              |
| Biotin                                    | 150 mcg    | 500 %              |
| Folic acid                                | 500 mcg    | 125 %              |
| Boron                                     | 1 mg       | *                  |
| Calcium                                   | 170 mg     | 13 %               |
| Chromium                                  | 50 mcg     | 143 %              |
| Copper                                    | 1 mg       | 111 %              |
| Iodine                                    | 150 mcg    | 100 %              |
| Iron                                      | 9 mg       | 50 %               |
| Magnesium                                 | 100 mg     | 24 %               |
| Manganese                                 | 1 mg       | 44 %               |
| Molybdenum                                | 25 mcg     | 56 %               |
| Phosphorus                                | 100 mg     | 8 %                |
| Potassium                                 | 40 mg      | *                  |
| Selenium                                  | 55 mcg     | 100 %              |
| Zinc                                      | 11 mg      | 100 %              |
| Citrus bioflavonoids                      | 25 mg      | *                  |
| L-Lysine                                  | 25 mg      | *                  |

Other ingredients:  
Microcrystalline cellulose (PH102), povidone VA64, sodium starch glycolate, colloidal silicon dioxide, magnesium stearate.

**Sugar free**

<sup>1</sup>South African Recommended Daily Allowance (RDA) for adults and persons older than 4 years of age.

\* No RDA established

**INDICATIONS AND USE**

**NOVAVIT® PLUS** is indicated to provide vitamin and mineral supplementation, where the dietary intake is known to be insufficient. The use of **NOVAVIT® PLUS** tablets should not replace a well-balanced diet.

**CONTRA-INDICATIONS**

Known hypersensitivity or allergy to any of the ingredients, including the ingredients listed under 'Other ingredients'.

**PRECAUTIONS**

If you are suffering from a medical condition consult with your healthcare provider prior to taking **NOVAVIT® PLUS** tablets.

**WARNINGS**

Mild cases of gastro-intestinal disturbances can occur. This can be controlled by taking the tablets with or shortly after a meal.

**INTERACTIONS**

Vitamin and mineral supplements can interact with certain medications, or affect how medications work in your body. If you are currently taking other medications consult with your healthcare provider before taking **NOVAVIT® PLUS** tablets.

Always tell your healthcare provider if you are taking any other medicine. If you are pregnant or breastfeeding your baby, please consult with your healthcare provider for advice before taking **NOVAVIT® PLUS** tablets.

**INSTRUCTIONS ON HOW TO TAKE THE MEDICINE****Adults:****Children over 12 years of age:**

Take one tablet daily with a glass of water, preferably after breakfast. Do not exceed the recommended dose unless instructed by a healthcare provider to do so.

Do not share your medicines with anyone else.

In the event of overdose, stop drinking the tablets and consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

**SIDE EFFECTS****Affecting the stomach**

Stomach (abdominal) discomfort; constipation; diarrhoea; feeling sick (nausea) (also refer to "WARNINGS and PRECAUTIONS".)

Not all side effects reported for this medicine are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your healthcare provider for advice.

**STORAGE AND DISPOSAL INFORMATION****STORE ALL MEDICINES OUT OF REACH OF CHILDREN.**

Store in a cool, dry place at or below 25 °C, out of direct sunlight.

Keep the container firmly closed.

Do not store in bathrooms.

Do not use after the expiry date stated on the label.

Return all unused medicine to your pharmacist.

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

**PRESENTATION**

30 Tablets packed into a white plastic securitainer.

**IDENTIFICATION**

Orange oblong tablet.

**REGISTRATION NUMBER**

This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

**NAME AND BUSINESS ADDRESS OF THE APPLICANT**

Novagen Pharma (Pty) Ltd.

Office 2, 100 Sovereign Drive, Route 21 Corporate Park, Nellmapius Drive, IRENE, 0157

**DATE OF PUBLICATION OF THE PATIENT INFORMATION LEAFLET**

Not applicable

Professional information for **NOVAVIT® PLUS** tablets available on the Novagen Pharma website:

<http://www.novagenpharma.co.za/products/wellness/novavit-plus>

NGNP0002

03/2018

BRITPAK

Nov 04/2018

HANDELSNAAM (en doseervorm): NOVAVIT® PLUS (film-bedeekte tablette)

SAMESTELLING

| Elke film-bedeekte tablet bevat:          | Per tablet | % ADT <sup>1</sup> |
|---|------------|--------------------|
| Vitamiën A                                | 2750 IU    |                    |
| Beta-karoteen                             | 1000 IU    |                    |
| (Vit A & Beta-karoteen)                   |            | 100 %              |
| Vitamiën D                                | 500 IU     | 80 %               |
| Vitamiën E                                | 22,35 IU   | 100 %              |
| Vitamiën C (Askorsiensuur)                | 90 mg      | 100 %              |
| Vitamiën B <sub>1</sub> (Tiamien)         | 4 mg       | 333 %              |
| Vitamiën B <sub>2</sub> (Riboflaviën)     | 4 mg       | 308 %              |
| Vitamiën B <sub>3</sub> (Nikotinamied)    | 18 mg      | 113 %              |
| Vitamiën B <sub>5</sub> (Pantotensuur)    | 6 mg       | 120 %              |
| Vitamiën B <sub>6</sub> (Piridoksiën)     | 5,1 mg     | 300 %              |
| Vitamiën B <sub>12</sub> (Siankobalamien) | 7,2 mcg    | 300 %              |
| Biotien                                   | 150 mcg    | 500 %              |
| Foliesuur                                 | 500 mcg    | 125 %              |
| Boor                                      | 1 mg       | *                  |
| Kalsium                                   | 170 mg     | 13 %               |
| Chroom                                    | 50 mcg     | 143 %              |
| Koper                                     | 1 mg       | 111 %              |
| Jodium                                    | 150 mcg    | 100 %              |
| Yster                                     | 9 mg       | 50 %               |
| Magnesium                                 | 100 mg     | 24 %               |
| Mangaan                                   | 1 mg       | 44 %               |
| Molibdeen                                 | 25 mcg     | 56 %               |
| Fosfor                                    | 100 mg     | 8 %                |
| Kalium                                    | 40 mg      | *                  |
| Selenium                                  | 55 mcg     | 100 %              |
| Sink                                      | 11 mg      | 100 %              |
| Sitrusbioflavinoïede                      | 25 mg      | *                  |
| L-Lysine                                  | 25 mg      | *                  |

Ander bestanddele:  
Mikrokristallyne sellulose (PH102), povidoon VA64, natriumstyselgiikonaat, kolloïdale silikoondioksien, magnesiumstearaat.

**Suikervry**

<sup>1</sup> Suid Afrikaanse Aanbevole Daaglikse Toename (ADT) vir volwassenes en kinders ouer as 4 jaar.

\* Geen ADT bevestig nie.

**INDIKASIES EN GEBRUIK**

NOVAVIT® PLUS word gebruik as 'n vitamien en mineraal aanvulling waar die huidige dieët onvoldoende is. Die gebruik van NOVAVIT® PLUS tablette behoort nie 'n gebalanseerde dieët te vervang nie.

**KONTRA-INDIKASIES**

Hipersensitiwiteit of allergie tot enige van die bestanddele in die produk, insluitende bestanddele gelys onder 'Ander bestanddele'.

**VOORSORGMATREËLS**

Indien u ly aan enige mediese kondisie, raadpleeg u gesondheidsorgpraktisyn vir die gebruik van NOVAVIT® PLUS tablette.

**WAARSKUWINGS**

Ligte gevalle van gastrointestinale verstourings kan voorkom. Dit kan beheer word deur die tablette te neem met of kort na 'n maaltyd.

**INTERAKSIES**

Vitamiën en mineraal aanvullings kan die werking van ander medikasies in jou liggaam beïnvloed. Indien u enige ander medikasie gebruik, raadpleeg u gesondheidsorgpraktisyn vir die gebruik van NOVAVIT® PLUS tablette.

Vertel altyd u gesondheidsorgpraktisyn indien u enige ander medikasie neem. Indien u swanger is of u baba borsvoed, raadpleeg u gesondheidsorgpraktisyn vir advies vir die gebruik van NOVAVIT® PLUS tablette.

**INSTRUKSIES OOR HOE OM DIE MEDIKASIE TE GEBRUIK**

**Volwassenes:**

**Kinders bo die ouderdom van 12:**

Neem een tablet daaglik saam met 'n glas water, verkieslik na ontbyt. Moenie die aanbevole daaglikse dosering oorskry nie, indien nie deur 'n gesondheidspraktisyn bevestig is nie.

Moenie jou medikasie deel met enige iemand nie.

In die geval van oordosering, stop om die tablette te drink en raadpleeg u geneesheer of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifbeheer sentrum.

**NEWE-EFFEKTE**

**Invloede op die maag**

Maag ongemak; hardlywigheid; diarree; naarheid (sien ook "WAARSKUWINGS EN

**VOORSORGMATREËLS".)**

Nie al die newe-effekte wat al gerapporteer is, word in hierdie voubljet genoem nie. Indien u algemene gesondheid verswak of u ondervind enige ander newe-effekte, raadpleeg u gesondheidsorgpraktisyn vir advies.

**BERGING EN WEGDOEN INLIGTING**

**STOOR ALLE MEDIKASIE BUITE BEREIK VAN KINDERS.**

Stoor in 'n koel, droë plek by of benede 25 °C, buite direkte sonlig.

Hou die houer dig toe.

Moet nie in die badkamer stoor nie.

Moet nie gebruik na die vervaldatum op die verpakking nie.

Neem alle ongebruikte medikasie na jou apteker.

Moet nie van ongebruikte medikasie in dreine of rioolstelsels (bv. toilette) wegdoen nie.

**AANBIEDING**

30 Tablette verpak in 'n wit plastiek veiligheidsouer.

**IDENTIFIKASIE**

Oranje langwerpige tablet.

**REGISTRASIE NOMMER**

Hierdie ongeregistreerde medisyne is nog nie deur die SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.

**NAAM EN BESIGHEIDSADRES VAN DIE APPLIKANT**

Novagen Pharma (Pty) Ltd.

Office 2, 100 Sovereign Drive, Route 21 Corporate Park, Nellmapius Drive, IRENE, 0157

**DATUM VAN PUBLIKASIE VAN DIE PASIËNTINLIGTINGSBLAADJIE**

Nie van toepassing.

Professionele Inligting vir NOVAVIT® PLUS tablette is op die Novagen Pharma webtuiste beskikbaar:

<http://www.novagenpharma.co.za/products/wellness/novavit-plus>

NGNP0002

03/2018

BRITEPAK

Nov 04/2018