multivitamin men adult caplets

PROPRIETARY NAME AND DOSAGE FORM

Clicks Multivitamin Men Adult Caplets

COMPOSITION

Each caplet contains:

Ingredient	per caplet
Ascorbic Acid 97% providing vitamin C	75 mg
Lecithin	50 mg
Calcium carbonate providing calcium	40 mg
L-lysine	25 mg
Carotenoid complex	
Comprises: Betacarotene providing vitamin A	832 IU
Lycopene	375 mcg
Lutein	62,5 mcg
Zeaxanthin	62,5 mcg
Ludipress	21,25 mg
Magnesium oxide providing magnesium	18 mg
L-Cysteine	12,5 mg
L-Methionine	12,5 mg
Vitamin B3 (nicotinamide)	12,5 mg
Vitamin E 50% powder providing vitamin E	10 IU
Vitamin B5 (Calcium D pantothenate)	6,25 mg
Vitamin B1 (thiamine)	5 mg
Vitamin B2 (riboflavin)	5 mg
Vitamin B6 (pyridoxine)	5 mg
Citrus bioflavonoids	5 mg
L-Histadine	5 mg
Zinc gluconate providing zinc	1,7 mg
Iron AAC 20% providing iron	0,6 mg
Copper AAC 10% providing copper	0,5 mg
Folic acid	200 mcg
Vitamin A acetate providing vitamin A	525 IU
Chromium picolinate providing chromium	25 mcg
Manganese AAC 10% providing manganese	24,6 mcg
Biotin	15 mcg
Selenium AAC 0,2% providing selenium	12,5 mcg
Vitamin B12 0,1% providing cyanocobalamine	6,25 mcg
Vitamin D3 providing vitamin D	100 IU

Excipients: Microcrystalline cellulose, PVP, Ac-di-sol, magnesium stearate.

Clicks Multivitamin Men Adult Caplets are sugar and preservative free.

PHARMACOLOGICAL CLASSIFICATION

Category D Medicine; Complementary Medicine; Health supplement, Multivitamin with minerals

PHARMACOLOGICAL ACTION, PHARMACODYNAMIC PROPERTIES, PHARMACOKINETIC PROPERTIES:

The essential role of vitamins and minerals in the maintenance of good health is well documented and undisputed. The pivotal role of vitamins is to function as coenzymes, facilitating the transformation of apoenzymes into holoenzymes, thereby regulating both catabolic and anabolic reactions. Vitamins are essential organic compounds that the human body requires in small quantities for various metabolic and physiological processes. Their solubility plays a crucial role in how they are absorbed, transported, and utilized by the body. The categorization of vitamins based on their solubility is a fundamental concept in nutrition and biochemistry.

There are 2 categories of vitamins based on solubility: water soluble vitamins and fat soluble vitamins.

Water soluble vitamins: dissolve in water and are not stored to a significant extent in the body. Instead, they are readily absorbed in the small intestine and are transported through the bloodstream. Any excess water soluble vitamins that the body does not immediately use is typically excreted in the urine. Water soluble vitamins include vitamins B1, B2, B3, B5, B6, biotin, folic acid, vitamin C. These vitamins play vital roles in processes like energy metabolism, cell growth and immune function.

Fat soluble vitamins do not dissolve in water but are only soluble in fats and oils. They are stored in the body's fatty tissues and in the liver. This storage allows the body to draw on these reserves when dietary intake is insufficient. Fat soluble vitamins include vitamins A, D, E and K. They are essential for various functions such as vision, bone health, antioxidant defence, and blood clotting. The solubility of vitamins is crucial because it impacts their absorption, transportation and storage within the body. Fat soluble vitamins are generally absorbed into the lacteals of the small intestine via chylomicrons with the assistance of bile salts. They are transported through the lymphatic system and eventually reach the bloodstream. Fat soluble vitamins are stored in the liver or fatty tissues of our bodies until needed, which means they do not require frequent ingestion. The absorption, transport, activation and utilization of these vitamins involve enzymes or other proteins whose synthesis is genetically controlled. Excessive intake of fat soluble vitamins can become toxic, as they are not readily excreted from the body, and accumulate in the liver and fatty tissue, unlike water soluble vitamins. Thus, the quantity of fat soluble vitamins ingested is critical in order to remain within therapeutic levels in the body.

While both are essential for health, it is important to maintain a balanced diet that provides an adequate supply of both water- and fat-soluble vitamins to support overall well being and prevent deficiencies.

Mineral salts are responsible for structural functions involving the skeleton and soft tissues and for regulatory functions including neuromuscular transmission, blood clotting, oxygen transport and enzymatic activity. Calcium, magnesium and phosphorus are required in relatively large quantities and are called macrominerals. Minerals needed in smaller quantities are called trace elements. Mineral salts are generally water soluble.

INDICATIONS

The role of multivitamin and mineral supplements to combat specific deficiencies, where the diet is known to be inadequate is beyond debate. Supplementation should be regarded as temporary intervention until a healthy, balanced diet can be reinstated. Multivitamin and mineral supplements contribute to the maintenance of good health. Antioxidants help protect the body against free radical damage.

CONTRAINDICATIONS

Hypersensitivity to any of the ingredients.

WARNINGS AND SPECIAL PRECAUTIONS

Clicks Multivitamin Men Adult is a complete vitamin and mineral supplement and is not a replacement for a healthy, balanced diet.

Do not exceed the recommended dosage. Doses exceeding the prescribed amount may lead to hypervitaminosis.

Individuals who have a medical condition, or who are taking other medication, must consult with a healthcare practitioner before taking Clicks Multivitamin Men Adult, as they may have special requirements.

Clicks Multivitamin Men Adult is not to be taken if the individual is allergic to or has a hypersensitivity to any of the ingredients in the product.

Effects on ability to drive vehicles and use machinery

Clicks Multivitamin Men Adult caplets should not impair the ability of the recipient to drive vehicles and operate machinery.

INTERACTIONS

None known in the prescribed dosage range.

Individuals currently being treated for any condition or taking other medication, complementary or traditional, must consult their healthcare practitioner before taking this product.

PREGNANCY AND BREASTFEEDING

Not applicable.

DOSAGE AND DIRECTIONS FOR USE

Take 2 caplets in the morning after breakfast with a glass of water.

SIDE EFFECTS

There have been no reports of major adverse events and side effects associated with any of the nutrients contained in the product when taken in the prescribed dosages.

Isolated cases of nausea and vomiting have been reported. This can be alleviated by taking the recommended dosage after a meal.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

In cases of suspected overdosage, immediate withdrawal of the product is indicated, and treatment is symptomatic and supportive.

IDENTIFICATION

Clicks Multivitamin Men Adult caplets are capsule shaped greenish olive coloured, film coated caplets.

PRESENTATION

Clicks Multivitamin Men Adult caplets are packaged in white, plastic containers with a white screw on cap, containing 60 caplets and a silica gel sachet, packed into a unit carton.

STORAGE INSTRUCTIONS

Store in a cool, dry place at or below 25 C, away from direct sunlight. KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER

TBA

NAME AND ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION

Grace Pharmaceuticals (Pty) Ltd, Unit 5 Ellis Park Shopping Centre, 29/35A
Romsey Grove, Durban North, 4051
Telephone: 0861 114 788
www.gracepharm.co.za

DATE OF PUBLICATION

TBA

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

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HANDELSNAAM EN DOSERINGSVORM

Clicks Multivitamin Men Adult-kaplette

SAMESTELLING

Elke kaplet bevat:

Bestanddele		**per kaplet**
Askorbinesuur 97% wat vitamien C verskaf		75 mg
Lesitien		50 mg
Kalsiumkarbonaat wat kalsium verskaf		40 mg
L-lisien		25 mg
Karotenoïedkompleks		
Bevat:	Betakarotien wat vitamien A verskaf	832 IU
	Likopeen	375 mcg
	Luteïen	62,5 mcg
	Zeaxanthin	62,5 mcg
	Ludipress	21,25 mg
Magnesiumoksied wat magnesium verskaf		18 mg
L-Sisteïen		12,5 mg
L-Metionien		12,5 mg
Vitamien B3 (nikotinamied)		12,5 mg
Vitamien E 50% poeier wat vitamien E verskaf		10 IU
Vitamien B5 (kalsium D-pantotenaat)		6,25 mg
Vitamien B1 (tiamien)		5 mg
Vitamien B2 (riboflavien)		5 mg
Vitamien B6 (piridoksien)		5 mg
Sitrus-bioflavonoïede		5 mg
L-Histadien		5 mg
Sinkglukonaat wat sink verskaf		1,7 mg
Yster AAC 20% wat yster verskaf		0,6 mg
Koper AAC 10% wat koper verskaf		0,5 mg
Foliensuur		200 mcg
Betakarotien wat vitamien A verskaf		525 IU
Chromiumpikolinaat wat chromium verskaf		25 mcg
Mangaan AAC 10% wat mangaan verskaf		24,6 mcg
Biotien		15 mcg
Selenium AAC 0,2% wat selenium verskaf		12,5 mcg
Vitamien B12 (sianokobalamien 0,1%)		6,25 mcg
Vitamien D3 wat vitamien D verskaf		100 IU

Hulpstowwe: Mikrokristallyne sellulose, PVP, Ac-di-sol, magnesiumstearaat.

Clicks Multivitamin Men Adult-kaplette is suiker- en preserveermiddelvry.

FARMAKOLOGIESE KLASSIFIKASIE

Kategorie D-medisyne; Komplementêre medisyne;
Gesondheidsaanvulling,Multivitamien met minerale

FARMAKOLOGIESE AKSIE, FARMAKODINAMIESE EIENSKAPPE, FARMAKOKINETIESE EIENSKAPPE:

Die noodsaaklike rol van vitamiene en minerale in die instandhouding van goeie gesondheid is goed gedokumenteer en onbetwisbaar. Die belangrike rol van vitamiene is om as koënsieme op te tree, die transformering van apoënsieme in holoënsieme te fasiliteer om sodoende beide kataboliese en anaboliese reaksies te reguleer. Vitamiene is noodsaaklike organiese samestellings wat die menslike liggaam in klein hoeveelhede nodig het vir verskeie metaboliese en fisiologiese prosesse. Hulle oplosbaarheid speel 'n kritieke rol in die manier waarop hulle deur die liggaam geabsorbeer, vervoer en benut word. Die kategorisering van vitamiene op grond van hulle oplosbaarheid is 'n fundamentele konsep in voeding en biochemie.

Daar is twee kategorieë vitamiene op grond van oplosbaarheid: wateroplosbare en vetoplosbare vitamiene.

Wateroplosbare vitamiene: Los op in water en word nie in 'n groot mate in die liggaam geberg nie. Hulle word geredelik in die dunderm geabsorbeer en deur die bloedstroom vervoer. Enige oormatige wateroplosbare vitamiene wat die liggaam nie dadelik benut nie, word tipies in urien uitgeskei. Wateroplosbare vitamiene sluit in vitamien B1, B2, B3, B5, B6 en C, asook biotien en foliensuur. Hierdie vitamiene speel 'n belangrike rol in prosesse soos energiemetabolisme, selgroei en in immuunfunksies.

Vetoplosbare vitamiene los nie in water op nie, maar is slegs oplosbaar in vette en olies. Hulle word in die liggaam se vetweefsel en die lewer geberg. Die berging stel die liggaam in staat om hierdie reserwes te gebruik wanneer die dieet onvoldoende is. Vetoplosbare vitamiene sluit in vitamien A, D, E en K. Hulle is noodsaaklik vir verskeie funksies soos sig, beengesondheid, antioksidantbeskerming en bloedklontvorming. Die oplosbaarheid van vitamiene is uiters belangrik omdat dit 'n impak het op hulle absorpsie, vervoer en berging binne die liggaam. Vetoplosbare vitamiene word in die algemeen in die limfvate van die dunderm via chylomikrons met behulp van galsoute geabsorbeer. Hulle word deur die limfatiese stelsel vervoer en bereik uiteindelik die bloedstroom. Vetoplosbare vitamiene word in die lewer of vetweefsels van ons liggame geberg totdat hulle benodig word wat beteken dis nie nodig om hulle dikwels in te neem nie. Die absorpsie, vervoer, aktivering en benutting van hierdie vitamiene behels ensieme of ander proteïne waarvan die sintese geneties beheer word. Oormatige inname van vetoplosbare vitamiene kan toksies word, aangesien hulle nie geredelik uit die liggaam uitgeskei word nie, maar in die lewer en vetweefsel versamel, anders as met wateroplosbare vitamiene. Dus, die hoeveelheid vetoplosbare vitamiene wat ingeneem word, is van kardinale belang om binne terapeutiese vlakke in die liggaam te bly.

Omdat albei noodsaaklik is vir gesondheid, is dit belangrik om 'n gebalanseerde dieet te volg wat voldoende water- en vetoplosbare vitamiene bevat om algehele welstand te ondersteun en tekorte te voorkom.

Mineralesoute is verantwoordelik vir strukturele funksies van die skelet- en sagte weefsel, en vir reguleringsfunksies, insluitende neurospieroordrag, bloedklontvorming, die vervoer van suurstof en ensiemaktiwiteit. Kalsium, magnesium en fosfor word in relatief groot hoeveelhede vereis en word makrominerale genoem. Minerale wat in kleiner hoeveelhede nodig is, word spoorelemente genoem. Mineralesoute is in die algemeen wateroplosbaar.

INDIKASIES

Die rol van multivitamien- en mineraalaanvullings om spesifieke tekorte teen te werk waar dit bekend is dat die dieet onbetwisbaar tekortskiet. Aanvulling moet as 'n tydelike intervensie beskou word totdat 'n gesonde, gebalanseerde dieet herstel kan word. Multivitamien- en mineraalaanvullings dra by tot die instandhouding van goeie gesondheid. Antioksidante help om die liggaam teen vrye radikale skade te beskerm.

KONTRA-INDIKASIES

Hipersensitiwiteit vir enige van die bestanddele.

WAARSKUWINGS EN SPESIALE VOORSORGMAATREËLS

Clicks Multivitamin Men Adult is 'n volledige vitamien- en mineraalaanvulling, en dit vervang nie 'n gesonde, gebalanseerde dieet nie.

Moenie die aanbevole dosis oorskry nie. Dosisse wat die voorgeskrewe hoeveelheid oorskry, kan tot hipervitaminose lei.

Individue met 'n mediese toestand of wat ander medikasie neem, moet 'n gesondheidspraktisyn raadpleeg voordat hulle Clicks Multivitamin Men Adult gebruik, omdat dit spesiale vereistes kan hê.

Clicks Multivitamin Men Adult moenie geneem word indien die individu allergies is vir of 'n hipersensitiwiteit vir enige bestanddele in die produk het nie.

Uitwerkings op vermoë om voertuie te bestuur en masjinerie te gebruik

Clicks Multivitamin Men Adult-kaplette behoort nie die ontvanger se vermoë om voertuie te bestuur en masjinerie te hanteer, in te perk nie.

INTERAKSIES

Geen bekend in die voorgeskrewe dosisreeks nie.

Individue wat tans vir enige ander toestand behandel word of ander medikasie gebruik, komplementêr of tradisioneel, moet hulle gesondheidsorgpraktisyn raadpleeg voordat hulle hierdie produk gebruik.

SWANGERSKAP EN BORSVOEDING

Nie van toepassing nie.

DOSERING EN GEBRUIKSAANWYSINGS

Neem twee kaplette soggens na ontbyt met 'n glas water.

NEWE-EFFEKTE

Daar was geen aanmeldings van ernstige negatiewe reaksies en newe-effekte wat met enige van die voedingstowwe in die voorgeskrewe dosisse geassosieer word nie.

Geïsoleerde gevalle van naarheid en braking is aangemeld. Dit kan verlig word deur die aanbevole dosis direk na 'n maaltyd te neem.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN

In die geval van vermoedelike oordosering word die onmiddellike onttrekking van die produk aangedui, en die behandeling is simptomaties en ondersteunend.

IDENTIFISERING

Clicks Multivitamin Men Adult-kaplette is kapsuulvormig, olyfgroen van kleur, met 'n laag rondom.

AANBIEDING

Clicks Multivitamin Men Adult-kaplette word in wit plastiekhouers met 'n wit draaiprop verpak, en bevat 60 kaplette en 'n silikajelsakkie; dit word in 'n eenheidskartonhouer verpak.

BEWARINGSINSTRUKSIES

Bêre in 'n koel, droë plek teen of onder 25 °C, uit direkte sonlig.
HOU BUITE BEREIK VAN KINDERS.

REGISTRASIENOMMER

Moet aangekondig word

EIENAAR VAN DIE REGISTRASIESERTIFIKAAT SE NAAM EN ADRES

Grace Pharmaceuticals (Pty) Ltd, Eenheid 5 Ellis Park Inkopiesentrum,
Romsey Grove 29/35A, Durban-Noord, 4051. Telefoonnommer: 0861 114 788
www.gracepharm.co.za

PUBLIKASIEDATUM

Moet aangekondig word

Hierdie ongeregistreerde medikasie is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of voorgenome gebruik nie.

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