

SCHEDULING STATUS

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PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

B Co Shot Gummies

Complementary Medicine, Category D Medicine,

Health Supplement

Combination; vitamins and other

READ ALL OF THE INFORMATION IN THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU.

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

B Co Shot Gummies is available without a doctor's prescription for you to maintain your health. Nevertheless, you still need to use B Co Shot Gummies carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share B Co Shot Gummies with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

WHAT B Co SHOT GUMMIES CONTAINS

Each B Co Shot Gummie contains:

	per 1 Gummie	per 2 Gummies
L- glutamine	250 mg	500 mg
Taurine	50 mg	100 mg
Vitamin B3 (nicotinamide)	4 mg	8 mg
Vitamin B5 (pantothenic acid)	2,5 mg	5 mg
Vitamin B6 (pyridoxine)	2 mg	4 mg
Vitamin B2 (riboflavin)	0,2 mg	0,4 mg
Vitamin B1 (thiamine)	0,2 mg	0,4 mg
Vitamin B12 (cyanocobalamin)	5 mcg	10 mcg

Inactive ingredients: Malitol syrup, isomalt, pectin, polydextrose solution, sodium citrate, malic acid, beetroot red, natural flavour, vegetable oil, calcium lactate, steviol glycosides

Sugar free

Pectin based

WHAT B Co SHOT GUMMIES IS AND WHAT IT IS USED FOR

B Co Shot Gummies contains a combination of B vitamins which supports energy-yielding metabolism, and which plays a role in the maintenance of good health.

WHAT YOU NEED TO KNOW BEFORE YOU TAKE B Co Shot GUMMIES

Do not take B Co Shot Gummies if :

- You are hypersensitive or allergic to B Co Shot Gummies or any of the ingredients in B Co Shot Gummies.
- You are hypersensitive or allergic to cobalamin, cobalt or pectin
- You have a suspected but undiagnosed vitamin B12 deficiency
- You have Leber's disease or tobacco amblyopia.

WARNINGS AND PRECAUTIONS

Taking other medicines with B Co Shot Gummies

Always tell your healthcare provider if you are taking other medicines including complementary or traditional medicines as the use of B Co Shot Gummies with these medicines may cause undesirable interactions. If you have any medical condition, ask your healthcare provider for advice before taking B Co Shot Gummies, particularly if you are receiving a coronary stent or suffer from epilepsy. B Co Shot Gummies may interact with the following medicines: anticonvulsants, capecitabine, fluorouracil, levodopa and altretamine.

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please speak to your doctor, pharmacist or other healthcare provider for advice before taking this medicine.

Driving and using machinery

Taking B Co Shot Gummies does not affect your ability to drive or operate machinery.

Children and Adolescence

B Co Shot Gummies is not recommended for children below the age of 4 years. Consult a healthcare provider prior to use.

HOW TO TAKE B Co Shot GUMMIES

Always take B Co Shot Gummies exactly as described in this leaflet, or as your healthcare provider has told you. You should check with your healthcare provider if you are not sure. The usual dose for adults and children 4 years and over is 2 B Co Shot Gummies per day. For oral use only. Gummies to be chewed.

If you take more B Co Shot Gummies than you should

In the event of overuse, stop taking B Co Shot Gummies immediately and consult your doctor or pharmacist. If neither is available contact the nearest hospital or poison centre. If you forget to take your daily dose of B Co Shot Gummies, do not take a double dose to make up for forgotten individual doses.

POSSIBLE SIDE EFFECTS

B Co Shot Gummies can have side effects. Not all side effects reported for B Co Shot Gummies are included in this leaflet. Should your general health worsen or if you experience untoward effects while taking B Co Shot Gummies, please consult your healthcare provider for advice. If there is any hypersensitivity or gastrointestinal disturbance, stop taking B Co Shot Gummies and contact your healthcare provider.

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

HOW TO STORE AND DISPOSE OF B Co SHOT GUMMIES

KEEP OUT OF REACH OF CHILDREN

Store at or below 25 °C.

Keep out of direct light and moisture.

Do not freeze.

Store in the original container.

Keep the container tightly closed.

Do not store in a bathroom.

Do not use after the expiry date stated.

Return all unused medicine to your pharmacist.

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

PRESENTATION OF B Co Shot Gummies

B Co Shot Gummies are packaged in a labelled, sealed plastic pouch with a sealing strip. Each pouch contains 60 B Co Shot Gummies.

IDENTIFICATION OF B Co Shot GUMMIES

Each B Co Shot Gummies is a complete button shape and is uniform in size. They are orange red in colour and are not transparent. They have a berry flavour and odour.

REGISTRATION NUMBER

Will be allocated when the product is registered by SAHPRA.

DATE OF PUBLICATION

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