



+ VITAMIN C & SELENIUM

PROFESSIONAL INFORMATION

SURVIVAL CAPSULES

SCHEDULING STATUS

S0

PROPRIETARY NAME (and dosage form) SURVIVAL capsules

COMPOSITION

Each capsule contains:	per capsule
Zinc (as picolinate)	12,5 mg
Ascorbic acid (Vitamin C)	500 mg
Selenium (as amino acid chelate)	25 mcg

Inactive ingredients: Colloidal silicone dioxide, Magnesium stearate, Microcrystalline cellulose

PHARMACOLOGICAL CLASSIFICATION

Complementary Medicine, Health Supplement
Vitamin with minerals

PHARMACOLOGICAL ACTION

Zinc is an essential element in the maintenance of good health. It supports a healthy immune system and the maintenance of healthy hair, skin, nails and bones. Zinc assists with the formation of connective tissue and in the metabolism of carbohydrates, fats and proteins.

Vitamin C is a well documented antioxidant and is essential for the maintenance of good health. Vitamin C assists with the metabolism of fats and proteins; assists with the maintenance of healthy bones, cartilage, teeth, gums and connective tissue; and helps with wound healing.

Selenium is a trace element with antioxidant properties and contributes to the maintenance of healthy hair and nails; and functioning of the immune system

INDICATIONS

The role of nutrition to promote good health is beyond debate. Vitamin and mineral supplements are generally indicated to combat specific deficiencies where diet is known to be inadequate and should be regarded as a temporary intervention until a healthy balanced diet can be reinstated.

SURVIVAL may be beneficial in the maintenance of a healthy immune system when the body is under stress (colds, flu, cold sores). It may also assist with acne, pimples and eczema.

CONTRAINDICATIONS

Hypersensitivity to any of the ingredients.

Individuals with known or suspected gastric disorders and lesions.

Individuals who should avoid taking antioxidants.

WARNINGS

SURVIVAL is a vitamin and mineral supplement and is not a replacement for a healthy balanced diet.

The recommended dosage of 2 capsules per day should not be exceeded, unless prescribed by a Healthcare Practitioner.

Individuals who have a medical condition, or are taking other medication, must consult with a Healthcare Practitioner before taking **SURVIVAL**, as they may have special requirements.

SURVIVAL should not be taken if individuals are allergic to, or have a hypersensitivity to any of the ingredients, or if antioxidants should be avoided.

INTERACTIONS

None known in the prescribed dosage range.

If patients are currently taking any medication, health supplements, or are being treated for any condition a Healthcare Practitioner should be consulted before taking this product.

PREGNANCY AND LACTATION

Safety in pregnancy and in breastfeeding women has not been established.

DOSAGE AND DIRECTIONS FOR USE

Two capsules are to be taken daily after a meal with a glass of water.

In cases of severe nutrient deficiency, daily dosage can be increased by a Healthcare Practitioner.

SIDE EFFECTS AND SPECIAL PRECAUTIONS

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

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

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

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

IDENTIFICATION

SURVIVAL capsules are white on white, size 0, hard gel capsules and are filled with a white powder.

PRESENTATION

SURVIVAL capsules are packed in white securitainers containing 60 capsules each.

STORAGE INSTRUCTIONS

Store in a cool dry place below 25 C, away from direct sunlight. Keep the container firmly closed at all times.

KEEP OUT OF REACH OF CHILDREN AND UNINFORMED INDIVIDUALS

This product has not been evaluated by SAPHRA. This product is not intended to diagnose, treat, cure or prevent disease.

NAME AND BUSINESS ADDRESS OF APPLICANT

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