

Scheduling Status: **S0**

IPS MULTIVITAMIN Capsules

IPS MULTIVITAMIN capsules contain the following active substances

L-Lysine; Ascorbic Acid (Vitamin C); *Arthrospira Platensis* (Spirulina) [whole cell]. **Green Oxithin™** *Aspalathus linearis* (Green Rooibos) [dried leaves] extract; dl- α -Tocopheril Acetate (Vitamin E); Beta Carotene to provide Vitamin A; Nicotinamide (Vitamin B3); Pantothenic Acid (Vitamin B5); Pyridoxine hydrochloride (Vitamin B6); Cholecalciferol (Vitamin D3); Riboflavin (Vitamin B2); Thiamine (Vitamin B1); Folic Acid (Vitamin B9); D-Biotin; Cyanocobalamin (Vitamin B12)

Sugar Free

- Complementary Medicine
- Category D 33.7 Complementary Medicine, Combination product
- This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

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

- IPS MULTIVITAMIN capsules are available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use IPS MULTIVITAMIN carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share IPS MULTIVITAMIN with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

What is in this leaflet

1. What IPS MULTIVITAMIN is and what it is used for
2. What you need to know before you take IPS MULTIVITAMIN
3. How to take IPS MULTIVITAMIN
4. Possible side effects
5. How to store IPS MULTIVITAMIN
6. Contents of the pack and other information

1. WHAT IPS MULTIVITAMIN IS AND WHAT IT IS USED FOR

IPS MULTIVITAMIN is a complementary medicine and a source of vitamins and antioxidants for the maintenance of good health.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE IPS MULTIVITAMIN

Do not take IPS MULTIVITAMIN

- If you are hypersensitive (allergic) to any of the ingredients.
- If you are taking any chronic medicine without consulting your medical practitioner.

Warnings and precautions

Take special care with IPS MULTIVITAMIN if you are taking any other medicines or natural health products as it may contain the same ingredients or may alter their effectiveness.

Do not exceed the recommended daily dosage.

Children

IPS MULTIVITAMIN is not recommended for children younger than 18 years.

Other medicines and IPS MULTIVITAMIN

- Always tell your healthcare professional if you are taking any other medicine, including complementary and traditional medicine.
- Take special care if you take blood thinners (anticoagulant or antiplatelet medication) e.g. Warfarin, as some of the ingredients may have a blood thinning effect, increasing the risk of bleeding.
- You should take all oral antibiotics at least two (2) hours before, or four (4) hours after IPS MULTIVITAMIN to make sure that their absorption is not influenced.

Taking IPS MULTIVITAMIN with food and drink

- IPS MULTIVITAMIN is not influenced by food and drink.
- Also refer to section 3 on "How to take IPS MULTIVITAMIN".

Pregnancy and Breastfeeding

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking IPS MULTIVITAMIN.

Driving and using machines

IPS MULTIVITAMIN should not interfere with your ability to drive a vehicle safely or to operate any tools or machines. If you are unsure, avoid driving and using machinery.

IPS MULTIVITAMIN contains the following inactive ingredients / excipients

- Fumed silica (**Aerosil®**); gelatine capsule shell; magnesium stearate
- IPS MULTIVITAMIN does not contain any preservatives, gluten, lactose, tartrazine or yeast.

3. HOW TO TAKE IPS MULTIVITAMIN

- Do not share medicines that you are taking with any other person.
- Always take IPS MULTIVITAMIN exactly as described in this leaflet. You should check with your doctor or pharmacist if you are unsure.

The usual dose for adults 18 years and older is

- Take 1 (one) capsule daily with a sufficient amount of liquid (e.g. one glass of water) before a meal.
- Take IPS MULTIVITAMIN at about the same time each day. They should be swallowed whole with water. Do not crush or chew them.

If you take more IPS MULTIVITAMIN than you should

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

If you forget to take a dose of IPS MULTIVITAMIN

- Take the missed dose as soon as you remember.
- Do not take a double dose to make up for forgotten individual doses.

If you stop taking IPS MULTIVITAMIN

It is unlikely that you will experience any withdrawal effects when you stop using this medication.

4. POSSIBLE SIDE EFFECTS

- IPS MULTIVITAMIN can have side effects.
- Not all side effects reported for IPS MULTIVITAMIN 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 professional for advice.
- Treatment of side effects should be symptomatic and supportive.
- If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you notice any side effects not mentioned in this leaflet, talk to your doctor, pharmacist or nurse. You can also report side effects to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on the SAHPRA website. By reporting side effects, you can help provide more information on the safety of IPS MULTIVITAMIN.

5. HOW TO STORE IPS MULTIVITAMIN

- Store all medicines out of reach of children
- Store at or below 25 °C
- Store in the original container
- Keep the container tightly closed
- Protect from moisture
- Do not store IPS MULTIVITAMIN in a bathroom
- Do not use IPS MULTIVITAMIN after the expiry date stated on the bottle
- Return all unused medicine to your pharmacist
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets)

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What IPS MULTIVITAMIN contains

The active substances are:

L-Lysine	133,12 mg
Ascorbic Acid (Vitamin C)	120 mg
<i>Arthrospira Platensis</i> (Spirulina) [whole cell]	55 mg
Green Oxithin™ <i>Aspalathus linearis</i> (Green Rooibos) [dried leaves] extract	30 mg
dI-α-Tocoferil Acetate (Vitamin E)	15 IU
Beta Carotene to provide Vitamin A	1000 IU
Nicotinamide (Vitamin B3)	18 mg
Pantothenic Acid (Vitamin B5)	6 mg
Pyridoxine hydrochloride (Vitamin B6)	5 mg

Cholecalciferol (Vitamin D3)	200 IU
Riboflavin (Vitamin B2)	1,6 mg
Thiamine (Vitamin B1)	1,4 mg
Folic Acid (Vitamin B9)	0,2 mg
D-Biotin	0,1 mg
Cyanocobalamin (Vitamin B12)	0,002 mg

The other ingredients are:

Fumed silica (**Aerosil®**); gelatine capsule shell; magnesium stearate

What IPS MULTIVITAMIN looks like and contents of the pack

IPS MULTIVITAMIN is encapsulated into a light purple and white hard gelatine capsule. 15 or 30 capsules IPS MULTIVITAMIN is packed into a white plastic bottle with an amethyst screw cap and seal. A silica bag is included.

Prospective holder of certificate of Registration

IPS Health and Wellness (Pty) Ltd

Ground floor, Riverview House, Constantia Office Park

c/o 14th Avenue and Hendrik Potgieter Rd Weltevreden Park

Toll Free number: 010 140 6700

Email: info@ipshealth.co.za

This leaflet was last revised in

January 2025 (V2_2025)

Registration number

To be allocated

Access to the corresponding Professional Information

The professional information for this product is available at

<https://ipshealth.co.za/product/ips-multivitamin-for-women/>



Skeduleringsstatus: **S0**

IPS MULTIVITAMIN Kapsules

Die aktiewe bestanddele in IPS MULTIVITAMIN is

L-Lisien; Ascorbiensuur (Vitamien C); *Arthrospira Platensis* (Spirulina) [hele sel]; **Green Oxithin™** *Aspalathus linearis* (Groen Rooibos) [gedroogde blare] ekstrak; dl- α -Tokoferiel asetaat (Vitamien E); Beta-karoteen wat Vitamien A verskaf; Nikotienamied (Vitamien B3); Pantoteensuur (Vitamien B5); Piridoksien hidrokloried (Vitamien B6); Kolekalsiferol (Vitamien D3); Riboflaviën (Vitamien B2); Tiamien (Vitamien B1); Foliensuur (Vitamien B9); D-Biotien; Sianokobalamien (Vitamien B12)

Suikervry

- Komplementêre Medisyne,
- Kategorie D 33.7 Komplementêre Medisyne, Kombinasieproduk
- IPS MULTIVITAMIN is nie deur SAHPRA geëvalueer vir sy gehalte, veiligheid of beoogde gebruik nie.

Lees die hele inligtingsblaadjie noukeurig deur aangesien dit belangrike inligting vir jou bevat.

- IPS MULTIVITAMIN is beskikbaar sonder 'n doktersvoorskrif en is aanvullende (komplimentêre) medisyne om jou te help om jou gesondheid te handhaaf. Jy moet IPS MULTIVITAMIN egter steeds versigtig gebruik om die beste resultate te verkry.
- Hou hierdie voubiljet want dit mag dalk nodig wees om dit weer te lees.
- Moenie IPS MULTIVITAMIN met enige iemand anders deel nie.
- Raadpleeg jou apteker of gesondheidsorgpraktisyn indien jy meer inligting of advies benodig.

Wat hierdie voubiljet bevat

1. Wat IPS MULTIVITAMIN is en waarvoor dit gebruik word.
2. Wat jy moet weet voordat jy begin om IPS MULTIVITAMIN te gebruik
3. Hoe om IPS MULTIVITAMIN te gebruik
4. Moontlike nuwe-effekte
5. Hoe om IPS MULTIVITAMIN te bewaar
6. Wat die houër bevat en ander inligting

1. WAT IPS MULTIVITAMIN IS EN WAARVOOR DIT GEBRUIK WORD

IPS MULTIVITAMIN is 'n komplementêre medisyne en 'n bron van vitamien en antioksidante vir die handhawing van goeie gesondheid.

2. WAT JY MOET WEET VOORDAT JY BEGIN OM IPS MULTIVITAMIN TE GEBRUIK

Moet nie IPS MULTIVITAMIN gebruik

- Indien jy hipersensitief (allergies) is vir enige van die bestanddele nie.
- Indien jy enige kroniese medikasie gebruik sonder die toestemming van jou mediese praktisyn nie

Waarskuwings en voorsorgmaatreëls

Wees versigtig indien jy enige ander medisyne of natuurlike gesondheidsprodukte gebruik aangesien IPS MULTIVITAMIN die effektiwiteit daarvan mag beïnvloed.

Moet nie die aanbevole dosis oorskry nie.

Kinders

IPS MULTIVITAMIN word nie aanbeveel vir gebruik deur kinders jonger as 18 jaar nie.

Ander medisyne en IPS MULTIVITAMIN

- Stel altyd jou gesondheidsorgpraktisyn in kennis indien jy enige ander medisyne, insluitend komplementêre en tradisionele medisyne, gebruik.
- Neem spesiale sorg indien jy enige bloedverdunders (antikoagulerende/ antistollings medikasie) gebruik, byvoorbeeld Warfarin, aangesien sommige van die bestanddele 'n bloedverdundings-effek mag hê wat die risiko van bleedings kan verhoog.
- Jy moet verkieslik alle orale antibiotika minstens 2 ure voor of 4 ure na IPS MULTIVITAMIN neem om seker te maak die absorpsie word nie beïnvloed nie.

Die neem van IPS MULTIVITAMIN met voedsel en drank

- IPS MULTIVITAMIN kan met of sonder kos geneem word.
- Verwys ook na afdeling 3 rakende "Hoe om IPS MULTIVITAMIN te gebruik".

Swangerskap en Borsvoeding

Indien jy swanger is, dink dat jy moontlik swanger is of jou baba borsvoed, raadpleeg asb jou dokter, apteker of ander professionele gesondheidsorgpraktisyn vir advies voordat jy IPS MULTIVITAMIN gebruik.

Bestuur en gebruik van masjinerie

IPS MULTIVITAMIN behoort nie jou vermoë om te bestuur of om masjinerie te hanteer te beïnvloed nie. Indien jy onseker is, moet jy nie bestuur of masjinerie hanteer nie.

IPS MULTIVITAMIN bevat die volgende onaktiewe bestanddele

- Silika (**Aerosil®**); gelatien kapsuuldop; magnesiumstearaat
- IPS MULTIVITAMIN bevat nie enige preserveermiddels, gluten, laktose, tartrasien of gis nie.

3. HOE OM IPS MULTIVITAMIN TE GEBRUIK

- Moenie jou medisyne met enige iemand anders deel nie.
- Neem IPS MULTIVITAMIN altyd presies soos aanbeveel. Bevestig met jou dokter of apteker indien jy onseker is.

Die normale dosis vir volwassenes ouer as 18 jaar is

- Neem 1 (een) kapsule per dag, met 'n voldoende hoeveelheid vloeistof. (byvoorbeeld een glas water).
- Neem IPS MULTIVITAMIN op omtrent dieselfde tyd elke dag. Die



kapsules kan sonder etes geneem word. Die kapsules moet heel gesluk word, met water. Moet nie die kapsules fyndruk of kou nie.

Indien jy meer IPS MULTIVITAMIN gedrink het as wat jy moes

Indien oordosering vermoed word, raadpleeg onmiddellik jou dokter of apteker. Indien geeneen beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

Indien jy vergeet het om IPS MULTIVITAMIN te neem

- Neem die dosis sodra jy daarvan onthou.
- Moenie 'n dubbele dosis neem om vir oorgeslane dosisse op te maak nie.

Indien jy ophou om IPS MULTIVITAMIN te neem

Dit is onwaarskynlik dat jy enige ontrekkingsimptome sal ondervind indien jy ophou om IPS MULTIVITAMIN te neem.

4. MOONTLIKE NEWE-EFFEKTE

- IPS MULTIVITAMIN kan moontlik newe-effekte veroorsaak.
- Nie alle newe-effekte wat vir IPS MULTIVITAMIN aangemeld is word in hierdie biljet genoem nie. Indien jou algemene gesondheid verswak of indien jy enige nadelige effek ondervind terwyl jy hierdie medisyne gebruik, moet jy asseblief jou dokter, apteker of ander gesondheidsorgpraktisyn raadpleeg.
- Behandeling van newe-effekte moet ondersteunend en simptomaties wees.
- Indien jy enige newe-effekte waarneem wat nie in hierdie biljet genoem word nie, moet jy jou dokter of apteker daarvan vertel.

Aanmeld van newe-effekte

Indien jy enige newe-effekte waarneem, moet jy jou dokter of apteker daarvan vertel. Jy kan ook newe-effekte aanmeld by SAHPRA deur gebruik te maak van die MED Safety APP (Medsafety X SAHPRA) en die e-reporting platform (who-umc.org), soos aangedui op die SAHPRA webtuiste. Deur newe-effekte aan te meld, kan jy 'n bydrae lewer maak tot die veiligheidsprofiel van IPS MULTIVITAMIN.

5. HOE OM IPS MULTIVITAMIN TE BEWAAR

- Bewaar alle medisyne buite bereik van kinders.
- Bewaar teen of benede 25 °C.
- Bewaar in die oorspronklike houer.
- Maak die houer dig toe.
- Beskerm teen vog.
- Moenie IPS MULTIVITAMIN in die badkamer bewaar nie.
- Moenie IPS MULTIVITAMIN gebruik na die vervaldatum wat op die houer aangedui is nie.
- Besorg enige ongebruikte medisyne terug aan jou apteker/verskaffer.
- Moenie van ongebruikte medisyne ontslae raak in dreine of rioolstelsels soos toilette nie.

6. WAT DIE HOUER BEVAT EN ANDER INLIGTING

Wat IPS MULTIVITAMIN bevat:

Die aktiewe bestanddele is

L-Lisien	133,12 mg
Askorbiensuur (Vitamien C)	120 mg
<i>Arthrospira Platensis</i> (Spirulina) [hele sel]	55 mg
Green Oxithin™ <i>Aspalathus linearis</i> (Groen Rooibos) [gedroogde blare] ekstrak	30 mg
dl- α -Tokoferiel asetaat (Vitamien E)	15 IU
Beta-karoteen wat Vitamien A verskaf	1000 IU
Nikotienamied (Vitamien B3)	18 mg
Pantoteensuur (Vitamien B5)	6 mg
Piridoksien hidrokloried (Vitamien B6)	5 mg
Kolekalsiferol (Vitamien D3)	200 IU
Riboflaviën (Vitamien B2)	1,6 mg
Tiamien (Vitamien B1)	1,4 mg
Foliensuur (Vitamien B9)	0,2 mg
D-Biotien	0,1 mg
Sianokobalamien (Vitamien B12)	0,002 mg

Die ander bestanddele is

Silika (**Aerosil®**); gelatien kapsuuldop; magnesiumstearaat

Hoe IPS MULTIVITAMIN lyk en wat die houer bevat

IPS MULTIVITAMIN is enkapsuleer in 'n ligpers en wit harde gelatien kapsule. 15 of 30 Kapsules IPS MULTIVITAMIN word verpak in 'n wit plastiekbottel met 'n seël en 'n ligpers skroefprop. 'n Silikonsakkie word ingesluit.

Naam en besigheidsadres van die voornemende houer van die registrasiesertifikaat

IPS Health and Wellness (Pty) Ltd

Grondvloer, Riverview House, Constantia Office Park

h/v 14^{de} Laan en Hendrik Potgieter Rd, Weltevreden Park

Tolvrye nommer: 010 140 6700

Epos: info@ipshealth.co.za

Hierdie voubiljet is hersien gedurende

January 2025 (V2_2025)

Registrasie nommer

Moet toegeken word

Professionele inligting

Die professionele inligting vir hierdie produk is beskikbaar op <https://ipshealth.co.za/product/ips-multivitamin-for-women/>