

# JUNGLEVITES® MULTI V CHEWS

## PATIENT INFORMATION LEAFLET / PASIËNTINLIGTINGSBLADJIE

### SCHEDULING STATUS

Unscheduled

### PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

Junglevites® MultiV chew tablets

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

Junglevites® MultiV Chew Tablets is available without a doctor's prescription, for you to treat a mild illness. Nevertheless you still need to use Junglevites® MultiV Chew Tablets carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Junglevites® MultiV Chew Tablets with any other person.
- Ask your pharmacist if you need more information or advice.

### WHAT JUNGLEVITES® MULTI V CHEW TABLETS CONTAINS

#### COMPOSITION

Two (2) Tablets contains:

Vitamin A	1250 IU
Vitamin B <sub>1</sub> (thiamine)	1 mg
Vitamin B <sub>2</sub> (riboflavin)	1 mg
Vitamin B <sub>3</sub> (nicotinamide)	2,5 mg
Vitamin B <sub>6</sub> (calcium-D-pantothenate)	11 mg
Vitamin B <sub>12</sub> (cyanocobalamin)	0,9 mg
Vitamin B <sub>12</sub>	2 µg
Vitamin C (ascorbic acid)	66,4 mg
Vitamin D <sub>3</sub>	15 IU
Vitamin E	23,1 IU
Vitamin H (biotin)	30 µg
Folic acid	98 µg
Calcium	16,8 mg
Iron	7,4 mg
Magnesium	13,26 mg
Zinc	1,5 mg

The other ingredients are: Sucrose, povidone, magnesium stearate, citric acid, flavour and colourant  
Contains 1.3 g sugar (Sucrose, lactose and maltodextrin)

### WHAT JUNGLEVITES® MULTI V CHEW TABLETS IS USED FOR

Category D: Health Supplement

MultiV is used to support optimal growth and development

### BEFORE YOU TAKE JUNGLEVITES® MULTI V CHEW TABLETS

This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease. Health supplements are intended only to complement health or supplement the diet. Do not take Junglevites® MultiV Chew Tablets if you are hypersensitive (allergic) to any of the ingredients. Do not take the product if you have pernicious anaemia. Folic acid can mask pernicious anaemia by decreasing megaloblastic anaemia. This can prevent appropriate treatment with vitamin B<sub>12</sub> and result in neurological damage. You should therefore avoid treating undiagnosed anaemia with folic acid. Taking this product at the same time as quinolone antibiotics reduces quinolone absorption. Take at least 2 hours before or 4-6 hours after. The use of an aminoglycoside antibiotics and magnesium concurrently may lead to neuromuscular weakness, consult a medical practitioner prior to use.

### TAKING JUNGLEVITES® MULTI V CHEW TABLETS WITH FOOD AND DRINK:

Junglevites® MultiV Chew tablets should be taken daily with food.

### Pregnancy and Breastfeeding:

Although not indicated for this age group, it is safe for use during pregnancy and while breastfeeding

### HOW TO TAKE JUNGLEVITES® MULTI V CHEW TABLETS

Do not share medicines prescribed for you with any other person. Always take Junglevites® MultiV Chew Tablets exactly as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure. The usual dose is as follows: Children 1-3 years: Chew one (1) tablet daily after food. Children 4-14 years: Chew two (2) tablets daily after food.

### IF YOU TAKE MORE JUNGLEVITES® MULTI V CHEW TABLETS THAN YOU SHOULD:

In the event of overdose, 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 JUNGLEVITES® MULTI V CHEW TABLETS:

Do not take a double dose to make up for forgotten individual doses.

### POSSIBLE SIDE EFFECTS

Junglevites® MultiV Chew Tablets can have side effects. Not all side effects reported for Junglevites® MultiV Chew Tablets are included in this leaflet. Side effects may include gastrointestinal complaints, such as nausea, vomiting, diarrhoea or constipation, flatulence, headaches and rhinitis. Should your general health worsen or if you experience

any untoward effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

### STORING AND DISPOSING OF JUNGLEVITES® MULTI V CHEW TABLETS

Store all medicines out of reach of children. Store at or below 25 °C. Store in the original package / container. Keep the container in the outer carton. Keep the container tightly closed. Protect from moisture. Do not store in a bathroom. Do not use after the expiry date stated on the label / carton / bottle. Do not use Junglevites MultiV Chew Tablets if you notice visible signs of deterioration. Return all unused medicine to your pharmacist. Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

### PRESENTATION OF JUNGLEVITES® MULTI V CHEW TABLETS

Dark amber-coloured round container with a black childproof screw cap and seal for protection containing 60 chew tablets.

### IDENTIFICATION OF JUNGLEVITES® MULTI V CHEW TABLETS

Light purple-pink and light yellow coloured animal shaped (elephant, hippopotamus, lion and rhino-shaped) speckled chewable tablets.

### REGISTRATION NUMBER/REFERENCE NUMBER

TBA

### NAME AND ADDRESS OF REGISTRATION HOLDER

Ascendis Supply Chain (Pty) Ltd  
1 Carey Street, Wynberg  
Sandton, Gauteng 2012  
South Africa

### DATE OF PUBLICATION

TBA



### SKEDULERINGSSTATUS

Ongekaduleer

### HANDELSNAAM EN DOSERVORM

Junglevites® MultiV Koutablette

### Laes die hele inligtingsbladjie noukeuring deur, dit bevat belangrike inligting vir jou.

Junglevites® MultiV Koutablette is beskikbaar sonder 'n doktersvoorskrif en is aanvullende (Komplimentêre) medisyne. Jy moet Junglevites® MultiV Koutablette eger nog steeds versigtig gebruik om die beste resultate te verkry.

- Hou hierdie voubladjie, dit mag dalk nodig wees dat jy dit weer lees.
- Moenie Junglevites® MultiV Koutablette met enige ander persoon deel nie.
- Raadpleeg jou apteker of gesondheidsorgpraktisyn indien jy meer inligting of advies benodig.

### WAT JUNGLEVITES® MULTI V CHEW TABLETS BEVAT

Twoe (2) Koutablette bevat:

Vitamin A	1250 IU
Vitamin B <sub>1</sub> (thiamien)	1 mg
Vitamin B <sub>2</sub> (riboflavien)	1 mg
Vitamin B <sub>3</sub> (nikotienamied)	2,5 mg
Vitamin B <sub>6</sub> (kalsium-D-pantotenaat)	11 mg
Vitamin B <sub>12</sub> (piridoksiën)	0,9 mg
Vitamin B <sub>12</sub>	2 µg
Vitamin C (askorbiensuur)	66,4 mg
Vitamin D <sub>3</sub>	15 IU
Vitamin E	23,1 IU
Vitamin H (biotien)	30 µg
Foliensuur	98 µg
Kalsium	16,8 mg
Yster	7,4 mg
Magnesium	13,26 mg
Sinc	1,5 mg

Die ander bestandele is: Sukrose, povidone, magnesiumstearaat, striesuure, geursel en Kleurmiddel.  
Bevat 1,3 g suiker (Sukrose, laktose en maltodekstriën)

### WAARVOOR JUNGLEVITES MULTI V CHEW TABLETS GEWIKS WORD

Kategorie D: Gesondheidsaanvulling.  
MultiV word aangedui om optimale groei en ontwikkeling te ondersteun.

### VOORDAT JUNGLEVITES MULTI V CHEW TABLETS GEWIKS WORD

Hierdie medisyne is nie deur die Medisynbeheerraad geëvalueer nie. Hierdie medisyne is nie bedoel om te diagnoseer, te behandel, genees of enige siekte te voorkom nie. Gesondheidsaanvullings is slegs bedoel om gesondheid te komplementeer of die diët aan te vul. Moenie Junglevites® MultiV Koutablette gebruik indien jy hipersensitief (allergies) is vir enige van die bestandele nie. Moenie die produk gebruik as jy pernisieme anemie het nie. Foliensuur kan pernisieme anemie maskeer deur megaloblastiese anemie te verminder. Dit kan toepaslike behandeling met vitamien B<sub>12</sub> behandeling verhoed en kan lei tot neurologiese skade. Moet daarom nie ongediagnoseerde anemie met foliensuur behandel nie. Wanneer hierdie produk op dieselfde tyd as kinoloonantibiotika geneem word kan die absorpsie van die kinoloon verminder. Neem ten minste 2 ure voor of 4-6 ure later na die gebruik van die kinoloon. Die gebruik van aminoglykosiedantibiotika en magnesium op dieselfde tyd kan tot neuromuskulêre swakheid lei. Raadpleeg jou mediese praktisyn vir gebruik.

### NEEM VAN JUNGLEVITES MULTI V KOUTABLETTE MET KOS EN DRANK:

Junglevites MultiV Koutablette moet daaglik geneem word na etes.

### Swangerskap en Borsvoeding

Alhoewel die produk nie aangedui is vir hierdie ouderdomsgroep nie, is dit veilig vir gebruik tydens swangerskap en laktasie.

### HOE OM JUNGLEVITES MULTI V KOUTABLETTE TE GEWIKS

Moenie jou medisyne met enige iemand anders deel nie. Neem altyd Junglevites koutablette presies soos jou aanbevel. Raadpleeg jou dokter of apteker as jy onseker is. Die normale dosis is soos volg: Kinders 1-3 jaar: Kou een (1) tablet daaglik na ete. Kinders 4-14 jaar: Kou twee (2) tablette gaaglik na ete.

### INDIEN JY MEER JUNGLEVITES MULTI V KOUTABLETTE GEWIKS AS WAT JY BEHOORT

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

### INDIEN JY VERGET HET OM JUNGLEVITES MULTI V KOUTABLETTE TE NEEM:

Moenie 'n dubbele dosis neem om te vergoed vir oorgeslane dosisse nie.

### MOONTLIKE NEWE-EFFEKTE

Junglevites MultiV Koutablette kan moontlik newe-effekte veroorsaak. Nie alle newe-effekte wat vir Junglevites MultiV Koutablette aangemeld is word in hierdie bladjie genoem nie. Newe-effekte kan spysverteringskwale insluit soos naardie, braking, diaree of hardlywigheid, opgeblaasheid, hoofpyn en rinitis. Indien u algemene gesondheid verswak terwyl u hierdie medikasie gebruik, moet u asseblief u dokter, apteker of ander gesondheidskundige raadpleeg. As jy enige newe-effekte ondervind wat nie in hierdie pamflet genoem word nie, raadpleeg asseblief jou dokter of apteker.

### BERGING EN WEGDOEN VAN JUNGLEVITES MULTI V KOUTABLETTE

Bewaar alle medikasie buite bereik en sig van kinders. Bewaar teen of benede 25 °C. Bewaar in die oorspronklike houër. Hou die houër in die buiteste karton. Hou die houër dig toe. Beskerm teen vuur. Moenie die produk in die badkamer bewaar nie. Moenie gebruik na die vervaldatum aangedui op die houër nie. Besorg enige ongebruikte medisyne terug aan jou apteker. Moenie van ongebruikte medisyne ontslae raak in dreine of rioolstelsels nie (bv. toilette). Moenie van ongebruikte medisyne ontslae raak in dreine of rioolstelsels nie (bv. toilette)

### AANBIEDING VAN JUNGLEVITES MULTI V KOUTABLETTE

60 Kou tablette in 'n donker, amberkleurige ronde houër met 'n swart veiligheids skroefop en seël vir beskerming.

### IDENTIFIKASIE VAN JUNGLEVITES MULTI V KOUTABLETTE

Liggers-pienk en liggeel gespikkelde koutablette in die vorm van diere. (olifant, seekoel, leeu en renoster)

### REGISTRASIONOMMER

TBA

### NAAM EN BESIGHEIDSDRES VAN DIE HOUER VAN DIE REGISTRASIEREFIKATAAT

Ascendis Supply Chain (Pty) Ltd  
1 Carey Street, Wynberg  
Sandton, Gauteng 2012  
South Africa

### DATUM VAN PUBLIKASIE

TBA

# JUNGLEVITES® MULTI V CHEWS

## PACKAGE INSERT

### SCHEDULING STATUS

Unscheduled

### PROPRIETARY NAME AND DOSAGE FORM

Junglevites® MultiV chew tablets

### COMPOSITION

Two (2) Tablets contains:

Vitamin A	1250 IU
Vitamin B <sub>1</sub> (thiamine)	1 mg
Vitamin B <sub>2</sub> (riboflavin)	1 mg
Vitamin B <sub>3</sub> (nicotinamide)	2.5 mg
Vitamin B <sub>5</sub> (calcium-D-pantothenate)	11 mg
Vitamin B <sub>6</sub> (pyridoxine)	0.9 mg
Vitamin B <sub>12</sub>	2 µg
Vitamin C (ascorbic acid)	66.4 mg
Vitamin D <sub>3</sub>	15 IU
Vitamin E	23.1 IU
Vitamin H (biotin)	30 µg
Folic acid	98 µg
Calcium	16.8 mg
Iron	7.4 mg
Magnesium	13.26 mg
Zinc	1.5 mg

Inactive ingredients: Sucrose, povidone, magnesium stearate, citric acid, flavour and colourant  
Contains 1.3 g sugar (Sucrose, lactose and maltodextrin)

### PHARMACOLOGICAL CLASSIFICATION

Category D: Health Supplement

### PHARMACOLOGICAL ACTION

Junglevites® MultiV chew tablets contains vitamins that play a diversified role in the body including functioning as antioxidants and mediators of cell signalling, regulation, tissue growth and differentiation. Minerals are required to activate thousands of enzyme reactions within the body.

### INDICATIONS

To support optimal growth and development

### CONTRAINDICATIONS

The product is contraindicated for individuals with pernicious anemia. Folic acid can mask pernicious anemia by decreasing megaloblastic anemia. This can prevent appropriate treatment with vitamin B<sub>12</sub> and result in neurological damage. Individuals should therefore avoid treating undiagnosed anemia with folic acid

### WARNINGS AND SPECIAL PRECAUTIONS

Individuals with renal disease or insufficiency, sarcoidosis, human immunodeficiency virus (HIV), or with hemoglobin disease use the product with caution.

### DO NOT EXCEED RECOMMENDED DOSAGES UNLESS ON THE ADVICE OF A HEALTHCARE PRACTITIONER.

Do not use this product if you are hypersensitive (allergic) to any of the ingredients. If you are on any medication or suffering from any medical condition, it is advisable to seek medical advice before starting any new medicine, supplement or remedy. This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease. Health supplements are intended only to complement health or supplement the diet.

### INTERACTIONS

Taking this product at the same time as quinolone antibiotics reduces quinolone absorption. Take at least 2 hours before or 4-6 hours after. The use of an aminoglycoside antibiotics and magnesium concurrently may lead to neuromuscular weakness, consult a medical practitioner prior to use.

### PREGNANCY AND LACTATION

Although not indicated for this age group, it is safe for use during pregnancy and while breastfeeding

### DOSAGE AND DIRECTIONS FOR USE

Children 1-3 years: Chew one (1) tablet daily after food.

Children 4-14 years: Chew two (2) tablets daily after food.

### SIDE EFFECTS

Side effects may include gastrointestinal complaints, such as nausea, vomiting, diarrhoea or constipation, flatulence, headaches and rhinitis.

### KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

Treatment should be symptomatic and supportive. In the case of accidental overdose of the product, contact the nearest hospital or poison control centre.

### IDENTIFICATION

Light purple-pink and light yellow coloured animal shaped (elephant, hippopotamus, lion and rhino-shaped) speckled chewable tablets.

### PRESENTATION

Dark amber-coloured round container with a black childproof screw cap and seal for protection containing 60 chew tablets.

### STORAGE INSTRUCTIONS

Store in a cool dry place at or below 25 °C.

KEEP OUT OF REACH OF CHILDREN.

### REGISTRATION NUMBER

TBA

### NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION

Ascendis Supply Chain (Pty) Ltd  
1 Carey Street, Wynberg  
Sandton, Gauteng 2012  
South Africa

### DATE OF PUBLICATION OF THE PACKAGE INSERT

TBA

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