

JUNGLEVITES MULTI V GUMMIES

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS
JUNGLEVITES MULTI V GUMMIES
Multi-substance Formulation
Contains sugar(s): Glucose syrup 0.6 g; Sucrose 1.0 g.
D 34.12 Complementary Medicine:
Health Supplement.
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
A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.
JUNGLEVITES MULTI V GUMMIES is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use **JUNGLEVITES MULTI V GUMMIES** carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share **JUNGLEVITES MULTI V GUMMIES** with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

What is in this leaflet

- What is **JUNGLEVITES MULTI V GUMMIES** and what it is used for
- What you need to know before you take **JUNGLEVITES MULTI V GUMMIES**
- How to take **JUNGLEVITES MULTI V GUMMIES**
- Possible side effects
- How to store **JUNGLEVITES MULTI V GUMMIES**
- Contents of the pack and other information

- What is **JUNGLEVITES MULTI V GUMMIES** and what it is used for
JUNGLEVITES MULTI V GUMMIES is a health supplement that contains multiple substances.
 - Supports optimal growth and development.
 - Boosts immune function.

- What you need to know before you take **JUNGLEVITES MULTI V GUMMIES**
Do not take **JUNGLEVITES MULTI V GUMMIES** :
 - If you are hypersensitive (allergic) to any of the ingredients.

- Warnings and precautions**
- Special care should be taken with **JUNGLEVITES MULTI V GUMMIES** :
 - If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking **JUNGLEVITES MULTI V GUMMIES** **JUNGLEVITES MULTI V GUMMIES** contains sucrose which may have an effect on the control of your blood sugar. If you have diabetes mellitus.
 - Consult the health care provider before taking **JUNGLEVITES MULTI V GUMMIES** if you suspect that you may have insulin resistance, high blood glucose levels or diabetes.

Other medicines and JUNGLEVITES MULTI V GUMMIES
Always tell your health care provider if you are taking any other medicine (this includes all complementary or traditional medicines).

- Some of the ingredients in **JUNGLEVITES MULTI V GUMMIES** might reduce the levels and effectiveness of your chronic medicine when they are taken same time.
- High dose of vitamin C might interfere with your lab tests (e.g. glucose tests (e.g., Cholesterol), lactic dehydrogenase (LDH) ens) giving a false positive.

JUNGLEVITES MULTI V GUMMIES with food and drink and alcohol
Alcohol:
Taking niacin with alcohol might increase the risk of liver damage and worsen niacin side effects, such as flushing and itching.

Pregnancy, breastfeeding and fertility
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 health care provider for advice before taking **JUNGLEVITES MULTI V GUMMIES**.

Driving and using machines
JUNGLEVITES MULTI V GUMMIES may not affect mental and/or physical abilities to perform or execute tasks or activities requiring mental alertness, judgement and/or sound coordination and vision.

JUNGLEVITES MULTI V GUMMIES contains sucrose (Refer to section 2 warnings and precautions)

- How to take **JUNGLEVITES MULTI V GUMMIES**
Do not share medicines prescribed to you with any other person.
Always take **JUNGLEVITES MULTI V GUMMIES** exactly as described in this leaflet or as your doctor or pharmacist or nurse has told you. Check with your doctor or pharmacist or nurse if you are not sure.

The usual oral dose:
Children 4 years and older:
Take 1 – 2 gummies once daily after food or as recommended by your healthcare practitioner.
Do not exceed the recommended daily dose without consulting a healthcare practitioner.

If you take more JUNGLEVITES MULTI V GUMMIES than you should
In the event of overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you forget to take JUNGLEVITES MULTI V GUMMIES
Do not take a double dose to make up for forgotten individual doses.

- Possible side effects**
JUNGLEVITES MULTI V GUMMIES can have side effects.
Not all side effects reported for **JUNGLEVITES MULTI V GUMMIES** are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking **JUNGLEVITES MULTI V GUMMIES** , please consult your health care provider for advice.

If any of the following happens, stop taking **JUNGLEVITES MULTI V GUMMIES** and tell your doctor immediately or go to the casualty department at your nearest hospital.
Allergy signs and symptoms: swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in swallowing or breathing, rash or itching.
These are all very serious side effects. If you have them, you may have had a serious allergic reaction to **JUNGLEVITES MULTI V GUMMIES**.
You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- nausea (feeling sick)
- abdominal cramps or stomach pains
- headache
- dizziness
- fatiness
- light-headedness

Tell your doctor if you notice any of the following:
Frequent side effects:

- nausea (feeling sick)
- abdominal cramps or stomach pains
- headache
- dizziness
- fatiness
- light-headedness

Less frequent side effects:

- dry cough

- muscle cramps
 - flatulence or wind
 - diarrhoea
 - loss of appetite
- If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects
If you get side effects, talk to your doctor or pharmacist or nurse. You can also report side effects to SAHPRA via the "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Indox/B>. By reporting side effects, you can help provide more information on the safety of **JUNGLEVITES MULTI V GUMMIES**.

- How to store **JUNGLEVITES MULTI V GUMMIES**
Store at or below 25 °C.
KEEP OUT OF REACH OF CHILDREN.
Protect from light / moisture, keep it in a dry place.
Store in the original container.
Return all unused medicine to your pharmacist.
Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

- Contents of the pack and other information
What JUNGLEVITES MULTI V GUMMIES contains:
Active substances are:

| | |
|-----------------------------------------|--------|
| Vitamin A (as Vitamin A Acetate) | 733 IU |
| Cholecalciferol (Vitamin D) | 160 IU |
| Ascorbic Acid (Vitamin C) | 10 mg |
| Nicotinamide (Vitamin B) | 4 mg |
| Di-alpha-tocopheryl acetate (Vitamin E) | 3 IU |
| Pyridoxine (Vitamin B) | 700 µg |
| calcium (as Tri-calcium Phosphate) | 300 µg |
| Zinc (as Zinc Citrate) | 300 µg |
| Magnesium (as Magnesium Citrate) | 170 µg |
| Folic Acid | 1 µg |
| Riboflavin (Vitamin B) | 30 µg |
| Copper (as Copper Amino Acid Chelate) | 1.7 µg |
| Biotin (Vitamin H) | 1.7 µg |
| Cyanocobalamin (Vitamin B) | 0.6 µg |

Other ingredients:
Glucose syrup, sugar, water, pectin, raspberry flavour, citric acid.

What JUNGLEVITES MULTI V GUMMIES looks like and contents of the pack
Yellow Chetah shaped, raspberry flavoured gummies, packed in 60's in a 250ml HDPE brown container and closed with brown childproof lid. Packed in an outer carton.

Holder of Certificate of Registration
Ascendis Consumer Brands (Pty) Ltd
1 Carey Street
Wynberg, Gauteng 2090
South Africa
+27 11 036 9420

This leaflet was last revised in
TBA
Registration number
TBA

Access to the corresponding Professional Information

JUNGLEVITES MULTI V GUMMIES

PASIENTINLICHTINGSBLADJIE

SEKEDULERINGSTATUS
JUNGLEVITES MULTI V GUMMIES
Veelvuldig middel formulering
Bevat suiker(s): Glukose stroop 0,6 g; Sakroose 1,0 g
D34.12 Komplementêre Medisyne:
Gesondheidsaanvulling
Hierdie ongeregistreerde medisyne is nie geëvalueer deur SAHPRA vir sy kwaliteit, veiligheids of beoogde gebruik nie.

Lees hierdie hele pamflet versigtig omdat dit belangrike inligting vir jou bevat
'n Gebalanseerde dieet is die meer effektiefste en veiligste manier om goeie voeding.
Altyds take **JUNGLEVITES MULTI V GUMMIES** eksakty soos beskryf in hierdie pamflet of soos u dokter of apotheker of verpleegster u advies vooraf.

JUNGLEVITES MULTI V GUMMIES is beskikbaar sonder 'n doktersresep vir jou om mildere ernstige siektes te behandel. Ongedrag moet jy **JUNGLEVITES MULTI V GUMMIES** versigtig gebruik om die beste resultate te kry.

- Hou hierdie pamflet. Dit mag dalk nodig wees om dit weer te lees
- Moet nie **JUNGLEVITES MULTI V GUMMIES** met enige ander persoon deel nie
- Do nie deel **JUNGLEVITES MULTI V GUMMIES** met enige ander persoon deel nie
- Vra jou gesondheidsorgverskaffer of apotheker as jy meer inligting of advies benodig

Wat is in hierdie pamflet

- Wat **JUNGLEVITES MULTI V GUMMIES** is en waarom dit gebruik word
- Wat jy moet weet voor jy **JUNGLEVITES MULTI V GUMMIES** neem
- How to take **JUNGLEVITES MULTI V GUMMIES**
- Moontlike newe-effekte
- How to store **JUNGLEVITES MULTI V GUMMIES**
- Inhoud van die verpakking en ander inligting

- Wat **JUNGLEVITES MULTI V GUMMIES** is en waarom dit gebruik word
JUNGLEVITES MULTI V GUMMIES kan hantele effekte.
Niet al side effects reported for **JUNGLEVITES MULTI V GUMMIES** are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking **JUNGLEVITES MULTI V GUMMIES** , please consult your health care provider for advice.

If any of the following happens, stop taking **JUNGLEVITES MULTI V GUMMIES** and tell your doctor immediately or go to the casualty department at your nearest hospital.
Allergy signs and symptoms: swelling of the hands, feet, ankles, face, lips and mouth or throat, which may cause difficulty in swallowing or breathing, rash or itching.
These are all very serious side effects. If you have them, you may have had a serious allergic reaction to **JUNGLEVITES MULTI V GUMMIES**.
You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- nausea (feeling sick)
- abdominal cramps or stomach pains
- headache
- dizziness
- fatiness
- light-headedness

Tell your doctor if you notice any of the following:
Frequent side effects:

- nausea (feeling sick)
- abdominal cramps or stomach pains
- headache
- dizziness
- fatiness
- light-headedness

Less frequent side effects:

- dry cough

Bestuur en die gebruik van masjينة
JUNGLEVITES MULTI V GUMMIES mag dalk nie verstandelike en/of fisiese vermoëns beïnvloed om take of aktiwiteite uit te voer wat waaksamheid, oordoeel en/of gesonde oordeelsoep en vrese vereis nie.

JUNGLEVITES MULTI V GUMMIES bevat sukerose
(Vereis na afdeling 2 vir waarskuwings en voorsorgmaatreëls)

- How om **JUNGLEVITES MULTI V GUMMIES** te neem
Moet nie medisyne wat vir jou voorgeskryf is met enige ander persoon deel nie
Neem **JUNGLEVITES MULTI V GUMMIES** presies soos aanbeveel in hierdie pamflet of soos voorgeskryf deur jou dokter, apotheker of verpleegster. Beveilig met jou dokter of apotheker of verpleegster indien jy onseker is.

Die gewone orale dosis:
Kinders 4 jaar en ouer:
Neem 1 – 2 gummies eenkeer daaglik na de of soos voorgesket deur jou gesondheidsorg-verskaffer.
Moet nie die aanbevole daaglikse dosis oorskry sonder om 'n gesondheidsorgpraktisyn te raadpleeg nie.

As jy meer JUNGLEVITES MULTI V GUMMIES neem as wat jy moet
In die geval van 'n oordosis, raadpleeg jou dokter of apotheker. As gereken beskikbaar is nie, kontak die naaste gelykeheidsentrum.

As jy vergeet om JUNGLEVITES MULTI V GUMMIES te neem
Moet nie 'n dubbele dosis neem om vir oorgeleesne dosisse te vergoed nie.

- Moontlike newe-effekte
JUNGLEVITES MULTI V GUMMIES kan newe-effekte hê.
Nie alle newe-effekte wat vir **JUNGLEVITES MULTI V GUMMIES** rapporteer is, is ingesluit in hierdie pamflet nie. As jy alreemse persoonlik verslag of as jy ongewone effekte ervaar met die naam van **JUNGLEVITES MULTI V GUMMIES** raadpleeg jou gesondheidsorgverskaffer vir advies.

As enige een van die volgende gebeur, staak die gebruik van **JUNGLEVITES MULTI V GUMMIES** en stel jou dokter onmiddellik in kennis van die naaste ongewone afdeling by jou naaste hospitaal.
Allergie tekens en simptome: swelling van die hande, voete, enkels, gesig, lippe en mond of keel, wat kan lei tot 'n probleem om te sukkel of asem te haal, uitdaging of jouk.
Hierdie is almal ernstige newe-effekte. As jy dit het, het jy dalk 'n ernstige allergiese reaksie op **JUNGLEVITES MULTI V GUMMIES** gehad. Jy mag dalk dringende mediese aandag of hospitaleise benodig.

Stel jou dokter dadelik in kennis of gaan na die ongewone afdeling van jou naaste hospitaal as jy enige van die volgende opiet:

- tosynyn
- angina
- verandering in die manier hoe jou hart klop, byvoorbeeld as jy agterkom dat klop vinniger
- probleme om te adelm
- lekers van herbedelike infeksie soos koors en seer keel
- minder urinerings as wat normaal is vir jou

Hierdie is almal ernstige newe-effekte. Jy mag dalk dringende mediese aandag benodig.

Verlet jou dokter as jy enige van die volgende opmer:
Allergiese newe-effekte:

- reaksie (voel siek)
- abdominale krampe of maagpyn
- hooftyn
- duseelighid
- moegheid
- ligtheadigheid

Minder algemene newe-effekte:

- droel tips
- spleerkramp
- windroegheid
- diese
- toename in die risiko van pseudotumor cerebri
- Dyspepsie
- verlies aan eetlus

As jy enige newe-effekte opmerk wat nie in hierdie pamflet genoem word nie, stel jou dokter in kennis.
Aanbevel van newe-effekte
As jy newe-effekte ervaar, praat met jou dokter, apotheker of verpleegster. Jy kan ook newe-effekte aan SAHPRA rapporteer via die "6.04 Adverse Drug Reaction Reporting Form" wat online onder SAHPRA se publikasies gevind kan word: <https://www.sahpra.org.za/Publications/Indox/B>. Oor newe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van **JUNGLEVITES MULTI V GUMMIES** te verskaf.

- How om **JUNGLEVITES MULTI V GUMMIES** te bewaar
Bewaar teen of benede 25 °C.
HOU BUITE DIE REIK VAN KINDERS.
Beskerm teen ligval. Hou in 'n droel plek.
Bewaar in die oorspronklike houer.
Verkeer alle ongewenste medisyne terug aan jou apotheker.
Moet nie van ongewenste medisyne ontlaas raak in dreine of rioolstelsel (bv. toilette) nie.

| | |
|-------------------------------------------------------------------------------------------------------------------------------------------|--------|
| 1. Inhoud van die verpakking en ander inligting Wat JUNGLEVITES MULTI V GUMMIES bevat: Actiewe bestanddele is: | 733 IU |
| Vitamin A (as Vitamin A acetate) | 160 IU |
| Cholecalciferol (Vitamin D) | 10 mg |
| Ascorbinsuur (Vitamin C) | 4 mg |
| Nicotinamied (Vitamin B) | 3 IU |
| Di-alfa-tokotrienolacetate (Vitamin E) | 700 µg |
| Pyridoxien (Vitamin B) | 300 µg |
| Kalsium (as Tri-kalsiumfosfaat) | 300 µg |
| Siink (as Siink-selak) | 170 µg |
| Magnesium (as Magnesiumsiltraat) | 100 µg |
| Foliesuur | 30 µg |
| Riboflavin (Vitamin B) | 3 µg |
| Koper (as Koperaminoasuurchelate) | 1.7 µg |
| Biotien (Vitamin H) | 1.7 µg |
| Sianokobalamien (Vitamin B) | 0.6 µg |

Ander bestanddele:
Glukose stroop, suiker, water, pektien, framboosvloe, sitroensuur.

How **JUNGLEVITES MULTI V GUMMIES** lyk en die inhoud van die verpakking
Geel Chetah-vormige, framboos geurdrake gummies, verpak in 60's in 'n 250 ml HDPE bruin houer wat toegemaak is met 'n bruin kindersleutel deksel, verpak in 'n bule karton.

Houer van Sertifikaat van Registrasie
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Hierdie pamflet was herseen in
TBA
Registrasienommer
TBA

Toegang tot die ooreenstemmende Professionele Inligting

1182193/00

JUNGLEVITES MULTI V GUMMIES

PROFESSIONAL INFORMATION
D 34.12 Complementary Medicine:
Health Supplement
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.
Suitable for vegetarians.
Contains sugar(s): Glucose syrup 0.6 g; Sucrose 1.0 g
SCHEDULING STATUS

- NAME OF THE MEDICINE**
JUNGLEVITES MULTI V GUMMIES
Multiple substance formulation
Chetah gummies

| | |
|----------------------------------------------------------------------------|--------|
| 2. QUALITATIVE AND QUANTITATIVE COMPOSITION Each gummy contains: | 733 IU |
| Vitamin A (as Vitamin A Acetate) | 160 IU |
| Cholecalciferol (Vitamin D) | 10 mg |
| Ascorbic Acid (Vitamin C) | 4 mg |
| Nicotinamide (Vitamin B) | 3 IU |
| Di-alpha-tocopheryl acetate (Vitamin E) | 700 µg |
| Pyridoxine (Vitamin B) | 300 µg |
| Calcium (as Tri-calcium Phosphate) | 300 µg |
| Zinc (as Zinc Citrate) | 300 µg |
| Magnesium (as Magnesium Citrate) | 170 µg |
| Folic Acid | 100 µg |
| Riboflavin (Vitamin B) | 30 µg |
| Copper (as Copper Amino Acid Chelate) | 1.7 µg |
| Biotin (Vitamin H) | 1.7 µg |
| Cyanocobalamin (Vitamin B) | 0.6 µg |

3. PHARMACEUTICAL FORM
Yellow Chetah shaped, raspberry flavoured gummies, packed in 60's in a 250ml HDPE brown container and closed with brown childproof lid. Packed in an outer carton.

4. CLINICAL PARTICULARS
4.1. Therapeutic indications

- Supports optimal growth and development
- Boosts immune function

4.2. Posology and method of administration
Posology
Children 4 years and older:
Take 1 – 2 gummies once daily after food or as recommended by your healthcare practitioner.
Do not exceed the recommended daily dose without consulting a healthcare practitioner.

Method of administration
Orally

4.3. Contraindications
Hypersensitivity (allergy) to any of the ingredients of **JUNGLEVITES MULTI V GUMMIES**.

4.4. Special warnings and precautions for use
Contains sucrose. Patients with rare hereditary conditions such as fructose intolerance, glucose-galactose mal-absorption or sucrose-isomaltase insufficiency should not take **JUNGLEVITES MULTI V GUMMIES**.
Contains sucrose which may have an effect on the glycaemic control of patients with diabetes mellitus.
Vitamin D should not be given to patients with hypercalcaemia.

4.5. Interaction with other medicines and other forms of interaction
Vitamin A:

- Decrease the therapeutic effect of the following drugs: Estradiol cypionate, Estrol, Estradiol valerate, Drospirenone
- Increase Risk or severity of adverse effects: Acetamin, Bevacizumab, Cyclosporine acetate
- Increase risk or severity of pseudotumor cerebri
- Dyspepsie
- Increase risk of bleeding when taken with anticoagulants

Vitamin B:

- Taking Vitamin A supplements while using Bazedoxime (Targetin) a topical cancer drug increases the risk of the drug's side effects, such as itchy, dry skin
- Orlistat (Alli, Xenical) a weight-loss drug can decrease the absorption of food sources
- Vitamin A: Your doctor might suggest that you take a multivitamin with vitamin A and beta-carotene while taking this medication.
- Don't use vitamin A supplements and retinoids at the same time as oral contraceptive drugs. This could increase the risk of high vitamin A blood levels

Vitamin D:

- The antiepileptics and anticonvulsants phenobarbital and phenytoin (Dilantin, Phenytek) increase the breakdown of vitamin D and reduce calcium absorption
- Ritampicin and isoniazid may reduce the effectiveness of vitamin D
- Orlistat (Alli, Xenical) may counteract the effect of vitamin D
- Use vitamin D cautiously if you're taking drugs processed by Cytochrome P-450 3A4 (CYP3A4) substrates.
- Taking vitamin D and aluminum-containing phosphate binders, which may be used to treat high serum phosphate levels in people with chronic kidney disease, might cause harmful levels of aluminum in people with kidney failure in the long term.
- Increase risk of hypercalcaemia when taken with thiazide diuretics, calcium, or phosphate
- Don't take vitamin D with Calcipotriene (Dovonex, Sorilux) a psoriasis drug. The combination might increase the risk of too much calcium in the blood (hypercalcaemia).
- Taking orlistat (Alli, Xenical) a weight-loss drug can reduce your absorption of vitamin D
- Taking high doses of vitamin D with this blood pressure drug can cause hypercalcaemia, and might also reduce the effectiveness of verapamil

Vitamin E:

- Taking vitamin C can increase your absorption of aluminum from medications containing aluminum, such as phosphate binders. This can be harmful for people with kidney problems.
- High doses of vitamin C might reduce your response to anticoagulants.
- For the effect of ascorbic acid on various drugs, hormonal contraceptives, HRT, antiepileptics, and warfarin, ascorbic acid may increase the absorption of iron in iron-deficiency states. Orphenagrin may affect the bioavailability of dietary vitamin C.
- Oral use of vitamin C might reduce the effect of these antiviral drugs (protease inhibitors)

Vitamin B₆ (Nicotinamide):

- Niacin might have an additive effect when you take blood pressure drugs, herbs or supplements. This could increase your risk of low blood pressure (hypotension)
- If you have diabetes, niacin can interfere with blood glucose control. You might need to adjust the dose of your diabetes drugs

Vitamin E:

- Increase risk of bleeding when taken with anticoagulants
- Various drugs may interfere with the absorption of vitamin E including colestyramine, colestipol, and orlistat

Vitamin B₉ (Pyridoxine):

- Pyridoxine reduces the effects of levodopa but this does not occur if it's dopa decarboxylase inhibitor is also given
- Pyridoxine reduces the activity of alfaremetinil. It has also been reported to decrease serum concentrations of phenobarbital and phenytoin. Many drugs may increase the requirements for pyridoxine, such drugs include hydralazine, isoniazid, penicillamine, and oral contraceptives

Zinc:

- Using oral zinc while you're taking quinolone or tetracycline antibiotics can interfere with their ability to fight bacteria. Taking the antibiotic two hours before or four to six hours after taking zinc can minimize this effect
- Thiazide diuretics increase the amount of zinc lost in urine
- Using oral zinc with the thesulamid arthritis drugs penicillamine (Cuprimine, Depen) can reduce the drugs ability to ease arthritis symptoms. Taking zinc at least two hours before or after taking the drug might minimize this effect
- Taking zinc with niacin might worsen niacin side effects, such as flushing and itching

Folic acid:

- Taking folic acid with fosphenytoin (Cerebyl), phenytoin (Dilantin, Phenytek) or primidone (Mysoline) might decrease the drugs concentration in your blood
- Taking folic acid with a drug that acts as a central nervous system depressant (barbiturate) might decrease the drugs effectiveness
- Taking folic acid with Pyrimethamine (Dapsprim) an antimalarial drug might reduce the effectiveness of the drug

Vitamin B₁₂ (Cyanocobalamin):

- Vitamin deficiency when taken with aluminum
- Increase risk of bleeding when taken with anticoagulants

Alcohol:

- Taking niacin with alcohol might increase the risk of liver damage and worsen niacin side effects, such as flushing and itching.

4.6. Fertility, pregnancy and lactation
Safety during pregnancy and lactation has not been established.

4.7. Effects on ability to drive and use machines
JUNGLEVITES MULTI V GUMMIES may not affect mental and/or physical abilities to perform or execute tasks or activities requiring mental alertness, judgement and/or sound coordination and vision.

4.8. Undesirable effects
SOC classification of possible adverse outcomes related to supplement consumption of Vitamin A, E, C
Gastrointestinal disorders: diarrhoea, nausea, and abdominal cramps.
Immune system disorders: skin rashes.
Nervous system disorders: short-term loss of consciousness, dizziness.

Reporting of suspected adverse reactions:
Reporting suspected adverse reactions after authorisation of the medicine is important. It allows continued monitoring of the benefit/balance of the medicine. Health care providers are asked to report any suspected adverse reactions to SAHPRA via the "6.04 Adverse Drug Reactions Reporting Form", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Indox/B>

4.9. Overdose

Treatment should be symptomatic and supportive. In the case of accidental overdose of the product, contact the nearest hospital or poison control centre.
The risk of overdosing primarily depends on whether a vitamin is fat- or water-soluble. Water-soluble vitamins are absorbed upon digestion and are not stored in tissues for long. In contrast, fat-soluble vitamins, like those containing iron, can accumulate and be toxic, especially in children.
Excessive vitamin intake leads to consistent symptoms of hypervitaminosis, including headache, fatigue, dizziness, and digestive issues. For fat-soluble vitamins, the effects are more severe due to tissue accumulation, causing intense intoxication. On the other hand, water-soluble vitamin toxicity shows milder symptoms and is manageable by increasing urine output and reducing intake.