

## **PROFESSIONAL INFORMATION**

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

**SCHEDULING STATUS:**                      Unscheduled (Complementary medicine)

### **PROPRIETARY NAME AND DOSAGE FORM:**

CAL-C-VITA® PLUS EFFERVESCENT TABLETS

### **COMPOSITION:**

#### **Active Ingredients:**

<b>Name of ingredient</b>	<b>Content</b>	<b>%NRV</b>
Vitamin C	1000 mg	1000
Calcium (625 mg CaCO <sub>3</sub> )	250 mg	19
Vitamin D	300 I.U.	50
Vitamin B <sub>6</sub>	15 mg	882
<b><i>NRV: Nutrient Reference Value</i></b>		

#### **Inactive Ingredients:**

Citric acid anhydrous, crillet 3 (monebat 60), orange flavour, sodium chloride, sodium cyclamate, sodium hydrogen carbonate, sucrose, sunset yellow and tangerine flavour.

Contains sugar: Sucrose 877 mg/tablet

### **CATEGORY AND CLASS:**

Combination Complementary Medicine

### **INDICATIONS:**

To supplement your diet in order to:

- Assist in promoting or supporting the function of the immune system
- Use as adjuvant therapy for: flu, common cold and allergies

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### **CONTRA-INDICATIONS:**

- Known hypersensitivity to any of the ingredients in the product
- Vitamin C is not to be given to patients with kidney stones or kidney failure.
- Hypercalcaemia
- Severe hypercalciuria

### **WARNINGS AND SPECIAL PRECAUTIONS:**

- The recommended daily dose of one tablet per day must not be exceeded unless under the supervision of a Doctor or Pharmacist.
- Cal-C-Vita® Plus Effervescent Tablets contain sugar (sucrose). Patients with rare hereditary conditions such as fructose intolerance, glucose-galactose mal-absorption or sucrase-isomaltase insufficiency should not take Cal-C-Vita® Plus Effervescent Tablets.
- Cal-C-Vita® Plus Effervescent Tablets contain sugar (sucrose), which may have an effect on the glycaemic control of patients with diabetes mellitus.
- High doses of vitamin C might interfere with diagnostic measures. Inform your physician when taking this product before diagnostic measures are planned on being done.
- High doses of vitamin D may lead to toxic reactions.
- Cal-C-Vita® Plus Effervescent Tablets contain high levels of sodium per tablet. To be taken into consideration by patients on a controlled sodium diet.

### **INTERACTIONS:**

Potential interactions are reported in the literature for the single ingredients, thus patients receiving any other medication or those under medical care should consult a Doctor or Pharmacist before taking Cal-C-Vita® Plus Effervescent Tablets.

### **HUMAN REPRODUCTION:**

Cal-C-Vita® Plus effervescent tablet is not intended for use in pregnant or lactating women.

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### **DOSAGE AND DIRECTIONS FOR USE:**

**Adult:** One effervescent tablet a day dissolved in a glass of water (or as recommended by a doctor or healthcare professional).

**Children 9 - 13 years old:** One effervescent tablet a day dissolved in a glass of water (or as recommended by a doctor or healthcare professional).

**Children 4 - 8 years old:** Half an effervescent tablet a day dissolved in a glass of water (or as recommended by a doctor or healthcare professional).

### **SIDE EFFECTS:**

Gastrointestinal symptoms (e.g. abdominal discomfort, stomach discomfort, constipation, vomiting, diarrhoea, and nausea) might occur.

Cal-C-Vita® Plus effervescent tablets may cause allergic reaction. Symptoms may include facial swelling, skin reddening, and rash. If an allergic reaction occurs, treatment must be stopped and a healthcare professional consulted.

### **KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENTS:**

Overdose from water soluble vitamins is unlikely, because of the extremely large quantities that it would be necessary to consume. Subsequently no accidental overdose has been reported.

### **IDENTIFICATION:**

A light orange, smooth and clean edge tablet. When dissolved in water it makes an orange, turbid and sour-sweet solution with orange taste.

### **PRESENTATION:**

Cal-C-Vita® Plus Effervescent Tablets are packed in a polypropylene tube with MS/SiO<sub>2</sub> desiccant polyethylene cap. The tubes containing 10 tablets are packed into a carton in pack sizes of 10's, 20's and 30's Tablets.

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### **STORAGE INSTRUCTIONS:**

Keep the tube tightly closed and store in a cool dry place at or below 25 °C.

KEEP OUT OF REACH OF CHILDREN.

### **REGISTRATION NUMBER:**

Not applicable.

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

Bayer (Pty) Ltd,

27 Wrench Road, Isando, 1600

South Africa

Co. Reg. no. 1968/011192/07

### **DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION:**

Not applicable

Manufactured and packed by Aviz Laboratories, Midrand, for Bayer (Pty) Ltd.