

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:

SUPRADYN® ENERGY EFFERVESCENT TABLETS

COMPOSITION:

Active Ingredients:

Nutrient	Label Claim	% NRV
Vitamin A	1.1 mg	137
Vitamin D	0.005 mg	33
Vitamin E	10.0 mg	67
Vitamin C	180.0 mg	180
Vitamin B ₁	4.5 mg	375
Vitamin B ₂	5.1 mg	392
Nicotinamide	21.0 mg	131
Vitamin B ₆	6.0 mg	353
Folic acid	0.2 mg	50
Vitamin B ₁₂	0.006 mg	250
Biotin	0.3 mg	1000
Iron	3.6 mg	28
Zinc	3.0 mg	30
Copper	0.4 mg	44
Manganese	0.5 mg	22
Chromium	0.01 mg	29
Calcium	95.7 mg	*
Phosphorus	191.5 mg	*
Magnesium	31.1 mg	*
NRV: Nutrient Reference Value		
*:NRV Not Determined		

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Inactive Ingredients:

Aspartame, beetroot juice, mannitol powder, orange flavour permaseal, sodium bicarbonate, sorbitol and tartaric acid.

Contains sugar: Mannitol 241 mg/tablet and sorbitol 454.8 mg/tablet

Contains sweetener: Aspartame 70 mg/tablet.

CATEGORY AND CLASS:

Combination Complementary Medicine

INDICATIONS:

Multivitamin and multi-mineral food-supplement with a unique energy releasing formula that catalyses the energy within cells in the body.

CONTRAINDICATIONS:

- Hypersensitivity to any of the ingredients of Supradyn® Energy Effervescent Tablets
- Hypercalcaemia
- Hypermagnesaemia
- Hypercalciuria
- Impaired renal function
- Hyperoxaluria
- Hepatic insufficiency
- Type V Hyperlipoproteinemia
- Hypervitaminosis A
- Iron accumulation
- Iron utilisation disorder

WARNINGS AND SPECIAL PRECAUTIONS:

- The recommended daily dose of one tablet per day (12 years to adult) or half a tablet (children over 6 years) must not be exceeded unless under the supervision of a Doctor or Pharmacist.

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- Patients should consult their doctor before exceeding the recommended daily dose i.e. 10 000 µg Vitamin A.
- Folic acid, vitamin B12 and iron may mask certain forms of anaemia.
- 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.
- A slight yellow discolouration of urine may be noticed. This effect is harmless and is due to the vitamin B2 contained in the preparation.
- Patients with the rare hereditary condition of sorbitol intolerance should not take Supradyn® Energy Effervescent Tablets.
- Supradyn® Energy Effervescent Tablets must not be taken by patients with phenylketonuria since the product contains a source of phenylalanine (aspartame).

INTERACTIONS:

No interactions have been reported. However, interactions between micro-nutrients and other medicines may occur.

HUMAN REPRODUCTION:

If you are pregnant or breastfeeding your baby while using Supradyn® Energy Effervescent Tablets please consult your doctor, pharmacist or other health care professional for advice.

DOSAGE AND DIRECTIONS FOR USE:

From age 12 to adult: One (1) effervescent tablet dissolved in a glass of water.

Children over the age of 6 years: Half a tablet dissolved in a glass of water or as directed by a physician.

SIDE EFFECTS:

In general, this product is well-tolerated. However, in rare cases gastrointestinal symptoms (e.g. abdominal discomfort, stomach discomfort, constipation, vomiting, diarrhoea, and nausea) might occur.

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In very rare cases this product 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.

A slight yellow discolouration of urine may be noticed. This effect is harmless and is due to the vitamin B₂ contained in the preparation.

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT:

There is no evidence that Supradyn® Energy Effervescent Tablets can lead to an overdose when used as recommended.

Uncharacteristic initial symptoms, such as confusion, and gastrointestinal disturbances such as constipation, diarrhoea, nausea, and vomiting might be indicative for an acute overdose.

If such symptoms occur, treatment must be stopped and a healthcare professional consulted.

IDENTIFICATION:

A speckled pale yellow, cylindrical biplane tablet. When dissolved in water it makes an orange flavoured solution.

PRESENTATION:

Ten (10) Supradyn® Energy Effervescent Tablets are packed in a polypropylene tube with MS/SiO₂ desiccant 1.9 polyethylene cap. The tubes are packed into a carton in pack sizes of 10, 20 and 30 tablets.

STORAGE INSTRUCTIONS:

Store in the original container at or below 25 °C.

Keep tube tightly closed and protect from heat and moisture.

KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER:

Not applicable

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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.