

PROFESSIONAL INFORMATION

SCHEDULING STATUS: S0

Category D: Complementary medicine.

Discipline: Discipline Specific

33.7. Combination Product

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM -

PHYTOMULTI® MULTIVITAMIN ADVANCED, 30 & 60 Tablets

COMPOSITION

Each one (1) tablet of PHYTOMULTI® MULTIVITAMIN ADVANCED contains the following active ingredients:

| Active ingredient                                                                                                                      | Quantity | Active ingredient                                                                                                                                           | Quantity |
|----------------------------------------------------------------------------------------------------------------------------------------|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| Vitamin C (from Calcium Ascorbate and Ascorbic Acid)                                                                                   | 60 mg    | Lutein                                                                                                                                                      | 3 mg     |
| Calcium (as Calcium Ascorbate) (providing elemental calcium 3.2 mg)                                                                    | 33.2 mg  | Lycopene                                                                                                                                                    | 3 mg     |
| Citrus sp. [Fruit] 6:1 extract (providing 50% hesperidin)                                                                              | 27.45 mg | Acacia nilotica [Bark and heartwood] 5:5:1 extract (providing 6% catechins) Cinnamomum verum J. Presl [Bark] 12:1 extract (providing 20% proanthocyanidins) | 2.5 mg   |
| Niacinamide (Vitamin B3)                                                                                                               | 25 mg    |                                                                                                                                                             | 2.5 mg   |
| Coffee robusta (Coffea canephora Pierre) (Bean) 7:1 extract (providing 35% chlorogenic acid, 7% 5-caFFEoylquinic acid and 2% caffeine) | 25 mg    |                                                                                                                                                             | 2.5 mg   |
| Zinc citrate (providing elemental zinc 7.5 mg and citrate 14.5 mg)                                                                     | 22 mg    |                                                                                                                                                             | 1 mg     |
| Vitamin E (as D-alpha-tocopheryl acid succinate)                                                                                       | 21 mg    |                                                                                                                                                             | 1 mg     |
| Calcium Pantothenate (Vitamin B5)                                                                                                      | 18 mg    |                                                                                                                                                             | 824 µg   |
| Punica granatum L. [Fruit] 20:1 extract (providing 70% polyphenols and 40% punicalagins)                                               | 16.24 mg |                                                                                                                                                             | 804 µg   |
| Choline Bitartrate Encaps PP (providing choline 5.1 mg)                                                                                | 12.5 mg  |                                                                                                                                                             | 375 µg   |
| Inositol (as myo-inositol)                                                                                                             | 12.5 mg  |                                                                                                                                                             | 375 µg   |
| Thiamine Mononitrate (Vitamin B1)                                                                                                      | 12.5 mg  |                                                                                                                                                             | 275 µg   |
| Vitamin E [as mixed tocopherols]                                                                                                       | 12.5 mg  |                                                                                                                                                             | 250 µg   |
| Vitis vinifera L. [Seed] 11:1 extract (providing 40% oligomeric proanthocyanidins)                                                     | 10.63 mg |                                                                                                                                                             | 250 µg   |
| Rubus fruticosus [Fruit] 4:1 extract                                                                                                   | 10 mg    |                                                                                                                                                             | 125 µg   |
| Riboflavin (Vitamin B2)                                                                                                                | 7.5 mg   |                                                                                                                                                             | 124 µg   |
| Pyridoxal-5-Phosphate (Vitamin B6)                                                                                                     | 6 mg     |                                                                                                                                                             | 98 µg    |
| Camellia sinensis L. [Leaf] 20:1 extract (decaffeinated; providing 70% catechins and 40% EGCG)                                         | 5 mg     |                                                                                                                                                             | 60 µg    |
| Resveratrol                                                                                                                            | 4 mg     |                                                                                                                                                             | 54 µg    |
| Copper Gluconate (providing elemental copper 0.5 mg)                                                                                   | 3.6 mg   |                                                                                                                                                             | 50 µg    |

**Inactive Ingredients:** Copper chlorophyllin, cross-linked sodium carboxy methyl cellulose, dicalcium phosphate, hydroxypropyl cellulose, hydroxypropyl methylcellulose, magnesium carbonate, magnesium salts of fatty acids, microcrystalline cellulose, polyethylene glycol, rice starch, silicon dioxide, stearic acid, sucrose esters of fatty acids. **This product is dairy free and is non-GMO.**

CONTAINS CAFFEINE

PHARMACOLOGICAL CLASSIFICATION - Complementary Medicine

INDICATION & PHARMACOLOGICAL ACTION

PHYTOMULTI® MULTIVITAMIN ADVANCED ® offers a proprietary blend of 12 concentrated plant extracts and phytonutrients sourced from nature to support cellular health and daily wellbeing.

| Active Ingredient                                | Functional                                                               |
|--------------------------------------------------|--------------------------------------------------------------------------|
| Vitamin C                                        | Supports antioxidant defence and immune function.                        |
| Calcium                                          | Contributes to bone health and cellular signalling processes.            |
| Citrus sp. [Fruit] extract                       | Provides flavonoid antioxidants that support vascular and immune health. |
| Niacinamide (Vitamin B3)                         | Supports cellular energy metabolism and skin health.                     |
| Coffee robusta (Coffea canephora)                | Provides polyphenols that support metabolic and antioxidant activity.    |
| Zinc citrate                                     | Supports immune function, enzyme activity, and cellular repair.          |
| Vitamin E (as D-alpha-tocopheryl acid succinate) | Fat-soluble antioxidant supporting protection of cell membranes.         |
| Calcium Pantothenate (Vitamin B5)                | Contributes to energy production and synthesis of coenzyme A.            |
| Punica granatum L. [Fruit]                       | Provides polyphenols supporting antioxidant and cardiovascular health.   |
| Choline Bitartrate                               | Supports liver function and normal lipid metabolism.                     |
| Inositol (myo-inositol)                          | Supports cellular signalling and metabolic regulation.                   |



CONTRA INDICATIONS:

If you are taking any chronic medication, do not use this product without consulting your healthcare professional. Do not take **PHYTOMULTI® MULTIVITAMIN ADVANCED** if you are hypersensitive (allergic) to any of the ingredients. If you have allergies, be sure to check with your healthcare professional before taking this supplement. **Surgery:** Stop taking **PHYTOMULTI® MULTIVITAMIN ADVANCED** at least two weeks before scheduled surgery. **Antibiotics:** Take your antibiotics 2 hours before or after taking **PHYTOMULTI® MULTIVITAMIN ADVANCED**. **Laboratory tests:** Active ingredients in **PHYTOMULTI® MULTIVITAMIN ADVANCED** may alter the results of tests. Please tell your healthcare practitioner that you are taking **PHYTOMULTI® MULTIVITAMIN ADVANCED** before having any laboratory tests.

INTERACTIONS

Always tell your healthcare professional if you are taking any other medicine. It is possible that exposure of certain supplement ingredients may interfere with certain medications. (See **Warnings & Special precautions**)

DOSAGE AND DIRECTIONS FOR USE

**Adults:** Take one (1) tablet daily or as directed by your healthcare practitioner. **NOT RECOMMENDED FOR PERSONS UNDER THE AGE OF 18 YEARS. Do not take more than the recommended dose.**

**KNOWN SYMPTOMS OF OVER DOSAGE AND PARTICULARS OF ITS TREATMENT** See side-effects. **Treatment:** Discontinue use and consult your doctor, pharmacist or other healthcare professional for advice.

WARNING AND SPECIAL PRECAUTIONS

Consult a registered healthcare professional if you are taking any other medicine (such as lithium) including chronic, complementary, or traditional medicines; or have high blood pressure, glaucoma, and/or detrusor instability (overactive bladder syndrome). Consumption with other medicines (e.g. bitter orange extract, synephrine, octopamine, ephedra, ephedrine) which increase blood pressure is not recommended. Use of caffeine may result in sleep deprivation. Consumption with other caffeine-containing products or foods (e.g. medications, coffee, tea, colas, cocoa, guarana, maté) is not recommended. Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: Bleeding disorders, Heart disease, Diabetes, Head and neck cancer, Weak and brittle bones (osteoporosis), Prostate cancer, An inherited eye condition that causes poor night vision and loss of side vision (retinitis pigmentosa), Stroke, Liver disease, Post-surgical stent placement, Weight loss surgery, Procedures to widen narrowed arteries (angioplasty), Seizure disorder. If you are taking the following medication, please consult with your healthcare professional before taking: Medications changed by the liver, Medications for cancer (Chemotherapy), blood clotting (Anticoagulant / Antiplatelet drugs), Warfarin (Coumadin), Antibiotics for Cancer (Antitumor Antibiotics), Antibiotics (Tetracycline antibiotics), Amiodarone (Cordarone), Phenobarbital (Luminal), Medications for high blood pressure (antihypertensive drugs), 5-Fluorouracil, Medications for diabetes (Antidiabetes drugs) If any of the following happens, stop using **PHYTOMULTI® MULTIVITAMIN ADVANCED** and tell your doctor or go to the casualty department at your nearest hospital: Allergic reactions— rash, itching/swelling (especially of the face / tongue / throat), severe dizziness, trouble breathing: These are all very serious effects. If you have them, you may have had a serious reaction to **PHYTOMULTI® MULTIVITAMIN ADVANCED**. You may need urgent medical attention or hospitalisation. Side effects that usually do not require medical attention (report to your healthcare professional if they continue): nausea/vomiting. These are all very serious effects. If you have them, you may have had a serious reaction to **PHYTOMULTI® MULTIVITAMIN ADVANCED**. You may need urgent medical attention or hospitalisation. Seek advice from a healthcare professional if you have any medical condition. Discontinue use immediately should any adverse reaction occur. Read this leaflet carefully because it contains important information for you. This product is available without a doctor's prescription.

- Keep this leaflet. You may need to read it again.
- Do not share medication with any other person.
- Ask your pharmacist if you need more information or advice.
- You must consult a doctor should your condition worsen or does not improve. DO NOT USE THIS PRODUCT:
- If you are hypersensitive (allergic) to any of the ingredients listed.
- Do not accept this package if seals are broken.

STORAGE INSTRUCTION

Store in a cool, dark place, below 25 °C. Protect from direct sunlight and heat. Store in the original bottle. Keep the bottle tightly closed. Replace the protective cap after each use. Do not use after the expiry date stated on the bottle. Do not use **PHYTOMULTI® MULTIVITAMIN ADVANCED** if you notice visible signs of deterioration.

**IDENTIFICATION** - Green, coated, oblong tablet.

PRESENTATION

**30 TABLETS:** A white 175 ml HDPE bottle with a white cap, induction seal, tamper shrink seal, wadding and silica gel sachet.

**60 TABLETS:** A white 250 ml HDPE bottle with a white cap, induction seal, tamper shrink seal, wadding and silica gel sachet.

SIDE EFFECTS

Should your general health worsen, or if you experience any untoward effects while being exposed to this product, please consult your doctor, pharmacist or other healthcare professional for advice.

|                                    |                                                                         |
|------------------------------------|-------------------------------------------------------------------------|
| Thiamine Mononitrate (Vitamin B1)  | Supports carbohydrate metabolism and nervous system function.           |
| Vitamin E (mixed tocopherols)      | Provides additional antioxidant protection for cellular membranes.      |
| Vitis vinifera L. [Seed extract]   | Source of proanthocyanidins supporting vascular and antioxidant health. |
| Rubus fruticosus [Fruit]           | Provides polyphenols contributing to antioxidant activity.              |
| Riboflavin (Vitamin B2)            | Supports energy metabolism and maintenance of normal cellular function. |
| Pyridoxal-5-Phosphate (Vitamin B6) | Supports amino acid metabolism and nervous system function.             |
| Camellia sinensis L. [Leaf]        | Provides catechins with antioxidant and metabolic support properties.   |
| Resveratrol                        | Polyphenolic antioxidant supporting cardiovascular and cellular health. |
| Copper Gluconate                   | Supports iron metabolism and antioxidant enzyme systems.                |
| Lutein                             | Carotenoid supporting eye and macular health.                           |
| Lycopene                           | Antioxidant carotenoid supporting cellular protection.                  |
| Acacia nilotica extract            | Provides catechin polyphenols contributing to antioxidant activity.     |

**REGISTRATION NUMBER** - To be allocated by SAHPRA upon registration. This medicine has not been evaluated by SAHPRA for quality, safety, or intended use.

**NAME AND BUSINESS ADDRESS OF APPLICANT**

**Distributed by:**

Amipro Advanced Development Products (Pty) Ltd  
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Sandton, 2090, Tel: 011-802-8101

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**PROFESIONELE INLIGTINGSBLAD**

**SKEDULERINGSTATUS:** S0

Kategorie D: Komplementêre medisyne.

Dissipline: Dissiplinespesifiek

33.7. Kombinasie produk

HANDELSNAAM EN DOSEERVORM,

**PHYTOMULTI® MULTIVITAMIN ADVANCED, 30 & 60 tablette**

**FARMAKOLOGIESE KLASSEFIKASIE**

Komplementêre medisyne

**AANDUIDING EN FARMAKOLOGIESE WERKING**

**PHYTOMULTI® MULTIVITAMIN ADVANCED** bied 'n eie mengsel van 12 gekonsentreerde plantekstrakte en fytonutriënte uit die natuur om sellulêre gesondheid en daaglikse welstand te ondersteun.

**KONTRA-INDIKASIES:**

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgspraktyksyn te raadpleeg nie. Moenie **PHYTOMULTI® MULTIVITAMIN ADVANCED** neem as jy hipersensitief (allergies) is vir enige van die bestanddele nie. As jy allergieë het, maak seker dat jy met jou gesondheidsorgspraktyksyn gaan voordat jy hierdie aanvulling neem. **Chirurgie:** Hou op om **PHYTOMULTI® MULTIVITAMIN ADVANCED** ten minste twee weke voor die geskeduleerde operasie te neem. **Antibiotika:** Neem jou antibiotika 2 ure voor of na die neem van **PHYTOMULTI® MULTIVITAMIN ADVANCED**.

**Laboratoriumtoetse:** Aktiewe bestanddele in **PHYTOMULTI® MULTIVITAMIN ADVANCED** kan die resultate van toetse verander. Vertel asseblief jou gesondheidsorgspraktyksyn dat jy **PHYTOMULTI® MULTIVITAMIN ADVANCED** neem voordat jy enige laboratoriumtoetse ondergaan.

**INTERAKSIES**

Vertel altyd jou gesondheidsorgspraktyksyn as jy enige ander medisyne gebruik. Dit is moontlik dat blootstelling van sekere aanvullingsbestanddele met sekere medisyne 'n interaksie mag hê. (Sien **Waarskuwings en Spesiale voorsorgmaatreëls**)

**DOSES EN AANWYSINGS VIR GEBRUIK**

**Volwasse:** Neem een (1) tablet per dag of soos voorgeskryf deur jou gesondheidsorgspraktyksyn. **NIE AANBEVEEL VIR PERSONE ONDER DIE OUDERDOM VAN 18 JAAR NIE. Moenie meer as die aanbevole dosis neem nie.**

**WAARSKUWING EN SPESIALE VOORSORGMAATREËLS**

Raadpleeg 'n geregistreerde gesondheidspraktisyne as jy enige ander medisyne (soos litium) neem, insluitend chroniese, aanvullende of tradisionele medisyne; of hoë bloeddruk, glukoom en / of detrusor-onstabieliteit (ooraktiewe blaasandroom) het. Verbruik met ander medisyne (bv. bitter lemoen uittreksel, synephrine, octopamine, ephedra, efedrien) wat bloeddruk verhoog, word nie aanbeveel nie. Die gebruik van kafeïen kan lei tot slaaptekort. Verbruik met ander kafeïenbevattende produkte of voedsel (bv. medikasie, koffie, tee, colas, kakao, guarana, maté) word nie aanbeveel nie.

**SAEMSTELLING**

**Elke een (1) tablet van PHYTOMULTI® MULTIVITAMIN ADVANCED bevat die volgende aktiewe stowwe:**

| Aktiewe bestanddeel                                                                                                                | Hoeweelheid | Aktiewe bestanddeel                                                            | Hoeweelheid |
|------------------------------------------------------------------------------------------------------------------------------------|-------------|--------------------------------------------------------------------------------|-------------|
| Vitamiem C (van kalsiumaskorbaat en askorbiensuur)                                                                                 | 60 mg       | Lutein                                                                         | 3 mg        |
| Kalsium (as Kalsium Askorbaat) (wat elementêre kalsium 3.2 mg verskaf)                                                             | 33,2 mg     | Likopen                                                                        | 3 mg        |
| Sitrus sp. [Vrug] 6:1 ekstrakt (verskaf 50% hesperiden)                                                                            | 27,45 mg    | Acacia nilotica [Bas en kernhout] 5:1-1 ekstrakt (verskaf 6% katechine)        | 2,5 mg      |
| Niacinamide (Vitamiem B3)                                                                                                          | 25 mg       | Cinnamomum verum J. Presl [Bark] 12:1 ekstrakt (verskaf 20% proantosianidine)  | 2,5 mg      |
| Koffie robusta (Coffea canephora Pierre) [Boontjie] 7:1 ekstrakt (verskaf 35% chlorogeniese suur, 7% 5-kafeïllesuur en 2% kafeïen) | 25 mg       | Prunus domestica L. [Vrug] 10:1 ekstrakt                                       | 2,5 mg      |
| Sinksttraat (verskaf elementêre sink 7,5 mg en sitraat 14,5 mg)                                                                    | 22 mg       | Vitis vinifera L. [Vrug] 35:1 ekstrakt (gestandaardiseer tot 2.5% resveratrol) | 1 mg        |
| Vitamiem E (as D-alfa-tokoferielliesuur suksinaat)                                                                                 | 21 mg       | Zeaxantin                                                                      | 1 mg        |

| Ingredient                       | Uses for Ingredient                                                     |
|----------------------------------|-------------------------------------------------------------------------|
| Cinnamomum verum extract         | Supports glucose metabolism and antioxidant balance.                    |
| Prunus domestica extract         | Provides polyphenols supporting digestive and antioxidant activity.     |
| Vitis vinifera L. [Fruit]        | Source of resveratrol contributing to antioxidant support.              |
| Zeaxanthin                       | Carotenoid supporting retinal and visual health.                        |
| Manganese Citrate                | Essential trace mineral supporting enzymatic and antioxidant functions. |
| Chromium Picolinate              | Supports normal glucose metabolism and insulin activity.                |
| Vitamin A (as beta-carotene)     | Supports immune function and maintenance of normal vision.              |
| Vitamin A (as retinyl palmitate) | Contributes to visual function and epithelial health.                   |
| Rosmarinus officinalis extract   | Provides antioxidant phenolic compounds supporting cellular protection. |
| Biotin                           | Supports metabolism of carbohydrates, fats, and proteins.               |
| Calcium-L-Methylfolate (Folate)  | Supports DNA synthesis and normal red blood cell formation.             |
| Cynara scolymus extract          | Supports liver function and digestive health.                           |
| L-Selenomethionine               | Provides selenium supporting antioxidant enzyme systems.                |
| Iodine (as Potassium iodide)     | Supports thyroid hormone production and metabolic regulation.           |
| Phytomenadione (Vitamin K1)      | Supports normal blood clotting and bone metabolism.                     |
| Molybdenum (as Sodium Molybdate) | Cofactor for enzymes involved in detoxification and metabolism.         |
| Vitamin B12 (as Methylcobalamin) | Supports neurological function and red blood cell formation.            |
| Vitamin D3 (as Cholecalciferol)  | Supports calcium metabolism, bone health, and immune function.          |

**WAARSKUWING EN SPESIALE VOORSORGMAATREËLS**

Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgspraktyksyn voor gebruik: bloedsingerversteurings, hartsiektes, diabetes, kop- en nekanker, swak en bros bene (osteoporose), prostaatkanker, 'n oorgeërfde oogtoestand wat swak nagsig en verlies aan syvisie (retinitis pigmentosa) veroorsaak, beroerte, lewersiekte, post-chirurgiese stentsplasing, Gewigsverlieschirurgie, prosedures om vernoude eie (angioplastie) te verbreed, beslagleggingsversteuring.

As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidspraktisyyn voordat jy neem: medisyne vir kanker (Chemoterapie), bloedstolling (Antikoagulant / Antiplaatjie-middels), Warfarin (Coumadin), Antibiotika vir Kanker (Antitumor Antibiotika), Antibiotika (Tetrasiiklien antibiotika), Amiodarone (Cordarone), Fenobarbital (Luminal), medisyne vir hoë bloeddruk (antihipertensiese middels), 5-Fluorouracil, medisyne vir diabetes (Anti-diabetes dwelms). As enige van die volgende gebeur, hou op om **PHYTOMULTI® MULTIVITAMIN ADVANCED** te gebruik en vertel jou dokter of gaan na die ongevallen-afdeling by jou naaste hospitaal:

- Allergiese reaksies-uitslag, jeuk / swelling (veral van die gesig / tong / keel), erge duiseligheid, probleme met asemhaling;
- Dit is alles baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op **PHYTOMULTI® MULTIVITAMIN ADVANCED** gehad. Jy sal dalk dringende mediese hulp of hospitalisasie nodig hê. Niewe-effekte wat gewoonlik nie mediese hulp benodig nie (rapporteur aan jou gesondheidsorgspraktyksyn as hulle voortduur):
- naarheid / braking,
- Dit is alles baie ernstige gevolge. As u dit het, het u moontlik 'n ernstige reaksie op **PHYTOMULTI® MULTIVITAMIN ADVANCED** gehad. Miskien het u dringende mediese hulp of hospitalisasie nodig.
- Raadpleeg 'n gesondheidsorgspraktyksyn as u enige mediese toestand het. Staak gebruik onmiddellik indien enige nadelige reaksie plaasvind. Lees hierdie inligtingsblad aandagtig deur, want dit bevat belangrike inligting vir u. Hierdie produk is beskikbaar sonder doktersvoorskrif.
- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
  - Moenie medisyne met enige ander persoon deel nie.
  - Vra jou apteker of jy meer inligting of advies benodig.
  - Jy moet 'n dokter raadpleeg indien jou toestand vererger of nie verbeter nie.
- MOENIE HIERDIE PRODUK GEBRUIK NIE:**
- As jy hipersensitief (allergies) is vir enige van die bestanddele wat gelys word.
  - Jy moet nie hierdie produk aanvaar as seël gebreek word nie.

**NEWE-EFFEKTE**

Indien jou algemene gesondheid vererger of as jy enige nadelige effekte ervaar tydens die gebruik van hierdie medisyne, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgspraktyksyn vir raad. As jy enige nuwe-effekte sien wat nie in hierdie inligtingsblad genoem word nie, stel asseblief jou dokter, apteker of gesondheidsorgspraktyksyn in kennis.

**BEKENDE SIMPTOME VAN OORDOSEERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN** Sien nuwe-effekte.  
Behandeling: Staak gebruik en raadpleeg jou dokter, apteker of ander gesondheidsorgspraktyksyn vir advies.

**BERGING INSTRUKSIE**

Bêre in 'n koel, donker plek, onder 25 °C. Beskerm teen direkte sonlig en hitte. Bêre in die oorspronklike bottel. Hou die bottel styf toe. Vervang die beskermende dop na elke gebruik. Moet nie gebruik word na die vervaldatum wat op die bottel aangedui word nie. Moenie **PHYTOMULTI® MULTIVITAMIN ADVANCED** gebruik as u sigbare tekens van agtertuigting opmerk nie.

**IDENTIFIKASIE**

Groen, bedekte, langwerpige tablet.

**AANBIEDING**

**30 TABLETTE:** 'n Wit 175 ml HDPE-bottel met 'n wit dop, induksieseël, peuterkrimpsseël, watte en silikagelsakkie.

**60 TABLETTE:** 'n Wit 250 ml HDPE-bottel met 'n wit doppie, induksieseël, peuterkrimpsseël, wattering en silikagelsakkie.

**REGISTRASIE NOMMER**

Om by registrasie deur SAHPRA toegeen te word.  
Hierdie medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.

|                                                                                                  |          |                                                                                                                                        |        | Bestanddeel                            | Gebruik vir Bestanddeel                                                        |
|--------------------------------------------------------------------------------------------------|----------|----------------------------------------------------------------------------------------------------------------------------------------|--------|----------------------------------------|--------------------------------------------------------------------------------|
| Kalsiumpantotenaat (Vitamien B5)                                                                 | 18 mg    | Mangaansitraat (verskaf elementêre mangaan 250 µE)                                                                                     | 824 µg | Pyridoksal-5-fosfaat (vitamien B6)     | Ondersteun aminosuurmetabolisme en senuweestelselfunksie.                      |
| <i>Punica granatum</i> L. [Vrug] 20:1 ekstrak (verskaf 70% polifenole en 40% punicalagiene)      | 16,24 mg | Chroom pikolinaat (verskaf elementêre chroom 100 µg)                                                                                   | 804 µg | <i>Camellia sinensis</i> L. [Blaar]    | Verskaf katechiene antioksidant- en metaboliese ondersteuningseienskappe.      |
| Choline Bitartrate                                                                               |          |                                                                                                                                        |        | Resveratrol                            | Polifenoliese antioksidant ondersteun kardiovaskulêre en sellulêre gesondheid. |
| Sluit FP in (verskaf choline 5.1 mg)                                                             | 12,5 mg  | Vitamien A (as beta-karoteen)                                                                                                          | 375 µg | Koperglukonaat                         | Ondersteun ystermetabolisme en antioksidant-ensiemstelsels.                    |
| Inositol (as myo-inositol)                                                                       | 12,5 mg  | Vitamien A (as retinylpalmitaat 250 IE)                                                                                                | 375 µg | Lutein                                 | Karotenolêd ondersteun oog- en makulagesondheid.                               |
| Tiamienmononitraat (Vitamien B1)                                                                 | 12,5 mg  | <i>Rosmarinus officinalis</i> L. [Blad] 10:1 ekstrak (gestandaardiseer tot 11% fenoliese diterpene en 7,6% karnosiese suur + karnosol) | 275 µg | Likopeen                               | Antioksidant karotenolêd wat sellulêre beskerming ondersteun.                  |
| Vitamien E (as gemengde tokoferoole)                                                             | 12,5 mg  |                                                                                                                                        |        | Akasia nilotica-ekstrak                | Verskaf katekien-polifenole wat bydra tot antioksidantaktiwiteit.              |
| <i>Vitis vinifera</i> L. [Saad] 11:1 ekstrak (verskaf 40% oligomere proantosianidine)            | 10,63 mg | Biotien                                                                                                                                | 250 µg | Cinnamomum verum-ekstrak               | Ondersteun glukosemetabolisme en antioksidantbalans.                           |
| <i>Rubus fruticosus</i> [Vrug] 4:1 ekstrak                                                       | 10 mg    | Kalsium-L-Metiefolaat (Folaat)                                                                                                         | 250 µg | <i>Prunus domestica</i> -ekstrak       | Verskaf polifenole wat spysverterings- en antioksidantaktiwiteit ondersteun.   |
| Riboflavin (Vitamien B2)                                                                         | 7,5 mg   | <i>Cynara scolymus</i> L. [Blare] 6.5:1 ekstrak (gestandaardiseer tot 5% cynarin en 2% chlorogeniese suur)                             | 125 µg | <i>Vitis vinifera</i> L. [Vrug]        | Bron van resveratrol wat bydra tot antioksidantondersteuning.                  |
| Pyridoksal-5-fosfaat (vitamien B6)                                                               | 6 mg     | L-Selenometionien (verskaf elementêre seleen 50 µg en metionien 74 µg)                                                                 | 124 µg | Zeaxantin                              | Karotenolêd wat retina en visuele gesondheid ondersteun.                       |
| <i>Camellia sinensis</i> L. [Blad] 20:1-ekstrak (kafieienry, verskaf 70% katechiene en 40% EGCG) | 5 mg     | Jodium (as kaliumjodied) (wat elementêre jodium 75 µg verskaf)                                                                         | 98 µg  | Mangaansitraat                         | Essensiële spoorminerale-ondersteunende ensiematiese en antioksidantfunksies.  |
| Resveratrol                                                                                      | 4 mg     | Fitomenadion (Vitamien K1)                                                                                                             | 60 µg  | Chroompikolinaat                       | Ondersteun normale glukosemetabolisme en insulienaktiwiteit.                   |
| Koperglukonaat (verskaf elementêre koper 0.5 mg)                                                 | 3,6 mg   | Molibdeen (as natriummolibdaat) (verskaf elementêre molibdeen 25 µg)                                                                   | 54 µg  | Vitamien A (as retinylpalmitaat)       | Ondersteun immuunfunksie en die handhawing van normale sig.                    |
|                                                                                                  |          | Vitamien B12 (as metielkobalamien)                                                                                                     | 50 µg  | Vitamien A (as retinylpalmitaat)       | Dra by tot visuele funksie en epiteelgesondheid.                               |
|                                                                                                  |          |                                                                                                                                        |        | <i>Rosmarinus officinalis</i> -ekstrak | Verskaf antioksidantfenoliese verbindings wat sellulêre beskerming ondersteun. |
|                                                                                                  |          |                                                                                                                                        |        | Biotien                                | Ondersteun die metabolisme van koolhidrate, vette en proteïene.                |
|                                                                                                  |          |                                                                                                                                        |        | Kalsium-L-Metiefolaat (Folaat)         | Ondersteun DNA-sintese en normale rooibloedselvorming.                         |
|                                                                                                  |          |                                                                                                                                        |        | <i>Cynara scolymus</i> -ekstrak        | Ondersteun lewerfunksie en spysverteringsgesondheid.                           |
|                                                                                                  |          |                                                                                                                                        |        | L-Selenometionien                      | Verskaf seleen-ondersteunende antioksidant-ensiemstelsels.                     |
|                                                                                                  |          |                                                                                                                                        |        | Jodium (as kaliumjodied)               | Ondersteun die produksie van skildklierhormoon en metaboliese regulering.      |
|                                                                                                  |          |                                                                                                                                        |        | Fitomenadion (Vitamien K1)             | Ondersteun normale bloedstolling en beenmetabolisme.                           |
|                                                                                                  |          |                                                                                                                                        |        | Molibdeen (as Natriummolibdaat)        | Kofaktor vir ensieme betrokke by detoksifikasie en metabolisme.                |
|                                                                                                  |          |                                                                                                                                        |        | Vitamien B12 (as metielkobalamien)     | Ondersteun neurologiese funksie en rooibloedselvorming.                        |
|                                                                                                  |          |                                                                                                                                        |        | Vitamien D3 (as Cholecalciferol)       | Ondersteun kalsiummetabolisme, beengesondheid en immuunfunksie.                |

**Onaktiewe bestanddele:** Koperchlorofiliën, kruisgekoppelde natriumkarboksie-metielcellulose, dikalsiumfosfaat, hidroksioprielsellulose, hidroksioprielmietielsellulose, magnesiumkarbonaat, magnesiumsoute van vetsure, mikrokristallïene sellulose, poliëtleenglikol, rysstysel, silikondioksied, steariensuur, sukrose-esters van vetsuur **Hierdie produk is suiwe!vry en is nie-GGO. BEVAT KAFEÏEN**

| Aktiewe Bestanddeel                             | Funksioneel                                                                        |
|-------------------------------------------------|------------------------------------------------------------------------------------|
| Vitamien C                                      | Ondersteun antioksidantverdediging en immuunfunksie.                               |
| Kalsium                                         | Dra by tot beengesondheid en sellulêre seinprosesse.                               |
| Sitrus sp. [Vrug] ekstrak                       | Verskaf flavonolêd-antioksidante wat vaskulêre en immungesondheid ondersteun.      |
| Niacinamide (Vitamien B3)                       | Ondersteun sellulêre energiemetabolisme en velgesondheid.                          |
| Koffie robusta (Coffea canephora)               | Verskaf polifenole wat metaboliese en antioksidantaktiwiteit ondersteun.           |
| Sinkisitraat                                    | Ondersteun immuunfunksie, ensiemaktiwiteit en sellulêre herstel.                   |
| Vitamien E (as D-alfa-tokoferiëlsuur suksinaat) | Vetoplosbare antioksidant-ondersteunende beskerming van selmembrane.               |
| Kalsiumpantotenaat (Vitamien B5)                | Dra by tot energieproduksie en sintese van koënsiem A.                             |
| <i>Punica granatum</i> L. [Vrug]                | Verskaf polifenole wat antioksidante en kardiovaskulêre gesondheid ondersteun.     |
| Choline Bitartrate                              | Ondersteun lewerfunksie en normale lipidmetabolisme.                               |
| Inositol (myo-inositol)                         | Ondersteun sellulêre sein en metaboliese regulering.                               |
| Tiamienmononitraat (Vitamien B1)                | Ondersteun koolhidraatmetabolisme en senuweestelselfunksie.                        |
| Vitamien E (gemengde tokofoele)                 | Bied bykomende antioksidantbeskerming vir sellulêre membrane.                      |
| <i>Vitis vinifera</i> L. [Saad] ekstrak         | Bron van proantosianidine wat vaskulêre en antioksidantgesondheid ondersteun.      |
| <i>Rubus fruticosus</i> [Vrug]                  | Verskaf polifenole wat bydra tot antioksidantaktiwiteit.                           |
| Riboflavin (Vitamien B2)                        | Ondersteun energiemetabolisme en die instandhouding van normale sellulêre funksie. |

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