

PATIENT INFORMATION LEAFLET

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

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

- **PHYTOMULTI® MULTIVITAMIN ADVANCED** is available without a doctor's prescription. Nevertheless, you still need to use **PHYTOMULTI® MULTIVITAMIN ADVANCED** carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share **PHYTOMULTI® MULTIVITAMIN ADVANCED** with any other person.
- Ask your pharmacist or healthcare professional if you need more information or advice.

WHAT IS IN THIS LEAFLET

- What **PHYTOMULTI® MULTIVITAMIN ADVANCED** is and what it is used for. What you need to know before you take **PHYTOMULTI® MULTIVITAMIN ADVANCED**.
- How to take **PHYTOMULTI® MULTIVITAMIN ADVANCED**. Possible side effects. How to store **PHYTOMULTI® MULTIVITAMIN ADVANCED**. Contents of the pack and other information.

WHAT PHYTOMULTI® MULTIVITAMIN ADVANCED CONTAINS

Each one (1) tablet of **PHYTOMULTI® MULTIVITAMIN ADVANCED** contains the following actives:

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	<i>Acacia nilotica</i> [Bark and heartwood] 5:5:1 extract (providing 6% catechins)	2,5 mg
Niacinamide (Vitamin B3)	25 mg	<i>Cinnamomum verum</i> L. Presl [Bark] 12:1 extract (providing 20% proanthocyanidins)	2,5 mg
Coffee robusta (<i>Coffea canephora</i> Pierre) [Bean] 7:1 extract (providing 35% chlorogenic acid, 7% 5-caFFEoylquinic acid and 2% caffeine)	25 mg	<i>Prunus domestica</i> L. [Fruit] 10:1 extract	2,5 mg
Zinc citrate (providing elemental zinc 7.5 mg and citrate 14.5 mg)	22 mg	<i>Vitis vinifera</i> L. [Fruit] 35:1 extract (standardised to 2.5% resveratrol)	1 mg
Vitamin E (as D- α -tocopherol acid succinate)	21 mg	Zeaxanthin	1 mg
Calcium Pantothenate (Vitamin B5)	18 mg	Manganese Citrate (providing elemental manganese 250 μ g)	824 μ g
<i>Punica granatum</i> L. [Fruit] 20:1 extract (providing 70% polyphenols and 40% punicalagins)	16,24 mg	Chromium Picolinate (providing elemental chromium 100 μ g)	804 μ g
Choline Bitartrate Encaps FP (providing choline 5.1 mg)	12,5 mg	Vitamin A (as beta-carotene)	375 μ g
Inositol (as myo-inositol)	12,5 mg	Vitamin A (as retinyl palmitate 250 IU) <i>Rosmarinus officinalis</i> L. [Leaf] 10:1 extract (standardised to 11% phenolic diterpenes and 7.6% carnosic acid + carnosol)	375 μ g
Thiamine Mononitrate (Vitamin B1)	12,5 mg	Biotin	250 μ g
Vitamin E (as mixed tocopherols) <i>Vitis vinifera</i> L. [Seed] 11:1 extract (providing 40% oligomeric proanthocyanidins)	10,63 mg	Calcium-L-Methylfolate (Folate)	250 μ g
<i>Rubus fruticosus</i> [Fruit] 4:1 extract	10 mg	<i>Cynara scolymus</i> L. [Leaves] 6.5:1 extract (standardised to 5% cynarin and 2% chlorogenic acid)	125 μ g

WHAT PHYTOMULTI® MULTIVITAMIN ADVANCED IS AND WHAT IT IS USED FOR

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

BEFORE YOU TAKE PHYTOMULTI® MULTIVITAMIN ADVANCED

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. 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. This medicine has not been evaluated by the SAHPRA for quality, safety, or intended use.

PREGNANCY AND BREASTFEEDING

Safety during pregnancy and breastfeeding has not been established, consult with your healthcare professional before use. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult with your healthcare professional before taking this supplement.



TAKING OTHER MEDICINES WITH PHYTOMULTI® MULTIVITAMIN ADVANCED

Complementary medicine products contain ingredients which may interact with some medication. If you are taking any chronic medication, do not use this product without consulting your medical practitioner. 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.

Active ingredient	Quantity	Active ingredient	Quantity
Riboflavin (Vitamin B2)	7,5 mg	L-Selenomethionine (providing elemental selenium 50 μ g and methionine 74 μ g)	124 μ g
Pyridoxal-5-Phosphate (Vitamin B6)	6 mg	Iodine (as Potassium Iodide) (providing elemental iodine 75 μ g)	98 μ g
<i>Camellia sinensis</i> L. [Leaf] 20:1 extract (decaffeinated; providing 70% catechins and 40% EGCG)	5 mg	Phytomenadiol (Vitamin K1)	60 μ g
Resveratrol	4 mg	Molybdenum (as Sodium Molybdate) (providing elemental molybdenum 25 μ g)	54 μ g
Copper Gluconate (providing elemental copper 0.5 mg)	3,6 mg	Vitamin B12 (as Methylcobalamin)	50 μ g

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.**

HOW TO TAKE PHYTOMULTI® MULTIVITAMIN ADVANCED

Do not share medicines prescribed for you with any other person. Always take **PHYTOMULTI® MULTIVITAMIN ADVANCED** exactly as described in this leaflet, or as your doctor, healthcare provider has instructed you. You should check with your doctor, pharmacist or healthcare provider if you are unsure.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent **PHYTOMULTI® MULTIVITAMIN ADVANCED** may interfere with the daily activities of a patient. Patients should ensure that they do not engage in activities relating to requiring mental alertness, judgement and/or sound co-ordination and vision e.g. driving, riding, flying, sailing, operating machines/equipment, until they are aware of the measure to which **PHYTOMULTI® MULTIVITAMIN ADVANCED** may affect you.

Directions for use:

Adults: Take one (1) tablet daily or as directed by your healthcare practitioner. **Do not take more than the recommended dose. NOT RECOMMENDED FOR PERSONS UNDER THE AGE OF 18 YEARS. IF YOU TAKE MORE PHYTOMULTI® MULTIVITAMIN ADVANCED THAN YOU SHOULD**

In the event of overdose, consult your doctor, pharmacist. Should none of these be available, contact the nearest hospital or poison control centre.

IF YOU FORGET TO TAKE PHYTOMULTI® MULTIVITAMIN ADVANCED

Do not take a double dose to make up for a missed dose.

POSSIBLE SIDE EFFECTS

PHYTOMULTI® MULTIVITAMIN ADVANCED may have side effects. 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 practitioner 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. Not all side effects and interactions reported for **PHYTOMULTI® MULTIVITAMIN ADVANCED** are included in this leaflet.

PRESENTATION OF PHYTOMULTI® MULTIVITAMIN ADVANCED

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.

IDENTIFICATION OF PHYTOMULTI® MULTIVITAMIN ADVANCED

Green, coated, oblong tablet.

REGISTRATION NUMBER – To be allocated by SAHPRA upon registration.

STORAGE AND DISPOSING OF PHYTOMULTI® MULTIVITAMIN ADVANCED

Store all medicines out of the reach of children. Store in a cool, dark place, below 25 °C. Protect from direct sunlight and heat. Store in the original packaging. Do not use after the expiry date stated on the bottle. Do not use **PHYTOMULTI® MULTIVITAMIN ADVANCED** if you notice visible signs of deterioration. Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

Scan QR code. Document Reference: PMVA.PILV01 02-26

PASIËNT INLIGTINGSBLAD

SKEDULERINGSSTATUS ^[50]

Kategorie D: Komplementêre medisyne.

Dissipline: Dissiplinespesifiek

33.7. Kombinasie produk

HANDELSNAAM EN DOSEERVORM,

PHYTOMULTI® MULTIVITAMIN ADVANCED, 30 & 60 Tablette

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT BELANGRIKE INLIGTING VIR U

- **PHYTOMULTI® MULTIVITAMIN ADVANCED** is beskikbaar sonder doktersvoorskrif.
- U moet steeds **PHYTOMULTI® MULTIVITAMIN ADVANCED** versigtig gebruik om die beste resultate daaruit te kry.
- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
- Moenie **PHYTOMULTI® MULTIVITAMIN ADVANCED** met enige ander persoon deel nie.
- Vra jou apteker of gesondheidsorgpraktisyn of jy meer inligting of advies benodig.

WAT IS IN HIERDIE INLIGTINGSBLAD

- Wat **PHYTOMULTI® MULTIVITAMIN ADVANCED** is en waarvoor dit gebruik word. Wat jy moet weet voordat jy **PHYTOMULTI® MULTIVITAMIN ADVANCED** neem.
- Hoe om **PHYTOMULTI® MULTIVITAMIN ADVANCED** te neem.
- Moontlike nuwe-effekte. Hoe om **PHYTOMULTI® MULTIVITAMIN ADVANCED** te bêre. Inhoud van die pak en ander inligting

WAT IS PHYTOMULTI® MULTIVITAMIN ADVANCED TABELLETTE EN WAARVOOR WORD DIT GEBRUIK

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

VOORDAT JY PHYTOMULTI® MULTIVITAMIN ADVANCED NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn 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 gesondheidsorgpraktisyn 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 gesondheidsorgpraktisyn dat jy **PHYTOMULTI® MULTIVITAMIN ADVANCED** neem voordat jy enige laboratoriumtoetse ondergaan.

Hierdie medisyne is nie deur die SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie. Hierdie medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.

BESTUUR EN GEBRUIK VAN MASIËNE

Dit is nie altyd moontlik om te voorspel in watter mate **PHYTOMULTI® MULTIVITAMIN ADVANCED** die daaglikse aktiwiteite van 'n pasiënt kan belemmer nie. Pasiënte moet seker maak dat hulle nie betrokke raak by aktiwiteite wat verband hou met die vereiste van verstandelike waaksamheid, oordeel en/of gesonde koördinasie en visie nie, byvoorbeeld bestuur, ry, vlieg, seil, bedryfsmasjien/toerusting, totdat hulle bewus is van die mate waartoe **PHYTOMULTI® MULTIVITAMIN ADVANCED** jou beïnvloed.

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, pharmacist or healthcare professional.

REPORTING OF SIDE EFFECTS

If you experience side effects, talk to your doctor, pharmacist or other healthcare professional. You can also report side effects to SAHPRA via "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications:

<https://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of **PHYTOMULTI® MULTIVITAMIN ADVANCED**.

THIS LEAFLET WAS LAST REVISED ON 15 February 2026

NAME AND ADDRESS OF REGISTRATION HOLDER

Distributed by: Ampiro Advanced Development Products (Pty) Ltd
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Sandton, Tel: 011-802-8101

NEEM VAN ANDER MEDISYNE SAAM MET PHYTOMULTI® MULTIVITAMIN ADVANCED

Komplementêre medisyne produkte bevat bestanddele wat met sommige medisyne 'n interaksie kan hê. As jy enige chroniese medisyne gebruik, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Raadpleeg 'n geregistreerde gesondheidspraktisyn as jy enige ander medisyne (soos lithium) neem, insluitend chroniese, aanvullende of tradisionele medisyne; of hoë bloeddruk, glukoos en / of detrusor-onstabiliteit (oorkatiewe blaasindroom) het. Verbruik met ander medisyne (bv. bitter lemoen uitreksel, synephrine, octopamine, ephedra, efedrien) wat bloeddruk verhoog, word nie aanbeveel nie. Die gebruik van kafeïen kan lei tot slaaptkort. Verbruik met ander kafeïenbevattende produkte of voedsel (bv. medikasie, koffie, tee, colas, kakao, guarana, maté) word nie aanbeveel nie.

SWANGERSKAP EN BORSVOEDING

Veiligheid tydens swangerskap en borsvoeding is nie vasgestel nie, raadpleeg u gesondheidsorgpraktisyn voor gebruik. As u swanger is of borsvoed, dink dat u swanger is of beplan om 'n baba te hê, raadpleeg u gesondheidsorgpraktisyn voordat u hierdie aanvulling neem.

HOE OM PHYTOMULTI® MULTIVITAMIN ADVANCED TE NEEM
Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **PHYTOMULTI® MULTIVITAMIN ADVANCED** presies soos beskryf in hierdie inligtingsblad, of soos u dokter, gesondheidsorgpraktisyn voorgeskryf het. Raadpleeg jou dokter, apteker of gesondheidsorgpraktisyn as jy onseker is.

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

AS JY MEER PHYTOMULTI® MULTIVITAMIN ADVANCED NEEM AS WAT JY MOET

In die geval van oordosering, raadpleeg u dokter of apteker. Indien nie een hiervan beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

AS JY VERGEET OM PHYTOMULTI® MULTIVITAMIN ADVANCED TE NEEM - Moenie 'n dubbele dosis neem om op te maak vir 'n dosis wat oorgeslaan is nie.

MOONTLIKE NUWE-EFFEKTE

PHYTOMULTI® MULTIVITAMIN ADVANCED kan nuwe-effekte hê. Indien jy enige van die volgende gediagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik: bloedsuiker-, bloeddruk-, hartsiektes, diabetes, kop- en nekklank, swak en bros bene (osteoporose), prostaatkanker, 'n oorerflikte oogtoestand wat swak nagsig en verlies aan visus (retinitis pigmentosa) veroorsaak, beroerte, lewersiekte, post-chirurgiese stentplasing, gewigsverlieschirurgie, prosedures om verouderde (angioplastie) te verbreed, beslagleggingsversteuring. As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidspraktisyn voordat jy neem: medisyne vir kanker (Chemoterapie), bloedstolling (Antikoagulant / Antiplatelet-middels), Warfarin (Coumadin), Antibiotika vir Kanker (Antitumor Antibiotika), Antibiotika (Tetrasielien antibiotika), Amiodarone (Cordarone), Fenobarbital (Luminal), medisyne vir hoë bloeddruk (antihypertensiewe middels), 5-Fluorouracil, medisyne vir diabetes (Antidiabetes dwelms). As enige van die volgende gebeur, hou op om **PHYTOMULTI® MULTIVITAMIN ADVANCED** te gebruik en vertel jou dokter of gaan na die ongevalle-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 mag dalk dringende mediese hulp of hospitalisasie nodig hê. Nuwe-effekte wat gewoonlik nie mediese hulp benodig nie (rapporteer aan u gesondheidsorgpraktisyn as dit voortduur): naarheid / braking.

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

Aktiewe bestanddeel	Hoeveelheid	Aktiewe bestanddeel	Hoeveelheid
Vitamiën C (van kalsiumaskorbaat en askorbiensuur)	60 mg	Lutein	3 mg
Kalsium (as Kalsium Askorbaat) (wat elementêre kalsium 3.2 mg verskaf)	33,2 mg	Likopeen	3 mg
Sitrus sp. [Vrug] 6:1 ekstrakt (verskaf 50% hesperidien)	27,45 mg	<i>Acacia nilotica</i> [Bas en kernhout] 5:1 ekstrakt (verskaf 6% katechine)	2,5 mg
Niacinamide (Vitamiën B3)	25 mg	<i>Cinnamomum verum</i> L. Presl [Bark] 12:1 ekstrakt (verskaf 20% proantosianidine)	2,5 mg
Koffie robusta (<i>Coffea canephora</i> Pierre) [Boontjie] 7:1 ekstrakt (verskaf 35% chlorogeniese suur, 7% 5-kafeoyliensuur en 2% kafeïen)	25 mg	<i>Prunus domestica</i> L. [Vrug] 10:1 ekstrakt	2,5 mg
Sinksitraat (verskaf elementêre sink 7.5 mg en sitraat 14.5 mg)	22 mg	<i>Vitis vinifera</i> L. [Vrug] 35:1 ekstrakt (gestandaardiseer tot 2.5% resveratrol)	1 mg
Vitamiën E (as D-alfa-tokoferiëlsuur suksinaat)	21 mg	Zeaxantin	1 mg
Kalsiumpantotenaat (Vitamiën B5)	18 mg	Mangaansitraat (verskaf elementêre mangaan 250 µg)	824 µg
<i>Punica granatum</i> L. [Vrug] 20:1 ekstrakt (verskaf 70% polifenole en 40% punicalagiene)	16,24 mg	Chroom pikolinaat (verskaf elementêre chroom 100 µg)	804 µg
Choline Bitartrate Sluit FP in (verskaf choline 5.1 mg)	12,5 mg	Vitamiën A (as beta-karoteen)	375 µg
Inositol (as myo-inositol)	12,5 mg	Vitamiën A (as retinylpalmitaat 250 IE)	375 µg
Tiaminmononitraat (Vitamiën B1)	12,5 mg	<i>Rosmarinus officinalis</i> L. [Blad] 10:1 ekstrakt (gestandaardiseer tot 11% fenoliese diterpene en 7,6% karnosiese suur + karnosol)	275 µg
Vitamiën E (as gemengde tokoferole)	12,5 mg	Biotien	250 µg
<i>Vitis vinifera</i> L. [Saad] 11:1 ekstrakt (verskaf 40% oligomere proantosianidine)	10,63 mg	Kalsium-L-Metiefolaat (Folaat)	250 µg
<i>Rubus fruticosus</i> [Vrug] 4:1 ekstrakt	10 mg	<i>Cynara scolymus</i> L. [Blare] 6.5:1 ekstrakt (gestandaardiseer tot 5% cynarin en 2% chlorogeniese suur)	125 µg
Riboflaviën (Vitamiën B2)	7,5 mg	L-Selenometionien (verskaf elementêre seleen 50 µg en metionien 74 µg)	124 µg
Pyridoksal-5-fosfaat (vitamiën B6)	6 mg	Jodium (as kaliumjodied) (wat elementêre jodium 75 µg verskaf)	98 µg
<i>Camellia sinensis</i> L. [Blad] 20:1-ekstrakt (kafieienry; verskaf 70% katechine en 40% EGCG)	5 mg	Fitomenadion (Vitamiën K1)	60 µg
Resveratrol	4 mg	Molibdeen (as natriummolibdaat) (verskaf elementêre molibdeen 25 µg)	54 µg
Koperglukonaat (verskaf elementêre koper 0.5 mg)	3,6 mg	Vitamiën B12 (as metiekobalamien)	50 µg

Inaktiewe bestanddele: Koperchlorofiliën, kruisgekoppelde natriumkarboksie-metieëlsellulose, dikalsiumfosfaat, hidroksiopropieëlsellulose, hidroksiopropiëlmietieëlsellulose, magnesiumkarbonaat, magnesiumsoute van vetsure, mikrokristallienye sellulose, poliëtleenglikol, rissstysel, silikondioksied, steariensuur, suikrose-esters van vetsuur. **Hierdie produk is suiwerly en is nie-GMO. BEVAT KAFEÏEN**

Nie alle nuwe-effekte en interaksies wat vir PHYTOMULTI® MULTIVITAMIN ADVANCED gerapporteer word, is by hierdie inligtingsblad ingesluit nie. 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 gesondheidsorgpraktisyn vir raad. As jy enige nuwe-effekte sien wat nie in hierdie inligtingsblad genoem word nie, stel asseblief jou dokter, apteker of gesondheidsorgpraktisyn in kennis.

AANMELDING VAN NUWE-EFFEKTE
As jy nuwe-effekte ervaar, praat met jou dokter, apteker of ander gesondheidsorgpraktisyn. U kan ook nuwe-effekte aan SAHPRA rapporteer via "6.04 Adverse Drug Reaction Reporting Form", wat aanlyn gevind word onder SAHPRA se publikasies: <https://www.sahpra.org.za/Publications/Index/8>. Deur nuwe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van PHYTOMULTI® MULTIVITAMIN ADVANCED.

HOE OM PHYTOMULTI® MULTIVITAMIN ADVANCED TE BEREÏ
Bêre alle medisyne buite bereik van kinders. Bêre in 'n koel, donker plek, onder 25 °C. Beskerm teen direkte sonlig en hitte. Bêre in die oorspronklike verpakking. Moet nie gebruik word na die vervaldatum wat op die bottel aangedui word nie.
Moenie PHYTOMULTI® MULTIVITAMIN ADVANCED gebruik as u sigbare tekens van agteruitgang opmerk nie.
Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

AANBIEDING VAN PHYTOMULTI® MULTIVITAMIN ADVANCED 30 TABLETTE: 'n Wit 175 ml HDPE-bottel met 'n wit dop, induksieseël, peuter-krimpsseël, watter en silikagelsakkie.
60 TABLETTE: 'n Wit 250 ml HDPE-bottel met 'n wit dopple, induksieseël, peuter-krimpsseël, wattering en silikagelsakkie.
IDENTIFIKASIE VAN PHYTOMULTI® MULTIVITAMIN ADVANCED
Groen, bedekte, langwerpige tablet.
REGISTRASIE NOMMER Om deur SAHPRA toegeken te word by registrasie.

TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING
Skandeer QR-kode.
HIERDIE INLIGTINGSBLAD IS LAAS HERSEN OP 15 FEBRUARIE 2026 NAAM EN ADRES VAN REGISTRASIEHOUDER

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