PATIENT INFORMATION LEAFLET

SCHEDULING STATUS
To be assigned.

RevitaMETICS™ Film-coated Tablets
Sucrose, Lactose, Gluten and Tartrazine Free

Complementary Medicine – Health Supplement

Read this leaflet carefully because it contains important information for you

RevitaMETICS™ is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use RevitaMETICS™ carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share RevitaMETICS™ with any other person.
- Ask your healthcare professional or pharmacist if you need more information or advice.

What is in this leaflet
1. What RevitaMETICS™ is and what it is used for.
2. What you need to know before you take RevitaMETICS™.
3. How to take RevitaMETICS™.
4. Possible side effects.
5. How to store RevitaMETICS™.
6. Contents of the pack and other information.

1. What RevitaMETICS™ is and what it is used for

RevitaMETICS™ is a health supplement intended as nutritional support to aid strong hair, skin and nails in adults and children from the age of 13 years.

2. What you need to know before you take RevitaMETICS™

Do not take RevitaMETICS™ if:
You experience a Hypersensitivity (allergic reaction) to any of the ingredients of RevitaMETICS™ (as listed below in section 6).

RevitaMETICS™ should not be used if you suffer from:
- conditions associated with hypercalcaemia and hypercalciuria, and in renal impairment (chronic);
- renal osteodystrophy with hyperphosphataemia (risk of metastatic calcification).

Other medicines and RevitaMETICS™
Always tell your healthcare professional if you are taking any other medicines.
This includes complementary or traditional medicines.

Take RevitaMETICS™ 2 hours before or after taking other medications or natural health products.

High dose Zinc supplementation may cause a copper or iron deficiency.

Vitamin D may increase the risk of hypercalcaemia.

Fertility, Pregnancy and Breastfeeding
If you are pregnant or breastfeeding, think you may be pregnant or planning to have a baby, please consult your doctor, pharmacist, or other healthcare professional for advice before taking this medicine.

The ingredients in RevitaMETICS™ are commonly included in pregnancy prroducts.

Driving and using machines
RevitaMETICS™ does not have any effect on the ability to drive or the use of machinery.

3. How to take RevitaMETICS™

Do not share medicines with any other person.
Always take RevitaMETICS™ exactly as described in this leaflet or as your doctor, pharmacist or healthcare professional has told you. Check with your doctor or pharmacist if you are not sure.

The usual dose is one White Film-coated Tablet daily with a meal.

Do not take more than the daily dose specified.

RevitaMETICS™ should be taken daily for as long as your healthcare professional indicates you to use it.

RevitaMETICS™ should not be given to children below the age of 13 years (due to the Zinc content) unless under the direct supervision of a qualified healthcare professional.

If you take more RevitaMETICS™ than you should
In the event of an overdosage, consult your doctor or pharmacist. If neither is available, contact your nearest hospital or poison centre.

If an overdose is suspected, RevitaMETICS™ should be stopped immediately.

Treatment is generally symptomatic and supportive.

If you forget to take RevitaMETICS™
Do not take a double dose of RevitaMETICS™ to make up for a forgotten individual dose.

4. Possible side effects

RevitaMETICS™ can have side effects in exceptional instances.

Not all side effects reported for RevitaMETICS™ are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking RevitaMETICS™ please consult your healthcare professional for advice.

Less frequent side effects:
- nausea (feeling sick)
- diarrhoea
- constipation
- indigestion
- bloating
- flatulence

Reporting of adverse reactions:
Should you notice any side effects not mentioned in this leaflet, please report it to AnaStellar Brands (Pty) Ltd via pharmacist@anastellar.co.za, (011) 792 4601 or https://anastellar.co.za.
By reporting side effects, you can help provide more information on the safety of RevitaMETICS™.

5. How to store RevitaMETICS™

Store all medicines out of reach of children.
Store at or below 25 °C.
Protect from light and moisture.
Store in the original container.
Do not dispose of unused medicine in drains or sewerage systems (e.g., toilets).

6. Contents of the pack and other information

What RevitaMETICS™ contains

Each White Tablet contains

Vitamin A derived from Vitamin A Acetate 2 mg	**1 000**	**IU**
Vitamin C derived from Ascorbic Acid 200 mg	**200**	**mg**
Vitamin D3 derived from Cholecalciferol 10 mg	**1 000**	**IU**
Vitamin E derived from dl-α-Tocopherol Acetate 30 mg	**20**	**IU**
Biotin	**500**	**µg**
Calcium derived from Calcium Carbonate 200 mg	**80**	**mg**
Copper derived from Copper Sulphate 4 mg	**1**	**mg**
Folate derived from (6S)-5-Methyltetrahydrofolate 226 µg	**200**	**µg**
Magnesium derived from Magnesium Oxide 133 mg	**80**	**mg**
Zinc derived from Zinc Oxide 25 mg	**20**	**mg**

All minerals are expressed in their elemental and non-elemental forms.

The other ingredients are:
Tablet Core – Calcium Phosphate Dibasic, Magnesium Stearate, Povidone, Silicon Dioxide, Sodium Starch Glycolate, and Solvent 45.

Tablet Coating – Castor Oil, Flexicoat, and Shellac.

What RevitaMETICS™ looks like and contents of the pack

RevitaMETICS™ contains White Oval shaped Film-coated Tablets.

Each pack contains 3 x PVC/PVDC/Aluminium blister strips with 10 x White Film-coated Tablets contained in each strip.
The 3 x blister strips are enclosed within a cardboard carton.

Holder of Certificate of Registration

AnaStellar Brands (Pty) Ltd
Boskruin Business Park, Unit 15, North Wing, Ground Floor
Bosbok Road, Randpark Ridge, 2169, Gauteng
Republic of South Africa
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Registration Number

To be assigned

This leaflet was last revised in January 2023

The Professional Information leaflet is available on https://anastellar.co.za

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

VRM/LF/01

PASIËNT-INLIGTINGSPAMFLET

SKEDULERINGSTATUS
Moet toegeken word.

RevitaMETICS™ Filmbedekte Tablette
Sukrose-, Laktose-, Gluten- en Tartrasienvry

Aanvullende Middels – Gesondheidsaanvulling

Lees hierdie pamflet sorgvuldig want dit bevat belangrike inligting vir jou

RevitaMETICS™ is sonder 'n doktersvoorskrif aan jou beskikbaar om jou gesondheid in stand te hou. Nogtans moet jy bedagsaam wees wanneer jy RevitaMETICS™ gebruik om die beste resultate daarvan te kry.
- Hou hierdie pamflet, want dit mag dalk nodig wees om dit weer te lees.
- Moenie RevitaMETICS™ met iemand anders deel nie.
- Vra jou gesondheidspraktisyn of apteker as jy meer inligting of advies benodig.

Wat is in hierdie pamflet

1. Wat RevitaMETICS™ is en waarvoor dit gebruik word.
2. Wat jy moet weet voordat jy RevitaMETICS™ neem.
3. Hoe om RevitaMETICS™ te neem.
4. Moontlike newe-effekte.
5. Hoe om RevitaMETICS™ te bewaar.
6. Die inhoud van die kartondosie en ander inligting.

1. Wat RevitaMETICS™ is en waarvoor dit gebruik word

RevitaMETICS™ is 'n gesondheidsaanvulling met die doel om deur voedingsondersteuning sterk hare, vel en naels by volwassenes en kinders vanaf 13 jaar te bevorder.

2. Wat jy moet weet voordat jy RevitaMETICS™ neem

Moenie RevitaMETICS™ gebruik indien:
Jy 'n Hipersensitiwiteit (allergiese reaksie) vir enige van die bestanddele van RevitaMETICS™ toon nie (word in afdeling 6 aangegee).

RevitaMETICS™ behoort nie gebruik te word as jy ly aan:
- toestande geassosieer met hiperkalsemie en hiperkalsiurie, en aan nierontoereikendheid (kronies);
- nier-osteodistrofie met hiperfosfatemie (risiko van metastatiese kalsifisering).

Ander medisyne en RevitaMETICS™
Vertel altyd vir jou gesondheidsdeskundige as jy enige ander medisyne neem. Dit sluit gesondheidsaanvullings of tradisionele medisyne in.

Neem RevitaMETICS™ 2 uur voor of na jy enige ander medikasies of natuurlike gesondheidsprodukte geneem het.

'n Hoë-dosis Sinkaanvulling mag moontlik 'n koper- of ystergebrek veroorsaak.

Vitamien D mag die risiko van hiperkalsemie verhoog.

Vrugbaarheid, Swangerskap en Borsvoeding
Indien jy swanger is of borsvoed, dink dat jy swanger mag wees of beplan om 'n baba te hê, raadpleeg asseblief jou dokter, apteker of ander gesondheidsdeskundige voordat jy hierdie medisyne neem.

Die bestanddele in RevitaMETICS™ word algemeen in swangerskapprodukte gebruik.

Motorbestuur en die gebruik van masjinerie
RevitaMETICS™ het nie 'n effek op die vermoë om te bestuur of wanneer 'n persoon masjinerie hanteer nie.

3. Hoe om RevitaMETICS™ te neem

Moenie enige medisyne met iemand anders deel nie.
Neem RevitaMETICS™ altyd presies soos in hierdie pamflet beskryf of soos jou dokter, apteker of ander gesondheidsdeskundige vir jou aanbeveel het.
Vra jou dokter of apteker as jy nie seker is nie.

Die gewone dosis is een Wit Filmbedekte Tablet daagliks saam met 'n maaltyd.

Moenie meer as die daaglikse dosis wat aanbeveel word, neem nie.

RevitaMETICS™ behoort daagliks geneem te word vir so lank as wat jou gesondheidsdeskundige dit vir jou aanbeveel het.

RevitaMETICS™ behoort nie aan kinders onder die ouderdom van 13 jaar gegee te word nie (vanweë die Sinkinhoud) tensy onder die direkte toesig van 'n gekwalifiseerde gesondheidsdeskundige.

As jy meer RevitaMETICS™ neem as wat jy moes
In die geval van 'n oordosering, raadpleeg jou dokter of apteker. As nie een van die twee beskikbaar is nie, kontak jou naaste hospitaal of gifbeheersentrum.

As 'n oordosis vermoed word, behoort RevitaMETICS™ dadelik gestaak te word.

Behandeling is oor die algemeen simptomaties en ondersteunend.

As jy vergeet om RevitaMETICS™ te neem
Moenie 'n dubbele dosis van RevitaMETICS™ neem om te vergoed vir 'n individuele dosis wat jy vergeet het nie.

4. Moontlike newe-effekte

RevitaMETICS™ kan in buitengewone gevalle newe-effekte hê.

Nie alle newe-effekte wat vir RevitaMETICS™ vermeld is, is in hierdie pamflet ingesluit nie. As jou algemene gesondheid versleg of as jy enige ongewenste newe-effekte ondervind terwyl jy RevitaMETICS™ neem, vra asseblief jou gesondheidsdeskundige vir advies.

Minder dikwelse newe-effekte:
- naarheid (voel mislik)
- diarree
- hardlywigheid
- slegte spysvertering
- opgeblaasde maag
- winderigheid

Aanmelding van newe-effekte:
As jy enige newe-effekte opmerk wat nie in hierdie pamflet genoem word nie, meld dit asseblief by AnaStellar Brands (Edms) Bpk aan by pharmacist@anastellar.co.za, (011) 792 4601 of https://anastellar.co.za.
Deur newe-effekte aan te meld, kan jy help om meer inligting oor die veiligheid van RevitaMETICS™ te verskaf.

5. Hoe om RevitaMETICS™ te bewaar

Hou alle medisyne buite kinders se bereik.
Bewaar teen 25 °C of benede.
Beskerm teen lig en vogtigheid.
Bewaar in die oorspronklike houer.
Moenie ongebruikte medisyne in dreinering- of rioolstelsels (bv. toilette) weggooi nie.

6. Die inhoud van die kartondosie en ander inligting

Wat RevitaMETICS™ bevat

Elke Wit Tablet bevat

Vitamien A afgelei van Vitamien A Asetaat 2 mg	**1 000**	**IE**
Vitamien C afgelei van Askorbiensuur 200 mg	**200**	**mg**
Vitamien D3 afgelei van Cholekalsiferol 10 mg	**1 000**	**IE**
Vitamien E afgelei van dl-α-Tokoferolasetaat 30 mg	**20**	**IE**
Biotien	**500**	**µg**
Kalsium afgelei van Kalsiumkarbonaat 200 mg	**80**	**mg**
Koper afgelei van Kopersulfaat 4 mg	**1**	**mg**
Folaat afgelei van (6S)-5-Metieltetrahidrofolaat 226 µg	**200**	**µg**
Magnesium afgelei van Magnesiumoksied 133 mg	**80**	**mg**
Sink afgelei van Sinkoksied 25 mg	**20**	**mg**

Alle minerale word in hul element- en nie-elementvorm weergegee.

Die ander bestanddele is:
Tabletkern – Kalsiumfosfaat-dibasies, Magnesiumstearaat, Povidoon, Silikondioksied, Natriumstyselglikolaat en Oplosmiddel 45.

Tabletbedekking – Kasterolie, Flexicoat en Skellak.

Hoe RevitaMETICS™ lyk en die inhoud van die kartondosie

RevitaMETICS™ bevat Wit Ovaal Filmbedekte Tablette.

Elke kartondosie bevat 3 x PVC/PVDC/Aluminium stulpstroke wat elk 10 x Wit Filmbedekte Tablette per stulpstrook bevat.
Daar is 3 x stulpstroke binne-in 'n kartondosie.

Houer van die Registrasiesertifikaat

AnaStellar Brands (Edms) Bpk
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Republiek van Suid-Afrika
+27 (0)11 792 4601

Registrasienommer

Moet toegeken word

Hierdie pamflet is laas in Januarie 2023 hersien

Die Professionele Inligtingspamflet is beskikbaar by webtuiste https://anastellar.co.za

Hierdie ongeregistreerde middel is nie deur die SAHPRA vir sy gehalte, veiligheid of beoogde gebruik geëvalueer nie.

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