

## vitamin B complex caplets

### PROPRIETARY NAME AND DOSAGE FORM

Clicks Vitamin B Complex Caplets

### COMPOSITION

Each caplet contains:

Ingredient	per caplet
Vitamin B5 (calcium D pantothenate)	25 mg
Choline bitartrate	25 mg
Inositol	25 mg
Vitamin B3 (nicotinamide)	25 mg
Vitamin B6 (pyridoxine HCl)	25 mg
Vitamin B2 (riboflavin)	25 mg
Vitamin B1 (thiamine)	25 mg
Biotin	200 mcg
Folic acid	200 mcg
Vitamin B12 (cyanocobalamine 0,1%)	25 mcg

**Excipients:** Microcrystalline cellulose, PVP, Ac-di-sol, magnesium stearate.

Clicks Vitamin B Complex Caplets are sugar and preservative free.

### PHARMACOLOGICAL CLASSIFICATION

Category D Medicine; Complementary Medicine; Health supplement, Multivitamin

### PHARMACOLOGICAL ACTION, PHARMACODYNAMIC PROPERTIES, PHARMACOKINETIC PROPERTIES:

The range of B vitamins are water soluble and are therefore metabolized as such.

Water soluble vitamins: dissolve in water and are not stored to a significant extent in the body. Instead, they are readily absorbed in the small intestine and are transported through the bloodstream. Any excess water soluble vitamins that the body does not immediately use is typically excreted in the urine. Water soluble vitamins include vitamins B1, B2, B3, B5, B6, biotin, folic acid, vitamin C. These vitamins play vital roles in processes like energy metabolism, cell growth and normal red blood cell formation.

While both water soluble and fat soluble vitamins are essential for health, it is important to maintain a balanced diet that provides an adequate supply of both water- and fat-soluble vitamins to support overall wellbeing and prevent deficiencies.

### INDICATIONS

A vitamin B complex supplement is indicated to combat specific deficiencies in B vitamins, where diet is known to be inadequate. Vitamin B complex supplements should be regarded as a temporary intervention until a healthy balanced diet with adequate levels of B vitamins can be reinstated. The B vitamins contribute to the maintenance of good health; the metabolism of carbohydrates, fats and proteins into energy; and contribute to normal red blood cell formation and to normal growth and development.

### CONTRAINDICATIONS

Hypersensitivity to any of the ingredients.

### WARNINGS AND SPECIAL PRECAUTIONS

Clicks Vitamin B Complex is not a replacement for a healthy, balanced diet.

Do not exceed the recommended dosage.

Individuals who have a medical condition, or who are taking other medication, must consult with a healthcare practitioner before taking Clicks Vitamin B Complex caplets as they may have special requirements.

Clicks Vitamin B Complex is not to be taken if the individual is allergic to or has a hypersensitivity to any of the ingredients in the product.

Effects on ability to drive vehicles and use machinery

Clicks Vitamin B Complex caplets should not impair the ability of the recipient to drive vehicles and operate machinery.

### INTERACTIONS

None known in the prescribed dosage range.

Individuals currently being treated for any condition or taking other medication, complementary or traditional, must consult their healthcare practitioner before taking this product.

### PREGNANCY AND BREASTFEEDING

Safety in pregnancy and lactation has not been established.

### DOSAGE AND DIRECTIONS FOR USE

Take 2 caplets in the morning after breakfast with a glass of water.

### SIDE EFFECTS

There have been no reports of major adverse events and side effects associated with any of the nutrients contained in this product when taken in the prescribed dosages.

Isolated cases of nausea and vomiting have been reported. This can be alleviated by taking the recommended dosage after a meal.

### KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

In cases of suspected overdosage, immediate withdrawal of the product is indicated, and treatment is symptomatic and supportive.

### IDENTIFICATION

Clicks Vitamin B Complex caplets are capsule shaped, white, film coated caplets.

### PRESENTATION

Clicks Vitamin B Complex caplets are packaged in white, plastic containers with a white screw on cap, containing 60 caplets and a silica gel sachet, packed into a unit carton.

### STORAGE INSTRUCTIONS

Store in a cool, dry place at or below 25 °C, away from direct sunlight.

### KEEP OUT OF REACH OF CHILDREN.

### REGISTRATION NUMBER

TBA

### NAME AND ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION

Grace Pharmaceuticals (Pty) Ltd, Unit 5 Ellis Park Shopping Centre,  
29/35A Romsey Grove, Durban North, 4051  
Telephone: 0861 114 788  
www.gracepharm.co.za

### DATE OF PUBLICATION

TBA

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

## vitamin B complex caplets

### HANDELSNAAM EN DOSERINGSVORM

Clicks Vitamin B Complex-kaplette

### SAMESTELLING

Elke kaplet bevat:

Bestanddele	per kaplet
Vitamiene B5 (kalsium D-pantotenaat)	25 mg
Cholinebitartraat	25 mg
Inositol	25 mg
Vitamiene B3 (nikotinamied)	25 mg
Vitamiene B6 (piridoksien HCl)	25 mg
Vitamiene B2 (riboflavien)	25 mg
Vitamiene B1 (tiamien)	25 mg
Biotien	200 mcg
Foliensuur	200 mcg
Vitamiene B12 (sianokobalamien 0,1%)	25 mcg

**Hulpstowwe:** Mikrokristallynsellulose, PVP, Ac-di-sol, magnesiumstearaat

Clicks Vitamin B Complex-kaplette is suiker- en preserveermiddelvry.

### FARMAKOLOGIESE KLASIFIKASIE

Kategorie D-medisyne; Komplementêre medisyne; Gesondheidsaanvulling, Multivitamiene

### FARMAKOLOGIESE AKSIE, FARMAKODINAMIESE EIENSKAPPE, FARMAKOKINETIESE EIENSKAPPE:

Die reeks B-vitamiene is oplosbaar in water en word dus as sodanig gemetaboliseer.

Wateroplosbare vitamiene: Los op in water en word nie in 'n groot mate in die liggaam geberg nie. Hulle word geredelik in die dunderm geabsorbeer en deur die bloedstroom vervoer. Enige oormatige wateroplosbare vitamiene wat die liggaam nie dadelik benut nie, word tipies in urien uitgeskei. Wateroplosbare vitamiene sluit in vitamien B1, B2, B3, B5, B6 en C, asook biotien en foliensuur. Hierdie vitamiene speel 'n belangrike rol in prosesse soos energiemetabolisme, selgroei en normale rooibloedselvorming.

Omdat water- en vetoplosbare vitamiene noodsaaklik is vir gesondheid, is dit belangrik om 'n gebalanseerde dieet te volg wat voldoende water- en vetoplosbare vitamiene bevat om algehele welstand te ondersteun en tekorte te voorkom.

### INDIKASIES

'n Vitamiene B-kompleks-aanvulling word gebruik om spesifieke tekorte in B-vitamiene teen te werk waar dit duidelik is dat die dieet onvoldoende is. Vitamiene B-kompleks-aanvullings moet as 'n tydelike intervensie beskou word totdat 'n gesonde gebalanseerde dieet met voldoende vlakke van B-vitamiene herstel kan word. Die B-vitamiene dra by tot volgehoue goeie gesondheid, die metabolisme van koolhidrate, vette en proteiene in energie, asook normale rooibloedselvorming en normale groei en ontwikkeling.

### KONTRA-INDIKASIES

Hipersensitiwiteit vir enige van die bestanddele.

### WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

Clicks se vitamien B-kompleks-kapsules vervang nie 'n gesonde, gebalanseerde dieet nie.

Moenie die aanbevole dosis oorskry nie.

Individue met 'n mediese toestand of wat ander medikasie neem, moet 'n gesondheidspraktisyn raadpleeg voordat hulle Clicks Vitamin B Complex-kaplette gebruik, omdat dit spesiale vereistes kan hê.

Clicks se vitamien B-kompleks-kapsules moenie geneem word indien die individu allergies is vir of 'n hipersensitiwiteit vir enige van die bestanddele in die produk het nie.

### Uitwerkings op vermoë om voertuie te bestuur en masjinerie te gebruik

Clicks Vitamin B Complex-kaplette behoort nie die ontvanger se vermoë om voertuie te bestuur en masjinerie te hanteer, in te perk nie.

### INTERAKSIES

Geen bekend in die voorgeskrewe dosisreeks nie.

Individue wat tans vir enige ander toestand behandel word of ander medikasie gebruik, komplementêr of tradisioneel, moet hulle gesondheidsorgpraktisyn raadpleeg voordat hulle hierdie produk gebruik.

### SWANGERSKAP EN BORSVOEDING

Veiligheid tydens swangerskap en borsvoeding is nog nie bevestig nie.

### DOSERING EN GEBRUIKSAANWYSINGS

Neem twee kaplette soggens na ontbyt met 'n glas water.

### NEWE-EFFEKTE

Daar was geen aanmeldings van ernstige negatiewe reaksies en nuwe-effekte wat geassosieer word met enige van die voedingsowwe in die produk wanneer dit in die voorgeskrewe dosis geneem word nie.

Geïsoleerde gevalle van naarheid en braking is aangemeld. Dit kan verlig word deur die aanbevole dosis direk na 'n maaltyd te neem.

### BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING DAARVAN

In die geval van vermoedelike oordosering word die onmiddellike onttrekking van die produk aangedui, en die behandeling is simptome en ondersteunend.

### IDENTIFISERING

Clicks se Clicks Vitamin B Complex-kaplette is kapsulvormig en wit van kleur, met 'n laag rondom.

### AANBIEDING

Clicks Vitamin B Complex-kaplette word in wit plastiekhouders met 'n wit draaiprop verpak, en bevat 60 kapsules en 'n silikajelsakkie; dit word in 'n eenheidskartonhouer verpak.

### BEWARINGSINSTRUKSIES

Bêre in 'n koel, droë plek teen of onder 25 °C, uit direkte sonlig.

### HOU BUITE BEREIK VAN KINDERS.

### REGISTRASIENOMMER

Moet aangekondig word

### EIENAAR VAN DIE REGISTRASIESERTIFIKAAT SE NAAM EN ADRES

Grace Pharmaceuticals (Pty) Ltd, Eenheid 5 Ellis Park Inkopiesentrum, Romsey Grove 29/35A, Durban-Noord, 4051  
Telefoonnommer: 0861 114 788  
www.gracepharm.co.za

### PUBLIKASIEDATUM

Moet aangekondig word

**Hierdie ongeregisteerde medikasie is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of voorgename gebruik nie.**