

# multivitamin men mature capsules

## PROPRIETARY NAME AND DOSAGE FORM

Clicks Multivitamin Men Mature Caplets

## COMPOSITION

Each caplet contains:

Ingredient	per caplet
Ascorbic Acid 97% providing vitamin C	75 mg
Lecithin	50 mg
Carotenoid complex	
Comprises: Betacarotene providing vit A	832 IU
Lycopene	750 mcg
Lutein	125 mcg
Zeaxanthin	125 mcg
Ludipress	42,5 mg
Calcium carbonate providing calcium	40 mg
Magnesium oxide providing magnesium	18 mg
Vitamin B3 (nicotinamide)	12,5 mg
Vitamin B5 (calcium D pantothenate)	6,25 mg
L-alanine	6,25 mg
L-glutamine	6,25 mg
L-glycine	6,25 mg
Vitamin B6 (pyridoxine)	5 mg
Citrus bioflavonoids	5 mg
Vitamin E 50% powder providing vitamin E	10 IU
Vitamin B2 (riboflavin)	3 mg
Vitamin B1 (thiamine)	2,3 mg
Zinc gluconate providing zinc	1,7 mg
Copper AAC 10% providing copper	0,7 mg
Iron AAC 20% providing iron	0,6 mg
Folic acid	250 mcg
Vitamin A acetate providing vitamin A	525 IU
Chromium picolinate providing chromium	25 mcg
Manganese AAC 10% providing manganese	24,6 mcg
Selenium AAC 0,2% providing selenium	12,4 mcg
Biotin	8 mcg
Vitamin B12 0,1% providing cyanocobalamin	6,25 mcg
Vitamin D3 providing vitamin D	100 IU

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

Clicks Multivitamin Men Mature Caplets are sugar and preservative free.

## PHARMACOLOGICAL CLASSIFICATION

Category D Medicine; Complementary Medicine;  
Health supplement, Multivitamin with minerals

## PHARMACOLOGICAL ACTION, PHARMACODYNAMIC PROPERTIES, PHARMACOKINETIC PROPERTIES:

The essential role of vitamins and minerals in the maintenance of good health is well documented and undisputed. The pivotal role of vitamins is to function as coenzymes, facilitating the transformation of apoenzymes into holoenzymes, thereby regulating both catabolic and anabolic reactions. Vitamins are essential organic compounds that the human body requires in small quantities for various metabolic and physiological processes. Their solubility plays a crucial role in how they are absorbed, transported, and utilized by the body. The categorization of vitamins based on their solubility is a fundamental concept in nutrition and biochemistry.

There are 2 categories of vitamins based on solubility: water soluble vitamins and fat soluble vitamins.

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 immune function.

Fat soluble vitamins do not dissolve in water but are only soluble in fats and oils. They are stored in the body's fatty tissues and in the liver. This storage allows the body to draw on these reserves when dietary intake is insufficient. Fat soluble vitamins include vitamins A, D, E and K. They are essential for various functions such as vision, bone health, antioxidant defence, and blood clotting. The solubility of vitamins is crucial because it impacts their absorption, transportation and storage within the body. Fat soluble vitamins are generally absorbed into the lacteals of the small intestine via chylomicrons with the assistance of bile salts. They are transported through the lymphatic system and eventually reach the bloodstream. Fat soluble vitamins are stored in the liver or fatty tissues of our bodies until needed, which means they do not require frequent ingestion. The absorption, transport, activation and utilization of these vitamins involve enzymes or other proteins whose synthesis is genetically controlled. Excessive intake of fat soluble vitamins can become toxic, as they are not readily excreted from the body, and accumulate in the liver and fatty tissue, unlike water soluble vitamins. Thus, the quantity of fat soluble vitamins ingested is critical in order to remain within therapeutic levels in the body.

While both 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 well being and prevent deficiencies.

Mineral salts are responsible for structural functions involving the skeleton and soft tissues and for regulatory functions including neuromuscular transmission, blood clotting, oxygen transport and enzymatic activity. Calcium, magnesium and phosphorus are required in relatively large quantities and are called macrominerals. Minerals needed in smaller quantities are called trace elements. Mineral salts are generally water soluble.

## INDICATIONS

The role of multivitamin and mineral supplements to combat specific deficiencies, where the diet is known to be inadequate is beyond debate. Supplementation should be regarded as temporary intervention until a healthy, balanced diet can be reinstated. Multivitamin and mineral supplements contribute to the maintenance of good health. Antioxidants help protect the body against free radical damage.

## CONTRAINDICATIONS

Hypersensitivity to any of the ingredients.

## WARNINGS AND SPECIAL PRECAUTIONS

Clicks Multivitamin Men Mature is a complete vitamin and mineral supplement and is not a replacement for a healthy, balanced diet.

Do not exceed the recommended dosage. Doses exceeding the prescribed amount may lead to hypervitaminosis.

Individuals who have a medical condition, or who are taking other medication, must consult with a healthcare practitioner before taking Clicks Multivitamin Men Mature, as they may have special requirements.

Clicks Multivitamin Men Mature 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 Multivitamin Men Mature 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.

## 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 the 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 Multivitamin Men Mature caplets are capsule shaped greenish olive coloured, film coated caplets.

## PRESENTATION

Clicks Multivitamin Men Mature 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.**

## multivitamin men mature capsules

### HANDELSNAAM EN DOSERINGSVORM

Clicks Multivitamin Men Mature-kaplette

### SAMESTELLING

Elke kaplet bevat:

Bestanddele	per kaplet
Askorbinesuur 97% wat vitamien C verskaf	75 mg
Lesitiën	50 mg
Karotenoïedkompleks	
Bevat: Betakarotien wat vitamien A verskaf	832 IU
Likopeen	750 mcg
Luteïen	125 mcg
Zeaxanthin	125 mcg
Ludipress	42,5 mg
Kalsiumkarbonaat wat kalsium verskaf	40 mg
Magnesiumoksied wat magnesium verskaf	18 mg
Vitamien B3 (nikotinamied)	12,5 mg
Vitamien B5 (kalsium D-pantotenaat)	6,25 mg
L-alanien	6,25 mg
L-glutamien	6,25 mg
L-glusien	6,25 mg
Vitamien B6 (piridoksien)	5 mg
Sitrus-bioflavonoïede	5 mg
Vitamien E 50% poeier wat vitamien E verskaf	10 IU
Vitamien B2 (riboflavien)	3 mg
Vitamien B1 (tiamien)	2,3 mg
Sinkglukonaat wat sink verskaf	1,7 mg
Koper AAC 10% wat koper verskaf	0,7 mg
Yster AAC 20% wat yster verskaf	0,6 mg
Foliensuur	250 mcg
Betakarotien wat vitamien A verskaf	525 IU
Chromiumpikolinaat wat chromium verskaf	25 mcg
Mangaan AAC 10% wat mangaan verskaf	24,6 mcg
Selenium AAC 0,2% wat selenium verskaf	12,4 mcg
Biotien	8 mcg
Sianokobalamien 0,1% wat vitamien B12 verskaf	6,25 mcg
Vitamien D3 wat vitamien D verskaf	100 IU

**Onaktiewe bestanddele:** Mikrokristallynsellulose, PVP, Ac-di-sol, magnesiumstearaat.

Clicks Multivitamin Men Mature-kaplette is suiker- en preserveermiddelvry.

### FARMAKOLOGIESE KLASSEKASIE

Kategorie D-medisyn; Komplementêre medisyne; Gesondheidsaanvulling, Multivitamien met minerale

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

Die noodsaaklike rol van vitamien en minerale in die instandhouding van goeie gesondheid is goed gedokumenteer en onbetwisbaar. Die belangrike rol van vitamien is om as koënsieme op te tree, die transformering van apoënsieme in holoënsieme te fasiliteer om sodoende beide kataboliese en anaboliese reaksies te reguleer. Vitamien is noodsaaklike organiese samestellings wat die menslike liggaam in klein hoeveelhede nodig het vir verskeie metaboliese en fisiologiese prosesse. Hulle oplosbaarheid speel 'n kritieke rol in die manier waarop hulle deur die liggaam geabsorbeer, vervoer en benut word. Die kategorisering van vitamien op grond van hulle oplosbaarheid is 'n fundamentele konsep in voeding en biochemie.

Daar is twee kategorieë vitamien op grond van oplosbaarheid: wateroplosbare en vetoplosbare vitamien.

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

**Vetoplosbare vitamien** los nie in water op nie, maar is slegs oplosbaar in vette en olies. Hulle word in die liggaam se vetweefsel en die lewer geberg. Die berging stel die liggaam in staat om hierdie reserwes te gebruik wanneer die dieet onvoldoende is. Vetoplosbare vitamien sluit in vitamien A, D, E en K. Hulle is noodsaaklik vir verskeie funksies soos sig, beengesondheid, antioksidantbeskerming en bloedklontvorming. Die oplosbaarheid van vitamien is uiters belangrik omdat dit 'n impak het op hulle absorpsie, vervoer en berging binne die liggaam. Vetoplosbare vitamien word in die algemeen in die limfvate van die dunderm via chylomikrons met behulp van galsoute geabsorbeer. Hulle word deur die limfatiese stelsel vervoer en bereik uiteindelik die bloedstroom. Vetoplosbare vitamien word in die lewer of vetweefsels van ons liggaam geberg totdat hulle benodig word wat beteken dis nie nodig om hulle dikwels in te neem nie. Die absorpsie, vervoer, aktivering en benutting van hierdie vitamien behels ensieme of ander proteïene waarvan die sintese geneties beheer word. Oormatige inname van vetoplosbare vitamien kan toksies word, aangesien hulle nie gereedlik uit die liggaam uitgeskei word nie, maar in die lewer en vetweefsel versamel, anders as met wateroplosbare vitamien. Dus, die hoeveelheid vetoplosbare vitamien wat ingeneem word, is van kardinale belang om binne terapeutiese vlakke in die liggaam te bly.

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

**Mineralesoute** is verantwoordelik vir strukturele funksies van die skelet- en sagte weefsel, en vir reguleringsfunksies, insluitende neurospieroordrag, bloedklontvorming, die vervoer van suurstof en ensiemaktiwiteit. Kalsium, magnesium en fosfor word in relatief groot hoeveelhede vereis en word makrominerale genoem. Minerale wat in kleiner hoeveelhede nodig is, word spoorelemente genoem. Minerale soute is in die algemeen wateroplosbaar.

### INDIKASIES

Die rol van multivitamin- en mineraalaanvullings om spesifieke tekorte teen te werk waar dit bekend is dat die dieet onbetwisbaar tekortskiet. Aanvulling moet as 'n tydelike intervensie beskou word totdat 'n gesonde, gebalanseerde dieet herstel kan word. Multivitamin- en mineraalaanvullings dra by tot die instandhouding van goeie gesondheid. Antioksidante help om die liggaam teen vrye radikale skade te beskerm.

### KONTRA-INDIKASIES

Hipersensitieweit vir enige van die bestanddele.

### WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS

Clicks Multivitamin Men Mature is 'n volledige vitamien- en mineraalaanvulling, en dit vervang nie 'n gesonde, gebalanseerde dieet nie.

Moenie die aanbevole dosis oorskry nie. Dosisse wat die voorgeskrewe hoeveelheid oorskry, kan tot hipervitaminose lei.

Individue met 'n mediese toestand of wat ander medikasie neem, moet 'n gesondheidspraktisyn raadpleeg voordat hulle Clicks Multivitamin Men Mature gebruik, omdat dit spesiale vereistes kan hê.

Clicks Multivitamin Men Mature moenie geneem word indien die individu allergies is vir of 'n hipersensitieweit vir enige bestanddele in die produk het nie.

Uitwerkings op vermoë om voertuie te bestuur en masjinerie te gebruik

Clicks Multivitamin Men Mature-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.

### 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 met enige van die voedingstowwe in die voorgeskrewe dosis geassosieer 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 simptomaties en ondersteunend.

### IDENTIFISERING

Clicks Multivitamin Men Mature-kaplette is kapsuulvormig, olyfgroen van kleur, met 'n laag rondom.

### AANBIEDING

Clicks Multivitamin Men Mature-kaplette word in wit plastiekhouders met 'n wit draairop verpak, en bevat 60 kaplette 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.

### REGISTRASIONOMMER

Moet aangekondig word

### EIENAAR VAN DIE REGISTRASIESERTIFIKAAT SE NAAM EN ADRES

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

### PUBLIKASIEDATUM

Moet aangekondig word

**Hierdie ongeregistreerde medikasie is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of voorgenome gebruik nie.**